

Commonwealth Youth Lacrosse Association

Swift Creek Field Hockey, Swift Creek Lacrosse, Swift Creek Rugby and Swift Creek Soccer

CWYLA and Its Mission:

To introduce, expose and develop an appreciation, skills and passion for the sports of Field Hockey, Lacrosse, Rugby and Soccer for all ages based on our five philosophies:

Everyone Plays- Our goal is for kids to play Field Hockey, Lacrosse, Rugby and Soccer –so we mandate that every player on every team must play at least half of every game. (This does not apply to our select teams.)

Balanced Teams- CWYLA requires every sport at the start of each season to set up teams as evenly balanced as possible. It's more fun when teams are of equal ability.

Positive Coaching- This builds a positive team spirit. We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.

Open Registration- Our programs are open to all children ages 5-18 who want to register and play Field Hockey, Lacrosse, Rugby and Soccer. Interest and enthusiasm are the only requirements for playing.

Good Sportsmanship- CWYLA creates a positive environment based on mutual respect, rather than a win-at-all-costs attitude. All of our programs are designed to instill good sportsmanship in every facet of CWYLA.

Everyone Helps out

CWYLA is a volunteer organization with more than 1,000 parents and friends, many of them working as coaches, referees and administrators. It's not unusual to find two, three or more children in the same family playing CWYLA Field Hockey, Lacrosse, Rugby and Soccer — while the Dad serves as referee and Mom as coach. It can be a total family experience!

The Growth of CWYLA

CWYLA was founded in 2002 in Midlothian, VA with about 250 youths playing Field Hockey. Lacrosse was added in the fall of 2003 and today the number of players has grown to more than 900 boys and girls playing in both sports.

Why CWYLA Works

CWYLA works because our volunteers work. The volunteers work because they believe in the CWYLA philosophies. Our phenomenal growth underscores CWYLA's commitment to a healthy competitive atmosphere for youth Field Hockey, Lacrosse, Rugby and Soccer players, combined with dedication toward the development of responsible individuals.

What Makes CWYLA Tick

CWYLA was founded on community involvement. Volunteer coaches and staff members are encouraged to organize in ways best suited to their needs. CWYLA is headed by an Executive Director who, with the help of a board of commissioners and an Administrator conducts business within the framework of CWYLA's philosophies, Rules and Regulations and Bylaws.

What you can do

Get to know your child's Field Hockey, Lacrosse, Rugby and Soccer coach and other parents. Volunteer your time, skills and energies to make your CWYLA team run well. This way, both you and your child benefit from the CWYLA experience.

Here's what you can expect from your CWYLA experience:

A fun Field Hockey, Lacrosse, Rugby and Soccer experience for your child during games and practices.

Coaches and referees who understand the CWYLA philosophies and support them.

Technical training for coaches and referees.