



# The Crease

Brigade's Newsletter

Issue #27: February, 2018

## Commissioner's Corner

By: Jason Marsh

Hello Brigade families

First, I would like to welcome you to Brigade's 14th spring season. I hope everyone enjoyed the holiday season and is looking forward to a fun 2018 Brigade Lacrosse season.

An email was recently sent out in regards to our name change and updated Bylaws. We have officially changed our name from Manassas Battlefield Youth Lacrosse to Gainesville Youth Lacrosse. We will still keep Brigade in our name so we will be Gainesville Brigade instead of Manassas Brigade. The board has been working on this for the last 10-12 months and a big thank you to all of the board members for helping get our name updated.

Our updated bylaws were sent out to all families to review and we will be having a general membership meeting to vote on the acceptance of the updated bylaws on Feb 3<sup>rd</sup> at 3pm in the cafeteria at Gainesville Middle School.

We are only a few weeks away from official start of the season. Please continue to review our webpage ([www.mbyl.org](http://www.mbyl.org)) and email communications for roster announcements and practice schedules.

As the season gets underway, parents may be asked to volunteer as Team Manager, Timer, Scorekeeper, or Field Commissioner and we need your support to effectively and efficiently run the league.. If you have time and would like to volunteer, please talk to your Team Manager or Head Coach, and they will be glad to forward your information so we can assign tasks at your convenience. We have the tools and training, but we are short on time.

Thank you for supporting Brigade Lacrosse!

Should you have any questions or concerns please contact me.

Jason Marsh  
Gainesville Youth Lacrosse  
Commissioner



# Boys Commissioner Update

By: Andy Waskow



Hello Brigade families,

Now that the teams have been selected and practices are underway, the season is right around the corner, so the following are dates to remember:

February 10<sup>th</sup> – Practices start.

March 24<sup>th</sup> – Start of regular season games.

April 1<sup>st</sup> – Easter Weekend there will be no games.

May 28<sup>th</sup> – Memorial Day Weekend there will be no games.

June 2<sup>nd</sup> – Playoffs Start, this weekend will be the quarterfinals.

June 9<sup>th</sup> – Playoff Semifinals.

June 10<sup>th</sup> – Playoff Finals, a lot of trophies will be coming home to Brigade again this year!

All teams will get 8 games plus the playoffs.

With practices just around the corner, our coaches are taking time to put together practice plans, figuring out offense and defensive schemes and plays, and determining how to best utilize their kids. As we all know, time is limited. Our coaches only get a few hours a week to put their plans in motion. Not only that, they have to get to know your kids and figure out how to make this the best experience they can for both the team and the individual player. Just like last year, we are stressing the need for the players to put in time OUTSIDE of practice. They can play catch with their siblings or friends. They can cradle a lacrosse ball while wandering around the house. They can practice shooting on a goal if they have one. Lacrosse is a great sport, but it is a complicated sport. All of our coaches do their best to work on fundamentals during practice but there is limited time. The coaches have to get the kids ready for the games. Using off-time to enhance fundamentals can go a long way to making your son a better player.

One of the questions we always get asked about a particular kid is whether he is coachable. Last year I provided a list of things I feel help a kid be more coachable and I think it is worth revisiting:

- 1) Be Engaged – Kids need to give it their all on every drill during practice. Repetition leads to perfection. The more they learn in practice the more it becomes instinct. When it comes down to the game they will not have to think and their body will just perform.
- 2) Have no Fear – Fearlessness is a very common trait in coachable kids. The willingness to try something new without the fear of failure, like practicing with their off-hand, is incredibly important. If they want to play at a higher level they need to be able to go to their left. The only way to learn that is to practice it and not be scared of messing up.
- 3) Work Hard - This is the easiest and perhaps most important of these traits. All of our coaches know who their players are that will push the hardest and never give up.

## Girls Commissioner Update

By: Buddy Lint

Hello Brigade Families,

I would like to thank our players, coaches, and parents for making the assessments run as smoothly again this year. It is a difficult process and our main goal is to ensure each girl is placed at the correct level to ensure they have a positive experience.

As we continue to prepare for the 2018 season, I encourage parents to reach out to your coaching staff to see how you can lend a hand. Here are a few ways you can get involved in the game without having to commit a great deal of time.

- Act as Team Manager ([click here](#) to see what your responsibilities would be)
- Act as field commissioner for a home game.
- Set up the fields if your team has the first home game of the day.
- Break down the field if your team has last home game of the day.
- Be a time/score keeper.

Along those same lines, coaches appreciate having the team parent/manager who will communicate schedules and any updates with parents as well as coordinate any team activities. This allows the coaches to focus their time on teaching the girls the game of lacrosse and preparing them for game day.

Our first games will be played on Sunday, March 25<sup>th</sup> and schedules will be posted about one week before the first game.

Have a great season and Go Brigade!

Buddy Lint

Girls' Commish

brigadegirlscommish@gmail.com

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## Field Acquisitions and Field Scheduling

By: Shane Canestra

The Brigade lacrosse 2018 spring season is ready to start with teams being formed and practices about to start. We appreciate both the players and parents who attended players assessments in January, as they battle the cold in order to successfully assess players and place them at the appropriate level of play. While many of the older ages continued to have outdoor assessments, some of the younger ages were able to have indoor assessments at the Battlefield Sportsplex.

We have been working with the Prince William County Parks and Recreation Department to secure field space for the upcoming season. For February practices, we will be utilizing the artificial turf fields at Gainesville Middle School (GMS) and the Grizzly Sports Complex. Many thanks to the Grizzlies for supporting us again this year and we continue to have a good relationship between our two organizations. For March practices, we have the use of the turf field at Gainesville Middle School, one of the turf fields at the Grizzly Sports Complex, and fields at Braemar Park. Braemar Park will only be used for the month of March until access to additional fields is opened in April.

Although not finalized, it appears that for April through June practices, we will have access to Mullen Elementary, Piney Branch Elementary, Bull Run Middle School, Manassas Church of the Brethren and continued use of the Gainesville Middle School (GMS) turf.

Most of our home games will take place on the GMS turf field, with the exception of some of the very young ages, which may take place at Bull Run Middle School. We are making an effort to also have a few of the younger age groups' games at the GMS turf. Games begin on the weekend of March 24 & 25 and we anticipate game schedules being released shortly before that weekend.

We are very cognizant that each of us is very busy and sometimes your child's practice time is not convenient. There are many factors to take into consideration when assigning practice times and it becomes even more complicated when practices have to be rescheduled due to weather. We appreciate your understanding and encourage carpooling with other team parents to help.

Additionally, we will continue to utilize the team scheduling functionality within our website ([www.mbyl.org](http://www.mbyl.org)) to post each team's practice. This will allow for one easy to use place to find your child's practice schedule and, in the event of change or cancellation, the site will send you a notification of the update. Please sign up for notifications in your site account/profile!!!

Thanks again for your participation and support of Brigade lacrosse.

## Equipment

By: Matt Konopka

Brigade Equipment was busy during the off season getting ready for our spring season! Sixteen practice goals were purchased in the off season as many of our older goals were starting to show a little wear and tear. These new practice goals are heavier and have an updated rail for attaching nets simulating game-style goals. Many of our older goals will be donated to the Battlefield, Brentsville, and Patriot High School Lacrosse Teams. In addition to new practice goals, Brigade Lacrosse purchased new goalie sticks and defensive poles if your player would like to try their hand at another field position. We hope parents and guardians like our new assessment pinnies for the spring. **Have your player bring these pinnies to each practice for this season.** Not only will this save wear and tear on your assigned game jersey during practices, but assures each player has the same reversible pinnie to run proper practice scrimmages. If any parent or guardian has a particular question regarding lacrosse equipment, especially when looking to possibly purchase your lacrosse player gear for the new season, feel free to drop me a line and I will be happy to make suggestions and steer you in the right direction: [brigadelaxequipment@gmail.com](mailto:brigadelaxequipment@gmail.com).

## Tips for the Girls, By: Stephanie Houch

Spring is my favorite time of year for a number of reasons. The start of the lacrosse season is at the top of the list. For me, it means time to dust of the clipboard, sign up for coaching clinics and look for my whistle. For the young athletes taking the field, it is time to take inventory of their equipment and check to be sure it is in playing condition. For parents of a female lacrosse player, particularly if your daughter is taking to the lacrosse field for the first time, what equipment is required? Below is a list of equipment which is required at the youth level:

- Crosse: also known as a lacrosse stick. Please be sure you have a girls stick. US Lacrosse has compiled a [list of sticks legal for play in girl's lacrosse](#).
- Mouthpiece: All players must wear mouthpiece which fully cover the teeth. The mouthpiece shall be of a readily visible color other than clear or white and may not have graphics of white teeth. There may not be any protruding tabs for field players.
- Eyewear: All field players must properly wear protection that meets ASTM standard F3077 for women's adult/youth lacrosse for the appropriate level of play. US Lacrosse has compiled a [list of approved eyewear](#) which meet the current ASTM standard.
- Optional equipment: Close-fitting gloves and headgear that meets ASTM standard F3137 are optional and may be worn by all players.
  - Headgear: US Lacrosse women's rules allow for the **optional** use of headgear if it meets ASTM standard F3137. The purpose of this allowance is to acknowledge that while girl's lacrosse is a relatively safe sport, the use of protective headgear is desired by some individuals. US Lacrosse has compiled a [list of headgear](#) which has meet the current ASTM standard.

When I first started coaching youth lacrosse, in 1999, Prince William County had one team of 24 girls. This spring, Brigade will be fielding over 10 girls teams. It is great to see how the sport has grown in our community. Good luck to everyone this season.

## **FREQUENTLY ASKED QUESTIONS**

### **Which club should I register my child with this Spring?**

Brigade Lacrosse serves those families within the western part of Prince William County.

### **When will Spring registration open?**

Registration for the spring season usually opens in November. Make sure to join our mailing list so you do not miss any announcements.

### **When will assessment begin?**

We begin assessments in January.

### **What are assessments?**

Assessments are an opportunity for our coaches to determine the level of lacrosse ability and/or skill in each player. There will be assessments for each age group. During assessments, players will participate in several different drills. Players are encouraged to attend as many of the assessments that are appropriate for their age group.

### **How are the teams determined?**

Once assessments have been completed, coaches will make their player selections. Teams are broken up into three types:

Our "A" level teams is for our most advanced players, the "Upper B (UB)" teams are for intermediate players, and the "Lower B (LB)" teams are for novice or less experienced players.

**If your child is selected for the "A" team, please expect a higher level of team commitment. If your child intends to play more than one sport in the spring season, you may want to consider not having your child play on an "A" team.**

### **When are games played?**

Girl's games are typically on Sundays and boys on Saturdays, although with increasing demands on fields, anticipate games on Saturdays or Sundays. All game times will vary.

### **Where are games played?**

Home games are played in the Gainesville area of Prince William County. Away game location is dependent upon the opponent but in Northern Virginia.

### **How long is the season?**

The first games of the season are usually scheduled around the end of March. Teams will play an eight game regular season schedule that usually concludes the weekend before Memorial Day weekend. The regular season is followed by two weekends of playoff games, starting the weekend AFTER Memorial Day weekend. (this is subject to change by our parent league NVYLL)

**When is the first practice?**

The first team practices will be late February/early March. This depends on when the county allows us to use their fields, as well as favorable weather conditions. Once the coaches have made their player selections, they will notify their team regarding practice time and location. Practices are usually two or three days a week, in the late afternoon or early evening. Practice schedules are not finalized until a week before practice begins.

**Can I request a coach?**

No, due to the amount of players in our league we are unable to accommodate requests for certain coaches.

**What equipment will my child need?**

Boys: shoulder pads, elbow pads, helmet, stick, mouthpiece and protective cup (all of which must be provided by player)

Girls: eye protection, stick (all of which must be provided by player)

**Do you have a summer league?**

No, but there are clubs such as BattleLax which have tryouts for their summer program.

**Do you have a fall league?**

No, but we do conduct clinics which usually begin in September and run approximately eight weeks. Registration usually begins in August.

## Sponsors

By: The Brigade Board

Sponsorships are an important aspect of our program and create opportunities for more kids to learn, enjoy and grow from the game of Lacrosse. We thank all our sponsors and ask that you to support them as a Thank You for their generous contributions to Brigade Lacrosse.

If you or someone you know is interested in helping more kids enjoy the game of Lacrosse please reach out to any member of the board for sponsorship opportunities.

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