

Dear Players and Families,

Welcome all new and returning players to the Folsom Lacrosse 2017 season. We are looking forward to a positive lacrosse experience for your child that promotes growth, development, and fun. Sportsmanship and love for the game is our highest priority. Be on the lookout for our banners at games with a few reminders from your child:

I'm a kid, my coach is a volunteer, the officials are human, No scholarships will be handed out today!

Practices and Games: Practices start Monday, January 16 for 12U-HS teams. Practice schedules will be posted on the website as soon as they are available. Game schedules will not be complete until the end of January and will be posted on each individual team webpage.

Coaches: Coaches will be announced at Parent Night.

Uniforms: Uniforms will be handed out at Parent Night.

10U City League: (All dates are tentative) Practices will be 2 days per week and start February 27. Games are typically on Friday evenings starting March 17 against local club teams. **Mandatory** Parent Meeting on February 16.

Registration Fees: Your fees go towards fields, lights, NCJLA league, referees, coaches, balls, etc. All grass fields in Folsom (parks *and* schools) are offline during the spring for recovery so that limits us to 3 turf fields, which we share with multiple sports. We do our best to schedule practices with the fields available to us.

Academics: School comes first for all our players. We will be recognizing academic achievement at the Folsom Lacrosse Night near the end of the season.

Volunteers: We are a 100% non-profit, volunteer organization. All families are required to volunteer a minimum of **5 hours per player**. There are many different ways you can volunteer, and we will have a Volunteer tab on our website for you to sign up, and for us to keep track. Your Team Manager will assign you to game day duties if you do not sign up to volunteer. So **PLEASE**, help us help you by VOLUNTEERING!

***INTEL EMPLOYEES!** PLEASE submit your volunteer hours to Intel as we get money donated to our club for your hours. Contact

Board Positions: We have Board and sub-committee positions open. **We need your help!** We **cannot** exist without the efforts of those on the Board and we have to get new people to keep the program running into the future. Do your part and volunteer to be on the Board! Board meetings are usually the first Monday of every month.

Handbook and Player/Parent Code of Conduct: A handbook to help you understand our organization and the expectations of players, parents and volunteers is available on the website.

Upcoming Important Dates:

Mandatory Parent Meetings: 12U - HS **January 4, 7- 9pm**, Folsom Community Center
10U City League February 16.

Practices 12U - HS begin: Monday, January 16

Boys' Opening Weekend: Boys 12U-HS, **February 25**

Girls' Opening Weekend: Girls 14U, **February 25**, 12U, **March 4**

2nd Annual Folsom Lacrosse Night - TBA

Please monitor our website for additional information and read our email bulletins. Contact information for your Board is available on the website at FolsomLacrosse.org or you may email us anytime at folsomlacrosse@gmail.com.

Go Falcons!

Melanie Waugh, President

Folsom Lacrosse Association