

Outline of spring 2016 boys U9 lacrosse program

Philosophy:

We provide a positive, instruction-oriented program for boys both new to the sport and provide skill training to those who have played before.

We believe that lacrosse should be fun for the players, and provide a foundation for building character that will instill teamwork, discipline, integrity, sportsmanship and respect to other players, coaches and parents.

Spring 2016 will be our second year running our boys U9 program as an "in house" league. With the rosters growing, we were thrilled to have the opportunity to restructure the program to give the players more time with coaches and more touches on the field.

Equipment:

All practices - Sunday indoor and spring outdoor are "real" practices and players are expected to have all required equipment.

Link to our list of equipment:
<http://framinghamyouthlacrosse.org/Page.asp?n=11404&org=framinghamyouthlacrosse.org>

Sunday Indoor Practices -March 6 to March 27 - times t.b.d.:

We will have four Sunday "indoor" sessions at Suburban Athletics starting March 6 and running through March 27 (times t.b.d.) then start out outdoor practices just as soon as the Town authorizes use of the fields. These sessions are for all U9 players - K, 1 & 2.

Spring 2016 - start/end dates t.b.d.:

Kindergartners will have just one practice on Saturday mornings. As the season progresses we will schedule a few inter-squad scrimmages on Sundays, so the kids can have fun in a controlled environment.

Players in grades 1 and 2 will practice two times a week, with in-house scrimmages on Sundays. This has proven to be successful with the ability to stop the game as needed for coaches to provide instruction. As the season progresses we will schedule games with local towns.