

Stafford Manahoacs



Parent Handout

Head Coach: Kristian Kjesbu (732-832-9088)

Asst. Coach: Robert Alexander (540-720-2221)

Recommendations

- Regularly check the SLA website for Information regarding U9
 - <http://www.staffordyouthlacrosse.com>
 - Team Bulletin:
 - On the Home page on the top navigation bar
 - Click Team Information
 - Select Travel, U9 Boys
 - » Click News
 - Documents:
 - On the Home page. Left hand navigation bar. Click Documents.
 - U9 Documents Folder
 - » Schedules for Snacks, Drinks, ECT....

Recommendations

- Ensure your cell phone provider and cell phone number is registered with the SLA website. It is the easiest and most convenient way to receive updates about practices and games.
- Register with Stafford County Alerts
 - <https://staffordalert.com>

Requirements

- Ensure your child is prepared for every practice/game
 - Water bottle
 - Has ALL of his equipment
 - To include a protective cup
 - Cleats
 - Mouthpiece

I will not let the kids play without these items

Playing Time

- Each child is Required by SLA rules to play at LEAST one quarter.
- They will play much more than this unless:
 - They do not hustle
 - They have an attitude
 - They miss multiple practices
 - Obviously players will miss practice for prior obligations. Excessive absence will result in less playing time.
- If you child will be missing any games please let me know a few days prior so I can adjust the lines.

Parent Coaching

- During games:
 - I understand you are all very excited about your child's play. Please cheer on your children as much as you desire.
 - Please do not coach from the sideline.
 - It is very confusing for the children to hear instructions from multiple people.

Practicing At Home

- We have limited time during the week to have your kids work on their skills.
- I strongly recommend you encourage your children to practice at home.
 - Have them practice cradling, scooping and throwing.
 - If you don't have a stick yourself or are not knowledgeable about the sport
 - Grab a baseball mitt and throw back and forth with your child

Summary

- Looking forward to a great season!
- I will be taking photos and video during practices and games and posting them on the SLA website.
 - Please let me know if this is an issue with any of you and I will refrain from posting.
- Please don't hesitate to contact me throughout the season with any questions or concerns.