

NEW PLAYER CLINIC INFORMATION

Parents' Guide

Bill of Rights for Young Lacrosse Players

1. Every young lacrosse player has the right to participate in the sport of lacrosse.
2. Every young lacrosse player has the right to play in every game, regardless of physical ability or the relative importance of the game.
3. Every young lacrosse player has the right to play as a child, and be treated on a level appropriate with the emotional and physical maturity of a child.
4. Every young lacrosse player has the right to participate in a safe and healthy environment, and have access to proper medical treatment.
5. Every young lacrosse player has the right to be taught the fundamentals of lacrosse by qualified adult leadership.
6. Every young lacrosse player has the right to have a coach who is more concerned with fun, social interaction and skill development than winning.
7. Every young lacrosse player has the right to have a coach who is supportive and patient, who takes the time to work with each player, and who allows players to make mistakes.
8. Every young lacrosse player has the right to be treated with respect and dignity by coaches and other players.
9. Every young lacrosse player has the right to report to the coach any physical pain or emotional concerns without fear of rejection or ridicule.
10. Every young lacrosse player has the right to have fun.

The Role of Parents

Parents are important to their child's positive lacrosse experience. In order for your child to get the most out of playing lacrosse, it is important that you do the following:

1. Be supportive of your child by giving encouragement and showing an interest in his team. Positive reinforcement encourages learning and fun. Research has shown that a ratio of 5 positive statements (compliments, positive recognition) for each negative statement (criticisms, corrections) is ideal for helping athletes do their best. Try to maintain a 5:1 ratio in your comments to your child.
2. Attend the clinic whenever possible. If you cannot attend, ask how your child did, not whether the team won or lost. Some questions that you might ask before asking about the final score include: "Did you try as hard as you could? Did you have fun? Did you learn anything today that might make you a better player in the future?"
3. Be a positive role model by displaying good sportsmanship at all times to coaches, officials, opponents and your child's teammates. "Honoring the Game" is an important part of what US Lacrosse stands for. Help us by honoring the game in your behavior as a spectator.
4. Let your child set his own goals and play the game for himself. Be your child's "home court advantage" by giving him or her your unconditional support regardless of how well he or she performs.
5. Let the coach coach. Refrain from giving your child advice when he or she is playing. Use positive reinforcement with your child's coach. Let the coach know when he or she is doing a good job.

6. Respect the decisions of the referee or umpire. This is an important part of honoring the game. Your child will pay more attention to how you act than to what you say.
7. Read the rulebook. A full understanding of the rules will help you enjoy the game and educate others.
8. Get to know who is in charge. Meet with the leadership of the program to discuss topics such as cost, practice and game scheduling, insurance coverage, emergency procedures, etc.
9. Get involved. Volunteer.
10. Sit back and enjoy the game.

Remember, lacrosse is played for FUN.

Clinic Schedule

Date/Day	Time	Skill Emphasis
2/15 Mon	4:30 - 6:00 PM	Registration/basics
3/1 Mon	3:00 - 5:00 PM	Passing & Catching
3/8 Mon	3:00 - 5:00 PM	Positions/Shooting
3/15 Mon	3:00 - 5:00 PM	Small games

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The History of Field Lacrosse

With a history that spans centuries, lacrosse is the oldest continuously played sport in North America. The sport is rooted in Native American religion and was often played to resolve disputes, heal the sick and develop strong, virile men. To some Native Americans, lacrosse is still referred to as "The Creator's Game."

Lacrosse also served as a substitute for war. Stories tell of as many as 1,000 players per side, from the same or different tribes, who took turns engaging in a violent contest the Algonquians called baaga'adowe (baag means hit, a means be an instrument, adow means ball and e is an abstract ending to the word. Contestants played on a field as much as 15 miles in length and games sometimes lasted for days. Some tribes used a single pole, tree or rock for a goal, while other tribes had two goalposts through which the ball had to pass. Balls were made out of wood, deerskin, baked clay or stone.

The evolution of the Native American game into modern lacrosse began in 1636 when Jean de Brebeuf, a Jesuit missionary, drew attention to a Huron contest in what is now southeast Ontario, Canada. At that time, some type of lacrosse was played by tribes scattered throughout what is now southern Canada and all parts of the United States. French pioneers began playing the game avidly in the early 1800s. Canadian dentist W. George Beers standardized the game in 1867 with the adoption of set field dimensions, limits to the number of players per team and other basic rules.

New York University fielded the nation's first college team in 1877, and Philips Andover Academy (Mass.), Philips Exeter Academy (N.H.) and the Lawrenceville School (N.J.) were the nation's first high school teams in 1882.

Men's and women's lacrosse remain derivations of the same game today, but are played under different rules. Women's rules limit stick contact, prohibit body contact and, therefore, require little protective equipment. Men's lacrosse rules allow some degree of stick and body contact, although violence is neither condoned or allowed.

Field lacrosse is sometimes perceived to be a violent and dangerous game, however, injury statistics prove otherwise. While serious injuries can and do occur in lacrosse, the game has evolved with an emphasis on safety and the rate and severity of injury are comparatively low.

Played by boys and girls who range in age from six to sixty, lacrosse is one of the fastest growing team sports in the United States. In recent years, lacrosse has experienced unprecedented growth throughout the world.

A unique combination of speed, skill, agility, grace, endurance, finesse, and historical significance, lacrosse may just be, according to basketball inventor James Naismith, "the best of all possible field games."

Boys Lacrosse Field Positions

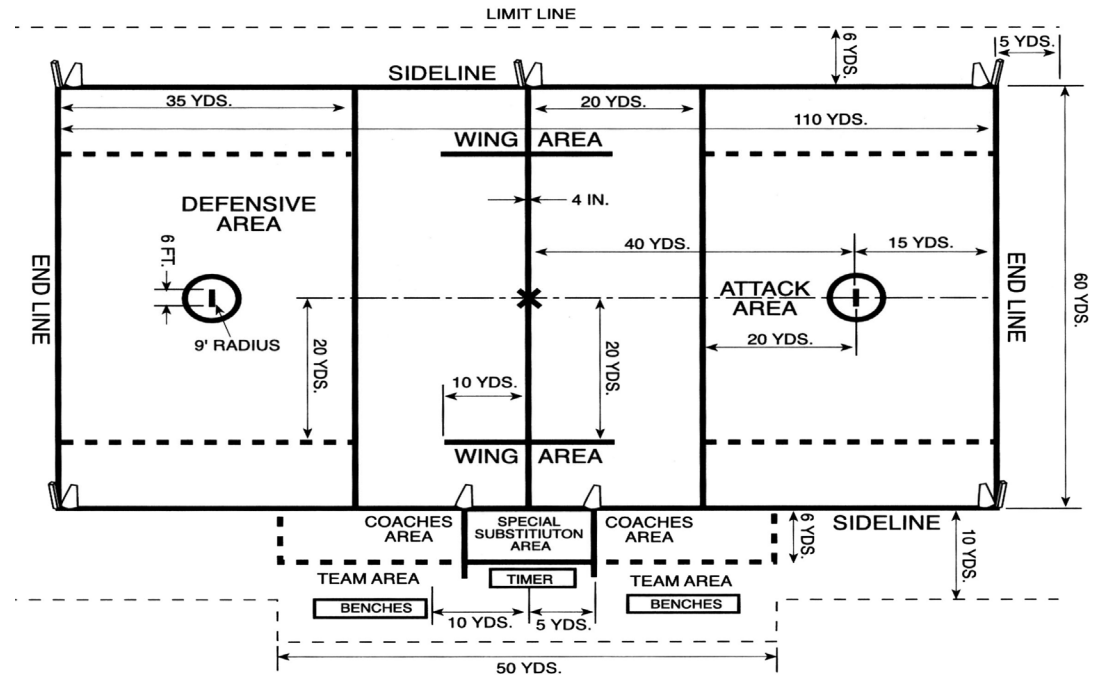
Attack - The attackman's responsibility is to score goals. The attackman generally restricts his play to the offensive end of the field. A good attackman has excellent stick skills with both hands and has quick feet to maneuver around the goal. Each team has three attackmen on the field during play.

Midfield - The midfielder's responsibility is to cover the entire field, playing both offense and defense. The midfielder is a key to the transition game, and is often called upon to clear the ball from defense to offense. A good midfielder has good stick skills including throwing, catching and scooping. Speed and stamina are essential. Each team has three midfielders on the field.

Defense - The defenseman's responsibility is to defend the goal. The defenseman generally restricts his play to the defensive end of the field. A good defenseman should be able to react quickly in game situations. Agility and aggressiveness are necessary, but great stick work is not essential to be effective. Each team should have three defensemen on the field.

Goalie - The goalie leads the defense by reading the situation and directing the defensemen to react. A good goalie should have excellent hand/eye coordination and a strong voice. Quickness, agility, confidence and the skills required. Each team has one goalie in the goal during play.

The Lacrosse Field of Play



NEW PLAYER INFORMATION Parents' Guide to Equipment

Equipment for Boys

The Stick (also called the Crosse)



The crosse (lacrosse stick) is typically made of plastic and metal, with a shaped net "pocket" at the end. The crosse must be an overall length of 40-42 inches for attackmen and midfielders, or 52-72 inches for defensemen. The head of the crosse must be 6.5-10 inches wide, except a goalie's crosse which may be 10-12 inches wide.

The pocket of a crosse shall be deemed illegal if the top surface of a lacrosse ball, when placed in the head of the crosse, is below the bottom edge of the side wall.

The Ball



The ball is made of solid rubber and can be white, yellow or orange. The ball is 7.75-8 inches in circumference and 5-5.25 ounces. Most of the time a white ball is used in game play.

Lacrosse Helmet



A protective helmet, equipped with face mask, chin pad and a cupped four point chin strap fastened to all four hookups, must be worn by all players. All helmets and face masks must be NOCSAE approved.

Stillwater Lacrosse uses white helmets and they can be ordered through the association at a discount.

Mouthguard



The mouthguard must be a highly visible color and is mandatory for practice and play.

Gloves



All players are required to wear protective gloves. The cutting or altering of gloves is prohibited.

Shoulder Pads

All players except the goalie must wear shoulder pads.



Elbow Pads/Arm Pads

All players except the goalie must wear arm pads.



Protective Cup

Players must also wear a protective cup under their shorts.



Shoes/Cleats



For outdoor play, players must have a cleated shoe that is similar to a football cleat or all purpose cleat used in youth baseball. No metal cleats are allowed.

Goalie Equipment (supplied by the Association)

Chest Protector

The Chest protector can only be worn by the goalie and has padding to cover the chest, abdomen and groin area.



Throat Protector

Straps onto the helmet to protect the throat area.



Where to Buy Equipment

Local Stores:

Strauss Skate & Bike, Oakdale, MN

Dick's Sporting Goods, Woodbury, MN

The Sports Authority, Woodbury, MN

On-Line:

Eastbay

www.eastbay.com

Great Atlantic Lacrosse

www.lacrosse.com

Sportstop.com

www.sportstop.com

Lacrosse Unlimited

www.lacrosseunlimited.com