

Ashbee House League Information/Expectations

- The goal of the House League Program is to instill solid lacrosse fundamentals in all of our players, as well as sportsmanship.
- **Any player who arrives at a boot camp session/practice/game without full gear, including shoulder pads, helmet, gloves, stick, mouthguard, and cup will not be permitted to participate. Players need to bring their own water bottle. Please ensure all items are marked with your child name.**
- We are looking at a one day boot camp for all house league players, likely late March – we will work with Coach Proud on coordinating a date.
- We plan to have one day evaluations in early April, the goal is to create balanced teams throughout the House League.
- Coaches will be primarily High School Lacrosse Players that are selected and trained by Coach Proud. This is a competitive screening process and we have found that the boys respond well to this arrangement.
- We are looking for additional committed volunteers to assist with coaching, and also as team managers. Please raise your hand! There are new state guidelines for those who will be coaching, this will be distributed separately.
- We will practice one day a week, typically Monday, Wednesday or Friday – practice runs from 6:00 pm to dark.
- We will ask only once if you have a very specific day of the week that you need to practice – please respond when that email arrives. We work hard to accommodate these requests.
- Please do not ask us to place players on teams with other friends. It's a short season, we work hard to create balanced teams, and it's a good experience for players to make new friends. We will accommodate sibling requests.
- All games will be held on Sundays, hopefully at Harriton HS. The times are to be determined but we are aiming for games to be in the window of 11 am – 1 pm. This will be determined by the number of teams.
- We anticipate that practices will begin the week of March 27th and games will start Sunday, April 10th and continue every Sunday until May 22nd. We will have games on Mother's Day. We will have a one game playoff – time and date TBD.
- All House League Players will wear the same uniform as our travel team players, our goal is for them to be able to keep these uniforms for three years regardless of whether they continue in the house league or move to a travel team
- Ashbee will not issue refunds to players once we have started the season except for documented injuries. Refunds for uniforms will not be issued.
- **We continue to have serious issues with players not arriving on time for practices and games. All players should arrive early enough at practice to be on the field ready to go when practice starts. All players are to arrive dressed and ready to warm up 20 minutes before game time. Players who arrive late to games and practices will have their game time reduced.**