

Lake Samm Eagles Information Night

January 20, 2015

General Information

Equipment

Lacrosse requires that all girls participating use appropriate Eye protection, visible mouthguard worn on the upper teeth, and USL approved womens/girls lacrosse stick. Lake Samm through its spiritwear has a package that includes the appropriate eyewear and stick. We also recommend that the girls use lacrosse gloves for warmth, soccer cleats, and have available weather appropriate clothing. If your daughter is interested in playing goalkeeper, Lake Samm will provide the necessary equipment. It is not uncommon at the youth level for all girls to play goalkeeper at some point during the season.

Practices and Games

We are an all-weather sport with the exception of lightning and thunder. Please have your daughters dressed for success. This includes thermal layers, rain gear, stocking cap, gloves, etc so that practice or games can go uninterrupted.

Youth practices are 1.5 hours twice a week for levels 5/6 and 3/4. 7/8 practices twice a week as well, but if the coaches desire might have a third practice upon discussions with the parents/players. Practices are generally held at Marymoor 7 or 9. These are the grass fields located to the right as you turn in to go back to the dog park. The 7/8 north team will practice in Woodinville.

Youth games are on Saturdays and Sunday afternoons. Lake Samm home games will be played at Marymoor Park 7 or 9

Team Volunteers

Each team will need help from parents for various activities on game days and during the week. Please consider volunteering with your coach to be a sideline manager, scorekeeper, game timer, game stats or team parent. Your coaches will greatly appreciate the assistance.

Lake Samm Volunteers

Lake Samm has committee opportunities available to assist with the youth and High school programs. The time commitment is minimal. The assistance is greatly appreciated and necessary for Lake Samm to be successful. Please talk with any available Board member

Umpires/officials

The league is always in need of willing adults and High School aged youth to be more involved in the sport by becoming an umpire. The umpires get paid from \$20 to \$40 dollars per game depending upon the level being umpired. The league requests that one parent from each team become an umpire to help grow the sport throughout Washington

Spiritwear

Lake Samm spiritwear store will be open starting 1/21/15. Sales will close by mid-February so that items will be in before the season begins.