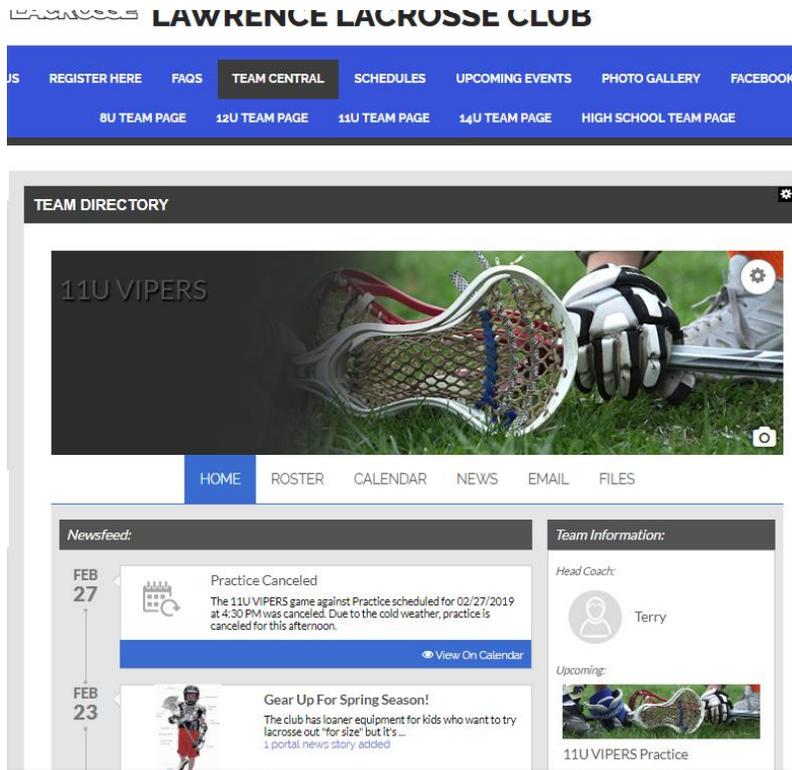


Welcome to the 2020 Youth Lacrosse Season!



Team communications will go through the Team Manager App and emails. **It's important to log on to the TM app with the same email you use on our website to register your player or a secondary account email linked to the main account holder!** You can find team rosters, game locations and schedules on the app and message the team! Volunteers (Team Staff) can create events on the app and anyone can score the game in real time!



Schedules can also be found on the website in the TEAM CENTRAL page and SCHEDULES page where you can sync it to your own calendar if you like.

Game Schedules will be final by the first week in March! We will have 4 home games in Lawrence and 4 away games in the KC metro.

New this year...Our home field for youth games is **Billy Mills Middle School stadium.**

The season ending tournament will be the weekend of May 15 -17 at Rockhurst High School. The 8th grade ALL STAR game will be played the night of the high school championship game on Friday, May 22nd at UMKC stadium (rainout is Saturday 5/23)



The Spring weather at the beginning of the lacrosse season can cause cancelations due to cold, heavy rain or snow and postponements due to lightning. We appreciate your understanding as we will use the league guidelines for our decisions to cancel practice. The league and coaches will notify parents of game cancelations.



Youth team parent meeting after practice today Thursday, 3/7, 5:45 pm in the Broken Arrow Shelter

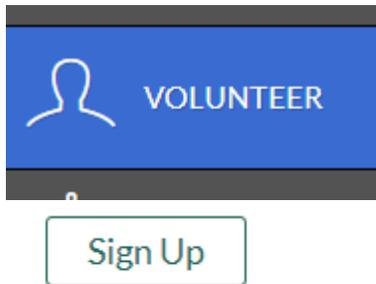


LOGOUT

RENCE
ROSSE

LAWRENCE LACROSSE CLUB

^The top of the website home page will have club related announcements such as practice cancelations or changes and special events.



Team Parent

Sign Up

Timer/Scorekeeper

Coaches need your help! Would you like to be the team parent for your child's team? The team parent will be responsible for scheduling volunteers to help at the table and other various jobs that the coaches need on game day. **Each game will need a timekeeper or scorekeeper at the table.** The Team Manager app will be a helpful tool for scheduling parent volunteers.

Timing and Score keeping instructions and video training is on the website. It's really easy and no stress. It's also fun to be at the table where the action is! The hardest part is not being able to cheer from the table! It's in the rule book 😊

Volunteer to coordinate the end of the season party! These are fun events where coaches give out awards and families enjoy social time together.

SPIRIT WEAR STORE

Order Spirit Wear online on our website. Deadline for orders is March 20th.



Lawrence Lacrosse has a You Tube channel! Parents please send your videos to Coach Terry! t.stephan.williams@gmail.com



Players will receive a reversible practice pinnie and a uniform!



Equipment Guide: Dick's Sporting Goods in Leawood and Zona Rosa and Academy Sports have lax gear also Play it Again Sports in Overland Park has gently used lacrosse equipment. We don't recommend buying a helmet online because it's best to try a helmet on but there are quite a few online lacrosse businesses such as lacrossemonkey.com and lax.com that have good prices on starter kits. If you are worried about the cost of investing in a sport that is new to you, please ask us about loaner equipment for your child to use during his /her first season.

Boys' Field Player Equipment

GLOVES (Required)

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

HELMET (Required)

- Must be field lacrosse-specific
- Statement/seal indicating it meets NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with helmet

RIB PADS (Recommended)

- Must cover ribs and kidneys; adjust by loosening/tightening straps
- Should fit comfortably, not restricting breathing
- Tight enough so they do not move excessively during play
- Try on rib pads prior to adding shoulder pads to ensure proper fit

PROTECTIVE CUP

(Youth Required/HS Recommended)

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

MOUTHGUARD (Required)

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

SHOULDER PADS (Required)

- Covers top of shoulder, collarbone & sternum
- Shoulder caps must rest on top of shoulders
- Collar should lie flat on collarbone
- Straps tightened - bicep pad sits high on arm so to not interfere with arm pads
- Sternum plate must cover sternum
- Should fit comfortably; adjust by loosening/tightening straps
- Too tight - may restrict movement; too loose - can move during play & expose player to injury

ARM PADS (Required)

- Tight as to not slide down arm; loose as to not cause discomfort
- Elbow should be properly & completely covered
- If pad includes straps secure comfortably for limited movement during play

