

STOUGHTON LACROSSE – Spring 2020

Registration: A US Lacrosse membership (\$30) is required to participate in Stoughton Lacrosse. This is part of the registration process on our website. This fee is in addition to the club fees listed below. Register at www.stoughtonlacrosse.com.

- **10U:** Birthdates 9/1/2009 and younger. Typically 3rd and 4th Graders. We do open this level to 1st and 2nd Graders because contact is limited. \$100.00 for the season. Return the jersey to the club at the end of the season.
- **12U:** Birthdates 9/1/2007 – 8/31/2009. Typically 5th and 6th Graders. \$130 for the season. You get to keep the jersey and use it for subsequent seasons. Let the team manager know if you need a new size.
- **14U:** Birthdates 9/1/2005 – 8/31/2007. Typically 7th and 8th Graders. 14U players will likely register with another club due to limited participants in Stoughton. Talk with a board member.
- Financial assistance is available. Please talk with a board member.

Contact information: Board member contact information is available at www.stoughtonlacrosse.com.

Equipment: Cleats, mouthguard, lacrosse helmet, elbow pads, chest protector, gloves, stick, cup. Stoughton Lacrosse does have sticks and pads (elbow, chest, gloves) available. Equipment is needed to begin practicing. Lacrosse equipment is available at Dick's Sporting Goods and Play It Again Sports.

Girls' Lacrosse: Girls are welcome to register in Stoughton to play on one of the boys teams. They may also register to play in Oregon on one of the girls teams under our co-op with Oregon.

Weather: We play in every type of weather except lightning. The goal is to play whenever possible. We do our best to provide reasonable notice if an event is canceled, but Spring weather presents a significant challenge. Please be patient with us. We expect all players to attend games and practices even when the weather isn't ideal.

Attendance: All players are expected to attend team events including practices, games, and Youth Night at a high school game. Depending upon how the schedule plays out, we will also have a float in the Sunday Syttende Mai Parade. Please communicate with the coach if your child cannot attend any of these events.

Practices: Initial practices are held indoors. After the first 2 weeks, practices will be held outdoors.

- **Monday, March 9th** 6:30 – 8pm. Sandhill Gym. 10U & 12U.
- **Thursday, March 12th** 6:30 – 8pm. Community Gym. 10U & 12U.
- **Monday, March 16th** 6:30 – 8pm. Sandhill Gym. 10U & 12U.
- **Thursday, March 19th**. 6:30 – 8pm. Community Gym. 10U & 12U.

Spring Break Week – TBD based upon everyone’s schedules.

12U Practice Schedule: M/W/TH 6:30pm – 8pm (or until dark during the early part of the season) @ Fox Prairie.

10U Practice Schedule: TBD but will typically be twice/week and start earlier than 12U @ Fox Prairie.

All players are expected to be ready to practice on time. Please consider arriving early if your player needs time to put their equipment on.

Games: All home games will be held at Fox Prairie Elementary. Most away games will be held within 30-45 minutes of Stoughton. Games are held on the weekends, but we do not have any information on the schedule beyond that as teams are still being formed. The final games are typically the first weekend in June.

Playing Time: Stoughton Lacrosse focuses on helping players learn the game and have fun. Every eligible player will get plenty of playing time.

Transportation: We all have busy schedules. If you aren’t able to transport your player to a practice or game, please reach out for assistance through the Team Manager App. Stoughton Lacrosse is full of great families who will help out.

Team Manager App: Communication will be handled through emails as well as the Team Manager App. As we get up and running for the season, an email will be sent to you with the link to download the app for your child’s team. If you need to contact the coach, you will be able to send him a private message through the app.

Contact: Lacrosse is a contact sport. Checking is allowed at varying levels depending upon age group. Specifics regarding each age level can be found at uslacrosse.com and badgerlandlacrosse.com. If parents have any concerns, our coaches apply an “open door” policy and are always willing to speak with you. Parents are encouraged to attend practices and ask questions about this sport.

Sportsmanship:

- Player agrees to display conduct both on and off the field that demonstrates the utmost respect for their teammates, coaches, competition and community.
- Player agrees to listen to the directions of their coaches and to show respect towards coaches and referees at all times.
- Player understands that violations of any of these rules can lead to reduced playing time or dismissal from the program.

Parent Participation: Parents will be asked to assist the team at times. This may include attending practices or sitting on the team sideline during a game to assist the coach in the event of an injury, etc. Other opportunities include managing the scoring table at home games.

Fundraising: There may be team fundraisers during the season such as a Culvers Night or Kwik Trip gift card fundraisers. Fundraising helps us keep registrations fees much lower than other sports so please participate if we do any fundraising events during the season.

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Dick's Sporting Goods will offer another discount weekend in **March**. Follow **Stoughton Lacrosse** on Facebook to get that discount code in March!