



# FARMINGTON YOUTH LACROSSE ASSOCIATION

## Parent & Player Expectations

For those of you that are new to this sport we say Welcome and Thank You for giving lacrosse a try. It is one of the fastest growing sports and we hope that you and your athlete learn and enjoy playing it for years to come.

## Equipment

Boys Required	Girls Required
Lacrosse Helmet <sup>1</sup>	Lacrosse Goggles
Lacrosse Stick	
Mouth Guard <sup>2</sup>	
Cleats	
Gloves	
Shoulder Pads	
Elbow Pads	
Athletic Cup	

<sup>1</sup> black helmet is preferred

<sup>2</sup> must be a highly visible color and not be white or clear, have extras ready

**NOTE** Jewelry is not allowed (necklaces, earrings, etc.)

For recent information, refer to <http://www.farmingtonlacrosse.org/new>

## Uniforms

Each player is responsible for purchasing their own uniform. The uniform includes a jersey and matching shorts. Each player will be randomly assigned a jersey number from a list provided by the association. The player will keep that number for the duration of their play in this association.

You will have the option to buy new sizes each year, if needed. You will also have the option of getting shooter shirts, socks and other team apparel.

Information and samples can be found here <http://www.farmingtonlacrosse.org/apparel>

## Pictures

We will be having team and individual pictures taken. This date has not been set yet, as soon as we get that we will send it out to you.

## Volunteering

The Farmington Youth Lacrosse Association is a not for profit organization and requires participation for all families registered to play lacrosse to ensure its success. Each family will be required to submit a volunteer check in the amount of \$200.00. Each registrant is expected to



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perform up to 4 hours of volunteer time before the end of the season. If the seasonal requirement is not met, checks will be cashed in the month of September to cover costs incurred for hiring labor when needed throughout the season.

## Evaluations

The Farmington Youth Association, is lucky enough to have the Varsity Lacrosse coaches and players evaluate our youth players. In 2018 this will happen the third week of April the 16<sup>th</sup> thru the 19<sup>th</sup>. Because we have multiple teams at each age level, we evaluate each player's ability and divide the players up into equally skilled teams. We will receive the recommendations from the varsity coaching staff and assign teams by April 29<sup>th</sup>. There are no 'A' teams in the FYLA program with the exception of the girls 14U, which requires an 'A' team if we have two or more 14U teams.

If in the future there is a need to create an 'A' team at one or more of the levels, we will then send out notification of the tryout process for that team.

## Important Dates

Begin	End	Season	Boys	Girls
March	April	Indoor Box	X	
April	May	Pre-season Skills Training	X	X
April		Player Evaluation	X	X
May	July <sup>1</sup>	Summer Field (Main)	X	X
June	July	Picture Day	X	X
September	October	Fall Field	X	O <sup>2</sup>

<sup>1</sup> Teams qualifying for the state tournament will play the final week of July.

<sup>2</sup> Girls may participate in the Fall Field season as long as they use boys' equipment.

## Practices

Players are expected to be at practice and on time. Coaches must be notified in advance if you are unable to attend a practice. Excessive absences may affect play time.

### Pre-Season Skills – Schmitz-Maki Arena

	BOYS	GIRLS
10U	6 – 7pm M, Tu	6 – 7pm W,Th
12U	7 – 8pm M, Tu	7 – 8pm W,Th
14U	8 – 9pm M, Tu	8 – 9pm W,Th

### Summer – Farmington High School Fields

	BOYS	GIRLS
10U	6 – 7:30pm M, Tu, Th	6 – 7:30pm M, Tu, Th
12U	6 – 7:30pm M, Tu, Th	6 – 7:30pm M, Tu, Th



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14U	6 – 7:30pm M, Tu, Th	6 – 7:30pm M, Tu, Th
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**10U** Games will count as a practice night during the same week.

**12U** **14U** Coaches will decide if a game will replace practice during the same week.

## Indoor Box / Fall Field

Both of these are game only seasons. Practice sessions are at the discretion of the individual coaches and are subject to field availability. New players are welcome however it will be to the athlete's advantage if they are already familiar with lacrosse.

## Games

**BOYS** **FALL FIELD** Great Northern Lacrosse League (GNLL) will provide the game schedule in September. Six games held on Sundays between 9:00AM – 5:00PM.

**BOYS** **INDOOR BOX** Twin Cities Lacrosse (TCLacrosse) will provide the schedule in February. Six games + one playoff game are held on weekends in ice arenas around the metro area.

**BOYS** **SUMMER FIELD** Youth Lacrosse of Minnesota (YLM) will provide the game schedule final week of May. Games held during the week between 5:00PM and 9:00PM. State tournament is the final week of July for teams that qualify.

**GIRLS** **SUMMER FIELD** Minnesota Schoolgirls Lacrosse Association (MSLAX) will provide the game schedule by end of May. Games held during the week between 5:00PM and 9:00PM.

## Tournaments

Each team will have two tournaments/Jamborees paid for by the Association. Any other tournaments are not sponsored or endorsed by the association unless we notify you thru email. Tournaments will take place on weekends.

## Playing Time/Coaching

We will have an experienced coach as the head coach for each team. We also anticipate having two parent coaches and/or current high school varsity player to help as well.

We expect fair and equal playing time for all offensive and defensive positions. The goalie position is not for everybody, we hope that every player will try it once, but we will not force anybody to play that position.

**10U** The coach is expected to play kids at all position.

**12U** The coach is expected to try the kids at all positions for the first half of the season, then based on their expert opinion start to play the kids at a position they can excel in.



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**14U** By this level, athletes have begun to specialize in a particular position. Exceptions are made for those athletes that are new to the sport.

If the coach feels there are behavior, attendance or participation issues that will affect playing time, those issues will be discussed with the parent.

Each player at the end of the year will receive a player feedback from their coach outlining their seasonal performance highlighting their strengths and weaknesses. Athletes should use this feedback to help them decide what areas to work on in the offseason.

## Feedback

We as an association hope that all our players and parents have nothing but a great time all season long. However if you experience something that you feel needs improvement, we ask that you follow these steps in order.

1. Give it 24 hours; if it is still important to you, report it
2. Contact your team's *Chill Manager* first
3. If the issue cannot be resolved by your chill manager, bring the issue to your *Parent Head Coach*
4. Issues not resolved to your satisfaction may be directed to the *Coaching Director* who's information can be found here <http://www.farmingtonlacrosse.org/board>
5. Next the Boys/Girls Program Director
6. As a last resort the President or Vice President of the Association

## Get Involved

Please know that the health of this association is tied to your player having a great time and learning about this sport from year to year. The association depends on an athlete's family members to be coaches, committee members and board members throughout the year. You do not need to be an expert in lacrosse, you just need to have a passion for the sport and desire to see your athlete grow with success. By volunteering you ensure the growth and success of the program for the kids and the community.

Information for volunteer opportunities is found here  
<http://www.farmingtonlacrosse.org/volunteering>

Please feel free to talk to any of the board members or come to a board meeting to see how you can help out. Meetings are held monthly in Farmington. Schedule is found here  
<http://www.farmingtonlacrosse.org/page/show/1935994-calendar>