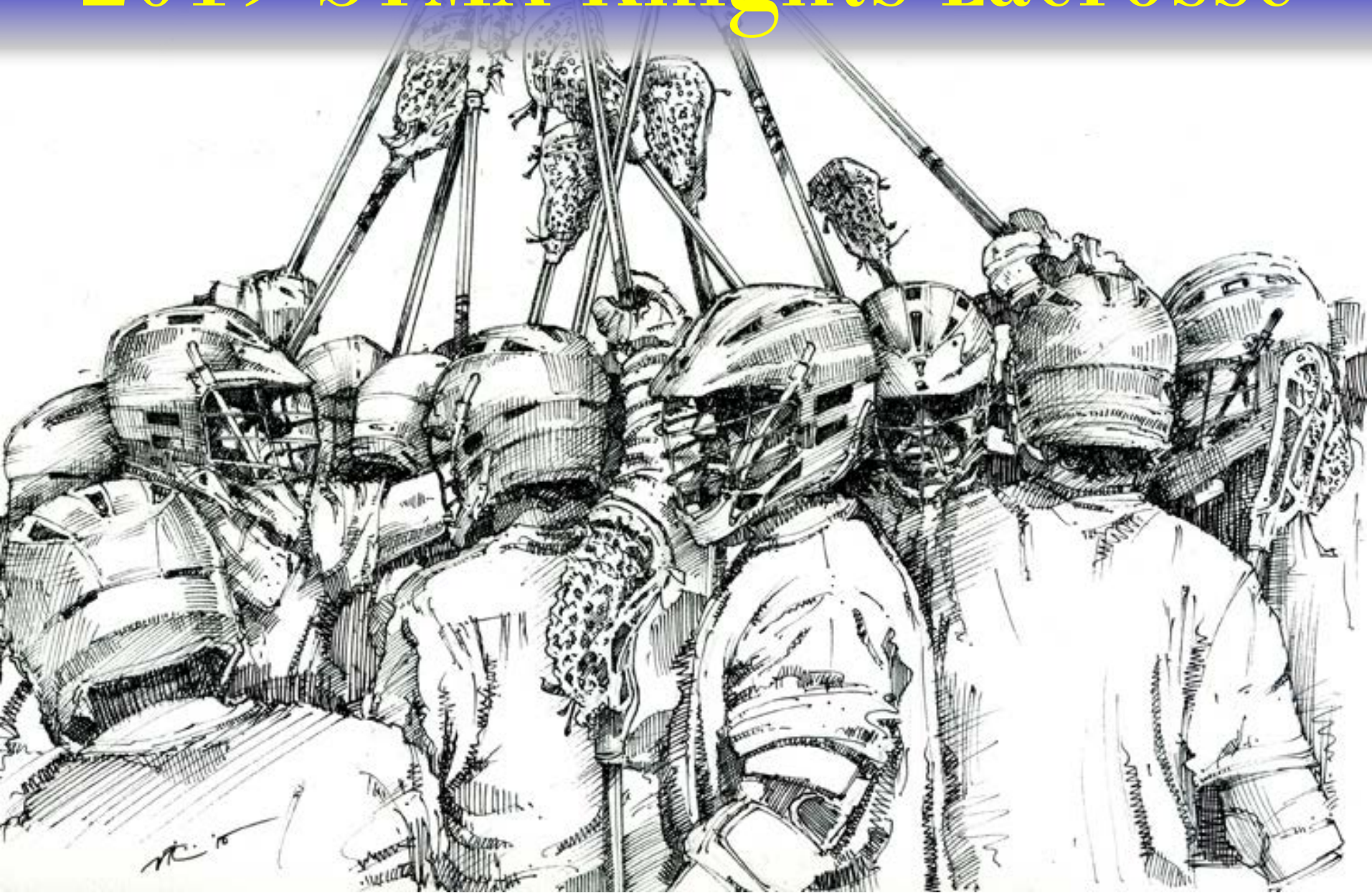


2019 STMA Knights Lacrosse



STMA Youth LAX Board Members



Voting Board Members

President - David Grabowski (*interim)

Vice President - *Vacant*

Secretary - Timette Nevala

Treasurer - Jason Brett

Boys Director - Peter Schnobrich

Girls Director – Niki Hunter

Coaching Director - Derek Landon*

Registration Director - John Webber

Fundraising Director – *Vacant*

* **Term ending October 2019**

Non-Voting Board Members

Equip/Apparel Director - Kyle Nevala*

Sched/Field Director - Matt Robeck

Volunteering Director - Kristi Hall

Comms/Webmaster - *Vacant*

HS Boys Coach - Stephen Simpson

HS Girls Coach - Jillian Anderson

There are many volunteer opportunities outside of the Association Board!!

Code of Conduct



Sportsmanship Respect Integrity Excellence Enjoyment Loyalty Teamwork

STMA Players Code of Conduct:

- *Play for fun.*
- *Work hard to improve your skills*
- *Be a team player-get along with your teammates.*
- *Learn teamwork, sportsmanship and discipline.*
- *Be on time for practices and games.*
- *Learn the rules and play by them. Always be a good sport.*
- *Respect your coach / teammates / parents / opponents / officials.*
- *Never argue with an official's decision.*

Encourage your players / Work to learn the game (rules)

Support coaches & officials

2019 Boys Spring Program



Spring Season:

- *April 22nd – June 16th (14U: June 23rd)*
- *Number games: 10-12 (average)*
- *1st game: 27-28 Apr*

Tournaments:

- *8U: Icebreaker Tournament (June 1-2nd) – 8U*
- *10/12/14U: River Valley Rumble (June 7-9th, Shakopee)*
- *10/12/14U: GNLL Tournament (June 15-16th, STMA)*
- *14U: Summer Sizzle (June 22-23rd, Centennial) - tentative*

Practice Locations / Times



Middle School West Fields (two full fields)

12U / 14U: Mondays and Thursdays (6:30-8pm)

Saint Michael Upper Rec Field (two short fields)

8U: Mondays and Wednesdays 6:00pm – 7:00pm

10U: Mondays and Thursdays 6:00pm – 7:30pm



2019 Spring Boys Coaching

Boys 8U Spring Field

Dave Kuechle
Josh Christianson
Travis Meyer

Boys 12U Spring Field

Derek Landon
Steve Crow
Brett Bergeron

Boys 10U Spring Field

Shawn Gagnon
Peter Schnobrich
Mark Leland

Boys 14U Spring Field

Joe Muraski
Adam Gelling

All teams will need a Team Manager.
Please let your coach know if you are able to help them out!

If you have interest in coaching contact: Derek Landon



Required Equipment for Boys

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 to 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



Also good to have:

- Athletic tape
- Extra mouthguard



Required Equipment for Girls

Girls' Field Player Equipment

GOGGLES

(Required)

- Must be lacrosse-specific
- Meets the ASTM International standard performance specification; includes a statement/seal indicating compliance
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with the goggles

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

GLOVES

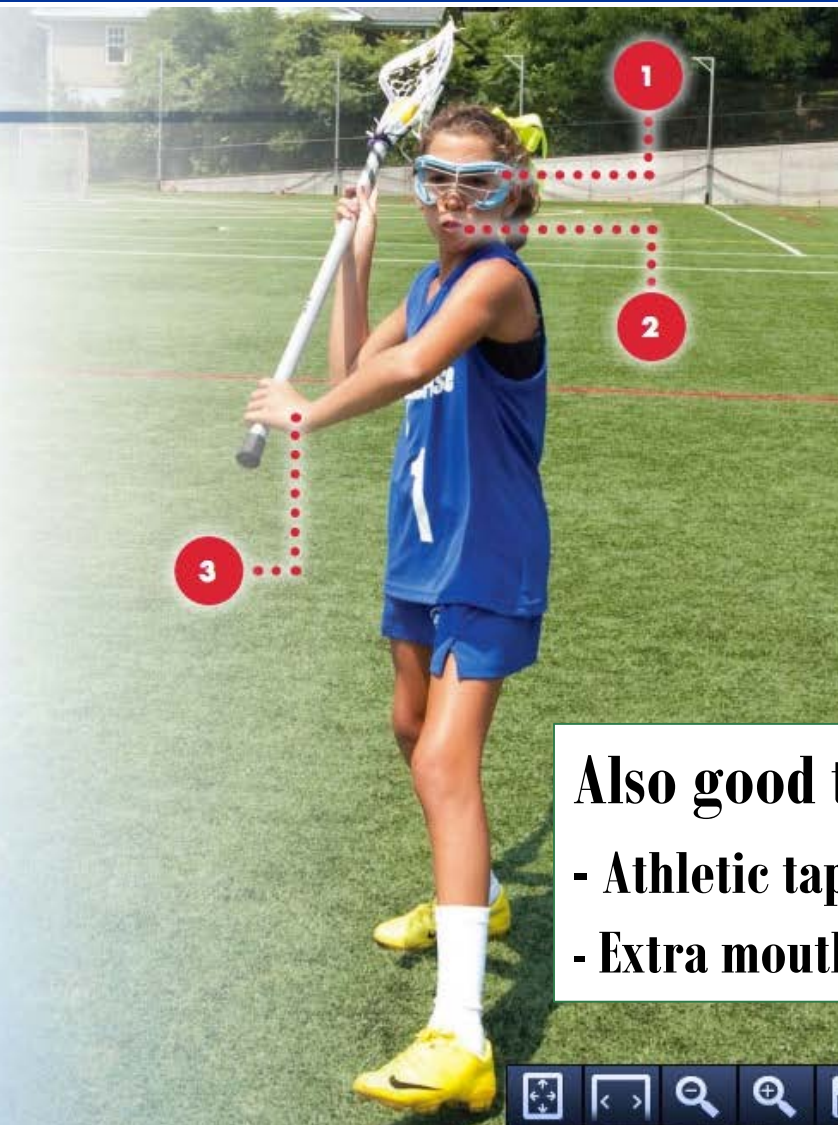
(Optional)

- If worn, they must be close-fitting & should be comfortable for player while holding a stick
- Goalie gloves not permitted for field players

OTHER PERSONAL EQUIPMENT

(Optional)

- Approved soft headgear
- Protective devices necessitated by medical grounds
- No equipment – including protective devices necessitated by medical grounds – may be used unless compliant with rules & manufacturers' specs & deemed not dangerous to other players by the officials



Also good to have:

- Athletic tape
- Extra mouthguard



Required Volunteer Hours

- **1 hour, per player** – during the summer field season
- **3 hours, per player** – GNLL end of season tournament

GNLL End of Season Tournament

- Primary fundraiser for STMA Youth Lacrosse
- STMA remains a host site for 2019
 - Naming fields, signage at the tournament, photographer, etc.
 - Set-up and Clean-up
 - Volunteers for concessions, time/score keep, etc.
 - Committee to help support Tournament Coordinator (Kristi Hall)
- Team Managers & Coaches hours are exempt
- DIBS

Volunteer Opportunities



- Join the Board!!!
- Coach
- Team Managers
- Tournament Support
- Time/Score Keepers
- Fundraising / Sponsorships
- Marketing
- Project help – Got an idea, make it happen!

Upcoming Events (being planned):

- End of Season Event
- Parades (St Michael, Albertville, & Hanover)

Online Resources



www.USA Lacrosse.org

www.stmalax.com

- SportsEngine App (most current info on practices)
- Tourney Machine App (most current info on game time/locations)
- Facebook: STMA Lacrosse (STMALAX) & STMA Girls LAX
- Please always reference the Website, Sports Engine Emails and Facebook for communication from the LAX Program.
- If there is something that you can't find or still need inforr contact the board via the STMA lacrosse website.



Question Mark Dodge

