

## 2020 Spring Season

Albuquerque Youth lacrosse (AYL) offers programs starting between 3rd and 12th grade. The Duke City Bears is our youth program and the Duke City Scorpions is our high school program. Players of all skill levels are welcome in each age group. We are dedicated to developing well rounded individuals, furthering the sport, and providing our young athletes with the best possible lacrosse experience.

### IMPORTANT DATES

**Parent Meeting:** Thursday, Feb 20<sup>th</sup>, Balloon Fiesta Park

**Practices Begin:** Tuesday, Feb 25<sup>th</sup>

**Spring Season Games Begin:** Saturday, February 29th

**APS Spring Break (practice optional):** March 30th-April 3rd

**Spring Season Games End:** Sunday, May 31st

**Summer Tournaments:** TBD

### REGISTRATION INCLUDES

Reversible game jersey (returned at end of season), game shorts, qualified coaching, league fees, practice fields, team equipment, and operating expenses.

### REQUIRED EQUIPMENT

All age groups must have the following equipment:

- Helmet
- Shoulder Pads
- Arm Pads
- Gloves
- Protective Cup
- Cleats (lacrosse, football, soccer)
- Mouth guard

AYL has equipment for loan in addition to discounted rates on new equipment.

## **US LACROSSE MEMBERSHIP**

All players are required to register with US Lacrosse to participate in our programs and organized games.

## **PRACTICE SCHEDULE:**

We expect to practice on Tuesdays, Wednesdays and Thursdays from 5:30pm-6:15pm. On March 10th (Daylight Savings) we will adjust to a 5:30pm-7:00pm schedule.

## **PUNCTUALITY:**

The coaching staff expects players to be wearing the proper equipment and on the practice field at the beginning of your team's designated practice time. Lost practice time is a lost opportunity to improve. Please strive to arrive on-time. A text or call to your coach at least 30 minutes prior to practice your athlete might tardy or miss is appreciated.

## **GAME SCHEDULE:**

### February

29 @ Las Cruces/El Paso, Qwikstik Lax

### March

7-8 Open

14 AFA v Furman, team building road trip, Colorado Springs, CO

15 tentative scrimmage vs Cheyenne Mountain, Colorado Springs, CO

21 vs Rio Rancho @ Milne Stadium

### April

5 DC Lax vs NM @ BFP

11 vs Rio Rancho @ BFP

18-19 @ San Juan Shoot-out, Montrose, CO

25-26 Open

### May

2-3 ABQ Lax Fiesta

10 @ Santa Fe

16-17 @ Durango Mtn Melee, Durango, CO

30-31 @ Arizona Cup (6v6), Flagstaff, AZ

## **AYL COACHING STAFF**

AYL has the highest concentration of US Lacrosse Certified coaches in the entire state of NM! Our coaches encourage parents to get involved in our programs. If you have any questions, our coaches are always excited to talk lacrosse; please do not hesitate to ask. All AYL coaches have passed a thorough background check.

## **INTERESTED IN COACHING?**

We are actively seeking new and experienced coaches for the 2020-2021 season! For information, please send an email to [abqyouthlax@gmail.com](mailto:abqyouthlax@gmail.com) . Coaches are required to obtain an active US Lacrosse Membership with Background Check, First Aid/CPR Training, and uphold the values and responsibilities listed below:

- Teach and practice good sportsmanship at all games and practices.
- Be a role-model, stay positive, enthusiastic and industrious.
- Demonstrate the attitude, behavior, and conduct you expect from your players.
- Come to your practices and games on time, prepared, and ready to coach.
- Demonstrate a thorough understanding of the rules and strategy as they pertain to lacrosse.
- Attend all required AYL coach and parent meetings.
- Do not use foul & abusive language, engage in fighting, or any other conduct which reflects poorly on yourself or AYL.
- Effectively communicate with the program, parents and players.
- Show the kids how to have fun!

## **CODE OF CONDUCT**

The following code of conduct applies to all participants in the Albuquerque Youth Lacrosse Programs, including players, coaches, parents, and spectators and is intended to provide a safe and enjoyable experience for all participants. We believe enjoyment and commitment levels increase when everyone always models appropriate positive behaviors. AYL encourages all players, coaches and parents to respect and honor the game.

**Players: As an AYL Lacrosse Player, you are expected to:**

1. Always display good sportsmanship and set a positive example on and off the field.
2. Respect your teammates, coaches, officials, and opponents always.
3. Play with heart and hustle, always try your best.
4. Support and encourage your teammates, lacrosse is a team game
5. Wear the required equipment at all games and practices.
6. Come to your practices and games on time and ready to play.
7. Respect your playing facilities and clean up your trash.
8. Any conduct, including foul and abusive language, fighting, or any other conduct that reflects poorly on yourself or AYL is deemed to be unacceptable and will not be tolerated.

**Coaches: As an AYL Lacrosse Coach, you are expected to:**

1. Teach and practice good sportsmanship at all games and practices.
2. Be a role-model, stay positive, enthusiastic and industrious.
3. Demonstrate the attitude, behavior, and conduct you expect from your players.
4. Come to your practices and games on time, prepared, and ready to coach.
5. Have a thorough understanding of the rules and strategy as they pertain to lacrosse.
6. Attend all required AYL league and coach meetings.
7. Any conduct, including foul & abusive language, fighting, or any other conduct that reflects poorly on yourself or AYL is deemed to be unacceptable and will not be tolerated.

**Parents: As a parent in the AYL Lacrosse program, you are expected to:**

1. Respect the game. Respect the officials. Respect our opponents. Respect the coaches.
2. Support the team by cheering them on, not by criticizing individuals.
3. Help and volunteer for the program. "It takes a village!"
4. During practices and games, please be seated on the opposite side of the team area and benches.
5. Understand playing time is not equal, but fair based on attitude, effort, attendance and ability.
6. If you have a non-playing time question, please contact the coach directly. If there is a serious problem, notify an AYL Board Member.
7. Any conduct, including foul & abusive language, fighting, or any other conduct that reflects poorly on yourself or MTLC is deemed to be unacceptable and will not be tolerated.