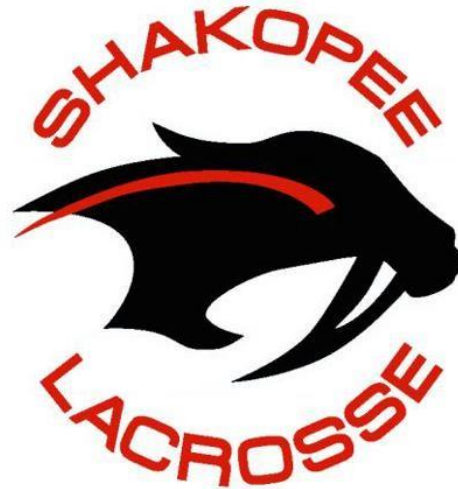


WELCOME



Shakopee Lacrosse Association

2021 Preseason Parent Meeting

April 29th

Meeting Agenda

- 2021 Board Members
- New SYLA families
- 2021 Season Preview
- DIBS/Volunteering
- Fundraising
- Communications
- Required Equipment
- Questions



2021 Board Members

- Ryan Thorman - President
- Ron Toward – VP Boys
- Jen Ruud – VP Girls
- Brian Mussey – Treasurer
- April Hansen – Secretary
- Aaron Swartout – Field & Equipment Director
- Jeremiah Munson – Tournament Director
- Sean Pollock – Boys Youth Director
- Bailey Childs – Girls Youth Director





Welcome new SYLA Families!

2021 Season Key Dates



Date	Event	Location
5/1	<ul style="list-style-type: none">• Registration Ends & Uniform Deadline	
5/3	<ul style="list-style-type: none">• 12U, 14U Boys & 10U-14U Girls Practice Starts	Various
5/10 & 5/12	<ul style="list-style-type: none">• 12U/14U Boys Evaluations	Shakopee High School Practice Turf and Grass Fields
5/11	<ul style="list-style-type: none">• Fundraising Begins	
5/18	<ul style="list-style-type: none">• 8U & 10U Boys Practice Starts	
6/1	<ul style="list-style-type: none">• Team Pictures	West Junior High
Week of 6/1	<ul style="list-style-type: none">• Regular Season Games Start	TBD
6/2	<ul style="list-style-type: none">• Fundraising Ends	TBD

2021 Season Preview

Projected Teams



	# Participants	# Teams / Levels
6U Coed Clinic	<ul style="list-style-type: none">• TBD	<ul style="list-style-type: none">• 1 Coed group
Boys Traveling	<ul style="list-style-type: none">• 8U: 12• 10U: 14• 12U: 31• 14U: 26	<ul style="list-style-type: none">• 1 team• 1 team• 1 A team, 1 B team• 1 A team, 1 B team*
Girls Traveling	<ul style="list-style-type: none">• 10U: 17• 12U: 12• 14U: 15	<ul style="list-style-type: none">• 1 team• 1 team• 1 team

Total Participants: 127

2021 Season Preview

Evaluation process 5/10 & 5/12



- 12U – 14U boys will need to attend evaluations
- Website has specific times and dates for each age group.
- Utilizing evaluation software to ensure consistency across evaluators
- [Evaluation documentation](#) is on our web page, please review and note injury and missing evaluation sessions policy
- Evaluation Attendance – must attend both sessions

2021 Season Preview

Practice Schedule*



Level	Practices	Start / End Season
8U	<ul style="list-style-type: none">Boys: Tues / Thurs	<ul style="list-style-type: none">Mid May - End of July
10U	<ul style="list-style-type: none">Boys: Tues / ThursGirls: Mon / Wed	<ul style="list-style-type: none">Mid May - End of JulyEarly May– Early August
12U Boys	<ul style="list-style-type: none">Red: Mon / Wed / ThursBlack: Mon / Wed / Thurs	<ul style="list-style-type: none">Early May - End of July
12U Girls	<ul style="list-style-type: none">Mon / Wed / Thurs	<ul style="list-style-type: none">Early May – Early August
14U Boys	<ul style="list-style-type: none">Red: Mon / Wed / ThursBlack: Mon / Wed / Thurs	<ul style="list-style-type: none">Early May – End of July
14U Girls	<ul style="list-style-type: none">Mon / Wed / Thurs	<ul style="list-style-type: none">Early May– Early August

*Days are subject to change. Field & Times will be posted online

2021 Season Preview

Game Schedule



- Depending on level there will be 1-2 games per week, which may fall on a practice day, or it may not
- Boys 8U – 14U schedule set by YLM usually 1 week before season starts (season starts June 2nd)
- Girls 10U – 14U schedule with SYLA and MSLAX within a couple weeks of start of season (June 10th)

2021 Tournament Preview



Level	Tournament	Location / Date
Boys & Girls 10U - 14U-A	<ul style="list-style-type: none">• Viking Goat	<ul style="list-style-type: none">• Farmington / June 5-6
Boys 8U – 14U	<ul style="list-style-type: none">• River Valley Rumble	<ul style="list-style-type: none">• Shakopee / June 11-13
Boys 14U-B	<ul style="list-style-type: none">• TBD	<ul style="list-style-type: none">• TBD
Girls 10U – 14U	<ul style="list-style-type: none">• Prior Lake Tournament	<ul style="list-style-type: none">• Prior Lake / June 26-27
Boys 8U	<ul style="list-style-type: none">• Eagan Wildcat Faceoff	<ul style="list-style-type: none">• Eagan / June 26
Boys 8U/10U	<ul style="list-style-type: none">• Summer Jamboree	<ul style="list-style-type: none">• Mid July
Boys 12U	<ul style="list-style-type: none">• State Tournament	<ul style="list-style-type: none">• July 24/25 or July 31/Aug 1
Boys 14U	<ul style="list-style-type: none">• State Tournament	<ul style="list-style-type: none">• July 24/25 or July 31/Aug 1
Girls 10U-14U	<ul style="list-style-type: none">• State Tournament	<ul style="list-style-type: none">• Maple Grove / July 30-Aug 1

2021 Season Preview

Attendance Policy



- Attendance policy created to help individual and team success and development
- Excused absences include religion, school activities, illness, and family emergencies. ****Covid-19 quarantine****
- Unexcused absences include family vacations, attending a different sport practice, with the exception of Shakopee High School Lacrosse, or generally not notifying a coach of an excused absence
- Consequences of missing a practice, scrimmage or game:
 - Each player is allowed 3 unexcused absences to be used at their family's discretion. These 'passes' are included to help families plan for vacations during the lacrosse season.
 - Players missing a game/practice due to an unexcused absence will be required to sit 1 game quarter per practice/game missed above their 3 allotted misses.
 - It will not be considered an unexcused absence if a player misses a team practice or game that was scheduled within 7 days of notification
 - Enforcement of the attendance policy will begin on May 17, 2021.

2021 Season Preview

Miscellaneous



- Rules for spectators
- Parent Assistant Coaches will be needed
- Boys teams need Chill Managers
- All teams need Team Managers
- Team manager will be responsible for keeping calendars up to date and ensuring game duties are covered

Volunteering

DIBS



- DIBS will be used for all Volunteer opportunities again this season
- \$500 volunteer check required per family at first team practice or Boys evaluation.
- 6 hours required per registration (home tournament priority, miscellaneous hours during season, fundraiser duties)
- Team Positions:
 - Parent Coaches – 6 hours
 - Team Manager – 6 hours
 - Chill Manager – 3 hours
- Committee Volunteers— see your board liaison for # hours granted

Volunteering

Team Managers / Chill Positions

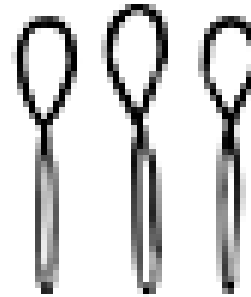


- Registration for team positions will open after evaluations
- If you indicated your interest during season registration, we will reach out directly after evaluations
- Team managers receive full credit for DIBS hours
- Chill manager receive half credit for DIBS hours
- Priority given to those who have previously volunteered
- Team manager meeting will be held week of 5/17
- Team/Chill manager: Need Team Manager Lead

Double Yummy Fundraiser!



- **Start Date**
 - **Tues, May 11th**
- **End Date**
 - **Wed, June 2nd**
- **Pick-Up**
 - **Tues, June 15th at East Junior High**
- **Association makes 40%**
- **Top Seller Boys win choice of short stick or long stick (shaft only)**
- **Top Seller Girls wins stick (shaft only)**



Wooden Spoon
COOKIE DOUGH

Communications



- www.shakopeelacrosse.org – main website for information
- Please ensure your SportsEngine profile is set up correctly, so that emails are received. Utilize chat function as much as possible.
- Team level pages and calendars for most up to date schedules, once teams formed team managers will update team schedules
- Facebook and Twitter (Add photos!)
- SYLA Apparel Store (Blatant Team Store)

Equipment

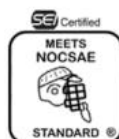


BOYS' FIELD PLAYER EQUIPMENT

REQUIRED EQUIPMENT

1. HELMET

- Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified



2. FIELD PLAYERS CROSSE (Stick)

- Short Crosse - 40-42"
- Long Crosse - 52-72"
- 10U and younger has allowances for shorter stick lengths (please reference the US Lacrosse Boys' Youth Rules Book).

3. GLOVES

- Hand must be fully inserted in glove

4. SHOES

- Athletic cleats or athletic shoes

5. PROTECTIVE CUP

- Fitted for comfort & protection
 - Garments to improve comfort include: supporters, all-in-one briefs & combinations of both



6. ARM PADS

- Elbow should be properly & completely covered

7. SHOULDER PADS

- Covers top of shoulder, collarbone & sternum
- Should fit comfortably; adjust by loosening/tightening straps
- NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022



8. MOUTHGUARD

- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentist)



OPTIONAL EQUIPMENT

9. RIB PADS (NOT SHOWN)

- Covers the ribs and kidneys; adjust by loosening/tightening straps
- Should fit comfortably, not restricting breathing



Equipment

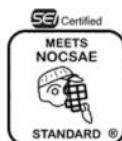


BOYS' GOALIE EQUIPMENT

REQUIRED EQUIPMENT

1. HELMET

- Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified



2. THROAT GUARD

- Separate from helmet & required for goalies
- Attach with snaps/screws/other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

3. CHEST PROTECTOR**

- Covers front torso, neckline to below navel
- Body straps must be secured to the front of pad - adjust for a snug, comfortable fit



4. PROTECTIVE CUP

- Fitted for comfort & protection
 - Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

5. SHOES

- Athletic cleats or athletic shoes

6. GOALIE GLOVES

- Hand must be fully inserted in glove
- Includes goalie specific additional thumb protection



7. GOALIE CROSSE

- Length 40 - 72"
- NOTE: 10U and younger has allowances for shorter stick lengths (please reference the US Lacrosse Boys' Youth Rules Book).

8. MOUTHGUARD

- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentist)



Starting with the 2021 season, goalies **MUST wear goalkeeper chest protectors which meet the NOCSAE ND200 lacrosse standards at the time of manufacture.

Equipment



GIRLS' FIELD PLAYER EQUIPMENT

REQUIRED EQUIPMENT

1. GOGGLES

- Meets the current ASTM standard for women's lacrosse eyewear;
- SEI certified and bears the SEI mark.
- SEI Website - https://www.seinet.org/search.htm#§ion=hidden-us_lacrosse



2. CROSSE

- Must adhere to Rule 2 Section 2 and meet the manufacturers specifications (Appendix B)
- Legal Sticks- <https://www.uslacrosse.org/safety/equipment/legal-sticks>

3. MOUTHGUARD

- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentist)

OPTIONAL EQUIPMENT

4. GLOVES

- Must be close-fitting & should be comfortable for player while holding a stick.



5. HEADGEAR

- Meets current ASTM standard for women's lacrosse headgear and has permanent SEI certification mark.
- If it includes integrated eyewear, it must also meet that current ASTM standard.



4



5



Equipment



GIRLS' GOALIE EQUIPMENT



REQUIRED EQUIPMENT

1. HELMET

- Statement/seal indicating it meets NOCSAE lacrosse standard
- performance specification and SEI certified



2. THROAT GUARD

- Separate from helmet & required for goalies
- Attach with snaps/screws/other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

3. CHEST PROTECTOR**

- Covers front torso, neckline to below navel
- Body straps must be secured to the front of pad - adjust for a snug, comfortable fit
- SEI WEBSITE

4. GOALIE GLOVES

- Hand must be fully inserted in glove
- Includes goalie specific additional thumb protection

5. LEG PADS

- Must protect shins and thighs
- May not use field hockey goalie pads

6. PELVIC and ABDOMINAL PROTECTION

- Generally incorporated as a part of thigh padding

7. GROSSE

- Must adhere to Rule 2 Section 3, Appendix B
- Legal Stick List- <https://www.uslacrosse.org/safety/equipment/legal-sticks>



8. MOUTHGUARD

- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentist)

OPTIONAL EQUIPMENT

9. SHOULDER PADS

- Covers top of shoulder, collarbone & sternum
- Should fit comfortably; adjust by loosening/tightening straps



Starting with the 2021 season, goalies **MUST wear goalkeeper chest protectors which meet the NOCSAE ND200 lacrosse standards at the time of manufacture.

Questions?

