

Boys 3/4 Program: Spring Season (2020) Begins Mon, Feb. 24th* and Ends Sat. May 16th



The 3/4 program will consist of two or three teams this year. All players are evenly divided by skill as determined during player evaluation. All teams will travel and compete within the Greater Eastside Lacrosse League (GELL). The level of play at 3/4 is developmental with a focus on fundamentals while providing an introduction to team offense and team defense. Beginning in late February, teams practice twice per week on Mondays and Wednesdays with games on Saturdays, starting March 7th. The season wraps up at the end of May.

* February 17th and 19th are Midwinter Break dates, we will have clinics these two days at Shoreline B, 5:30-7:00PM - 3/4's are welcome to participate.

Equipment:

All players are required to have a lacrosse stick, a lacrosse helmet, shoulder pads, elbow pads, lacrosse gloves, mouth guards, and an athletic supporter with protective cup. New lacrosse equipment can be purchased at Lacrosse Wolf (Bellevue) or at most other local sporting stores. Shoreline Lacrosse also has a limited number of high quality lacrosse sticks for sale. Any color of helmet, pads or gloves are acceptable. We will only allow goalies to use their own chest protectors if they are on the list of NOCSAE ND200 equipment. Shoreline Lacrosse will provide NOCSAE ND200 compliant goalie chest protectors for goalies if they do not have their own. By the 2021 spring season Shoreline Lacrosse will enforce NOCSAE ND200 compliant chest protectors for all boys lacrosse players. Loaner gear is available for players on a "first come, first served" basis.

Uniforms:

Coaches will provide the league approved jerseys to players sometime during the early weeks of practice. All players are expected to have a green pair of shorts for game days. The team store has green "Shoreline Lacrosse" shorts, shooting shirts and game socks available. The team store closes for initial ordering on January 17th (for delivery prior to the start of games in early March) . Every player at every age division will be provided with a reversible pinnie to be used for practices.

Practices & Games:

All practices will be posted and kept up to date at <https://shorelinelacrosse.org> and via the SportsEngine phone App. Roughly: early February practices will be at Shoreline A Soccer field, Monday/Wednesday at 5:30-7:00PM, this will switch to 5:00-6:30 PM in the last week of February and throughout the season. There will be a few alternate locations later in the season, reminders will be sent when the location/time changes, these will be minimal. Home games will be hosted at either Shoreline B or Shorecrest High School.

Shoreline Summer Tournament Team:

June represents our summer tournament season, we will have a minimum of one 3/4 team attending a tournament over the weekend of June 5-7th. Spring registration for Shoreline does not include the summer tourney season and for this reason we will organize a separate Summer Team(s) to compete in local tourneys. There will be separate fees for those who choose to participate in Summer Teams (typically ~\$30-\$40). Popular tourney locations are Bothell (Battle of Bothell), Issaquah (WA Cup), and Snohomish (Harvey Cup). Teams will be organized by "first come, first served" with preference being given to 4th graders. More information on the organization of Summer Tourney Teams will be provided in March.