

RLA

ROBBINSVILLE LACROSSE ASSOCIATION

CROSSE

Est. 2001



P.O. Box 491
Windsor, NJ
08561

2026 RLA Season Information

www.robbinsvillelax.com





Robbinsville Lacrosse Association (RLA) is a non-profit youth recreational lacrosse program aligned with USA lacrosse with the following goals

- Inspiring participation in the sport of lacrosse in Robbinsville
- Enrich the athlete experience by teaching skills, sportsmanship and fair play
- Support the growth of the sport of lacrosse in Robbinsville, Hamilton, East Windsor and Bordentown





RLA BOARD



Sandra Rogers
Girls Vice President
smontoya18@hotmail.com
609-618-3917



Wendy Jaworski
Boys Vice President
w.jaworski08@gmail.com
732-208-9037



Kyla Danley
Secretary
kyladanley@gmail.com



Open Positions:
• **President**
• **Treasurer**

Email RLARavensLax@gmail.com
for more info!



Additional volunteers supporting Board activities



Selina Carrigan
Team Coordinator Coordinator



Jim Aleski



Tommy Coohill



Marissa Toth
Shootout Coordinator



OPEN
Boys Scheduler



OPEN
Girls Scheduler



OPEN
Uniform Coordinator



OPEN
Fields and Facilities
Coordinator



OPEN
Community Outreach
Coordinator

Want to be a part of the fun?! Reach out to an existing Board Member today!



Code of Conduct

- Be respectful of others including coaches, officials, parents, spectators, players and teammates.
- No drinking alcohol, smoking or vaping during practices, games OR during tournaments. Township rules!
- Act with honesty and integrity
- Demonstrate good sportsmanship
- The safety & welfare of the players are of primary importance
- Engage in fair play
- Be kind
- Have Fun!



Bond Checks

- The league required a \$200 Bond Check per family
 - **Due by April 1 for player to participate in games**
 - Checks should be made out to Robbinsville Lacrosse Association;
 - In the Memo write: Duty Bond- Your Family name.
- Only cashed if volunteer responsibilities are not met. Otherwise destroyed, unless specifically requested back.
- Volunteer Responsibility is 2 hours per child in the program.
- Team Coordinator and/or Head Coach will collect



An important volunteer duty for each team is

TEAM COORDINATOR

Team Coordinators help:

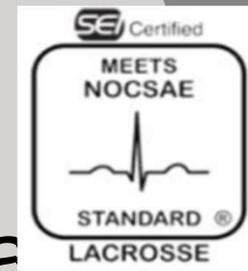
- Coordinate scheduling time/score-keepers for home-games with other parents
- Coordinate Statistics (optional)
- Coordinate team post-game snacks (optional)
- Help with Year-End Picnic

If interested, email rlaravenslax@gmail.com or let your Head Coach know right away!



Player Safety

- Proper equipment required
- Players **MAY NOT** practice or play in a game without required equipment.
- Coaching requirements
 - Head Coaches: USA Lacrosse Bronze Certification which includes Concussion Protocol.
 - All Coaches: USA Lacrosse Background Check & USA Lacrosse Abuse Training





Communication

- General RLA information will be posted to robbinsvillelax.com and email blast will follow
- Our website is linked automatically to the SportsEngine app. Any schedule changes or communications on the website will show on the app. Download it today! 
- Team schedules can be accessed at www.robbinsvillelax.com under our TEAMS tab.
- 24-hour rule - allow time to process situation before providing feedback to your coach or the league.
- Do NOT text coaches DURING the games.
- Issues with others should **not** be addressed at the field or in parking lot.





Communication - Feedback

- Player Feedback - Coach
- Team Feedback - Coach
- Coaching Feedback -
 - Boys – Wendy Jaworski, VP Boys
 - Girls – Sandra Rogers, VP Girls
- General Feedback – rlaravenslax@gmail.com
- Shootout Questions – rlaravenslax@gmail.com



Uniforms

- Coaches will deliver to players before first games.
- Practice Pinnies should be there for first practice.



RLA's Local Team Store – Custom Garments!!

Local custom apparel company which delivered high quality items with exceptional turnaround time!

Pickup from their facility in Cranbury, arrange to have delivered to a practice/game or they can ship!

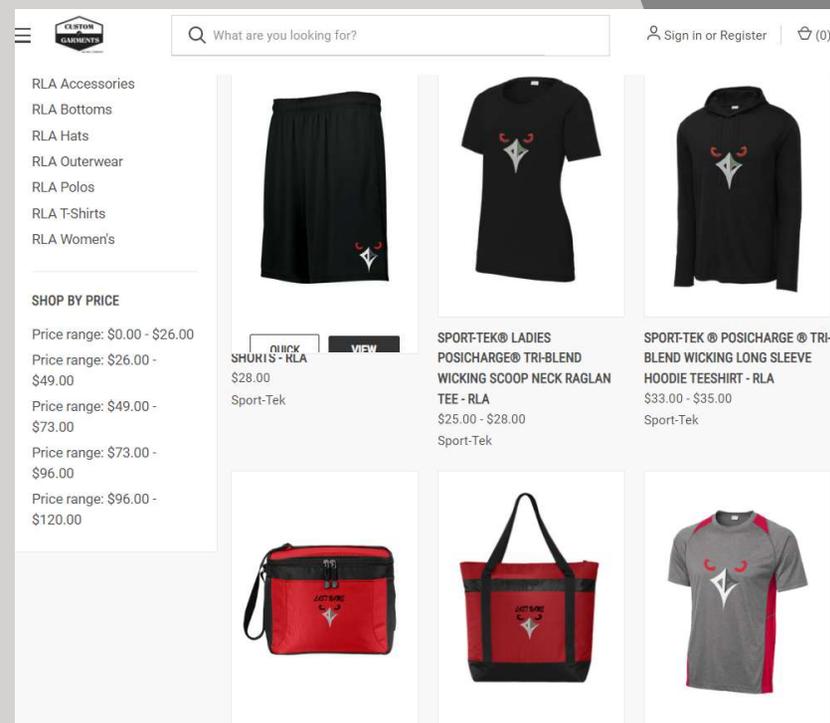
Run by an RLA family!

Not for uniform purchases.

To order, go to website below OR click on STORE through the RLA Website

<https://rlacustomgarmentsmsl.com/>

www.robbinsvillelax.com





MINI LAXERS (Pre-K and Kindergarten)

RLA Will hold clinics but will generally rely on the Central Jersey Youth Lacrosse League (CJYLL) for their clinics. When we know more info on that, we will share with those signed up.



BOYS 2/3/4

Head Coach: Barry Manion

Assistant Coach(es): Connor Aspinwall. Interested in Volunteering? Let us know!

Team Coordinator: TBD - Want to help? Coordinate parents for snacks and time/score keeping at games. Email rlaravenslax@gmail.com

Practice Location: Blakely Park

Practice Days/Times: See Sports Engine

Required Equipment: Full (Helmet, Mouthguard, Cleats, Cup, Arm Guard, Gloves, Shoulder Pads) – Important – cannot participate without all listed equipment)

Goals: Skill development

Unsure what equipment is needed? Click [HERE](#) or Go to <https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players>



GIRLS LITTLE LAXERS (1/2)

Head Coach: Sheri Gnatt

Team Coordinator: TBD - Want to help? Coordinate parents for snacks and time/score keeping at games. Email rlaravenslax@gmail.com

Assistant Coach(es): Kyla Danley & Sharon Caminero & Stefanie Martinez

Practice Location: Community Park Field 1

Practice Days/Times: Time TBD

Required Equipment: Stick, Goggles, Cleats, Mouthguard

Goals: Skill development, introduction to the game

Unsure what equipment is needed? Click [HERE](#) or Go to

<https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players>



BOYS 5/6

Head Coach: Tommy Coohill

Team Coordinator: TBD - Want to help? Coordinate parents for snacks and time/score keeping at games. Email rlaravenslax@gmail.com

Assistant Coach(es): Christopher Rios - Want to help? Email rlaravenslax@gmail.com

Practice Location: Blakely Park

Practice Days/Times: TBD

Required Equipment: Full (Helmet, Mouthguard, Cleats, Cup, Arm Guard, Gloves, Shoulder Pads)

Goals: Introduce Lacrosse to new players, prepare 4th graders to move up, develop game strategy and skills and most of all HAVE FUN!

Unsure what equipment is needed? Click [HERE](#) or Go to <https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players>



GIRLS 3/4

Head Coach: Marybeth Torralba

Team Coordinator: TBD - Want to help? Coordinate parents for snacks and time/score keeping at games. Email rlaravenslax@gmail.com

Assistant Coach(es): Need More – Want to help out? Email rlaravenslax@gmail.com

Practice Location: Community Park

Practice Days/Times: TBD

Required Equipment: Stick, Goggles, Cleats, Mouthguard

Goals: Introduce lacrosse to new players and refine/develop/expand skills of returning players! Prepare 4th graders to transition to next level. Build a love of lacrosse!

Unsure what equipment is needed? Click [HERE](#) or Go to <https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players>



GIRLS 5/6

Head Coach: Amanda Loga

Team Coordinator: TBD - Want to help? Coordinate parents for time/score keeping at games. Email rlaravenslax@gmail.com

Assistant Coach(es): Maureen Haggerty – Want to help out? Email rlaravenslax@gmail.com

Practice Location: Community Park Field 2

Practice Days/Times: See Sports Engine

Required Equipment: Stick, Goggles, Cleats, Mouthguard

Goals: Refine and develop stick skills, integrate offensive plays and learn full field strategy. Further the love of the game!



BOYS 7/8

Head Coach: Thomas Parrott

Team Coordinator: TBD - Want to help? Email
rlaravenslax@gmail.com

Assistant Coach(es): Jeff Jaworski, Erik LemMon, Barry
Manion. **Practice Location:** Blakely Park

Practice Days/Times: See sports engine

Required Equipment: Full (Helmet, Mouthguard, Cleats, Cup,
Arm Guard, Gloves, Shoulder Pads)

Goals: Gets players ready for high school, improve Lax IQ, Form
Strategy and Advanced Skills, Have fun!



GIRLS 7/8

Head Coach: Sandra Rogers

Team Coordinator: TBD - Want to help? Coordinate parents for time/score keeping at games. Email rlaravenslax@gmail.com

Assistant Coach(es): Want to help out? Email rlaravenslax@gmail.com

Practice Location: Community Park Field 1

Practice Days/Times: See Sports Engine

Required Equipment: Stick, Goggles, Cleats, Mouthguard

Goals: Continued skill development, learning more advanced game concepts and strategy while having FUN and enjoying the sport!



Frequently Asked Questions

- **Can we play more than 1 sport?** Yes, but Spring is Lacrosse season and joining RLA is a commitment, so the expectation is that all efforts are made to attend practices and games.
- **If my child missed practice, will they still be able to play in games?** This will be addressed on a case-by-case basis by the team coach.
- **If I cannot fulfill my 2 hour per child volunteer work, what happens?** Bond checks will be cashed if volunteer hours are not completed.
- **Are there any alternatives to the 2 hour per child volunteer / bond requirement?** Email RLARavensLax@gmail.com
- **How long are individual lacrosse games?** Around an hour long.
- **What is the expectation and time commitment for tournament participation?** Grades 3 and up typically go to 2 tournaments per season. Expectations are the same as playing in any game. Time commitment depends on when the tournament assigns our games and how many games we play.
- **What equipment is needed and where can it be purchased?** Equipment can be purchased at local sporting goods stores such as Lacrosse Unlimited, Universal Lacrosse or Dicks. Some prefer to go to a store to try gear on. Stores do sell “starter packs” for boys which include shoulder and elbow pads and gloves. Online stores include Lacrosse Monkey, Universal Lacrosse, Lacrosse Unlimited, Lax.com, Dicks and more – some have success on eBay or Facebook Marketplace! If you have questions on what is needed, your coach likely can help answer questions or email RLARavensLax@gmail.com

Boys: Helmet, Shoulder Pads, Elbow Pads, Gloves, Cleats, Mouth Guard, Athletic Cup

Girls: Eye goggles, mouth guard, cleats, stick

Mini-Laxers: We give you a pinnie and stick – you may want to have a mouth guard but otherwise nothing else needed!

Info On New Laxer Gear: <https://www.robbinsvillelax.com/page/show/7700038-gear-for-new-players>

www.robbinsvillelax.com





Sponsorship Opportunities Available!

- **Faceoff Level \$50** – We will advertise your business on our website and in a blast to the league.
- **Goal Scored Level \$250** - We will advertise your business on our website and in a blast to the league and our Social Media. Special signage at the fields. This typically would be magnetic signage on our sheds.
- **Blocked Shot Level \$500** - We will advertise your business on our website and in a blast to the league and our Social Media. Special signage at our fields directs the public to your business – these typically are larger signage such as Mesh Fencing, Goal Logos or Scoring Table Banners.

For more info email RLARavensLax@Gmail.com

***Go Ravens...
Never quit...
Never stop!***

Questions?

***RLARavensLax@gmail.com
or message us on our
Facebook page!***

[facebook.com/robbinsvillelax](https://www.facebook.com/robbinsvillelax)

