



Hello and thank you for your interest in the HSE Boys Lacrosse Club.

Lacrosse is growing in popularity across the world. You've joined the fastest sport on two feet! There is plenty of action: movement, passing, shooting, and scoring. Nonstop action. The game is very exciting to play and your family will enjoy watching it too!

Through S.P.O.R.T.S., we are a club sport that offers lacrosse to multiple age groups and skill levels starting from the third grade for all of the Fishers area. We are family oriented organization and encourage parents to participate.

Below is the outline for each age group program and hopefully answers most of your questions. For additional information on the sport and our program, please visit our website <http://www.hselacrosse.com>. Check back for updates on sign-ups, camps, practices, tryouts, and games.

If you have any other questions, please email me.

Thank you,

Larry Havlik
Board President, HSE Boys Lacrosse Club
Email: larry.havlik@yahoo.com

Youth Leagues (Grades 3-6)

The HSE Boy Lacrosse Club has added 3rd grade this year to the roster! The League will be split with 3rd & 4th and 5th & 6th into their own leagues. This will allow the players to be grouped to better pair size and experience.

Please visit our website: <http://www.hselacrosse.com>. This website contains materials for those new to the sport of lacrosse as well as important club, league and team information.

- February 22 Youth League Meeting for all players and parents. This will be held at the HSE High School cafeteria starting at 7 pm.
- March 15-18 Mandatory Evaluation/Practice
- March 24 Practice Begins (practices will be held on Monday and Wednesday in the early evening and on some Saturdays)
- April 05-May 28 Regular Season Play

The Youth League will be a skills development league. Teams will play inter-league games as well as teams throughout the greater Indianapolis area. Some of which will include St. Simon, Noblesville, and Carmel.

The registration fee is \$170 and includes shorts and a team jersey – yours to keep.

Each player is required to register for a U.S. Lacrosse membership. Copy of membership and expiration date must be provided by the February 22nd meeting. Go to <http://www.uslacrosse.org> to enroll. All other equipment is to be provided by the player.

For questions about the 3/4 league – please email Pete Snyder – 3/4 Commissioner at hselax34@yahoo.com.

Or for questions about the 5/6 league – please email Anita McCoy – 5/6 Commissioner at hselax56@yahoo.com.

Coaches

For all those interested in becoming a coach, assistant coach or learning more about lacrosse there will be free clinics held in January. Session one, will consist of the basics. Session two will continue with the basics but also include stick skills, drills etc. If you are interested in coaching or learning more about lacrosse please plan on attending both of these clinics. More information, with dates, times and locations is available on the website at www.hselacrosse.com.

If you have any other questions about the league or its programs, please contact Larry Havlik at larry.havlik@yahoo.com.

Junior High (Grades 7-8)

Please visit our website: <http://www.hselacrosse.com>. This website contains materials for those new to the sport of lacrosse as well as important club, league and team information.

- February 22 Mandatory Junior High Meeting for all players and parents. This will be held at the HSE High School cafeteria starting at 7 pm.

- March 8-11 Mandatory Evaluation/Practice
- March 18 Practice Begins (practices will be held on Tuesday and Thursday in the early evening and on some Saturdays)
- April 05-May 28 Regular Season Play

The Junior High League will be a competitive league as well as continued emphasis on skills development. Teams will be created based on the individual evaluations done in March. Teams will play inter-league games, teams throughout the greater Indianapolis area such as Noblesville, Heritage Christian, Carmel, & Center Grove, as well as some travel within the state to Fort Wayne, Bloomington, & LaPorte. There will be a travel team that will have opportunities to play in tournaments outside of the state to cities like Cincinnati and Dayton, Ohio. Those who play on the travel team will be required to pay their own way for these events.

The registration fee is \$190 and includes shorts and a team jersey – yours to keep. Each player is required to register for a U.S. Lacrosse membership. Copy of membership and expiration date must be provided by the February 22nd meeting. Go to <http://www.uslacrosse.org> to enroll. All other equipment is to be provided by the player.

For questions about the 7/8 league, please email the Jr. High Commissioner Rick Verhoestra at rverhoes@sbcglobal.net.

Coaches

For all those interested in becoming a coach, assistant coach or learning more about lacrosse there will be free clinics held in January. Session one, will consist of the basics. Session two will continue with the basics but also include stick skills, drills etc. If you are interested in coaching or learning more about lacrosse please plan on attending both of these clinics. More information, with dates, times and locations is available on the website at www.hselacrosse.com.

If you have any other questions about the league or its programs, please contact Larry Havlik at larry.havlik@yahoo.com.

Frequently Asked Questions

What is Lacrosse?

Lacrosse is a team sport that is played by ten players, each of whom uses a netted stick (the *crosse*) in order to pass and catch a very hard rubber ball with the aim of scoring goals, each worth one point, by propelling the ball into the opponent's goal. The team

scoring the most points after four "quarters", of varying length from competition to competition, and overtime if necessary, wins.

Players scoop the ball off the ground and pass the ball through the air to other players. Players are allowed to run carrying the ball with their stick. Players may kick the ball, as well as covering it with their sticks, provided they do not withhold it from play. Lacrosse is a contact (the amount of contact allowed varies according to age groups) sport and play is quite fast.

The standard (size varies by age group) field of play is 110 yards long and 60 yards wide. The goals are 6 feet by 6 feet and contain mesh netting similar to an ice hockey goal. The goal sits inside a circular "crease", measuring 18 feet in diameter.

Players' line up with 3 offensive players called "attack men"(The players who shoot on the opposing team's net), 3 "midfielders" or "middies"(The players who shoot on the opposing team's net and also defend their own net), 3 "defensemen"(The players who guard their own team's net), and 1 designated goaltender, or "goalie". Lacrosse sticks may measure between 40 inches and 42 inches long (a "short crosse"), or 52 inches to 72 long (a "long crosse"). The designated goalkeeper is allowed to have a stick from 40 inches to 72 inches long. The head of the crosse on both long and short crosses must be larger than 6 inches at its widest point and it must also be 2.5 inches wide or wider at its narrowest point. The head of a goaltender's crosse may measure up to 15 inches wide. Although most of the time attack men and midfielders use short crosses, defensemen, along with one midfielder when his team is on defense, carry long crosses, some teams choose to distribute their sticks differently; this is not uncommon because a team may only have 4 long crosses on the field during live play, excluding the benches and penalty boxes. Most modern sticks have a metal shaft, made usually of aluminum or titanium, while the head is made of hard plastic. Metal shafts must have a plastic or a more popular rubber cap or ("butt") at the end, and it must be adequately taped to avoid injury although some butts are capable of staying on without tape. The heads are strung with string mesh. This forms a net of whatever material was used in stringing the stick called the "pocket".

How much does it cost for equipment?

All players will need a lacrosse helmet, a short stick, shoulder pads and arms pads. The helmet runs around \$125.00 and the other gear (stick, pads, and gloves) are around \$150.00. All boys are required to wear cleats (no metal tips), *colored* mouth guard and a jock strap and cup at all times. Information on purchasing equipment is available on the web-site <http://www.hselacrosse.com>. Regardless of where you buy the equipments, it is important that it fit properly, especially the helmet. Not all retailers have the same level of expertise in fitting lacrosse equipment. If you have any questions, please contact the age group commissioner or one of the coaches.

Are there any other costs?

Your registration fee through S.P.O.R.T.S covers all costs (except equipment & US Lacrosse dues) for the spring season. Each player will be provided with a pair of shorts and a team jersey – yours to keep.

The Indiana Youth Lacrosse Association requires that all players are current members of the U.S. Lacrosse Association (<http://www.uslacrosse.org>). Your players U.S. Lacrosse membership **is not** included in your registration. Cost to register is \$25 and is required to sign up prior to the first practice. Go to <http://www.uslacrosse.org> and click on youth lacrosse to sign up. Teams are required to show U.S. Lacrosse membership for all of its players. This association provides insurance to the individual players and the HSE Lacrosse Club. Lacrosse is a club sport in Indiana and is not affiliated with the HSE School district.

There is a summer camp and in the fall and winter there are opportunities for practices, clinics, leagues and tournaments. While these events are strongly encouraged, they are optional and the fee structure is a-la-carte.

Sportswear and equipment are available at <http://www.shop.hselacrosse.com> to order periodically throughout the year. It is up to the individual player and their parents to decide what to order and how much to spend.

How are the boys split up?

The Youth League – grades 3, 4, 5, & 6 will be a skills development league. The League will be split with 3rd & 4th and 5th & 6th into their own leagues. This will allow the players to be grouped to better pair size and experience. Teams will play inter-league games as well as teams throughout the greater Indianapolis area. Some of which will include St. Simon, Noblesville, and Carmel.

The Junior High – grades 7 & 8 will have a travel team, which will be selected based individual player evaluations. The remaining players will be split equally to create the rest of the leagues teams. These teams will play inter-league games, teams in the greater Indianapolis area such as Noblesville, Heritage Christian, Carmel and Center Grove, as well as some travel within the state to Fort Wayne, Bloomington, & LaPorte. The travel team will have opportunities to play in tournaments outside of the stat to cities like Cincinnati and Dayton, Ohio. Those who play on the travel team will be required to pay their own way for these events.

When and where are practices held?

Practices will be held in the early evening and/or weekends. Teams practice 2/3 times per week. Practice will be held at one of the Hamilton Southeastern schools or one of the Fishers Parks and Recreation parks. Practice will begin the first week of March (weather permitting). There will be no games or practices during spring break. The complete practice schedule will be posted on the web-site.

When and where are games held?

The Youth League teams grades 3, 4, 5, & 6 will play inter-league games as well as teams throughout the greater Indianapolis area. Some of which will include St. Simon, Noblesville, and Carmel. Games usually start the end of March and run through the first week of June. The complete game schedule will be posted on the web-site <http://www.hselacrosse.com>.

The Junior High teams grades 7 & 8 will play inter-league games, teams in the greater Indianapolis area such as Noblesville, Heritage Christian, Carmel and Center Grove, as well as some travel within the state to Fort Wayne, Bloomington, & LaPorte. The travel team will have opportunities to play in tournaments outside of the state to cities like Cincinnati and Dayton, Ohio. Those who play on the travel team will be required to pay their own way for these events. Games usually start the end of March and run through the first week of June. The complete game schedule will be posted on the web-site <http://www.hselacrosse.com>.

What are the expectations for practice?

Attendance at all practices is expected. Lacrosse is a team sport and practicing, as a team is essential. The coaches do not recommend playing other sports during lacrosse season. In the Youth League, all players who regularly attend practice will get equal playing time.

Players will get the chance to try out a variety of positions throughout the season so that they find the position that is best for them. Individual skills like ball handling, passing and catching will be worked on as well as drills and scrimmages.

Can I request my son be on a certain team?

Because we have to form balanced teams we cannot honor individual requests for team placement.

Do I need to make any type of time commitment?

The HSE Boys Lacrosse Club is run strictly by volunteers. It is the expectation of the Club that by signing your son up to play you will volunteer in some capacity. Team parents, tournaments and the year-end picnic are just some areas, which we might ask for your time. We also will need some parents to help with coaching and to serve as referees or time/scorekeepers. Educational opportunities will be provided to those interested in aiding in these capacities. All information about these events will be posted on the website.

Where do I get information on the HSE Lacrosse Club?

All information is available on the web-site <http://www.hselacrosse.com>. Please check this site on a regular basis. Team rosters, practice and games schedules, games directions and weather related information will be posted there. Occasionally players will receive emails but all important information is on the web-site.

HSE Boys Lacrosse Club Contact Information

Youth League 3/4 Grade Commissioner – Pete Snyder – hselax34@yahoo.com

Youth League 5/6 Grade Commissioner – Anita McCoy – hselax56@yahoo.com

Jr. High League 7/8 Grade Commissioner – Rick Verhoestra - rverhoes@sbcglobal.net

Board President – Larry Havlik – larry.havlik@yahoo.com