



Hello and welcome to the fastest game on two feet!

HSE-Fishers Boys Lacrosse Club is a non-profit organization serving boys in grades 3-8 through our Youth Program, living within the Hamilton Southeastern School District. Our grade level program teaches team building and good sportsmanship while focusing on fundamental skill development that is appropriate to the age and skill level of the players. Our ultimate goal is to create a love and passion for the sport of lacrosse.

As many of you may know, lacrosse is one of the fastest growing sports in Central Indiana. Our program has seen tremendous growth in recent years due to its increase in popularity and level of instruction we offer our players. Our Youth Program is expected to exceed 300 registrations for the 2012 season which is why we encourage parents and our experienced High School players to get involved and help us keep the environment engaging as well as challenging.

Attached are a list of dates that are important to note, an outline for each grade level program as well as FAQ's which we hope will answers most of your questions. We have also outlined our coaches expectations of our players and parents. For additional information on the sport and our program, please visit our current website <http://www.hselacrosse.com> or our new website [www.hselax.com](http://www.hselax.com) which launches in mid January. Continue to check back for updates on sign-ups, camps, practices, tryouts, and games.

If you have any other questions, please feel free to email me.

Thank you,

Gregg Gallant  
Youth Board President, HSE-Fishers Boys Lacrosse Club  
Email: [ggallant@allegient.com](mailto:ggallant@allegient.com)

## **Important Dates**

- February 8<sup>th</sup> or 9<sup>th</sup> (TBD) - Youth League Meeting for all players and parents. This will be held at the HSE High School cafeteria starting at 7 pm.
- February 11<sup>th</sup> from 1-5 PM – Dick's Sporting Good's lacrosse day
- February 15<sup>th</sup> from 6-9 PM – Coach's clinic (location TBD)
- March 5<sup>th</sup> or 12<sup>th</sup> – (depending on weather) Youth Mandatory Evaluation/Practice
- March 12<sup>th</sup> or 19<sup>th</sup> - Practices Begin (specific days of practices TBD)
- April 9 - May 27 Regular Season Play

## **Coaches**

For all those interested in becoming a coach, assistant coach or learning more about lacrosse there will be a free mandatory coaches clinic held Wednesday, February 15<sup>th</sup> from 6-9 PM at HSE High School. Those interested in coaching will have to complete a back ground check through S.P.O.R.T.S. and complete a coaching application which can be found on our website. If you are interested in coaching or learning more about lacrosse please plan on attending this clinic or contact Pete Snyder, Director of Youth Coaching at [psnyder@esl-spectrum.com](mailto:psnyder@esl-spectrum.com). If you have any other questions about the league or its programs, please contact Gregg Gallant, Youth Board President at [ggallant@allegiant.com](mailto:ggallant@allegiant.com)

## **Youth Leagues (Grades 3-4)**

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 for 3/4 grade is \$95 and includes shorts and a team jersey – yours to keep. This fee also includes the S.P.O.R.T.S. registration, fundraising for the Club, field maintenance, referees, supplies, etc...

Each player is required to register for a U.S. Lacrosse membership. Copy of membership and expiration date must be provided prior to the mandatory meeting in February. 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 Amie LoPresti – 3/4 Commissioner at [amielopresti@me.com](mailto:amielopresti@me.com)

### **Youth Leagues (Grades 5-6)**

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.

There will be a travel team chosen that will play in tournaments throughout Indiana and neighboring states. Those interested in playing on this team will have to attend a separate evaluation. The tryout dates, times and related information will be posted on our website once determined. Those who play on the travel team will incur additional costs.

The registration fee for 5/6 grade is \$130 and includes shorts and a team jersey – yours to keep. This fee also includes the S.P.O.R.T.S. registration, fundraising for the Club, field maintenance, referees, supplies, etc...

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

For questions about the 5/6 league – please email Kim Sherfick – 5/6 Commissioner at [kimsherfick@gmail.com](mailto:kimsherfick@gmail.com)

### **Junior High (Grades 7-8)**

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. Rec teams will primarily play inter-league games as well as a few within the Greater Indianapolis area. .

There will be a travel team chosen that will play in tournaments throughout Indiana and neighboring states. Those interested in playing on this team will have to attend a separate evaluation. The tryout dates, times and related information will be posted on our website once determined. Those who play on the travel team will incur additional costs.

The registration fee is \$160 and includes shorts and a team jersey – yours to keep. This fee also includes the S.P.O.R.T.S. registration, fundraising for the Club, field maintenance, referees, supplies, etc...

Each player is required to register for a U.S. Lacrosse membership. Copy of membership and expiration date must be provided prior to the mandatory meeting in February. 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 Anita McCoy at [anita.hselax@yahoo.com](mailto:anita.hselax@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".

## **What equipment is required and what is the cost?**

All boys are required to wear full protective gear while playing lacrosse. Even though injury rates for lacrosse are not unusually high, lacrosse is a contact sport. All players must wear the following items in order to participate in ANY practices, games or evaluations:

Lacrosse Helmet  
Lacrosse Gloves  
Arm pads  
Shoulder Pads/Chest Protector  
Lacrosse Stick  
Cleats (football or soccer style – no metal cleats)  
**Colored** Mouth guard  
Protective cup

The helmet runs around \$125.00 and the other gear (stick, pads, and gloves) are around \$150.00. It is recommended ALL players have two mouth guards. Please form both and have with you at all times in case you lose one. Players will not be allowed to play without a mouth guard. 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. This fee also includes the S.P.O.R.T.S. registration, fundraising for the Club, field maintenance, referees, supplies, etc...

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 - Fishers Lacrosse Club. Lacrosse is a club sport in Indiana and is not affiliated with the HSE School district.

We have reached an agreement with COMLAX.com to offer our members a year round 20% discount by using discount code **INHSE**

Additional information regarding available spirit wear will be discussed at the parent meeting in February.

### **When and where are practices/games 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.

### **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-Fishers 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-Fishers 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.



## **PLAYER EXPECTATIONS**

### New & Advanced Players

You will be amazed what a little effort outside the practice and game fields can make. This brings us to our first expectation...and maybe the most important.

### **PLAYERS HAVE TO PRACTICE ON THEIR OWN TO GET BETTER**

#### New and Younger Players

In the beginning, all of your son's effort will be focused on catching, throwing, cradling and scooping, yet the goal...like dribbling in basketball, throwing in baseball...is for it to come as naturally as running. Though coaches cover these skills in practice, as the year goes on they will spend less time on simple drills and focus more on advanced skills and game strategy. To truly excel and enjoy a game we hope will quickly become your son's favorite game for life; he will have to "go to the wall." For those of you new to the sport this simply means your child needs to get in front of a wall or a pitch-back and catch and throw, then catch and throw and then catch and throw some more.

Then your son should switch to their weak hand and do it again. Sounds repetitive...and it is...but the more time put in on the wall the quicker your son (and you) will grow to love this game. Here's the secret – it's easy to catch, throw, scoop and cradle. In fact, we'll guarantee that in time, every single player on the team will have good stick skills. It's just a matter of when, and that depends on how often your son works on his own. The sooner we have the kids all catching, throwing, cradling and scooping, the sooner he will have success.

All of your son's wall ball work as well as goofing around in the yard with their buddies should be done with their gloves on. The gloves change the feeling of playing with the stick. The quicker they can get used to it the better off they will be.

As for scooping and cradling: our goal is to get your son to love lacrosse so much that his stick will be in his hands all day. If that's the case, scooping & cradling skills will develop naturally. Plus these skills are just as much a part of every drill, scrimmage and game as running is.

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The older your son is X the weaker the technical skill = more time needed to work on these skills

(Not sure about the math formula here, but you get the point)

## Experienced or Advanced Players: Skills and Fitness

So your son has the technical skills down? Now the real fun begins...everything noted above applies to them as well (technical skills can always be improved)

The expectations we have for our skilled players is that they too will work on their own to get better. In addition to technical stick skills we expect the skilled or older player to work on fitness, speed and agility. Stick skills for our younger players is 60%-90% of the battle, but with each year, athleticism really becomes a bigger part of the equation.

Our coaches will work speed and agility drills into the practice routine, but we are a youth club and most teams just do not have enough time to work on everything. So anything you can do to make fitness, speed and agility part of your son's "off-the-field" routine will go a long way to optimizing their natural athletic ability and prepare them for middle school, JV and varsity lacrosse.

## ALL PLAYERS

We expect all players of every age and skill to come to practice and games with a sense of purpose. Every player should arrive on time, ready to learn and do everything necessary to improve his individual skills and understanding of the game. Our goal is to simply get better every day.

It is expected that your child will attend all practices and games on time. It is understood that there will be illnesses, communions, etc., but the HSE Fishers Youth Lacrosse Club's official expectation is that your son will be at all practices and games. If your son cannot attend that you will contact coach well in advance for planned absences. Rest assured a missed game/practice or two will not be held against

anyone, but excessive or regular absences or tardiness to practices and games will affect playing time. If you have any questions about this expectation, please discuss with your child's coach, youth coaching director or age group commissioner (in that order). Coach and director information can be found on the website.

## Games and Practices

We will have home games at Cyntheanne Park and practices at Hamilton Proper Park. Please refer the schedule as it becomes available. Practice days and times have not been finalized but plan on practicing 2 to 3 times a week (rain or shine unless contacted by coach). Practices will begin in March.

We also ask that parents get their children to practice early enough to get equipment on. Your child must be "ready-to-go" at practice time. You know your child best so you decide how much time he will need to get ready.

## Equipment:

Your son's equipment is his responsibility to have and maintain – not yours. We understand the players are young, but our goal is to not only create good lacrosse players, we want to help create responsible young men. It is their responsibility to have all of their equipment ready to go. Your son will need to remember to pack his water, stick, gloves, cleats, etc.

## Dress Code

For practice your child can wear any shorts and jersey to start. A reversible practice jersey will be provided that your son must return at the completion of the season. Your child must wear the game uniform provided on game day (no goofy socks). It is a certainty that we will have some cold days early in the season so make sure your son dresses appropriately. Long sleeve t-shirts can be worn under his jersey. Any sweat pants will do.

***These player expectations were directed to parents because the majority of the players are on the younger side. However, we should note that we expect your child to have an understanding of the above expectations. In fact, the older children should be responsible for meeting player expectations – not their parents.***

## **Parent Expectations**

1. We encourage parents not to attend practice unless the parent would like to help. We are always looking for help. Please make sure your child is ready to go at start time and pick him up at the designated end time.
2. We insist that parents watch games from the opposite sideline. This is a league rule and only coaches, officials and time-keepers will be allowed on the players' side line.
3. Absolutely no coaching from parents during game or practice (see point 1). Support your child, but do not instruct them from the sideline. Often this conflicts with what we're trying to teach your child.
4. Your child should attend all practices and games. Of course there will be illnesses, communions and the like, but we expect your child at all practices and games. If you cannot attend it is assumed that you will contact your child's coach in advance.
5. Make sure your child works on his basic stick skills at home. Use a wall (big brick wall like the school – not your house); invite teammates over, anything to keep the stick in their hands. This will make the biggest difference in the success and fun your child has this year.

## **EQUIPMENT**

No equipment is provided. Lacrosse equipment can be purchased at Dick's Sporting Goods, [www.comlax.com](http://www.comlax.com), Empire Lacrosse, Play it Again Sports, MC Sports.

## **COMMUNICATION**

It's 2012 and by now email communication is a part of our lives. Coaches will use email as their primary means of communication. If you are not receiving email from your coach, please discuss this with him.

If you need to speak with your child's coach, we recommend that you send them an email and ask to speak with him after the next practice.