

EIAA Boys Youth Lacrosse Program 2019 Spring Session

April 11th thru May 23th

Details: The Spring Program is for all skill levels and is modeled after the Lacrosse Athlete Development Model (LADM) developed by *USLacrosse*[®]. All 1st thru 6th grade students will be eligible to participate regardless of ability. The program will focus on age appropriate instruction building fundamental lacrosse skills in preparation for competitive play.

Registration and Fees:

- **\$55.00 – 1st Time Player (Includes Uniform)**
- **\$35.00 – Returning Player**
- ***USLacrosse*[®] membership is required. If you are not a member you must register on-line at <https://www.uslacrosse.org/membership>.**
- **Registration and Payment due by April 1st, 2019.**

Submit Email Registration to Mike Rizzo

See attached Spring Registration Form and Medical Waiver

Practice and Game Schedule Starting Thursday April 11th

- Practices will take place every Monday and Thursday Evenings. Practice times noted below. Games will take place Saturday; Game Times TBD. I am still working out the details with other clubs.
- Grades 1-2: 5:30 PM to 6:30 PM
- Grades 3-4: 6:30 PM to 7:30 PM
- Grades 5-6: 6:30 PM to 7:30 PM
- *Depending on participation we may need to combine age groups.*
- Practice Field: Ivan Green School 800 Brown Rd, Roch., NY 14622.
Weather permitting all practices will take place outdoors.
- Game Field: Ivan Green is home field. Travel will be required for other games.
Please make sure you arrive about 10-15 minutes before practice times and 30 minutes before game time. The kids need time to put on their gear and warm up.

Note:

- ***A parent or responsible adult must be in attendance during practice and games.***
- **Equipment Distribution Monday April 8th and Tuesday April 9th Prior to First Practice**
- **The program has equipment that it can provide. We will do our best to outfit all participants with the necessary equipment.**
- **Web Site: <https://www.eiaalacrosse.com>**
- **Facebook: [EIAA Boy's Youth Lacrosse Group](#)**

Equipment

Lacrosse is a contact sport and incidental body contact and stick checks will occur. Controlled checking and body contact will be allowed BUT limited to the rules that apply to the specific age groups. All participants will be required to use the equipment noted below.

- NFHA/NCAA Approved Mens Lacrosse Stick . I would like to see all players own their own stick. The program can be provided a stick if needed. If you do buy your own stick you may want to cut the shafts shorter than the specifications noted below. Depending on the size of the child a shorter the stick may be is easier to control. However, before you do any cutting I would let the player use the stick for a few practices to see how he performs. When the players eventually get into competitive league play they will be required to play with a regulation length stick.
 - Short Sticks (Attack and Mid-field sticks are between 40+and 42+long and are measured from bottom of shaft to the top of the head)
 - Long Sticks (Defensive stick length no longer than the height of the player)
Not Required for 1st thru 4th Grades.
- Helmet (NOCSAE Approved)
- Mouth Guard. It is advised that you purchase a mouth guard that attaches to the helmet. ***Participants will not be allowed to play without a mouth guard.***
- Gloves
- Both Shoulder and Arm Pads
- Athletic Supporter and Cup
- Proper Footwear: Cleats required for outdoor play.
- Rib Pads (Optional, not provided by the program)
- Goalies: In addition to the equipment noted above goalies must wear:
 - Goalie Stick
 - Chest Protector
 - Throat Protector attached to the helmet.
 - Athletic Supporter and Cup
 - Shoulder Pads are optional
 - Goal Keepers lacrosse stick.
- **Water bottle for hydration.**