

LACROSSE NOTES FOR THOSE UNABLE TO ATTEND MEETING

of Teams

Girls 3/4: 2 (White & Blue Squad) (Coach Lead: Keri Stoorza)
Boys 3/4: 2 (White & Blue Squad) (Coach Lead: Mark Ring)
Girls 5/6: 1 (Coach Lead: Amy Smith)
Boys 5/6: 2 (White & Blue Squad) (Coach Lead: Sean Horrigan)

Practice Days

All Girls 3/4: Monday & Wednesday, 4:30pm-6:00pm
All Boys 3/4: Tuesday & Thursday, 4:30pm-6:00pm
All Girls 5/6: Monday & Wednesday, 4:30pm-6:00pm
All Boys 5/6: Tuesday & Thursday, 4:30pm-6:00pm

Start of Practices

Practices will begin this week with passing and catching at Bog Rd. (sneakers only to start the week)

Following equipment for the first week only: Girls – Stick, Goggles / Boys – Stick, Helmet, Gloves

Practices during April Vacation will be optional but full equipment will be required.

How will teams be split? (5/6 Girls will not be split as there is only one team)

Teams will be split by coaches after the first week of practice. Once your child is assigned to a team, that's the team they will remain on throughout the season (unless one of our teams is short due to illness or injury)

Maine Youth Lacrosse League (MYL)

We have joined MYL for the 2023 season. The MYL Season begins the weekend of April 29th and ends the weekend of June 11th. The league hopes to have the final draft of the schedule released by April Vacation. As soon as we get our schedule from the league, we will pass it on to coaches who will pass it on to you.

Travel time to an away location will be under an hour.

Code of Conduct

All parents are REQUIRED to read and sign the "Parents Code of Conduct". The signed form can be returned to a coach at the first practice, dropped off at the York Parks & Recreation office or emailed to AKAHERL@YORKMAINE.ORG

Communication

Our biggest goal for 2023...improve communication. In the event a practice or game needs to be changed or cancelled for whatever reason, we will notify coaches and coaches will notify their teams. We will post those updates to our Facebook page and the ticker located at the top of our website, www.yorkparksandrec.org

Coaches may also be using a team app. to help with communication for all team functions.

Important Dates

- No practices on Monday, April 17th (Patriots Day) & Monday, May 29th (Memorial Day)
- No Games Memorial Day Weekend

Equipment

Requirements for Boys & Girls field players on our website. (www.yorkparksandrec.org)

Reversible team jerseys have been ordered. Once they are handed out to players, they can keep them. We are asking players to wear navy blue shorts for all home and away games.

All goalie equipment is provided by the York Parks & Recreation Dept. with the exception of a cup and pelvic protector (now required for girls goalies).

Mouthguards cannot be clear or white, they must be a visible color.

No eye black stickers are permitted, eye black rolled on with a tube is allowed.

Volunteers

If you are interested in volunteer coaching this season, even if its just for a practice or two you will be required to complete the Town of York Background Check Form. If interested, please email Andy at AKAHERL@YORKMAINE.ORG