



The Midland Lacrosse Club (MLC) is committed to the support and growth of youth lacrosse built upon sportsmanship, respect and skill development for boys and girls from 1st grade through High School.

General information

Practices start mid-March indoors at the Midland Civic Arena, moving outdoors (weather dependent) after Spring Break. Practices are held anywhere from two to four times a week at various local schools.

Games for all youth teams are played on weekends (either Saturday and/or Sunday), and on occasion afterschool on the weekdays. Games start mid-April with the final tournament held the first weekend in June. As there are few teams in the Tri-city area, our teams must travel to areas around Lansing, Detroit, Flint, Grand Rapids, Traverse City or Kalamazoo. Schedules will be published in early March.

Teams are age based by birth year as designated by US Lacrosse. In the table below, you can find information concerning age cutoffs, size of field, number of players/goalie, and MLC costs.

| Age | Birth Year | Registration Fee** | Uniform Cost | No. Players on Field | Size of Goal | Goalie | Size of Field |
|------------|---------------------------------|--------------------|--------------|----------------------|--------------|--------|---------------|
| 8 & Under | Born after 8/31/2009 | \$35 | \$49 | 4 vs 4 | 3' x 3' | No | 60' x 35' |
| 10 & Under | Born 9/1/2007 through 8/31/2009 | \$95 | \$49 | 6 vs 6 | 6' x 6' | Yes | 60' x 35' |
| 12 & Under | Born 9/1/2005 through 8/31/2007 | \$160 | \$49 | 10 vs 10 | 6' x 6' | Yes | 110'x 60' |
| 14 & Under | Born 9/1/2003 through 8/31/2005 | \$160 | \$49 | 10 vs 10 | 6' x 6' | Yes | 110'x 60' |

** Limited scholarships are available

Registration

Registration is done online at <http://www.midlandlax.com/youthregistration>. US Lacrosse registration is integrated within the MLC registration process and membership is required to participate in Youth Lacrosse. The Youth Annual membership fee for US Lacrosse is currently \$30. This fee and the uniform fee are in addition to the MLC registration fees. Registration questions can be directed to: registration@midlandlacrosse.com.

During the online registration, uniforms are ordered. Additional uniforms can be ordered if a family desires to be used for games or practices.

Coaches/Volunteers

The coaching staff and team managers for the Midland Lacrosse Club are all volunteers. Coaches hold, at minimum, Level 1 coaching certification. Teams are always in need of additional volunteers to help throughout the season.

Coaching Staff:

| Age | Head Coach | Email |
|------------|---------------|--|
| 8 & Under | Ryan Venman | coachvenman@gmail.com |
| 10 & Under | Tom Gray | Tom.gray2128@gmail.com |
| 12 & Under | Bill Janeczko | Bill.kimberly@gmail.com |
| 14 & Under | Chad Stearns | midlandlacrossedad@gmail.com |

If you have additional questions or are interested in helping, please contact the coach for your respective age group directly.

Required Equipment

| Boys Field Gear | Girls Field Gear |
|-----------------|--------------------|
| Helmet | Protective Eyewear |
| Shoulder Pads | Uniform |
| Elbow Pads | Lacrosse Stick |
| Protective Jock | Mouth Guard |
| Lacrosse Stick | Gloves (optional) |
| Mouth Guard | |
| Uniform | |

Players ***will not*** be able to participate in games or practices without the requisite equipment.

Goalie equipment requirements are different. Should your child be interested in this position, please speak with the coach as certain teams have goalie gear that can be borrowed.

Lacrosse Rules

Lacrosse rules differ by age and gender. The current US Lacrosse rules are geared to support the appropriate physical, cognitive, and emotional development of youth players. These rules reinforce proper player development, individual stick skills, team play and, most importantly, player safety. US Lacrosse rules can be found online at: www.uslacrosse.org/rules/girls-rules (girls) or www.uslacrosse.org/rules/boys-rules (boys). In addition, US Lacrosse will send you a rule book mail upon registration.

Stay in Touch with MLC

Check out the Midland Lacrosse Club website for great information: www.midlandlax.com.

Midland Lacrosse Club can also be found on Facebook (Midland Lacrosse Club), Instagram (midlandlax), and Twitter (@midlandlax) for latest information, upcoming events and photos.

Fundraising

In order to keep costs low for families, Midland Lacrosse Club actively pursues fundraising opportunities. Each player has the option to sell flower vouchers to Lapham's Greenhouse or take the \$30 buyout. Additionally, members can participate in restaurant nights or purchase spirit wear.