



Farmington Youth Lacrosse Association

Parent & Player Expectations

For those of you that are new to this sport we say Welcome and Thank You for giving lacrosse a try. It is one of the fastest growing sports and we hope that you and your athlete learn and enjoy playing it for years to come.

Equipment

Boys Required Equipment

- Lacrosse Helmet¹
- Lacrosse Stick
- Mouth Guard²
- Cleats
- Gloves
- Shoulder Pads
- Elbow Pads
- Athletic Cup

Girls Required Equipment

- Lacrosse Goggles
- Lacrosse Stick
- Mouth Guard²
- Cleats

¹ black helmet is preferred

² must be a highly visible color and not be white or clear, have extras ready

Note - Jewelry is not allowed

For recent information, refer to <http://www.farmingtonlacrosse.org/new>

Uniforms

Each player is responsible for purchasing their own uniform. The uniform includes a jersey and matching shorts. Each player will be randomly assigned a jersey number from a list provided by the association. The player will keep that number for the duration of their play in this association.

You will have the option to buy new sizes each year, if needed. You will also have the option of getting shooter shirts, socks and other team apparel.

Information and samples can be found here <http://www.farmingtonlacrosse.org/apparel>

Pictures

We will be having team and individual pictures taken. This date has not been set yet, as soon as we get that we will send it out to you.



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Volunteering

The Farmington Youth Lacrosse Association is a not for profit organization and requires participation for all families registered to play lacrosse to ensure its success. Each family will be required to submit a volunteer check in the amount of \$500.00. Each registrant is expected to perform 4 hours of volunteer time or 6 hours if you have multiple registrants before the end of the season. If the seasonal requirement is not met, checks will be cashed in the month of September to cover costs incurred for hiring labor when needed throughout the season.

Evaluations

The Farmington Youth Association is lucky enough to have the Varsity Lacrosse coaches and players evaluate our youth players. Evaluations should happen in the second or third week of the season. Our varsity coaches and players are in-season and these times may need to be adjusted based on their availability.

How teams are created:

8U & 10U - Players will be evaluated on their ability. Players will then be divided into equally skilled teams.

12U & 14U - Determining if there will be an "A" and "B" is based on the recommendations from the varsity coaching staff. If the varsity coaching staff does not believe that there are enough players to compete at an "A" level, players will be divided into equally skilled teams.

Season Offered

- Box League (March - mid May)
- Spring League (April - End of May)
- **Summer League (April - End of July)**
 - Preseason Training (April - mid-May)
 - Outdoor Practice & Games (mid-May - End of July)
- Fall League (September & October)

Practice

Spring League (Supplemental to Summer League)

All spring league teams will practice outdoors once a week when ISD 192 approves the use of their fields. Games will be played on the weekends in a double header format on either Saturday or Sunday.



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Summer League Schedule

Preseason Training practice schedule

PRE-SEASON SKILLS – SCHMITZ-MAKI ARENA

	BOYS	GIRLS
8U	6 – 7pm M, Tu	6 – 7pm W,Th
10U	6 – 7pm M, Tu	6 – 7pm W,Th
12U	7 – 8pm M, Tu	7 – 8pm W,Th
14U	8 – 9pm M, Tu	8 – 9pm W,Th

Summer League (Outdoor Practices and Games)

8U will practice two times a week from 6:00 to 7:30. Currently we are holding practices Tuesdays and Thursdays. When games start we ask that if a game happens on a practice night you still only meet for the two times a week.

10U will practice three times a week from 6:00 to 7:30. Currently we are holding practices Mondays, Tuesdays and Thursdays. When games start we ask that if a game happens on a practice night you still only meet for the three times a week.

12U & 14U will practice three times a week from 6:00 to 7:30. Currently we are holding practices Mondays, Tuesdays and Thursdays. When games start, it will be the coach's discretion if a game happens on a practice night if you practice on Wednesday night. No practices on Friday or weekends unless approved by the board.

SUMMER – FARMINGTON HIGH SCHOOL FIELDS

	BOYS	GIRLS
8U	6 – 7:30pm Tu & Th	6 – 7:30pm Tu & Th
10U	6 – 7:30pm M, Tu, Th	6 – 7:30pm M, Tu, Th
12U	6 – 7:30pm M, Tu, Th	6 – 7:30pm M, Tu, Th
14U	6 – 7:30pm M, Tu, Th	6 – 7:30pm M, Tu, Th



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Indoor Box / Fall Leagues (Supplemental to Summer League)

Currently there are no scheduled practices for indoor box and fall leagues, this can be added at coach or association discretion and are subject to field availability. New players are welcome however it will be to the athlete's advantage if they are already familiar with lacrosse.

Tournaments

Each team at each level will be given two Association sponsored tournaments depending on level and availability. Each team will also participate in their league's end of the season state tournament or jamboree.

Playing Time/Coaching

We will have an experienced coach as the head coach for each team. We also anticipate having two parent coaches and/or current high school varsity players to help as well.

We expect fair and equal playing time for all offensive and defensive positions. The goalie position is not for everybody, we hope that every player will try it once, but we will not force anybody to play that position.

- 10U - The coach is expected to play kids at all positions.
- 12U - The coach is expected to try the kids at all positions for the first half of the season, then based on their expert opinion start to play the kids at a position they can excel in.
- 14U - By this level, athletes have begun to specialize in a particular position. Exceptions are made for those athletes that are new to the sport.

If the coach feels there are behavior, attendance or participation issues that will affect playing time, those issues will be discussed with the parent.

Feedback

We as an association hope that all our players and parents have nothing but a great time all season long. However, if you experience something that you feel needs improvement, we ask that you follow these steps in order.

1. Give it 24 hours; if it is still important to you, report it
2. Contact your team's *Chill Manager* first.
3. If the issue cannot be resolved by your chill manager, bring the issue to your Parent Coach.
4. If the issue is not resolved to your satisfaction, bring it to the *Girl's or Boy's Director* who's information can be found here <http://www.farmingtonlacrosse.org/board>.
5. As a last resort contact the President or Vice President of the Association.



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Get Involved

Please know that the health of this association is tied to your player having a great time and learning about this sport from year to year. The association depends on an athlete's family members to be coaches, committee members and board members throughout the year. You do not need to be an expert in lacrosse, you just need to have a passion for the sport and desire to see your athlete grow with success. By volunteering you ensure the growth and success of the program for the kids and the community.

Information for volunteer opportunities is found here

<http://www.farmingtonlacrosse.org/volunteering>

Please feel free to talk to any of the board members or come to a board meeting to see how you can help out. Meetings are held monthly in Farmington. Schedule is found here <http://www.farmingtonlacrosse.org/page/show/1935994-calendar>