



# LACROSSE

## PROGRAM GUIDE

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[www.sycva.com](http://www.sycva.com)

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# **CONTACT INFORMATION**

## **Springfield/South County Youth Club (SYC)**

**Web Site:** <http://www.sycva.com/>

**Telephone:** 703-339-3796

**Address:** 7075 Newington Road, Unit-G, Lorton, VA 22079

## **SYC Lacrosse**

Please see the "[Contact Us](#)" link on the Lacrosse home page of the [SYC web site](#) for contact information for the SYC Lacrosse Committee. The best sources of current information regarding the SYC Lacrosse Program are the Lacrosse web pages on the [SYC web site](#).

# INTRODUCTION

The purpose of Springfield/South County Youth Club (“SYC”) Lacrosse is to provide fundamental instruction in the game of lacrosse in addition to providing for the physical, mental, and emotional development of each child that participates. This is accomplished through emphasis on sportsmanship, team play, self-discipline, maximum effort, integrity, and maximum participation.

SYC Lacrosse exclusively serves children in the West Springfield, Lee, Hayfield, Edison, and Lake Braddock High School pyramids.

SYC Lacrosse is operated entirely by volunteers. Please give the team parents, coaches, lacrosse committee members, and other volunteers the respect and gratitude they deserve for freely contributing their time and energy to your children’s lacrosse program. Additional volunteers are always welcome. Persons wishing to volunteer their time should contact any member of the lacrosse committee for more information.

Lacrosse is a game that requires a great deal of running and physical contact. All players should consult their family physician before participating in the lacrosse program. Parents must notify the head coach if a player has a respiratory, cardiovascular, or other physical condition that could be aggravated by participation in the lacrosse program. All parents must complete an Authorization for Emergency Medical Treatment as a part of the on-line registration process before a player can participate in the lacrosse program. In addition, concussion awareness training as mandated by the Commonwealth of Virginia is available via the SYC website and is required of players and parents before children may participate.

# COMPLIANCE WITH NVYLL RULES

SYC Lacrosse participates in the Northern Virginia Youth Lacrosse League (“NVYLL”), and must comply with NVYLL rules. The NVYLL rules, as amended, shall take precedence if the NVYLL rules conflict with the provisions of this Program Guide. A link to the NVYLL rules is posted on the SYC Lacrosse home page.

# LACROSSE COMMITTEE

The SYC Lacrosse Committee is composed of the Lacrosse Commissioner, Deputy Commissioner, Boys Commissioner, Girls Commissioner, Equipment Director, Fundraising Director, Girls Coaches Director, Boys Coaches Director, Athletic Fields Director, and SYC Board Liaison. An individual can hold only one seat on the Lacrosse Committee. In a committee member’s absence, or if a member’s seat is vacant, the duties of the missing member may be fulfilled by any member or subcommittee of the Lacrosse Committee as approved by the Lacrosse Commissioner.

## **RESPONSIBILITIES OF THE LACROSSE COMMITTEE**

The Lacrosse Committee has the responsibility to effectuate the purpose of SYC Lacrosse. [See Introduction.](#)

To effectuate this purpose, the Lacrosse Committee will work together cooperatively to carry out the duties specified below. The Lacrosse Committee shall make recommendations to the SYC Board of Directors (“BOD”) that the Committee deems appropriate. All business of the Lacrosse Committee will be conducted by majority vote of the Committee. A quorum of five Committee members must be present to conduct Lacrosse Committee votes. The Commissioners and Directors may post information on the SYC Lacrosse web page, through broadcast e-mail messages, and any other means agreed upon by the Lacrosse Committee.

## **QUALIFICATIONS FOR COMMITTEE MEMBERSHIP**

To be eligible for appointment to serve on the Lacrosse Committee, a person shall be involved in the SYC Lacrosse Program. To be eligible to serve on the Committee as the Commissioner, a person (a) shall have significant experience in the SYC Lacrosse Program, and (b) shall not be a coach or hold office in a local youth club other than SYC for Lacrosse. Committee Members are expected to assist in the administration of the lacrosse program’s year-round activities, including off-season duties such as clinics, camps, fundraising, equipment management, and other SYC Lacrosse duties; and to attend at least 75% of monthly Lacrosse Committee meetings.

## **COMMITTEE SELECTION AND REMOVAL PROCESS**

By majority vote, the Lacrosse Committee will recommend to the SYC BOD the appointment of a Lacrosse Commissioner. All other members of the Lacrosse Committee will be elected by majority vote of the Lacrosse Committee. By majority vote, the Lacrosse Committee may recommend to the SYC BOD the removal of the Lacrosse Commissioner for cause. By majority vote, the Lacrosse Committee may remove any other member of the Lacrosse Committee for cause. Cause for removal of a member of the Lacrosse Committee includes a demonstrated inability to carry out the responsibilities of the position effectively, misconduct, or any other reason deemed just by a majority of the Lacrosse Committee.

## **TERM OF SERVICE**

All Committee Members will serve three years (or less if appointed to fill the remainder of an un-expired term). The terms of the current Commissioners and Directors expire on July 1, 2020. The term of service for the Lacrosse Commissioner has no time limit. The Lacrosse Commissioner serves until resignation or removal occurs.

## **EXCEPTIONAL VOLUNTEER RECOGNITION**

Per SYC Policies, all sports and other budgeted activities may have a budget line item entitled "Awards." Once the budget has been approved, the Commissioner can allocate up to \$100.00 per individual per season for the purchase/procurement of gift certificates, SYC credits, or other non-monetary awards to recognize key volunteer Lacrosse personnel, who have volunteered at least 100 hours of time during the fiscal year towards the Lacrosse program beyond coaching. (Coaching is its own reward.) Key volunteer personnel can include Boys and Girls Commissioners, Directors, and/or other Committee Members.

# **LACROSSE COMMISSIONER**

The Lacrosse Commissioner is charged with the overall responsibility and authority to organize and operate a youth lacrosse program in accordance with the general policies of both SYC and the NVYLL. The Lacrosse Commissioner may delegate to Deputy/Boys/Girls Commissioners to assist with these responsibilities. Specific duties of the Commissioner include the following:

## **OVERSEEING COMMISSIONERS AND DIRECTORS**

The Lacrosse Commissioner will work with the Commissioners and Directors to ensure the lacrosse program is running in accordance with established policy and procedures. The Lacrosse Commissioner, Commissioners, and Directors will work together to determine what tasks need to be accomplished and how they will be achieved.

## **TASK CALENDAR**

Certain projects need to be completed annually for the program and deadlines should be



set for each project. The Lacrosse Commissioner will work with the other Lacrosse Committee members to establish a timetable for completing the annual work of the Lacrosse Program.

### **SYC LACROSSE REPRESENTATIVE ON THE NVYLL BOARD**

The Lacrosse Commissioner, or a member of the Lacrosse Committee designated by the Commissioner, attends the NVYLL monthly commissioner meetings and represents the club's interest in the formation of league policy and rules. The Girls Commissioner or other SYC Lacrosse representative in consultation with the Lacrosse Commissioner may act as the SYC Lacrosse representative on the Women's Council of the NVYLL. All information obtained at NVYLL meetings will be shared with the Lacrosse Committee, and Committee input on league policy and rules will be communicated by the Lacrosse Commissioner or acting SYC Lacrosse representative to NVYLL.

### **BUDGET**

The Lacrosse Commissioner in consultation with the other Lacrosse Committee members must draft an annual budget, and over the course of the year, balance actual expenses with actual income. The Lacrosse Committee must submit an annual lacrosse budget to the SYC BOD for approval no later than 1 July.

### **SYC AND NVYLL RULES AND POLICIES**

The Lacrosse Commissioner will serve as the SYC Lacrosse Program's point of contact for the SYC BOD and Office Staff, and the NVYLL, and make sure that the Lacrosse Committee operates the program in accordance with the governing rules of the NVYLL and in accordance with the SYC constitution, by-laws, and standing policies. All rules and policies should be communicated to the Lacrosse Committee by the Lacrosse Commissioner. Other Commissioners and Directors are free to communicate requests for assistance directly to the SYC Office Staff, provided they inform the Lacrosse Commissioner.

## **EQUIPMENT DIRECTORS**

Specific duties of the Equipment Directors include the following:

### **NEW EQUIPMENT AND UNIFORM PROCUREMENT**

The Equipment Directors will work with the other Lacrosse Committee Members to determine new equipment and uniform needs, and to ensure that orders are placed early enough for the upcoming season (for the Spring season, the procurement process should begin in October so that orders can be placed in November).

The Equipment Directors will serve as the point of contact for vendors and SYC's Procurement Specialist. All purchases with an estimated total cost of \$1,000 or more must be coordinated through the SYC Procurement Specialist and approved by the Lacrosse Commissioner. Either an Equipment Director or a Commissioner may submit

the necessary SYC paperwork to initiate procurement.

## **EQUIPMENT AND UNIFORM OVERSIGHT**

The Equipment Directors will work with the other Lacrosse Committee Members to store, inventory, maintain, issue, rent, and collect equipment and uniforms.

Equipment and uniform oversight responsibilities account for a large portion of the work of the SYC Lacrosse Program and the other Lacrosse Committee Members, Coaches, and Volunteers shall assist with these responsibilities.

## **GIRLS AND BOYS COMMISSIONERS**

Specific responsibilities of the Girls and the Boys Commissioners include the following:

### **OVERSEES PLAYERS**

The Girls and the Boys Commissioners will work with the Lacrosse Commissioner, Lacrosse Committee, and Coaches to evaluate and assign players to specific teams. Team assignment procedures are set forth below. The Girls and the Boys Commissioners will address player issues in consultation with the Coaches, Commissioner or Lacrosse Committee as needed.

### **OVERSEES PARENTS**

The Girls and the Boys Commissioners will serve as the points of contact for parents, addressing their questions and problems in consultation with the Coaches, Lacrosse Commissioner or Lacrosse Committee as needed.

### **OVERSEES VOLUNTEERS**

Volunteers other than the Lacrosse Committee members and Coaches are needed to operate the Lacrosse Program. The Girls and the Boys Commissioners will work with the Lacrosse Committee and Coaches to ensure that volunteers are solicited and coordinated for the various projects of the Lacrosse Program.

## **FUNDRAISING DIRECTOR**

The Fundraising Director focuses on developing the Lacrosse Program through fundraising, which enables SYC Lacrosse to maintain low player registration fees. The Fundraising Director will work with the Lacrosse Committee to raise funds by, for example, selling spirit wear, coordinating sponsorships with local businesses, restaurant nights, and other fundraising activities.

## **GIRLS AND BOYS COACHES DIRECTORS**

The Coaches Directors will work with the Lacrosse Committee to solicit volunteers to coach, to determine placements with specific teams, and to make sure that training opportunities are provided to the Coaches. Directors will ensure all head coaches

complete the US Lacrosse Level I on-line or clinic, as well as concussion training as described below. The Coaches Directors will serve as the points of contact for Coaches, addressing their questions and problems in consultation with the Commissioner or Lacrosse Committee as needed.

## **ATHLETIC FIELD DIRECTOR**

The Athletic Field Director will work with the Lacrosse Commissioner, Lacrosse Committee, Coaches, and other Volunteers to determine field requirements and to assign and prepare practice fields. Game field preparation and breakdown, field marshal responsibilities, ball person responsibilities, timekeeping, and other duties necessary for games will be performed by Volunteers, who should be coordinated by Head Coaches, Team Parents, and the Athletic Field Director.

## **SYC BOARD LIAISON**

The SYC Board Liaison serves as the intermediary between the Lacrosse Committee and the SYC BOD. The SYC Board Liaison will attend monthly SYC BOD meetings to ensure the interests of the SYC Lacrosse Program are known to the SYC BOD and that pertinent information is communicated back to the Lacrosse Committee.

## **COACHES**

Other than the players themselves, the most important people in the program are the Coaches. They generally volunteer a minimum of eight hours per week for practices, games, and program administration. They work directly with the players and interact with parents daily.

### **COACH SELECTION, APPROVAL, AND REMOVAL PROCESS**

All Head and Assistant Coaches must be approved by the Boys or Girls Coaches Director (as appropriate) or Lacrosse Committee. Only Coaches approved by the Coaches Directors or Lacrosse Committee are permitted to coach SYC Lacrosse players during SYC Lacrosse practices, games, clinics, tournaments, or other events. Head Coaches will nominate Assistant Coaches, who must then be approved by the Boys or Girls Coaches Director (as appropriate) or Lacrosse Committee. Coaches will be reviewed annually, and suitability will be determined based on attitude, ability to provide the necessary leadership, knowledge of the game, and how well the Coach supports the objectives of the Lacrosse Committee. The Lacrosse Commissioner will determine if a Coach may be removed for cause. Cause for removal of a Coach includes a demonstrated inability to carry out the responsibilities of the position effectively, general misconduct, a specific violation of the coach's codes of conduct, or any other reason deemed just by a majority of the Lacrosse Committee.

All Head and Assistant Coaches must register in the SYC volunteer database available via

the SYC Website. SYC (through a third party) will use these applications to conduct background checks on all prospective lacrosse coaches. (For more information on the background check process and policy, please contact SYC Admin at (703) 339-3796.) Individuals that fail to register may not coach SYC Lacrosse players during SYC Lacrosse practices, games, clinics, tournaments, or other events. All Head and Assistant Coaches must agree and sign the SYC Lacrosse Coaches Code of Conduct when volunteering. In addition, all coaches must complete the coaching concussion training annually via the SYC website.

All Head and Assistant Coaches participating in NVYLL sanctioned games must also submit an on-line coach's application to NVYLL, including completing the NVYLL Code of Conduct and register with NVYLL as required as part of SYC's membership in the NVYLL.

Our ability to field teams depends on having enough volunteers to coach them. Occasionally, we must ask parents to help coach. Please consider coaching if asked. Plenty of free training, coaching manuals, coaches' attire, and other resources are provided to all SYC Lacrosse coaches – and it is a great deal of fun!

### **LACROSSE MEMBERSHIP AND COACH'S CERTIFICATION**

NVYLL rules require that all Head Coaches become U.S. Lacrosse members and complete the U.S. Lacrosse Level I On-Line Course of the Coaches Education Program, or an equivalent in-person U.S. Lacrosse coaches' clinic. SYC Lacrosse also recommends that Assistant Coaches also become U.S. Lacrosse members and complete the U.S. Lacrosse Level I On-Line Course of the Coaches Education Program; and that both Head and Assistant Coaches complete the U.S. Lacrosse Level II On-Line Course of the Coaches Education Program. See the US Lacrosse web page for more information and to register. The costs of the Level I and Level II On-Line Courses and becoming a member of U.S. Lacrosse to take the courses, will be paid by SYC Lacrosse for all SYC Lacrosse coaches.

Please submit receipts (electronically if possible) to the Lacrosse Commissioner for reimbursement.

### **COACH'S RESPONSIBILITIES**

The purpose of SYC Lacrosse can only be realized through the involvement of Coaches whose primary interests are in the sportsmanship, teaching, and participation aspects of the program. Coaches must provide fundamental instruction and provide positive leadership in the areas of sportsmanship, team spirit, self-discipline and integrity. Coaches must adhere to the principles of the Positive Coaching Alliance ("PCA"), as set forth on the PCA web site, [www.positivecoach.org](http://www.positivecoach.org). The SYC Lacrosse web page has links to the PCA web site for Coaches and Parents.

Specific responsibilities for each Head and Assistant Coach includes the following:

- Provides positive leadership.
- Provides instruction in the fundamentals and rules of the sport.

- Provides physical conditioning of players.
- Provides maximum participation of players as defined in the section titled, “Participation.”
- Respects each player as an individual and ensures feedback is positive and any criticism is constructive and does not demean the player.
- Respects each volunteer as an individual and ensures feedback is positive and any criticism is constructive and does not demean the volunteer.
- Develops each player within the limits of his or her abilities.
- Provides for the safety of all players on the practice and game fields.
- Instills a winning spirit and the ability to gracefully accept both victory and defeat.
- Teaches teamwork and instills in players a personal sense of responsibility to the team.
- Encourages a spirit of cooperation with each player’s parents.
- Notifies parents and players of team schedules.
- Complies with the Lacrosse Committee’s policies and procedures, as set forth in this Program Guide and on the SYC Lacrosse web pages, and communicates the policy and procedures to parents and players.
- Assists in team equipment and uniform issuance and return.
- Ensures all property of SYC Lacrosse (equipment, uniforms, etc.) associated with his or her team is returned at the end of the season.
- Participates in training activities as directed by the Lacrosse Committee or Coaches Directors.
- Sets an example of good sportsmanship.
- Refrains from engaging in any activity during SYC Lacrosse events that may promote physical, mental, or emotional harm, including for example the use of tobacco products, alcohol or inappropriate language.
- Ensures that team administration responsibilities are fulfilled.
- Selects at least one Team Parent to assist with above-listed and other team administration responsibilities.

## **TEAM ADMINISTRATION, TEAM PARENTS, AND OTHER VOLUNTEERS**

The success of the Lacrosse Program entirely depends on the support of Volunteers.

The Team Parents will help the Coaches and other parents coordinate, for example, the

administrative responsibilities of the Coaches, ball person responsibilities, home game responsibilities, score keeping and maintaining team statistics, team transportation (directions and carpooling), post-game snacks, communicating scheduling changes, team parties, awards, fundraising, and information distribution. Team Parents are very important members of the team because they enable Coaches to focus their time, energy, and talents on teaching the players.

## **TEAM PARENT'S RESPONSIBILITIES**

The purpose of SYC Lacrosse can only be realized through the involvement of Team Parents who provide positive leadership in the areas of sportsmanship, team spirit, self-discipline, and integrity. Specific responsibilities for each Team Parent includes the following:

- Provides positive leadership.
- Respects each volunteer as an individual and ensures feedback is positive and any criticism is constructive and does not demean the volunteer.
- Teaches teamwork and instills in players and volunteers a personal sense of responsibility to the team.
- Encourages a spirit of cooperation with each player's parents and the Lacrosse Committee.
- Encourages a spirit of cooperation with each player's parents and the coaches of the team.
- Notifies parents and players of team schedules.
- Complies with the Lacrosse Committee's policies and procedures, as set forth in this Program Guide and on the SYC Lacrosse web pages, and communicates the policy and procedures to parents and players in a positive manner.
- Assists in team equipment and uniform issuance and return.
- Ensures all property of SYC Lacrosse (equipment, uniforms, etc.) associated with his or her team is returned at the end of the season.
- Sets an example of good sportsmanship.
- Refrains from engaging in any activity during SYC Lacrosse events that may promote physical, mental, or emotional harm, including for example the use of tobacco products, alcohol, or inappropriate language.
- Ensures that team administration responsibilities are fulfilled.

## **HOME GAME RESPONSIBILITIES**

Approximately half of the scheduled games for each team are home games (although not necessarily played at SYC permitted fields). Per NVYLL rules, the volunteer activities listed below are required functions of the home team. **The Head Coach and Team Parent in**

**consultation with the Athletic Fields Directors must coordinate with other parents to ensure the following duties are covered for each of their home games:**

### **GAME FIELD PREPARATION**

Home game fields, if natural grass fields, must be completely lined generally no earlier than two days before and no later than one hour before the opening play of the first game. On game day and by no later than one hour before the opening play of the first game, goals must be set on the fields and nets must be strung, cones must be set up, and the scorer's table and canopy must be set up. Each team with a home game on a given weekend must supply at least one parent volunteer to assist with game field lining if applicable. The team with the first home game on a given day must supply at least three volunteers to assist with game day field preparation.

### **GAME FIELD BREAKDOWN**

After the last home game of the day, goals must be taken off the fields and locked, and cones, scorer's table, and canopy and any other field equipment must be taken down and put away. The team with the last home game on a given day must supply at least three volunteers to assist with game field breakdown.

### **FIELD MARSHAL**

At each home game, a Parent Volunteer must serve as a Field Marshal. Field Marshals serve as Field Commissioners, as defined in the NVYLL Rules, and Sideline Managers, as defined in the U.S. Lacrosse Youth Council Rules. Field Marshals shall be responsible for (1) enforcing the rules, regulations, and bylaws of NVYLL; and (2) maintaining orderly conduct (*i.e.*, good sportsmanship) of all participants, coaches and fans. The Codes of Conduct for players, coaching staff and spectators and a link to the NVYLL rules are posted on the SYC Lacrosse web pages. U.S. Lacrosse Youth Council Rules will also be provided at home games.

### **GAME TIMEKEEPER**

At each home game, a Volunteer should serve as a Game Timekeeper. Game officials may elect to keep the official game time.

### **PENALTY TIMEKEEPER**

At each home game, a Volunteer must serve as a Penalty Timekeeper. He or she will time penalties and release players from the penalty area after time has been served.

### **BALL PERSON RESPONSIBILITIES**

Per NVYLL rules, at every home game two volunteers must serve as a Ball Person. Ball Persons help return balls that have left the playing field to the area just beyond the end lines.

### **FUNDRAISING**

Fundraising keeps registration costs down. Head Coaches and Team Parents should

coordinate parents' participation in obtaining sponsors, restaurant nights, and other fundraising activities.

## EQUIPMENT

### BOYS

SYC Lacrosse provides boys the opportunity to rent helmets, shoulder pads, arm pads, gloves, and goalie equipment and goalie sticks. Boys must provide their own lacrosse sticks (except goalies), mouthpieces, cleats, athletic supporters, and protective cups. If desired, boys may wear their own rib pads. Boys in B8U-B14U Divisions must wear full equipment.

### GIRLS

As a part of the spring registration fee, SYC Lacrosse provides girls goalie equipment and goalie sticks. Girls in GK2-G78 Divisions must provide their own lacrosse sticks (except goalies), mouthpieces, cleats, and per league rules, their own protective eyewear (goggles).

### CLEANING LACROSSE EQUIPMENT

To keep equipment from getting too musty, parents should clean it once every 2-3 weeks of use. **Prior to returning it to SYC Lacrosse, all equipment MUST be cleaned** as set forth below:

- Shoulder pads, arm pads, gloves, and goalie pads - machine wash, cold water, on the delicate cycle, and then drip dry for at least 48 hours or tumble dry on low heat. Do not store equipment in bags when not in use – let it breathe!
- Helmets - completely remove any tape or stickers that were placed on the helmet after it was issued and wipe clean inside and out with a wet cloth and mild detergent.

### EQUIPMENT NOTICES

Handling individual equipment issues for players that fail to attend the club's scheduled equipment sessions creates the most work for our volunteers. Accordingly, the Lacrosse Committee has been forced to create incentives in the form of late fees and "holds" to encourage players to pick up or return gear on time. We hope that these steps will enable the Committee and our other volunteers to focus more time and energy on programs that directly enhance player development, rather than spending precious volunteer time on equipment issues.

- All helmets and goggles worn by SYC Lacrosse players must meet National Operating Committee on Standards for Athletic Equipment ("NOCSAE") standards.
- Equipment will be issued and returned at the SYC Warehouse, 7075 Newington Road, Unit-G Lorton, VA 22079.



- Equipment issue and return dates and times will be posted on the SYC Lacrosse web page.
- Each player's parent or legal guardian must complete an Equipment Issue Agreement to obtain SYC Lacrosse equipment for the Spring season, or the Fall In-House Season; or an Equipment Rental Agreement to obtain equipment for lacrosse activities not offered by SYC.
- Players that fail to attend equipment or uniform issue dates and need to make individual arrangements to obtain equipment or uniforms, must pay a \$25 administrative fee.
- Families that fail to return equipment and uniforms to the SYC Warehouse by posted deadlines will forfeit their equipment hold check.
- Players that fail to clean equipment or the uniform before returning it must pay a \$25 cleaning fee.
- Equipment and uniforms should not be returned to the SYC Warehouse during normal office hours. To help us maintain accurate records, equipment and uniforms should be returned during scheduled equipment sessions, or for late returns, to the Commissioner or Equipment Directors.
- A \$200 "hold" will be required to receive boys' equipment. A player's family must provide a check or cash (no credit cards may be taken) for holds. The check will not be cashed unless the player fails to return equipment or uniforms during an equipment return date at the end of the season.
- The player's family must accept responsibility for any missing equipment, or any damage to the equipment beyond normal wear and tear, by reimbursing SYC Lacrosse according to the costs established on the equipment agreements.
- If a player fails to return the equipment, all members of his or her family will be prohibited from registering for any SYC sport activity until the equipment is returned or paid for by the family.
- Players may rent equipment during the off-season for summer, fall, and winter leagues, camps and clinics. The fee is as shown on the SYC webpage for the off-season rental period. SYC offers the lowest rental fees available in our area because participation in off-season programs benefits our teams in the spring. Return dates will not be adjusted to accommodate summer, fall, or winter program schedules offered by groups other than SYC. These groups do not consult SYC when setting their schedules and do not offset SYC's equipment costs. It is the families' obligation to make sure that their rental periods permit them to complete off-season programs. The equipment must be re-rented or returned in good order by 1 December to support re-issue for the spring season.
- Goalie equipment is available for rent during the off-season for summer, fall, and

winter leagues. The fee is as shown on the SYC webpage per rental period. A “hold” of \$250 is required. To obtain goalie equipment, a player must (1) have played one rec season as a goalie for SYC, (2) be sponsored by a coach, and (3) the equipment must be re-rented or returned in good order by 1 December to support re-issue for the spring season.

## **SYC LACROSSE REGISTRATION FEES**

Registration fees will be posted on the SYC Lacrosse web pages. Families should register early to take advantage of early registration discounts.

Space on teams in the NVYLL is subject to space availability. Space is always available in the house league, when offered.

SYC’s Refund Policy is posted on the SYC web site.

Please see the SYC web site for information on need-based scholarships – we want to offer every child an opportunity to play lacrosse. SYC Lacrosse does NOT accept the Free/Reduced Lunch Letter as eligibility documentation for 50% discounted SYC fees. SYC Lacrosse does accept Medicaid cards/letters for determining eligibility as these are thoroughly vetted & verified by the county/state for eligibility.

## **NVYLL**

For the spring recreational lacrosse season, SYC will participate in the Northern Virginia Youth Lacrosse League (NVYLL). Refer to the NVYLL website ([www.NVYLL.org](http://www.NVYLL.org)) the League’s Operational Rules and Regulations. Players on NVYLL teams should play within their age divisions as defined in the League’s Operational Rules and Regulations; they may **never** play in lower age divisions. Playing in a higher age division requires the approval of the Girls or Boys Commissioner, as applicable, and shall only be done to fill out a roster where SYC is below minimum or above maximum team size and needs to shift players to allow for maximum SYC player participation in the NVYLL. Per NVYLL Rules, parents must provide proof of age for players when asked; which is limited to a copy of a birth certificate, DMV youth identification card, passport, or military dependent ID. Players will be suspended for providing an incorrect birth date when registering with SYC.

Teams within Divisions will be further organized into A (advanced), Upper B (intermediate), and Lower B (novice) levels per NVYLL rules and policies.

## **A TEAM TRYOUTS AND RESPONSIBILITIES**

Players can try out for A-Level teams during evaluation periods (addressed below). A higher level of commitment is expected of A-Level players than Upper-B or Lower-B players. A-Level players are expected to attend all practices, games, and other scheduled activities of the A team a priority over **all other** extra-curricular activities (e.g., band,

choir, scouts, plays, other sports, etc.). A-Level players should expect to practice more frequently and longer than players at the Upper-B and Lower-B Levels, and A-Level players should practice individual stick skills, and/or exercise on their own on days that they do not have scheduled games or practices. A-Level team players and families must recognize that the value of attending practices (generally 4-6 hours per week) exceeds the value of attending games (one hour per week). By trying out for A-Level teams, a player and his or her parents agree to these expectations. See also Section 12, Participation.

## **HOUSE LEAGUE, TRAVEL TEAMS, AND PRACTICE SQUADS**

On a year-to-year basis, SYC may offer a House Lacrosse League in the Spring and Fall, a purely developmental, noncompetitive league, which will reduce travel for novice players and their families.

### **FALL**

#### ***Travel Teams***

For boys and girls that have played SYC organized lacrosse for at least one Spring season, teams may be formed to play in game-only leagues (e.g., TripleEDGE Lacrosse) and tournaments (e.g., Fairfax Fall Brawl). These teams may also be offered practices, subject to availability of coaches and fields. This will enable players to maintain lacrosse skills but play other team sports in the Fall. Players must have been registered with SYC lacrosse for the previous spring rec season to participate.

#### ***House Teams***

Subject to availability of coaches and fields, for B8U-B14U boys and GK2-G78 girls that are new to the game, groups may be formed based on age and/or weight.

### **SPRING**

#### ***Practice Squad***

To allow for development of novice players, a coach may offer an option for children who are not quite ready to participate in NVYLL sanction games to participate as a member of the team's practice squad. These players can participate in the team's practice, but will not be rostered or allowed to participate in NVYLL games. Half of the regular registration rate is charged to participate as a member of the practice squad.

#### ***House Teams***

From year-to-year SYC may elect to keep younger age teams (B8U and GK2) "in-house" and not participate as a part of the NVYLL. The intent is to develop novice players while minimizing the travel normally associated with NVYLL games. Inter-squad scrimmages and pre-arranged games with other clubs will be used to allow for team play. A reduced registration fee will be set if this option is exercised.

## **TEAM ASSIGNMENT**

### ***Evaluations***

Player tryouts and evaluations for NVYLL spring rec players will be held before the commencement of team practices. Times and locations will be posted on the SYC Lacrosse web page. Tryouts and evaluations will be scheduled no earlier than December 1<sup>st</sup> for A-teams and January 1 for all other teams for the Spring season.

- Players must wear equipment during tryouts and evaluations, as specified in the section titled, “Equipment.” Players should strive to attend all scheduled evaluation sessions to enable Age Group Coordinators, Coaches, Directors, and Commissioners to determine appropriate team assignments. Failure to attend the tryouts and evaluations may result in a player being placed in a lower skill division within their age group.
- One coach within each age group division will be assigned as the Age Group Evaluation Coordinator for that division and will oversee Head Coaches in the evaluation of players for A, Upper B, and Lower B teams.
- The tryouts and evaluations will be organized and held at the direction of the Age Group Evaluation Coordinator. Coaches for each Division will assist the age group coordinator in conducting evaluations of all players in the age group.
- Coaches may not hold separate evaluation sessions before or after evaluation periods scheduled by the Lacrosse Committee.
- Only coaches will be permitted on the fields with players during player tryouts and evaluations.

### ***Drafts***

Per NVYLL rules, teams in each Division will be formed by a draft, as follows:

Based on players’ skills and other qualities, and the number of players, the Boys and Girls Commissioners in consultation with Head Coaches, the Lacrosse Commissioner, and the Coaches Directors, and in accordance with NVYLL rules, will determine the number of A, UB, or LB Level teams per each Division, and assign specific coaches to each team.

When drafting players, in addition to tryouts and evaluations, the Age Group Evaluation Coordinator and Coaches may consider their observations of players during off-season lacrosse activities (i.e., the time and energy players put in during off-season lacrosse camps, leagues, clinics, etc.), and during games (where they may observe exceptional leadership skills, unselfishness, tenacity, sportsmanship, etc.). These observations can supplement observations of the players’ performance during tryouts and evaluations. All drafting decisions will be made in the best interests of individual players and their collective teams. If conflicts between player and team interests emerge, the team’s interest generally takes priority. The intent is to serve the best interests of as many SYC Lacrosse families as possible.

A-Team Head Coaches draft players first, followed by UB-Team Head Coaches, followed by LB-Team Head Coaches. Team sizes are as specified in the NVYLL League Operational Rules & Regulations.

If more than one team can be placed at the A, UB or LB Level of a Division, Head Coaches of the Level will rotate draft picks in an equitable manner. If there are multiple teams in a specific Level (*i.e.*, A, UB or LB teams) within a Division (*i.e.*, 14U, 12U, 10U and 8U divisions), the teams must have an equal number of players, plus or minus two players.

Drafts will be presided over by the Boys or Girls Commissioner, or his or her designated representative, who in consultation with the Lacrosse Committee, may establish rules of the draft that are consistent with this Program Guide and NVYLL rules. The Commissioner must certify to NVYLL that multiple teams in a given level within a Division were formed by a draft.

### ***Roster Submission***

Following drafts, Head Coaches will prepare and submit NVYLL Team Rosters to the Boys and Girls Commissioners. Head Coaches must submit rosters no later than 3 days before they are due to the NVYLL.

All team rosters must be submitted by the Boys and Girls Commissioners to NVYLL by February 15. No changes can be made to team rosters, except as may be permitted by the NVYLL to add players that register for SYC Lacrosse after player tryouts, evaluations, or drafts.

### ***Important Notice Regarding Rosters***

Per NVYLL rules, SYC Lacrosse Head Coaches must exchange rosters with Head Coaches of opposing teams before the opening face-off or draw of every game. The NVYLL Exchange Roster is posted on the NVYLL web pages. Head Coaches must also have NVYLL Team Rosters available at every game, which must be shown to opposing coaches upon request. Failure to exchange NVYLL Exchange Rosters or submit NVYLL Team Rosters upon request will result in a forfeiture per NVYLL rules.

### ***Notice of Team Assignment***

Coaches will notify players' families of team placement by email and/or telephone within 48 hours of the conclusion of the drafts.

### ***House League***

Players in the House League will be assigned to teams based on their elementary schools, age and other equitable considerations designed to create evenly matched teams within House Divisions. Coaches will notify players' families of team placement by email and/or telephone. If there are an insufficient number of players in the House League to form at least three discrete teams, all the players in an age division will practice together and play against each other on "pickup" teams formed for each game.

# PRACTICES

Success in developing both individual skills and team cohesion depends on regular attendance at practices by all members of the team. When a player fails to attend practice, it not only affects the player, but also his or her teammates and the team as a whole.

The Athletic Fields Directors in consultation with Commissioner, Head Coaches and the Coaches Directors will establish practice schedules in accordance with field availability. Coaches will notify players' families of practice schedules by electronic mail and/or telephone as soon as possible.

- In accordance with NVYLL rules, travel team practices shall not exceed 120 minutes per day. House team practices may not exceed 90 minutes.
- In accordance with NVYLL rules, before the season begins, teams may practice 4 times per week. After the season begins, teams may practice 3 times per week unless no game is scheduled, then they may practice 4 times that week. House teams practices should not schedule more than 3 activities per week.
- Per NVYLL rules, practices will be scheduled no earlier than the second Saturday in February. "This rule applies to any organized team events only. League and Club wide instruction such as skill sessions, clinics drills, group physical training, individual activity, such as conditioning for the first day of team practice is allowed. These types of activities shall be announced and made available to all participants. No physical contact will be allowed for any player during their first three days of practice."

# PARTICIPATION

Players who regularly attend practices, display a positive attitude, and expend full effort, regardless of skill level or physical ability, will participate in games and scrimmages. Per NVYLL rules, each team member will play at least 25% of each game. As set forth below, a coach may suspend a player from a game if a player fails to attend practices in the week preceding the game or participate fully.

Most of the learning process occurs during practices each week and not during games. Coaches may suspend a player from attending a game if a Coach determines that a player is not giving his or her best efforts to the team, as demonstrated through:

- Excessive or unexcused tardiness or absences from practices or games
- Refusal to play assigned positions
- Refusal to participate in drills or exercises
- Displaying poor sportsmanship, attitude, or behavior

If a Coach determines that a player is not giving his or her best efforts, the Coach shall

discuss the matter with the player's parents ahead of the game, and may suspend the player from attending that week's game. For the players' safety, a Coach is not required to play a player who has not attended any practices during the week prior to the game. If a player is disrupting practices, his or her participation in practices and games can be limited by the Coach. The Coach should promptly notify the player, his or her parents, and the Boys/Girls Commissioner of limitations to a player's game or practice participation.

The House League is developmental and all players will play at least 50% of every game (if possible given team sizes), regardless of practice attendance. All players, however, should regularly attend practice sessions. Lacrosse is a team sport, and so it is important to develop the concepts of teamwork and team play at even the younger age levels.

## **CODES OF CONDUCT**

SYC Lacrosse considers good sportsmanship one of its highest priorities. All players, Coaches, parents, and other persons must demonstrate good sportsmanship during SYC Lacrosse activities.

Persons failing to demonstrate good sportsmanship may be asked to leave an activity by a Coach, Team Parent, Field Marshall or other SYC Lacrosse representative. It is in the best interests of all parents and players to politely police the behavior of their peers.

Players, Coaches, and Spectators (including but not limited to parents and other family members of players) must agree to behave in accordance with the SYC Codes of Conduct, which are posted on the SYC web site.

Players cannot participate in games until the Player and Parent conduct forms have been signed electronically during the registration process.

A Coach cannot participate in player evaluations, season games or practices until the SYC and NVYLL Coaches conduct forms have been signed electronically.

### **DISCIPLINARY PROCEDURES**

Infractions of the SYC or NVYLL Conduct Codes by a Player, Coach or Spectator will be adjudicated by the Lacrosse Committee, which has the authority to restrict participation in SYC Lacrosse activities. The Lacrosse Commissioner or Committee may also recommend to the SYC BOD that any or all members of a family be barred from participating in all SYC activities. Any person or family barred from participating in SYC Lacrosse will have the right to appeal to the SYC Board of Directors, per the SYC Complaint Procedures addressed below.

## **POST-SEASON PLAY**

### **PLAYOFFS**

NVYLL will determine the teams that make playoffs based on win-loss record and will

notify the Lacrosse Commissioner, who will notify the Head Coaches of playoff teams, who will then notify players and parents.

## **COMPLAINT PROCESS**

The purpose of this section is to provide guidance for individuals who wish to file a complaint related to the operations of SYC Lacrosse. This section is not intended to address issues related to the SYC Refund Policy, or the SYC Codes of Conduct for Coaches, Players, and Spectators.

It is the philosophy of SYC Lacrosse that every effort should be made to address any complaints related to the program with the persons directly involved in the problem. This provides an opportunity for the complaint to be resolved by the people who are most likely to understand the complainant's concerns.

The goals during the complaint process are to respect all parties and their opinions, understand the problems, and develop a course of action to resolve the problems. An individual should communicate his or her concerns as soon as possible after it is clear that he or she has a complaint. If a resolution cannot be reached by discussing the problem with the persons directly involved, the complainant may file a complaint in accordance with SYC's Complaint Procedures, which are posted on the SYC web site.

## **ANNUAL REVIEW OF LACROSSE PROGRAM GUIDE**

The Lacrosse Committee will develop, review, and certify the Program Guide for approval annually by the SYC BOD.



# APPENDIX A - SYC Club Lacrosse Field Guide

## PURPOSE

Provide a resource for SYC Lacrosse that institutionalizes field allocation, assignment, and maintenance procedures to provide predictability and continuity in field matters for the club and its members.

## PHILOSOPHY

Provide the best possible facilities to SYC Lacrosse to enhance the overall lacrosse experience and advance the Club's reputation. Align field priorities with overall Club priorities while establishing a Strategic Plan to improve/maintain grass fields and increase availability to turf fields. The goal is to maximize use of turf fields while judiciously assigning/rotating grass fields to maintain them in highly playable condition.

## EXECUTION

Field management is the responsibility of the Fields Director based on the guidance of the Lacrosse Committee. Fields, allocated by the Fairfax County, are based on the previous year's number of participants. The South Run Recreation Center Field House is available for rent and will not normally be available for spring recreational teams, but is primarily utilized for winter clinics and other winter activities.

### *Schedule*

SYC Lacrosse fields are scheduled by the Lacrosse Fields Director, based on the number of teams determined, the priority of the team (both age group and competition level), and the coaches' requirements. The following is a template for field activity.

### *Allocation*

1. SYC Lacrosse Committee allocates fields in mid- to late-February, for the spring season, once the field permits have been received from Fairfax County. Fields for summer and fall training, as well as house leagues and winter assessments will be requested through the SYC Office Staff by the Fields Director based on anticipated participation.
2. Fields available to SYC are classified as turf, premier, and standard. SYC Lacrosse does not receive access to all fields list below every year. Allocations are based on permits provided by the County. Turf is all-weather, synthetic surface, and lighted. Premier is Bermuda grass fields that receive County and Club maintenance. Standard are generally elementary and middle school fields. Fields that SYC Lacrosse generally has access to are (note: subject to change seasonally based on County issuance):

Turf: South Run # 5, South Run #6, Lee HS and West Springfield HS.

Premier: Hooes Road Park #2

Standard: Cardinal Forest ES, Crestwood ES, Newington Forest ES, Lane ES, &

## Newington Heights Park

3. SYC has no indoor facility; however, SYC utilizes the South Run Recreation Center Field House which maintains an indoor turf facility which SYC Lacrosse rents during the winter months in order to provide clinics and assessments as required. County preference for South Run Recreation Center Field House rental is given to those organizations that utilized it in the previous calendar year (i.e., they are given the opportunity to maintain their rental times and dates).

### **Assignment**

1. A-Teams. A-Teams are assigned a maximum of 4.5 hours per week. A-Teams are assigned practice times in 90 min blocks, but may practice up to two hours using non-field space for conditioning. Field space permitting, A-Teams will have two turf practices and one grass practice per week. A-Teams have priority for scheduling over Upper B and Lower B Teams. Amongst A-Teams, the upper age group teams receive priority and first choice for field space. There is no distinction or preference between A, AA, and AAA teams.
2. Upper B and Lower B Teams. Upper B and Lower B Teams are normally assigned two practices per week in 90-minute blocks. An additional block of 90 minutes up to a maximum of 4.5 hours per week may be requested if space permits after all teams have been accommodated. Amongst Upper B and Lower B Teams, the upper age group teams receive priority and first choice for field space.
3. Field Requests. To ensure fairness and meet club priorities, field requests are adjudicated by the Fields Director, based on the direction from the Lacrosse Commissioner and the advice of the Lacrosse Committee.
4. Special Requests. In the event of multiples days of inclement weather or other issues beyond a coach's control, additional field space may be requested from the Fields Director. The Fields Director will coordinate with SYC to obtain additional practice space, or, as a last resort, multiple teams will share available field space (e.g., smaller area or reduced time slots).
5. Permits. Teams must have either a paper copy or access to an electronic copy of their Fairfax County Field permit. The permit enables the team to use the permitted space but does not allow that team to enforce a claim on another SYC team for the entire field if it is unused.
6. Field Closure.

### **Division**

All fields will be divided equally between the number of teams assigned (usually two; one on each half).

### **Peak Maintenance Period**

Grass field maintenance is conducted three times /year: In late June, Mid-November, and

Early March.

## **STRATEGIC PLANNING**

1. SYC will continue to improve/upgrade its fields. A number of initiatives are available to accomplish this task.
2. Coordination with Fairfax County to develop additional turf fields and grass field maintenance.
3. Coordination with Fairfax County Schools and local schools to execute “Friends of the Field” agreements. These agreements help to improve the quality of the fields while also improving SYC access to school fields.
4. Developing additional “Adopt-a-Field” Programs for Elementary School fields by teams that use them.
5. Converting and improving Middle School and Elementary School fields through either enhanced maintenance and/or conversion to Bermuda grass.

# ANNEX A: PLANNING FACTORS

The following are factors used to plan field allocation.

1. Number of Teams. There are generally about 16 REC Teams. Total requirement is about 40 practice sessions per week (younger age groups only practice 2 times per week).
2. Number of Turf Fields: For in-season weekday practices SYC can plan on three-hour blocks 3 days/week on SR #5. For weekends, SYC can plan on also having Lee HS (Saturday afternoons after 2pm) and SR#5 (Sunday afternoons after noon). High School fields are generally unavailable during weekdays during Sep, Oct, early Nov, Apr, May, early Jun. For lower age and lower level teams, consideration should be given to dividing SR#5 into thirds to maximize utilization and to get off of natural surface fields which are closed during periods of excessive rain.
3. Number of Premier Grass Fields: For in-season weekday practices SYC can plan on three-hour blocks 5 days/week on: Hooes Road Park #2 as well as all-day on Saturday and Sunday. Note: Hooes Road Park #2 is only large enough for a modified field NOT a full lacrosse field.
4. When scheduling times on unlighted fields, it may be necessary to an earlier start time at the beginning of the spring season until Daylight Savings begins mid-March and 6:30-8:00 usage becomes practicable.
5. Number of Lighted Fields: South Run #5, #6, #7; Franconia Park #4, Loisdale Park, Rolling Valley West, Hayfield HS Practice, and Hayfield HS Stadium, Lee HS. [NOTE: West Springfield HS field will be unavailable until 2020 due to construction].
6. Rectangular field space and elementary school field space have increasing competition for use. Other sports impact the number of fields available to the SYC Lacrosse Program.
  - a. Soccer: Soccer has about 200 teams and utilizes most of the field space in the Springfield area.
  - b. Football: During Fall they usually use South Run #5 (2-3 days/week), South Run #7, Rolling Valley West Park, and Irving MS.
  - c. Rugby: Uses Hooes Road Park and South Run during late spring and summer.
  - d. Little League Baseball: Use ball diamonds at Elementary Schools which may limit area for Lacrosse practices in fall.

## OTHER CLUB TOURNAMENTS

SYC habitually offers Turf field space to support other Club tournaments. This serves to foster collaboration between SYC sports and expands access to potential participants. For example, we allocate our fields for the Virginian soccer tournament over Memorial Day weekend.