

Ankeny Thunder Lacrosse Question and Answer (2024)

Q: When does the OFFICIAL lacrosse season begin?

A: The official season begins in January with Indoor Practice! Indoor practice leads into outdoor spring practice and games. Indoor Practice is an opportunity to learn, practice, develop, scrimmage, and have fun with coaches and teammates! Players who plan to play in the Spring Season are strongly encouraged to attend Indoor Practices. The season typically ends in the first weekend of June. Fees are not prorated based on indoor or outdoor practice attendance.

Q: Do the Ankeny Thunder Lacrosse Teams travel?

A: Yes. We do have some travel involved with all of our teams. Travel may include, but not limited to Dubuque, Quad Cities, and Iowa City in Iowa. Some teams may also travel to Lincoln and Omaha, NE. Locally we play at our home fields (Prairie Ridge SportsComplex), Des Moines, and Waukee.

Q: What are the fees? (2024)

A:

10U Boys :

- Ankeny Thunder Club fee: \$200
- Jersey set (required) - \$55

12U/14U Boys:

- Ankeny Thunder Club fee - \$350
- Jersey Set (required) - \$55

12U/14U Girls:

- Ankeny Thunder Club fees - \$300
- Jersey set (required) - \$32

High School Girls:

- Ankeny Thunder Club fees - \$630
- Jersey set (required) - \$115

High School Boys:

- Ankeny Thunder Club fees - \$530
- NELAX league fee (required) - \$150
- Jersey set, helmet decals, shooter shirt, and pinnie if you still need them (required) - \$181

Goalie Discount*:

50% off @ all levels. Limit 2 per team. Goalie must commit to playing for the season.

Q: Why do high school boys pay a NELAX fee?

A: Ankeny Thunder Lacrosse Club plays under the Nebraska Lacrosse League (NELAX). They charge this fee to the High School Boys team only. They use this fee to run their program for us to participate in.

Q. Why are high school girls fees more expensive than the high school boys?

A: High school boys must individually pay an additional \$150 to the Nebraska League. High school girls belong to the Midwest Girl's Lacrosse League and those fees are paid for as a whole by Ankeny Thunder Lacrosse club and are included in the club fees.

Q: What are the club fees used for?

A: Our field rentals (which are over \$30,000 per season for both indoor and outdoor combined), Lacrosse officials (each official makes at least \$40-\$60 per game - the high school level is more!), Team equipment (such as balls, score clocks, goals, etc. Did you know a case of balls runs approx. \$150 per case and that we have 10 teams needing more than one case of balls!?), insurance fees, and much, much, more. All board members, youth coaches, and volunteer positions are 100% unpaid.

Q: What is the weather policy for practices and games?

A: We are at the mercy of Mother Nature as well as the City of Ankeny for our home games. If there is unsafe weather and/or the city closes the fields, practices and games will be canceled. Cancellation or schedule changes will be sent via email, posted to the club's Facebook page, website calendar, and the Remind app as soon as a determination is made.

Q: Do I have to get a USA Lacrosse Membership?

A: Yes! All players are required to be individual members of USA Lacrosse. A player may not participate in any lacrosse-related activity with Ankeny Thunder Lacrosse until a USA Lacrosse Individual Membership Registration has been completed, fee paid to USA Lacrosse, and a copy of the USA Lacrosse number with expiration date is provided to the Club. The only exception to this policy is if a player wants to try lacrosse before committing (such as for Fall Ball) they must submit an Ankeny Thunder Parental Consent Waiver and Release Form.

Q: How can parents get involved?

A: Volunteer opportunities are always available. From donation of goods, to volunteering your time to helping set up and take down the fields, coaching, providing water for games, running the score clock, and/or keeping stats - the possibilities are endless! You can watch for specific emails with volunteer opportunities or just reach out and let us know you want to help. ankenylaxnews@gmail.com. Parent involvement is EXPECTED.

Q: What are the expectations for a player to attend practices and games?

A: Players are required to attend all practices and games. Absences will only be excused for illnesses or unique circumstances and must be approved by the coaching staff. Notification must be made as soon as possible before practices or games.

Players are expected to be on the field, in gear/appropriate attire, ready to go, no later than the start time of practices and/or games. Practices and games start promptly and anyone not ready to participate will be deemed late. Consequences for tardiness are at the discretion of the coaching staff. All players are expected to help the coaching staff and other club members prepare fields for play both before and after practices and games. Ankeny Thunder LAX values the safety of our players.

Q. Can my player drive themselves to their games?

A. Players are prohibited from driving themselves to games or Ankeny Thunder LAX activities outside of the greater Des Moines/Ankeny area. Players must be transported by parents or others over the age of 25. Transportation may be provided by a sibling as long as they are over 21 years of age. Consequences for violation of this policy may include loss of playing time, suspension, or dismissal from the program.

Q: What equipment does a player need to have?

A: Players are responsible for providing their own equipment (rental equipment is available through the club if needed)

Boys Required Equipment:

HELMETS- It is REQUIRED that all High School boys have a MAROON Cascade helmet (Gold face mask, black side pieces) YOUTH BOYS should also purchase the required helmet as well since they last a long time. However, if you have another color you are currently using, that is fine for now. But if anyone needs a new helmet please purchase be the CASCADE MAROON HELMET. This will save you money in the long run. Contact us if you are looking for a helmet. We do bulk orders and that will save you money!

LACROSSE GLOVES - our club does not specify what brand you need to have, but you do need to purchase gloves that are our Club colors. BLACK, WHITE, MAROON, or even gray(or a combination of those colors) is fine.

CHEST PADS - We do not require a specific chest protector. However, all chest protectors must be certified by the NOCSAE.

ELBOW PADS - Please use BLACK, WHITE, or GRAY elbow pads

CLEATS - (for when we're outside) your choice. Please wear socks that are within the color of our Clubs theme. HS players have team socks that come with their jersey.

MOUTH GUARD - it is REQUIRED that mouth guards be a color other than white or clear. You CANNOT have a white or clear mouth guard. Any other color is fine.

STICKS - ATLC wants you to choose whatever stick you are comfortable with! You can also restring your mesh to help you shoot and catch the way you want also. Mesh comes in different softness levels. If you have questions regarding stringing your stick, please talk to one of our coaches. Many Coaches and Players know how to do this and can help you.

Girls Required Equipment

GOGGLES - please make sure they are certified.

STICK - your choice

MOUTHGUARD- any color other than white or clear is allowed

CLEATS - Do not have to be lacrosse-specific; soccer cleats work just fine.

Goalie Equipment

Goalies has specific equipment needed for extra protection. If you have questions about this equipment please ask a coach

Q: Where can equipment be purchased?

A: Equipment can be purchased at various places!

*Dick Sporting Goods and Scheels have limited supply

*Lacrosse.com

*Amazon.com

*Lacrossemonkey.com

*lacrosseunlimited.com

*Other online stores. Google gives you many options.

Q: What is Fall Ball?

A: Fall ball is offered for new and returning players. Fall Ball is an opportunity to learn, practice, develop, and have fun with coaches and friends and keep a stick in your hand! Fall Ball is not required, but encouraged! Fall Ball takes place at an Elementary School Field.

If you have more questions, please do not
hesitate to contact us at
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