

# TEXAS TOMAHAWKS LACROSSE

Welcome! We look forward to a great season together. Below is some information for both new and returning players.

**Our Vision** is a thriving youth lacrosse program that affords each player the opportunity to discover, learn, participate in, enjoy and ultimately embrace a passion for lacrosse.

**Our Mission** is to be a lacrosse center of excellence within the Northwest Austin community that provides a high-quality educational experience to every athlete. A high-quality experience is one in which every player:

- Has fun playing the game
- Learns “life lessons” that have value beyond the playing field
- Feels he or she is an important part of the team regardless of performance
- Develops a deeper understanding of the skills, tactics and strategies of the game
- Has an opportunity to reach their highest level of potential

## **Our Core Beliefs**

- Coaching Excellence
- Character Development
- Continuous Improvement
- Cost Effectiveness
- Customer Service
- Clear Communication

## **Coaching Goals**

To create a culture of INCLUSIVITY, attracting new players and old, while fostering a COMPETITIVE environment and encouraging a perpetual pursuit to LEARN.

## **High School Partnerships**

Our program is built around a mutually beneficial partnership with McNeil and Westwood’s High School Lacrosse Clubs. Our objective is to be a strong high school feeder program. The Tomahawks is actively supported and advised by high school coaches, players, parents and key members of the lacrosse community.

## **Texas Tomahawks Board of Directors**

- President - Lesley Guthrie

- Vice President - Les Hixson
- Treasurer - Christina Rohacek
- Vice President of Fundraising - Tassie Howell
- Secretary - Sasha McDonald
- Vice President of Special Events - vacant
- Vice President of the Website - David Rohacek
- Communications Chair - Tracy Defendorf
- Equipment Manager - Erika Fruehling
- Vice President of Operations - Mark Williams
- High School Youth Director - Luke Duprey
- Recruitment Chair - Cathi Allebe

### Committees

**Recruitment:** Mark Williams, Jim Stanley, Troy Defendorf, Scott McDonald, Tony Ziccardi, Jon Olofsen

**Events:** Christina Propes, Melanie Frank

**Fundraising:** Caroline Williams, Scott Fruehling, Jon Olofsen

### **Required Equipment**

Lacrosse Stick – Brand: personal preference Color: any

Helmet – Suggested brand: Cascade Suggested color: white

Chin Strap – Must fit the helmet

Mouthpiece – Brand: personal preference Color: any (cannot be clear)

Shoulder Pads – Brand: personal preference

Elbow pads – Brand: personal preference (Goalies are not required to purchase)

Gloves – Brand: personal preference

Cup, Supporter – Brand: personal preference

Shoes, Cleats – Non-metal Suggested brand: personal preference

*Where to find equipment:*

**Tomahawks will offer loaner gear to players on a first come, first serve basis.**

**Contact [equipment@texastomahawks.com](mailto:equipment@texastomahawks.com) for more information.**

### **Equipment for purchase**

Lacrosse Unlimited

6203 North Capital of Texas Highway

Phone: (512) 732-0002

Lacrosse Unlimited has knowledgeable staff and they offer a discount starter package for new players (everything but a cup and mouthpiece). Dick's, Academy and online

vendors are also options.

Play It Again Sports Cedar Park  
11066 Pecan Park Blvd #107  
Cedar Park, TX 78613  
Phone: (512) 919-4400

Play It Again Sports has a good supply of used lacrosse equipment available at a discount to Tomahawks players. Please let them know you are with the Tomahawks to receive a 20% discount.

## Rules

The Tomahawks Program is a member of the Central Texas Youth Lacrosse Association (CTYLA). The CTYLA follows a combination of NCAA rules and alterations made by the member teams to make the game more suitable to our age group. The complete rules can be found at <https://www.ctyla.org/>. The season runs for eight weekends from February 24th to May 6th (no games over spring break or Easter weekend)

Field Sizes: Full Field for Junior & Seniors and a Short Field for Bantam & Lightning

- Bantam Rules (1st/2nd): 5v5 on a Small Field. No body checks. 4 Faceoffs.
- Lightning Rules (3rd/4th): 7v7 (including goalies) on a small field. No body checks. 4 Faceoffs.
- Junior (5th/6th) & Senior (7th/8th) Rules: 10v10 (including goalies) on full field. Strict interpretation of the rules. Classic NCAA style of play.

## Frequently Asked Questions

***What time of the year is lacrosse played?*** Lacrosse is a spring sport. Austin area leagues run from February to May. There are other clinics, camps and select teams that run during the summer and fall. Please email [director@texastomahawks.com](mailto:director@texastomahawks.com) for advice or check our website for off-season lacrosse events.

***Why is there a difference in registration fees between age groups?*** Cost is based upon a number of variables, including: field time, coaches, referees, uniforms, pictures, league fees, equipment and insurance. Some of the younger age groups (e.g. 1st and 2nd graders) do not have paid coaches or full uniforms so the absence of these costs generally lowers the registration fees for the younger ages.

***What is included in the registration cost?*** Registration fee covers costs associated with: field rental, coaches, uniforms, equipment, pictures, league fees, referees,

insurance and marketing. Texas Tomahawk Lacrosse also provides training for coaches and background checks for all coaches/volunteers. Please note that players keep their uniforms at the end of the season. Any extra money is used to upgrade equipment and facilities for lacrosse.

***How many players per team?*** Bantam/Lightning levels play on a miniature field (60 yards long x 35 yards wide). Bantam teams play 5v5 and Lightning plays 7v7 including goalies. Bantam teams are typically 12-15 players and Lightning are typically 14-18 players. Junior/Senior levels play full field lacrosse (110 yards long x 60 yards wide) with 10v10 including goalies, defensemen, attack, and midfield. Teams are typically 18-24 players.

***How are players allocated?*** Central Texas Youth Lacrosse Association allocates players to each division by school grade. There are four age groups, and 2 to 3 divisions therein. Bantam Grades 1 and 2- Divisions are based on the predominant grade of the team (1st or 2nd) Lightning Grades 3 and 4- Divisions are based on the predominant grade of the team (3rd or 4th) Junior Grades 5 and 6- Division 1 (Highly competitive), Division 2 (Average level), Division 3 (Developmental) Senior Grades 7 and 8- Division 1 (Highly competitive), Division 2 (Average level), Division 3 (Developmental)

***Are there volunteer opportunities?*** Absolutely! Texas Tomahawks Lacrosse is a volunteer-led organization so there are several ways you can help. Positions such as Assistant Coach, Team Parent, Timekeeper, Score Keeper and Stats Keeper are explained in the “Volunteers Corner.” We are also always looking for parents or guardians willing to serve on our board.

***Are there geographic limitations for players?*** Yes. CTYLA Rules dictate that players must either be zoned or plan to attend our feeder High Schools (McNeil & Westwood), however, sometimes waivers are available to play for the Tomahawks if requested.

***When and where are practices held?*** All teams will practice at the Town and Country Optimist Club, 9100 Meadowheath Drive, two nights per week on lighted fields. Practices are typically held on Field 2. Practices will be held on Monday and Wednesday nights between 5:30-8:00pm. Younger age groups (e.g. 1st – 2nd) will practice in the earlier time slots.

***When and where are the games played?*** Home games are played on Sunday afternoons. Away games may occasionally be played on Saturdays. CTYLA will provide the game schedules once all programs have turned in their rosters. Games are

scheduled in geographic pods to limit the amount of travel for away games. There are four home games and four away games. Each game takes approximately 90 minutes to play – not including pre-game warm-up time.

### **Tomahawks Points of Contact**

President - Lesley Guthrie: 512-560-8793, [president@texastomahawks.com](mailto:president@texastomahawks.com)

Vice President - Les Hixson: 512-773-8933, [vp@texastomahawks.com](mailto:vp@texastomahawks.com)

#### Coaches:

Luke Duprey - Duke/PLL Chrome

James Burleson-Porras - Loyola/Stanford

Max Hernandez - Mcneil HS Head Coach

Matt Amerie - Southwestern

James Reis - TCU

Will Merritt - Roanoke

Chris Baddour - UT

Jim Stanley - Richmond

Michael Hazy - Lehigh University

Patrick Myers - Loyola Blakefield

Tiger Lord - University of Tampa

John Perez - US Naval Academy

### **Off-season and training options:**

We offer Beginner and Advanced Wall Ball Sessions for 45 minutes followed by an additional 45 minute mini-game at no cost. More details to come in the spring.

For personalized recommendations for private lessons, club programs, or elite travel teams please contact Coach Tomaselli for referrals to the appropriate individuals

### **Communications**

We use SportsEngine to manage all of our teams and events on our website. Visit <https://www.texastomahawks.com/> for information about your team, or visit the calendar to download an iCal file to add to your personal calendar. We use the SportsEngine mobile app which is available for iOS and Android devices and is available through the Apple App Store and through Google Play. The app allows for communication with other parents, the coach, RSVP to games or practices, upload photos and videos, and more.

To install the app on iPhone Devices: 1. On your device, open the App Store. 2. Search

for SportsEngine. 3. Select the Get button to begin installing the app. 4. Open the app on your device. 5. On the Settings tab, select “Account” and “Sign In” to log into your SportsEngine account.

For Android Devices To install the SportsEngine app on your Android device, do the following: 1. On your device, open Google Play. 2. Search for SportsEngine. 3. Select the Get button to begin installing the app. 4. Open the app on your device. 5. On the Settings tab, select Account and select the Sign In button to sign into your SportsEngine account. You should already be rostered on to your team and therefore the team should come up on the initial “Teams” screen. If you have any questions concerning the app, please contact [director@texastomahawks.com](mailto:director@texastomahawks.com). For full instructions on using the website or the app, visit <https://goo.gl/7r8F3i>.

To add another contact/email to your SportsEngine account, follow the instructions here, [https://community.sportsengine.com/news\\_article/show/622624](https://community.sportsengine.com/news_article/show/622624).

For SportsEngine issues, please contact [vp@texastomahawks.com](mailto:vp@texastomahawks.com)

Thank you for registering your child for the Texas Tomahawks Lacrosse Program. We are excited about the Spring 2020 season. We’ve got great coaches, an awesome program director and wonderful volunteers. We will strive to make this a wonderful experience for the kids.