



## Spring 2021 Parent Packet

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 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.

## 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 [president@texastomahawks.com](mailto:president@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 from mid-February to early May (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.
- Junior (5th/6th) & Senior (7th/8th) Rules: 7v7 (including goalies) on short field. Strict interpretation of the rules.

### **Tomahawks Points of Contact**

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

Vice President - Tassie Howell: [vp@texastomahawks.com](mailto:vp@texastomahawks.com)

Program Director - Pat Ohrem: [director@texastomahawks.com](mailto:director@texastomahawks.com)

Coaches: (Experience)

Pat Ohrem - Westwood JV Coach (Lynchburg University)

Michael Hazy - (Lehigh University)

Max Hernandez - Westwood Assistant (McNeil HS)

Will Merritt - Westwood Assistant (Roanoke College)

Zach Pendleton - (Vipers Lacrosse)

Jim Stanley - (Richmond/Westwood/Tomahawks)

James Reis - (TCU)

Luke Duprey - Westwood Varsity Head Coach (Duke/PLL Chrome)

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

We offer Beginner and Advanced Wall Ball Sessions for 60 minutes during the offseason. More details to come this Spring on our Summer and Fall programs.

For personalized recommendations for private lessons, club programs, or elite travel teams please contact Coach Ohrem for private lessons or 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.

For full instructions on using the website or the app, visit <https://texastomahawks.sportngin.com/parentportal>.

### **New to SportsEngine?**

Here is your quick start guide to creating an account and using the SportsEngine platform as an athlete or parent.

[SportEngine User Guide](#)

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)

### **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, league fees, equipment and insurance. Some of the younger age groups (e.g. 1st and 2nd graders) may 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 Tomahawks 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. Alternately, Juniors/Senior levels may also play 7v7 including goalies on a smaller field(60 yards long x 35 yards wide).

**How are players allocated?** Central Texas Youth Lacrosse Association allocates players to each division by school grade. There are four age groups that play teams from around the league.

- Bantam - Grades 1 and 2
- Lightning - Grades 3 and 4
- Junior - Grades 5 and 6
- Senior - Grades 7 and 8

**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 Thursday 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. Dripping Springs and Georgetown are usually the farthest teams might have to travel. There are typically four home games and four away games. Each game takes approximately 60-90 minutes to play – not including pre-game warm-up time.

### **Tomahawks Store**

<https://teamlocker.squadlocker.com/#/lockers/texas-tomahawks-player-and-fan-store>

Visit our team store at SquadLocker. A percentage of sales comes back to the Tomahawks.

### **Texas Tomahawks Board of Directors**

- President - Les Hixson
- Vice President - Tassie Howell
- Treasurer - Christina Rohacek
- VP Operations - Mark Williams
- VP Fundraising - Leah Turner
- Recruiting Chair - Michael Hazy
- Secretary - Stephanie Stakes
- SportsEngine/Website - David Rohacek
- Communications Chair - Trish LeBlanc
- Program Director - Pat Ohrem
- Feeder School Recruitment Chair - Jim Stanley