



**CROSSE**

Est. 2001



P.O. Box 491  
Windsor, NJ  
08561

# 2024 RLA Parent Information

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





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**Robbinsville Lacrosse Association (RLA)** is a non-profit youth recreational lacrosse program aligned with USA lacrosse with the following goals

- Inspiring participation in the sport of lacrosse in Robbinsville
- Enrich the athlete experience by teaching skills, sportsmanship and fair play
- Support the growth of the sport of lacrosse in Robbinsville





ROBBINSVILLE LACROSSE ASSOCIATION

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Thomas Parrott  
President / Boys VP  
[thomas\\_parrott@hotmail.com](mailto:thomas_parrott@hotmail.com)  
609-775-7953



Scottie Reeves  
Girls VP  
[lakestone7@gmail.com](mailto:lakestone7@gmail.com)  
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Brooke Parrott  
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[brookewparrott@yahoo.com](mailto:brookewparrott@yahoo.com)  
609-937-1468



Anne Amato  
Treasurer  
[coary00@gmail.com](mailto:coary00@gmail.com)

## RLA BOARD

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





## Additional volunteers supporting Board activities



Christine Dwzolak  
Apparel Coordinator  
[Cdzwolak@gmail.com](mailto:Cdzwolak@gmail.com)  
908-451-1810



Chet Embley  
Fields and Facilities  
[cembley@optonline.net](mailto:cembley@optonline.net)  
609-658-9906



Jim Aleski



Tommy Coohill  
Community Outreach



Marissa Gibbons  
Shootout Coordinator



Lisa Rodriguez  
Boys Scheduler



Sandra Rogers  
Girls Scheduler



Becky  
Andrewsky



Kristen  
Turner

**Want to be a part of the fun?! Reach out to an  
existing Board Member today!**



## General Information

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





## Code of Conduct

- Be respectful of others including coaches, officials, parents, spectators, players and teammates
- Act with honesty and integrity
- Demonstrate good sportsmanship
- The safety and welfare of the players are of primary importance
- Engage in fair play
- Be kind
- Have Fun!



## Bond Checks

- The league required a \$200 Bond Check per family
  - Due by March 22nd for player to participate in games
  - Checks should be made out to Robbinsville Lacrosse Association;
    - In the Memo write: Duty Bond- Your Family name.
- Only cashed if volunteer responsibilities are not met. Otherwise destroyed, unless specifically requested back.
- Volunteer Responsibility is 2 hours per child in the league.





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## Volunteer Options

- Shootout Tournament
- Registered Coach
- Team Coordinator
- Scoring/Stats





An important volunteer duty for each team is

## **TEAM COORDINATOR**

Team Coordinators help:

- coordinate time/score-keepers for home-games with other parents
- Coordinate Statistics
- coordinate team post-game snacks (optional)

**If interested, email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)  
or let your Head Coach know right away!**



## **We are looking for volunteers to learn how to line fields.**

Chet Embley has graciously agreed to help for another year but we need more volunteers!

Otherwise, we must hire a company and registration costs will increase!  
**He will train you!**

Enjoy the peaceful solitude of lining the fields, listening to your favorite tunes or podcast... and the pride of knowing you are giving back to the league!



**If interested,  
email [RLARavensLax@gmail.com](mailto:RLARavensLax@gmail.com)!**

**[www.robbinsvillelax.com](http://www.robbinsvillelax.com)**






## Player Safety

- Proper equipment required
- Coaching requirements
  - Head Coaches: USA Lacrosse Level 1 Cert
  - USA Lacrosse Background Check
- No player Left Alone
- Concussion Management
- Automated External Defibrillators (AEDs)





## Communication

- General RLA information will be posted to robbinsvillelax.com and email blast will follow
- Our website is linked automatically to the SportsEngine app.  
Any schedule changes or communications on the website will show on the app. Download it today! 
- Team schedules can be accessed at  
[www.robbinsvillelax.com](http://www.robbinsvillelax.com) under our TEAMS tab.
- 24-hour rule - allow time to process situation before providing feedback to your coach or the league.
- Do NOT text coaches DURING the games.
- Issues with others should **not** be addressed at the field or in parking lot.





## Communication - Feedback

- Player concerns - Coach
- Team concerns - Coach
- Coaching concerns -
  - Boys - Thomas Parrott, President
  - Girls - Scottie Reeves, VP Girls
- General questions – [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)
- Shootout – [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)





# Uniforms

Coaches will deliver to players at practice

- Expected around mid-March

Questions on uniforms *once delivered?*

- Reach out to Christine Dzwolak  
([cdzwolak@gmail.com](mailto:cdzwolak@gmail.com))



# RLA's Local Team Store – Custom Garments!!

Local custom apparel company which delivered high quality items with exceptional turnaround time!

Pickup from their facility in Cranbury, arrange to have delivered to a practice/game or they can ship!

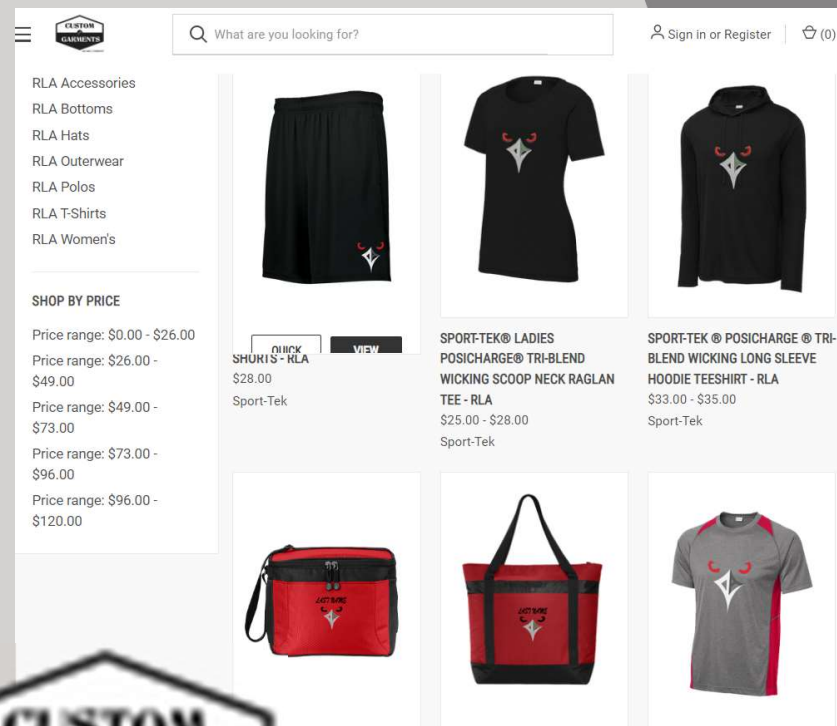
Run by an RLA family!

Not a uniform site.

To order, go to website below OR click on STORE through the RLA Website

<https://rlacustomgarmentsmsl.com/>

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





## **MINI LAXERS (Pre-K and Kindergarten)**

**Head Coach:** Drew Barocas / Lynsey Parrott – **Assistant Coach(es):** TBD :

Want to help out? Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Practice Location:** Blakely Park

**Practice Days/Times:** See Sports Engine

**Required Equipment:** Players will be provided with a pinnie and stick

**Goals:** Discovery, Basic movement skills, Have fun!



## **BOYS LITTLE LAXERS**

**Head Coach:** Thomas Parrott

**Assistant Coach(es):** Mike Matzura, Barry Manion, Tommy Coohill

**Team Coordinator:** TBD - Want to help? Coordinate parents for snacks and time/score keeping at games. Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Practice Location:** Blakely Park

**Practice Days/Times:** See Sports Engine

**Required Equipment:** Full (Helmet, Mouthguard, Cleats, Cup, Arm Guard, Gloves, Shoulder Pads) – Important – cannot participate without all listed equipment)

**Goals:** Skill development

Unsure what equipment is needed? Click [HERE](#) or Go to

<https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players>



## **GIRLS LITTLE LAXERS**

**Head Coach:** Scottie Reeves

**Team Coordinator:** TBD - Want to help? Coordinate parents for snacks and time/score keeping at games. Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Assistant Coach(es):** TBD – Want to help out? Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Practice Location:** Community Park Field 1

**Practice Days/Times:** Sundays / Time TBD

**Required Equipment:** Stick, Goggles, Cleats, Mouthguard

**Goals:** Skill development, introduction to the game

Unsure what equipment is needed? Click [HERE](#) or Go to

<https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players>



## **BOYS 3/4**

**Head Coach:** Tommy Coohill

**Team Coordinator:** TBD - Want to help? Coordinate parents for snacks and time/score keeping at games. Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Assistant Coach(es):** Brett Rodriguez, Javier Cortez, Jay Jakubowski

**Practice Location:** Blakely Park

**Practice Days/Times:** TBD

**Required Equipment:** Full (Helmet, Mouthguard, Cleats, Cup, Arm Guard, Gloves, Shoulder Pads)

**Goals:** Introduce Lacrosse to new players, prepare 4th graders to move up, develop game strategy and skills and most of all HAVE FUN!

Unsure what equipment is needed? Click [HERE](https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players) or Go to <https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players>





## **GIRLS 3/4**

**Head Coach:** Sandra Rogers

**Team Coordinator:** TBD - Want to help? Coordinate parents for snacks and time/score keeping at games. Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Assistant Coach(es):** TBD – Want to help out? Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Practice Location:** Community Park

**Practice Days/Times:** TBD

**Required Equipment:** Stick, Goggles, Cleats, Mouthguard

**Goals:** Introduce lacrosse to new players and refine/develop/expand skills of returning players! Prepare 4th graders to transition to next level. Build a love of lacrosse!

Unsure what equipment is needed? Click [HERE](https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players) or Go to <https://www.robbinsvillelax.com/page/show/7711013-gear-for-new-players>



## **BOYS 5/6**

**Head Coach:** Thomas Parrott

**Team Coordinator:** TBD

**Assistant Coach(es):** Jay Jakubowski, Barry Manion, Jeff Jaworski

**Practice Location:** Blakely Park

**Practice Days/Times:** Tuesdays and Thursdays 6-7:15pm

**Required Equipment:** Full (Helmet, Mouthguard, Cleats, Cup, Arm Guard, Gloves, Shoulder Pads)

**Goals:** Take strategy to the next level as we increase our lacrosse IQ, improve stickwork and grow at each position and as a team. Fun is the name of the game!

**Parents:** Want to Help as a team Coordinator? Email Coach Parrott



## **GIRLS 5/6**

**Head Coach:** Rich Lovelace

**Team Coordinator:** TBD - Want to help? Coordinate parents for time/score keeping at games. Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Assistant Coach(es):** TBD – Want to help out? Email  
[rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Practice Location:** Community Park Field 2

**Practice Days/Times:** TBD

**Required Equipment:** Stick, Goggles, Cleats, Mouthguard

**Goals:** Refine and develop stick skills, integrate offensive plays and learn full field strategy. Further the love of the game!



## **BOYS 7/8**

**Head Coach:** Ruben Koch

**Team Coordinator:** Theresa Riley

**Assistant Coach(es):** Lee Riley, Tom McKeon, Mike Langford

**Practice Location:** Blakely Park

**Practice Days/Times:** TBD

**Required Equipment:** Full (Helmet, Mouthguard, Cleats, Cup, Arm Guard, Gloves, Shoulder Pads)

**Goals:** Sharpen stick skills, increase lacrosse IQ and most importantly HAVE FUN!!!!



## **GIRLS 7/8**

**Head Coach:** Chris Giblin

**Team Coordinator:** TBD - Want to help? Coordinate parents for time/score keeping at games. Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Assistant Coach(es):** TBD – Want to help out? Email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com)

**Practice Location:** Community Park Field 1

**Practice Days/Times:** TBD

**Required Equipment:** Stick, Goggles, Cleats, Mouthguard

**Goals:** Continued skill development, learning more advanced game concepts and strategy while having FUN and enjoying the sport!



## Frequently Asked Questions

- **Can we play more than 1 sport?** Yes, but Spring is Lacrosse season and joining RLA is a commitment, so the expectation is that all efforts are made to attend practices and games.
- **If my child missed practice, will they still be able to play in games?** This will be addressed on a case-by-case basis by the team coach.
- **If I cannot fulfill my 2 hour per child volunteer work, what happens?** Bond checks will be cashed if volunteer hours are not completed.
- **Are there any alternatives to the 2 hour per child volunteer / bond requirement?** Alternatives include team coordinator role, coaching position, or joining a board committee or the RLA board.
- **How long are individual lacrosse games?** Around an hour long.
- **What is the expectation and time commitment for tournament participation?** Grades 3 and up typically go to 2 tournaments per season. Expectations are the same as playing in any game. Time commitment depends on when the tournament assigns our games and how many games we play.
- **What equipment is needed and where can it be purchased?** Equipment can be purchased at local sporting goods stores such as Lacrosse Unlimited, Universal Lacrosse or Dicks. Some prefer to go to a store to try gear on. Stores do sell “starter packs” for boys which include shoulder and elbow pads and gloves. Online stores include Lacrosse Monkey, Universal Lacrosse, Lacrosse Unlimited, Lax.com, Dicks and more! If you have questions on what is needed, your coach likely can help answer questions or email [RLARavensLax@gmail.com](mailto:RLARavensLax@gmail.com)

**Boys:** Helmet, Shoulder Pads, Elbow Pads, Gloves, Cleats, Mouth Guard, Athletic Cup

**Girls:** Eye goggles, mouth guard, cleats, stick

**Mini-Laxers:** We give you a pinnie and stick – you may want to have a mouth guard but otherwise nothing else needed!

Info On New Laxer Gear: <https://www.robbinsvillelax.com/page/show/7700038-gear-for-new-players>

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







## ReLax Equipment Collection

ReLax takes your donations and provides them to communities domestically or internationally to help spread the fun of Lacrosse!

Donate by dropping your items in the Bin at Blakely between the sheds OR email [rlaravenslax@gmail.com](mailto:rlaravenslax@gmail.com) to schedule a pickup!

Looking for a volunteer to help coordinate this each year and ship the equipment!  
It's easy – we'll show you how!

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



## Equipment Drop Off

Donating New and Used  
Lacrosse Equipment

[www.ReLaxCollections.org](http://www.ReLaxCollections.org)



## Sponsorship Opportunities Available!

- **Faceoff Level \$50** – We will advertise your business on our website and in a blast to the league.
- **Goal Scored Level \$250** - We will advertise your business on our website and in a blast to the league and our Social Media. Team Plaque for your business to display.
- **Blocked Shot Level \$500** - We will advertise your business on our website and in a blast to the league and our Social Media. Team Plaque for your business to display. Special signage at our fields directing the public to your business.

For more info email [RLARavensLax@Gmail.com](mailto:RLARavensLax@Gmail.com)

***Go Ravens...  
Never quit...  
Never stop!***

***Questions?***

***RLARavensLax@Gmail.com  
or message us on our  
Facebook page!***

***[facebook.com/robbinsvillelax](https://www.facebook.com/robbinsvillelax)***

