



## Winter 1 Boys Lacrosse FAQ's

1. What equipment is needed to participate?
  - The 7 & 8-year-old age group will use Fiddle Sticks provided by NVSC and our Lacrosse partners. There is no other necessary equipment, however if you have a stick already please bring it along.
  - The 9-14-year-old (3<sup>rd</sup> - 8<sup>th</sup> grade) group will need **full pads** and equipment including helmet, shoulder pads, arms pads, gloves, mouth guard, stick required; protective cup recommended). Our Lacrosse partners may have a few helmets that they could lend for the program.
2. Why are there three different choices to register for?

To provide the best opportunity for children to participate, we have created options for both age groups to participate on Monday ONLY, Thursday ONLY, or both Monday & Thursdays if they are able. We hope everyone can do both nights, but we also understand other activities may interfere. The multiple choices provide an option for one night if needed.
3. How much does the program cost?

As described in question #2 above, there are three registration options. Mondays ONLY is \$80 for the length of the program. Thursdays ONLY is \$70 for the length of the program. If you should choose both nights, the cost \$150. Thursdays ONLY is \$10 less because there is no class on Thanksgiving Day and, therefore, one fewer class for this option.
4. Which portion is co-ed and which is boys-only?

The 7 & 8-year-old (1<sup>st</sup> and 2<sup>nd</sup> grade) program is co-ed. The 9-14-year-old (3<sup>rd</sup> - 8<sup>th</sup> grade) program is boys-only.
5. Will the program be coached?

The program will consist primarily of small-sided games and not too many "skills and drills". However, the coaches running the program will offer coaching tips and direction throughout the games.
6. Will there be referees?

The coaches running the program will act as the referees.
7. When does the program start?

The program starts on Monday, November 11. It will run until Thursday, January 9, 2020. There will be no games on Thanksgiving Day, December 23, or December 26.

8. On what days are the games played?

The games are on Mondays and Thursdays. You can choose Monday ONLY, Thursday ONLY, or play both days if your schedule allows.

9. What times are the games?

The program runs each evening from 5:30-7:00 pm. There will be a game from 5:30-6:15pm and a game from 6:15-7:00pm. After registration and the numbers and ages of the registered players is known, the coaches will be better able to better tell families which game time(s) they will play.

10. How long are the games?

The games will consist of two 20-minute halves for a 40-minute game. There will be a two-minute halftime.

11. What's the format?

The games will include two 20-minute halves for a 40-minute game, played in 6V6 format. It's likely that shot blockers will be used on the goals if there aren't enough goalies. After registration the coaches will divide the players into age divisions for appropriate level play. The coaches will form teams at the beginning of each night in a "scramble" format.

12. What experience levels are offered in the program?

This program is offered to beginners, intermediate, and experienced players. During registration process you will be asked three questions regarding the player's experience level and skill level. This will enable the coaches to assign the player to the appropriate group. The goal of this program is for all players to experience game play, get lots of touches of the ball, and most of all, have fun.

13. What is the \$24 fee?

This is a once-per-year fee that everyone taking part in a regularly scheduled program at The Centre is required to pay. Please see our website for information on benefits this player fee provides.

14. How are teams structured?

Each player registers individually for the program. The coaches will group the players into teams based both on age and experience level. During registration you can request that your child be grouped with a friend. We will do our best to accommodate all friend requests but unfortunately can't make guarantees.

15. My child is 9½ but would rather be with the younger players. Is that possible?

We will do our best to accommodate that request. Be sure to note this request during registration. The final determination will depend on your child's experience level and the final number of registrants in the various age groups.

16. What is the age range for this program?

Ages 7-14