

# QUAKER VALLEY MIDDLE SCHOOL BOYS' LACROSSE CLUB

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## INFORMATION – SPRING 2019 SEASON

### Overview

Club Purpose: 7<sup>th</sup> and 8<sup>th</sup> Grade Lacrosse for boys; learn and develop fundamentals in preparation for the next level, build positive character traits in preparation for life and have fun.

Boys' MS lacrosse in Western Pennsylvania is a club sport (except at private schools) and thus, is not financially supported by the School Districts.

Although we are a Club sport, we are using the school's facilities, and consequently, we are bound by the rules and regulations of the Quaker Valley School District. We also follow the school's social, attendance and grades policies. Additionally, all players are required to observe proper respect for other players, coaches and referees at all times. Any violations of these requirements will result in player discipline (see Team Rules).

### Information and Registration

- Team Administrator: Robin Pascarella
- Deadline to Register: February 15, 2019

### Expectations

- Entry-level to intermediate, emphasis on fundamentals of the game; preparation for high school level: physical conditioning will be emphasized;
- Team rules strictly enforced; rules to be published will substantially involve good sportsmanship, "C" average to participate; and commitment (e.g., attitude and attendance);
- Players can expect 8-12 games depending on weather;

### Schedule

- Voluntary pre-season: look for conditioning sessions once or twice per week, beginning in February to beginning of Regular Season.
- Regular Season: Early March (weather permitting) to the end of May
- Weekly: approximately 4 days per week
- Time slots: Practice and game times are typically 1.5 hours between 4:30 pm-6 pm. They will take place primarily at the QVMS field.

### Out of Pocket Costs

- Club Dues: \$300. The dues are used to pay for the expenses of the referees, league dues, EMT expenses, uniforms, equipment costs and field maintenance, coaches' salaries and include the cost of a QV pinney that each boy will keep.
- U.S. Lacrosse Association membership is required to participate. The cost is \$30, a primary benefit of which is liability insurance and some accident benefits for the players. You must join U.S. Lacrosse through its website, at [www.uslacrosse.org](http://www.uslacrosse.org).
- Scholarships, full or partial, for club dues are available on a limited basis. If your son requires financial assistance, please contact Robin Pascarella at 412-395-3292. We do not want finances to be a barrier.

### Pre-requisites before you can practice or play in a game

- **Completed Registration and Payment**
- **US Lacrosse Membership valid through May 2019** – online at [www.uslacrosse.org](http://www.uslacrosse.org)

### Equipment

#### Required Items

- Stick: There are multiple choices available – consult with one of the vendors mentioned above. If you will be a new player playing Defense or do not know which position you want to play, we recommend that you purchase the shorter, regular shaft for Midfield and Attack. The longer shaft that Defensemen typically use is much more challenging for learning basic stick skills, as well as playing defense. We would like you to learn first with the shorter shaft and then you can purchase a longer shaft in the future if you desire.
- Helmet – Ensure you get sized. Ask the vendor about a model that can be adjusted as your son grows, avoiding the need to purchase a replacement for a couple of years.
- Gloves – There are multiple sizes available so be sure to get the right size. If gloves are too big, it will be difficult to handle stick.
- Arm pads, Shoulder Pads, Mouthpiece.
- Optional Items: Rib/kidney pads; athletic supporters and cups, cleats

### Volunteers

- Volunteers are welcome. Sign-up sheet is included in Registration Packet.

### Communication – IMPORTANT-

- Because we are volunteers and our time is limited, our policy is to use email to the maximum extent. Parents and players are expected to check email often for all information pertaining to the program.
- Cancellations, Schedule Changes, and Postponements: Parents and players are expected to check email for announcements regarding status of practices and games.