

# 2018 Canandaigua Boys Youth Lacrosse

## Who is Canandaigua Boys Youth Lacrosse?

Canandaigua Boys Youth Lacrosse is a division of the CA Boys Lacrosse Program. The CA Boys Lacrosse Program consists of a school age program (modified, JV and Varsity Teams) and a youth program. The youth program provides various levels of lacrosse instruction for boys in grades K-6.

The mission of the Youth Program is to teach the fundamentals of lacrosse, while fostering the physical, mental and emotional development of our players. Our coaches will provide a safe, fun, learning environment that emphasizes mutual respect and good sportsmanship.

Parents of our players are also expected to model appropriate behaviors. We will maintain a zero tolerance policy when it comes to “unsportsmanlike conduct”. This includes berating coaches, players, officials or fans.

The CA Boys Lacrosse Program, including the Youth Program, is managed by a volunteer Advisory Board. This group meets on a regular basis to discuss the needs of all age groups; (such as equipment and uniform requirements, practice and game schedules, coaching staff, etc.). The Advisory Board works closely with the CA Coaching staff and the Booster Club to ensure that the philosophy and integrity of the program is maintained. The current board consists of the following individuals:

Name	Position	Phone	email
Dave Gioseffi	Youth Director + 6 <sup>th</sup> Grade Coordinator	585-203-7269	<a href="mailto:canandaiguabravesyouthlax@gmail.com">canandaiguabravesyouthlax@gmail.com</a>
Deven York	7-12 Grades Coordinator	585-766-7499	<a href="mailto:yorkd@canandaiguaschools.org">yorkd@canandaiguaschools.org</a>
Larry Stanney	5 <sup>th</sup> Grade Coordinator	585-317-5021	<a href="mailto:larrys@paris-kirwan.com">larrys@paris-kirwan.com</a>
Billy Scharr	4 <sup>th</sup> Grade Coordinator	585-737-9596	<a href="mailto:bscharr1919@gmail.com">bscharr1919@gmail.com</a>
Damian Bolster	3 <sup>rd</sup> Grade Coordinator	585-203-2796	<a href="mailto:damian.bolster@cbrands.com">damian.bolster@cbrands.com</a>
Dan Robbins	2 <sup>nd</sup> Grade Coordinator		
Mark Williamson & Erin Mortier	1 <sup>st</sup> Grade Coordinators		
Sean Meenan	Equipment & Field Director		
Karina Stanney	Booster Club President	585-415-9109	<a href="mailto:karinap@paris-kirwan.com">karinap@paris-kirwan.com</a>

## What is the practice and game schedule?

Expect practices to be twice a week for Kindergartners-second graders and three times a week for grades 3-6. The programs are Kindergarten, 1<sup>st</sup>/2<sup>nd</sup> grades, 3<sup>rd</sup>/4<sup>th</sup> grades, and 5<sup>th</sup>/6<sup>th</sup> grades.

## Where is practice? What time is practice?

Practices are usually scheduled for 6:00-7:30 p.m. during the week and in the morning on Saturdays.

Grades 3-6 will begin the season at the “Rolling Hills” on the south side of the Academy parking lot. They will then move to the Chapel St. fields when they are ready for play. All parents must stick around if the weather conditions look questionable.

Grades K-2 will play at the “Rolling Hills” to begin the season and will then move to Outhouse Park off of Buffalo St. Please plan to arrive ready to play at least 10 minutes prior to the scheduled practice time. Due to the fields being wide open, the wind is often blowing and it can feel colder than you think. Plan accordingly and bring an extra layer of warmth. We require at least one parent, or parent designee, to remain at practice for grades K-2. Please tell your child who the parent designee is.

**What equipment do I need?**

All players must have their own water bottle, lacrosse stick, protective cup, arm guards (elbow pads) and a mouth guard. The registration fee will include the use of a helmet, shoulder pads and gloves for all K-2nd grades, first year players, and goalies. There is no charge for the use of the equipment unless you happen to lose it or don't return it. All players in 3rd-6th grades will need to have their own helmet, shoulder pads, and gloves, and elbow pads unless it is their first year playing lacrosse. Goalie equipment will be available to all players interested in playing goalie. Equipment will be available for rent at the following rates: Helmet (\$30.00), Shoulder Pads (\$10.00) and Gloves (\$10.00). A parent or guardian will need to sign out the equipment borrowed/rented from the youth program.

**What is the K-2 grade league like?**

The K-2 grade league is for boys currently in Kindergarten, 1st, and 2nd grades. The boys play in-house games, on smaller fields. The Canandaigua players will be divided into even teams that will play against each other. Coaches may schedule an occasional game or scrimmage against another program. Emphasis is on skills development, fundamentals and fun. Players will play all positions and will learn a lot by the end of the season. Contact is minimal but incidental. Body checking is not allowed. Stick checking is limited to poke checks. Protective gear is provided. There is no experience necessary.

**What is the 3-4 grade league like?**

The 3-4 grade league is for boys currently in 3rd and 4th grades. Games are held on a smaller than regulation field with fewer than regulation players (8) in the game; 8v8 or in the Box 5v5 with a goalie. Emphasis is on skills development, fundamentals and fun. Contact is minimal but incidental. Body checking is not allowed. Stick checking is limited to poke checks. There is no experience necessary.

**What is the 5-6 grade league like?**

The 5-6 grade league is for boys currently in 5th and 6th grades. Games are held on a regulation field with a regulation number of players (10) in the game; 10v10 and Box 5v5 with a goalie. Emphasis is on skills development, fundamentals and fun. In-house Box Games begin the third week of April. Contact is minimal but incidental. Body checking is not allowed. Stick checking is limited to poke checks. There is no experience necessary.

**What happens if I can't make it to practice?**

It's understandable that you may miss a practice due to school commitments, other sports, or family emergencies. However, if you are consistently unable to make practices, you are missing out on valuable training and skill development. Our season is very short and every practice matters. We require that if your son is going to miss a practice or game that he (not the parent) let the coach know in advance. If your son is unable to attend a practice/game, please inform your coach or the appropriate youth coordinator.

**How will I know which team I am on?**

During the first couple of weeks, players will be broken out by grades for practice. Our policy is that players will play within their grade level without exception. Players will be assigned to teams following the first couple weeks of practice. The number of teams will be dependent on the number of players. Our goal is to create even teams, with a mix of new and more experienced players.

**What if I have a question or a concern?**

You should contact your coach for answers to your questions or concerns, but we ask that you are sensitive to the coach's schedule. Many of our coaches will be arriving to practice just in time to set up and they may not have the time for a discussion prior to practice. During the practice, the coach will be focused on the players and should not be interrupted unless you have an emergency. The same holds true for game days. The best time to speak to your coach may be immediately following practice.

If you have a question requiring more than a quick response, ask your coach for the best time to talk to him. At no time is it appropriate to discuss concerns relative to another player, coach, official or parent in front of anyone else. We are striving to create a positive environment and need your help. If you are unable to reach your coach, please contact your grade level coordinator. If after speaking to your coach and/or coordinator your question still remains unanswered, you should contact the Youth Director.

**Do I have to sell anything?**

No, but we ask for your help by volunteering at our major fundraiser, the Canandaigua Invitational Lacrosse Festival. All of our players participate in the festival. We ask that a member of each family donate about 3-4 hours helping out. There are many varied opportunities; from setting up to taking down and everything in between. We will distribute sign-up sheets mid-season.

**Tournaments included in Registration Fees**

All of our 1st – 6th grade players will participate in the Canandaigua Tournament.

**Tournaments NOT included in Registration Fees**

This year we will offer additional in season tournaments for grades 3rd – 6th that are not included in the registration fee and are not mandatory. The participation in these tournaments will be tiered for skill based play and teams will be created based on the sole discretion of the coaching staff. All interested players will have the opportunity to participate in one or more additional tournaments. Additional practices may be scheduled on an off night to allow for tournament teams to practice as a group.

**Offseason Lacrosse 3rd – 6th Grade Only**

The Canandaigua Boys Youth Lacrosse season ends with the Canandaigua Festival. During the summer, fall and winter seasons, some boys will have an opportunity to play in various high level tournaments and leagues. You must play in the spring season in order to be considered for the offseason program

**Summer Tournament Schedule – TBD****Offseason Lacrosse 1st – 2nd Grade**

Additional opportunity may be offered depending on the availability of coaches and participation interest. Any summer offerings at this level will be announced in advance.

**Communications**

For the most up to date information on our program go to: [www.calacrosse.org](http://www.calacrosse.org), Facebook, and on Twitter at @BravesLaxK12 and @CA\_LAX\_YORK You can get Canandaigua Lacrosse news updates including special announcements by registering in the top right corner of the home page. It's highly recommended that you register.

**Last but not least.....**

Lacrosse is a tough game that requires many skills. Eventually you will want to be able to pass, cradle, and shoot equally well with both left and right hands. You will also want to be able to catch and pass on the run. To help develop these skills, you will need to spend time, in addition to practices and games, doing some work. Find a buddy and play catch, practice running with your stick and ball, shoot on a wall (ask our parents first). Remember to try everything with both hands.