



Olympia Lacrosse Club

Frequently Asked Questions

When is the season?

Youth Boys (Practices start of Feb 3rd) Practices for youth boys (grades 3-8) begin the first week of February. Games are played on Saturdays in March, April and May. OLC youth boys traditionally participates in the South Sound Youth Lacrosse Tournament the third weekend of May. Actual game schedules are determined after registration is complete.

Youth Girls (Practices Start Feb 24th) Practices for youth girls begin the last week of February and games begin on Saturdays in March. The season wraps up the first week of June.

High School Girls (Practices Start Feb 24th) High school girls typically practice four days per week with games beginning in mid-March. Games are typically on weeknights with a few Saturday games. Regular Season games wrap up the second week of May.

High School Boys (Practices Start Feb 24th) High school boys typically practice four days per week with games beginning in mid-March. Games are typically on weeknights with a few Saturday games. Regular season games wrap up the first week of May. The high school boys' team is not eligible for post-season play in 2020 due to our club's decision to not subdivide.

When is registration?

Registration will open October 15, 2019 and will remain open until one week after practices start or until teams are full. Players can be added to the waitlist after teams are full, but it is not a guarantee that space will come available. The average team has between 18-25 players on it, and space goes quickly. Please register early to ensure your spot.

What are the age groups?

OLC offers the following programs according to grade level:

BOYS

- Grades 3-4
- Grades 5-6
- Grades 7-8
- High school (gr. 9-12)

GIRLS

- U-15 (players under 15, grades 6-7-8)
- High school (gr. 9-12)

How many teams are there per age group?

OLC is a new club. Currently, we only offer one team per grade level. Additional teams may be offered based on registration and coaching availability if there is enough players registered.

Where do you practice and how often?

Practice time is important and field space is limited. We try to ensure teams practice at least two times a week, depending on field availability, and sometimes three times a week. Practices are usually held at local parks, schools, or the Regional Athletic Complex (“The RAC”) in Lacey. Final practice schedules are not available until January.

Where are games played?

OLC youth clubs are part of the South Sound Youth Lacrosse League. Games are played here in Olympia, either at Capital High School or at the RAC in Lacey. We play teams from Orting to Enumclaw, Gig Harbor to Puyallup. All travel is limited to the South Puget Sound and there are no overnight games/trips. Our high school teams play other high school teams within the same division as Olympia HS.

What if my child has never played lacrosse before?

Beginner players are strongly encouraged to play, regardless of their skill level. Basic lacrosse skills (catching, throwing, cradling, shooting, ground balls) are taught and practiced at every practice.

What kind of equipment does my child need?

If your child is interested in lacrosse, please buy them a lacrosse stick and lacrosse balls and start practicing. YouTube has numerous helpful videos demonstrating basic technique and lacrosse skills.

If they are serious about playing, they will need:

- **Boys:** helmet, gloves, shoulder pads, arm pads, gloves, cup, cleats
- **Girls:** goggles, cleats

What are the rules?

We play by the rules set by the US Lacrosse Association. US Lacrosse sets and updates rules for all age groups of both boys and girls and can be found at uslacrosse.org.

How physical is lacrosse?

Lacrosse for girls is designed to be a minimal contact sport. Girls do not wear helmets or shoulder pads and use their quickness and stick skills to gain advantage. As with any sport there is always the potential for injury or concussion, but most lacrosse parents would say that it is less physical than women’s soccer.

Lacrosse for boys is a contact sport that requires helmets, light-weight shoulder pads and gloves. There is no tackling and youth ages are not allowed to cross check. Most play does not include body to body contact as the design of the game is to pass and catch the ball fast enough that your defender doesn't have time to come into contact with you. But injuries do occur from being hit by balls, hit by sticks, or being knocked down.

How is the league run?

The Olympia Lacrosse Club belongs to four different leagues for our different age groups. Each league runs under its own format but all comply with US Lacrosse regulations. For more information visit:

- High School and Youth Girls Lacrosse: <http://www.wslax.org>
- High School Boys: <http://www.whsbla.org>
- Youth Boys: <http://www.southsoundlax.com>

REGISTRATION

Registration for the 2020 season opens on Tuesday, Oct. 15th on the Olympia Lacrosse Website: <https://www.olympialacrosse.org/>

What does it cost?

Registration costs for the 2020 season will be posted on our website soon. Our 2019 registration costs were:

- High School Boys: \$400
- High School Girls: \$350
- Youth Boys: \$350 7-8 Boys, \$300 5-6 Boys, \$200 3-4 Boys
- Youth Girls were free (first year of the program)

What do the costs cover?

The Olympia Lacrosse Club is an independent nonprofit organization. We do not receive any funding from local school districts or municipalities. We are 100% funded through registration fees, donations, and local sponsorships and our goal is always to keep costs as low as we can while still offering a quality program. Each year our largest expenses are: field costs, referee fees, league fees and coaches' pay.

Are there scholarships available?

Yes there are scholarships available. Please email OLC Treasurer Jim Randall at

treasurerolylacrosseclub@gmail.com to receive a scholarship application. Scholarships are available in different amounts ranging from registration discounts to free registration and equipment assistance.

How can I help?

OLC is ALWAYS in need of experienced lacrosse coaches to serve as head coaches or assistant coaches!

Each team also needs a parent volunteer or volunteers to help throughout the season. We are also looking for club sponsors, so if you or someone you know might be willing and interested in becoming an OLC sponsor, please reach out to OLC Vice President Sean Johnson at olylaxvp@gmail.com.

Last updated: October 2, 2019