



# JERSEY CITY Lacrosse

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## SPRING 2024 PARENTS GUIDE

*Dear Parents, Coaches and Players: The following information is intended as a guide to help you make the experience of playing lacrosse a positive one. Parents, it is my hope that you will take an interest in your child's progress and attend the games as an enthusiastic parent. I hope too, that you will find the time to become involved in the activities of his team and help us build our lacrosse community. Together we are encouraging our players with positive reinforcement to help them hear and heed necessary corrections. With a combination of truthful, specific praise and constructive criticism, individual and team performance will improve, along with the chance that our players stick with sports longer and learn all the valuable life lessons inherently available through organized competition. Have a great year. I am available to answer any questions you might have.*

*Sincerely,*

*Jen Timmer Executive Director [jerseycitylax@gmail.com](mailto:jerseycitylax@gmail.com)*

## RESOURCES

- Sports Engine – Team scheduling and communication tool. **Coach and Assistant Coach information and Team contact information will be made available in SportsEngine (SE).**
  - Please mark expected attendance in SE App for ALL practices and games, attendance at all practices and games is **mandatory** and advanced noticed for absences is required
  - Website: <http://www.jersey-city-lacrosse.siplay.com/>
  - Mobile Apps <http://www.siplay.com/leagues/mobile>
- Home field Information: Berry Lane Park 1000 Garfield Ave Jersey City, NJ 07304  
[jerseycitylacrosse.org/home-field/](http://jerseycitylacrosse.org/home-field/) (Parking and other info)
- About Lacrosse: <http://jerseycitylacrosse.org/about-lacrosse/>
- Lacrosse Equipment and Equipment loans: <http://jerseycitylacrosse.org/equipment/>
- Safety and Emergency Action Plan: <http://jerseycitylacrosse.org/safety/>
- Full Code of Conduct: <http://jerseycitylacrosse.org/code-of-conduct/>

**NO CHILD WILL BE ALLOWED TO PARTICIPATE UNTIL REGISTRATION – INCLUDING US LACROSSE MEMBERSHIP IS CONFIRMED**

*There are many volunteer opportunities for parents to become involved and support the team, but at a minimum we need scorekeepers, timers, communicators, fundraisers, and other similar opportunities. Please reach out to any coach for more information.*

## SCHEDULES

Please note this schedule is subject to change. Each team's Program Director will determine if practices or games need to be canceled or rescheduled due to adverse weather.

The season is short and playing fields are limited in Jersey City. Priority of field time granted to us by the city will go to the travel teams. This may mean at times Little Laxers may have their practice canceled. We try to avoid this as much as possible but sometimes it's unavoidable. We will make every effort to schedule makeup practices at the end of the season based on field availability. **Please check SE app schedule for latest info and times.**

### Girls

- Little Laxers Practice Every Sunday @ Berry Lane from 1:00 PM – 2:00 PM
- Travel Practice Wed Nights 6:30PM to 8:00PM and Sunday 2:00 PM to 4:00 PM
- Travel team games please refer to SE app

### Boys

- Little Laxers Practice Every Sunday@ Berry Lane from 1:00 PM – 2:00 PM (times may change due to scheduled games)
- Travel Practice Thurs Nights 6:30PM to 8:00 PM and Sunday 4:00 PM to 6PM
- Travel team games please refer to SE app

### NO PRACTICE DAYS

- All teams Spring break week March 29th - April 7th
- All teams Mother's Day May 12th
- All teams Memorial Day May 28th

### End of Season

- Travel Team Awards Sat June 8th
- Lil Laxers End of Season Fun Sun June 9

**Directions to games:** Addresses to away games will be posted in SE app

**Transportation:** Coaches **cannot** transport players, nor are they responsible for arranging it. Parents are encouraged to use the message feature of the App to arrange carpooling.

### Adverse Weather:

#1 Lacrosse is played in the rain.

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#3 Check the Sports Engine app updates in the schedule (postponements, cancellations, etc).

#4 Don't call/text/email Coach Eric/Jen. There are 200 of you and 2 of us

In the event of adverse weather affecting practices, communication will originate from the Coaches or Program Director via the SE website and App. **We practice and play in the rain** as long as the rain is not heavy, there is no thunder or lightning. Communications will originate from the Program Director via the SE website and App. This sometimes can be as close as one hour before practice time. Due to our turf field, practice time lost to weather is generally minimal. Don't email or call to ask if practice is canceled – check the SE app.

## **VOLUNTEERS**

Scorekeeper - For home games

Team Parent - Responsibilities include coordination of travel to away games and any drinks/snacks for the players

Home Game Store - Selling of snacks and swag

## **PROGRAM AND COACHES GOALS AT ALL LEVELS**

1. Teach stick work to the extent that your players can handle the stick at appropriate level.
2. Teach the skills of lacrosse appropriate to each stage of development.
3. Expect players to Honor the Game of Lacrosse through understanding its history, culture and values.
4. To display **Exceptional** Sportsmanship
5. To work your players hard at practice in a fair and humane manner encourages positive reinforcement. .
6. No one quits. That means a dedication to learn the game and improve, to be there for teammates and coaches
7. Winning is secondary and should be focused on teaching, learning, and playing in games while having fun. The primary goal is to have the players fall in love with the game.
8. Players will be given a chance to develop as young athletes in a positive and encouraging manner.
9. Boys learn about the origins of the game, which is why the graphic of the first 5 members of the Iroquois Confederacy is part of the uniform

**Players:** Your job is to learn and properly execute the skills associated with the game of lacrosse and perform to the best of your ability in practice and in games. This should be done in a positive atmosphere while having fun. Having fun does not mean fooling around at practice during drills or when being taught by a coach. A player must treat his coaches, teammates, officials, parents, and opponents with respect. **This is known as “honoring the game.”** Your personal work ethic will determine how far you go in the sport. You must attend practice if you expect to play. **Learn the rules of the game.** Above all, practice your stick work on your own time between practices.

At the Coach’s discretion, a player may be benched, dismissed from the team or requested not to dress for a game if: He/She has **repeated absences** from games and practices either excused or unexcused.

He/She **regularly comes late** to practice or games.

He/She **disrupts practices** and is a **disciplinary problem**.

He/She **does not “honor the game” and exhibits poor attitude and sportsmanship towards players, coaches and officials.**

(Dismissal will be cleared with the Program Director and a final determination made)

**Injuries and emergencies:** If your child is injured during a practice or game, the coaches will assess the extent of the injury. Parents should stay on the sidelines in such situations unless invited on by the attending coach. If a hospital emergency trip is necessary and a parent is present, they will accompany their child to the ER. If the parent is not in attendance, a member of the coach’s staff or a parent designee will accompany the child and the parents will be notified immediately. Make sure your contact information is correct on SI PLAY so we can reach you.

## **PARENT RULES THESE WILL BE STRICTLY ENFORCED**

- The parent or guardian's responsibilities to the team include getting your child to practices and games on time and to pick him up afterward in a timely fashion.
- Cheer for and support **the team** during games.
- Parents should never interfere with a coach during practices or games and **must remain on the opposite side of the field from the players bench at all contests home or away.**
- Parents should not offer "advice" or "suggestions" to the coach prior to or immediately following a game.
- Coaches are expected to communicate with parents to discuss any concerns, but **we have a 24 hour "no contact" period before discussing games with the coach.**
- ***Do not embarrass your child during a game with excessive yelling or especially berating an opponent, criticizing an official, or confronting the coach. The players tend to follow parents and coaches leads in their behavior.***
- Following a game, win or lose, all players and coaches from both teams must be treated with respect and sportsmanship. Anything less is not acceptable.
- For boys, lacrosse is a contact sport and your child may experience some contact (depending on age level) during a game. This is part of the game and should be expected and accepted.
- Parents should also try and learn the rules of the game of lacrosse. (US Lacrosse is a great resource for learning)

## **The following essential elements of the US Lacrosse "Code of Conduct" must be followed by players, parents, spectators, coaches and officials. Additional team rules can be found below.**

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They strive to be positive role models in dealing with young people, as well as adults.
- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators.
- Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
- Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties.
- Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.
- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game.

- Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc, have been established to encourage and maximize participation, fair play and to promote safety.

Our coaches follow principles laid out by the Positive Coaching Alliance, including the ROOTS concept. Remember ROOTS - Respect for:

**Rules** - Rules keep the game fair, and they also keep players safe. Don't try to work against the rules or bend them; respect the role they play in the game.

**Opponents** – Play with honor, “fierce and friendly” – play hard during the game, then thank the other team. It's good “medicine”.

**Officials** – they enforce the rules that keep the game safe, but are human and make mistakes, too. It is never OK to disrespect referees.

**Teammates** – cheer on your teammates, support them when they do well, and be there for them when they need help. Never berate a teammate for a mistake, but try to help them get better at the game.

**Self** – you become more than you on the field, your behavior reflects your family, your team, your City. On or off the turf, take your honor with you

## LITTLE LAXERS EQUIPMENT

**Girls grades K-2nd** only need a lacrosse stick, mouth guard, and proper athletic attire to participate.

- We recommend parents purchase a couple of mouthguards. If you buy a guard with a strap (handy to tie to goggles after practice) make sure the strap is removable otherwise game refs will cut them off.
- Goggles are not required for players at this age. We play with Tennis Balls and soft lacrosse balls. At this age the goal is to learn the feel of the stick and handling of the balls They will build on their sensory and skills at this age. Picking up tennis balls is actually a harder skill to build and so when they reach travel teams they will have great command of the stick and ball. If parents wish to get goggles that will be great. It's a great time to start getting the girls familiar with the goggles in prep for travel teams. Jersey City Lacrosse has a few goggles on hand that can be loaned and returned at the end of the season.
- Sticks. Borrow from Jersey City Lacrosse or you can purchase online starting around \$49.00. Here is a link to a good beginner stick <https://www.dickssportinggoods.com/p/stx-womens-exult-200-complete-lacrosse-stick-23stxgxt200brnd6lxs/23stxgxt200brnd6lxs?color=White%2FPink> Typical brands are STX, Brine and Under Armour
- Shoes. The field is turf so kids can wear sneakers or turf shoes. Lacrosse and Soccer cleats can be used. Baseball cleats are **not** good.

**Boys grades K-2nd** need a stick, helmet, and gloves, which the program can provide at no cost for the first 25 participants.

- We recommend parents purchase a couple of mouthguards. 1 to use and 1 spare
- Helmets required for players at this age. At this age the goal is to learn the feel of wearing the helmet, stick and handling of the balls. They will build on their sensory and skills at this age in preparation for travel teams. Jersey City Lacrosse has a helmet on hand that can be loaned and returned at the end of the season.
- Gloves are required. Jersey City has a small supply on hand to loan and return at the end of the season. A sample glove can be found via this link <https://www.dickssportinggoods.com/p/warrior-youth-burn-next-lacrosse-gloves-17warmbrnxtglvxxlpx/17warmbrnxtglvxxlpx>
- Sticks. Borrow from Jersey City Lacrosse or you can purchase online starting around \$59.00. Here is a link to a good beginner stick <https://www.dickssportinggoods.com/p/warrior-burn-next-complete-lacrosse-stick-22warbbrnxtcmpltlxs/22warbbrnxtcmpltlxs> Typical brands are Warrior, Brine and Maverick
- Shoes. The field is turf so kids can wear sneakers or turf shoes. Lacrosse and Soccer cleats can be used. Baseball cleats are **not** good.

## TRAVEL PLAYERS: GRADES 3RD-8TH

All players MUST have a lacrosse stick and wear the following pieces of protective equipment during practices and games. NO EXCEPTIONS. This equipment must be professionally manufactured and not altered. We cannot stress the need enough for each player to always have a properly molded mouthpiece, that is NOT white or clear (must be a color).

### GIRLS EQUIPMENT

- Eye protection or goggles meeting the NOCSAE standard.
- A professionally manufactured and properly worn mouth guard which shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion that covers the posterior teeth with adequate thickness. Mouth guards cannot be clear or white or have protruding tabs except for the goalkeeper. If you buy a guard with a strap (handy to tie to goggles after practice) make sure the strap is removable otherwise game refs will cut them off.
- Lacrosse Stick Sticks. Borrow from Jersey City Lacrosse or you can purchase online starting around \$49.00. Here is a link to a good beginner stick <https://www.dickssportinggoods.com/p/stx-womens-exult-200-complete-lacrosse-stick-23stxgxl200brnd6lxs/23stxgxl200brnd6lxs?color=White%2FPink> For the travel team any girls stick will do. Typical brands are STX, Brine and Under Armour
- Close fitting gloves and soft headgear are permitted but not required; no hard helmets may be worn except by the goalie.
- Cleats, turf, soccer and lacrosse are recommended. Baseball cleats can **destroy** the turf.
- Goalie must wear a lacrosse helmet with a face mask designed for lacrosse, a chin strap, and must meet the NOCSAE standard. Goalies must also wear a separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves and leg padding on the shins and thighs and a mouthpiece. All protective devices should be close fitting, padded where necessary, and not be of excessive weight.

### BOYS EQUIPMENT

- Helmet: Designed for lacrosse and meeting the NOCSAE test requirements. The helmet must have a face mask and a chin strap that is firmly attached.
- Sticks. Borrow from Jersey City Lacrosse or you can purchase online starting around \$59.00. Here is a link to a good beginner stick <https://www.dickssportinggoods.com/p/warrior-burn-next-complete-lacrosse-stick-22warbbrnxtcmpltlxs/22warbbrnxtcmpltlxs> Typical brands are Warrior, Brine and Maverick
- Mouthpiece: All players must wear a professionally manufactured intra-oral mouthpiece that fully covers the upper jaw teeth. It can be of any color, except white or clear and may not be altered to decrease protection.
- Gloves: Padded gloves with unaltered palms are worn for protection that are made specifically for lacrosse.
- Shoulder Pads: Shoulder pads that are made specifically for lacrosse, and in no way are altered from the manufacturer's original construction. Must be NOCSAE standard ND200 **as of Jan 2022**
- Arm Pads: Since the arms are usually near your stick, they may be exposed to contact making arm protection vital. (Pads must be made specifically for lacrosse.)
- Cleats, turf, soccer and lacrosse are recommended. Baseball cleats can **destroy** the turf.
- Rib Pads: Protection for the rib cage is recommended (not required)
- **Protective Cup:** It is **highly** recommended that a protective cup be worn both during games and practices.
- Goalie must wear a lacrosse helmet with a face mask designed for lacrosse, a chin strap and must meet the NOCSAE standard. Goalies must also wear a separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves and leg padding on the shins and thighs and a mouthpiece. All protective devices should be close fitting, padded where necessary, and not be of excessive weight