



SHARON YOUTH LACROSSE

**New Player
Information Session**





WELCOME!

 HAVE FUN, TRY LACROSSE!
WWW.SHARONLACROSSE.ORG



Come and try the fastest-growing sport in America!
Our season runs March-June
No experience or equipment necessary
Open to boys and girls ages k-8

Try Lax on October 19
at field TBD
Learn the boys' or girls' games
from 1-2pm



REGISTER NOW!



FASTEST GAME



Lacrosse



ON 2 FEET!

REGISTER NOW FOR
SPRING 2025

YOUTH LACROSSE

FOR AGES K-8TH GRADE
BOYS & GIRLS


EARLY BIRD SPECIAL
Register by Dec. 31 and receive a \$50 discount + free t-shirt!
Register: www.sharonlacrosse.org

NEW PLAYER INFO SESSION
Dec. 3 at 8PM via Zoom (visit www.sharonlacrosse.org for Zoom link) Open to anyone interested in learning about the lax program.

UNIFORM SIZING NIGHT
Dec. 10 6-8PM at the Sharon Community Center for new players / players who need new uniforms.

Sharon Lax Season runs March 2025 - June 2025

QUESTIONS? EMAIL: PRESIDENT@SHARONLACROSSE.ORG



AGENDA

- Who We Are
- Origins of Lacrosse & SYL Mission
- Overview of Season/ Player Commitment
- How Teams are Organized/ Age Groups
- Basics of the Game
- Equipment
- How to Sign Up
- Q&A





WHO WE ARE

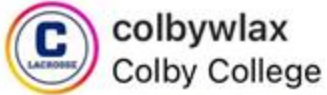
Keith Bernstein

Michelle Cho

Julie Rowe



Alumni Examples

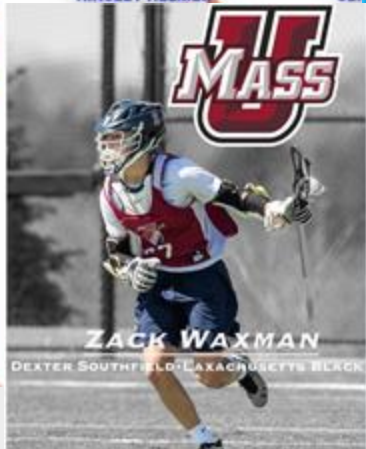


NESCAC ALL-ACADEMIC
SPRING 2024

KARENA ANDREASSEN
GRETCHEN BIEGEL
LYDIA CARR
EMILY DARBY
LIZ DEMARINO
AINSLEY DION
JENNA GOLDSTEIN

SARAH HEARNS
AUDREY LOO
TESSA LORIA
EMMA GREENE
KINSLEY HELMER

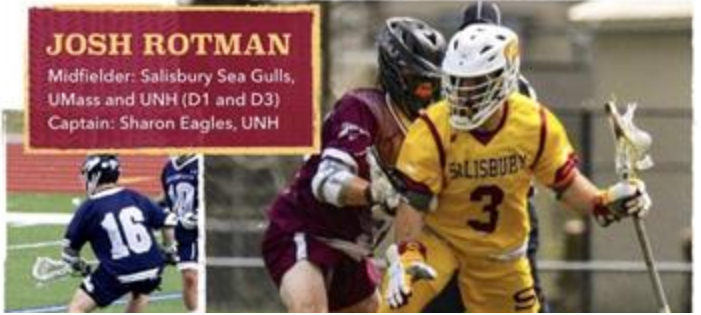
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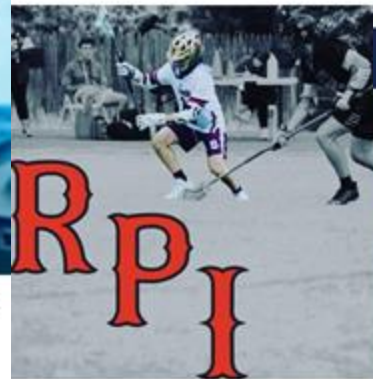
ethan.train



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Liked by asher_bernstein1 and others
ethan.train NAVY 29'



... Congratulations Ben on comitting to play lacrosse at RPI class of 2026! You have worked hard for this for many years. RPI is a great school with a great lacrosse program! We are so proud of you and can't wait to see what's next for you. Enjoy this! XOXO 🏑🏑🏑🏑



TEAMS FANS COMMUNITY

MEN'S LACROSSE

95
ADAM NIGRELLI

ORIGINS OF LACROSSE & SHARON YOUTH LACROSSE MISSION

- **Creators Game**
 - Comes from the indigenous people of North America
 - Traced back to the 16th century
 - Cultural and spiritual importance
- **Boys' Game and Girls' Game**
 - There are two different versions of lacrosse with different rules
 - Each required different equipment since the style of play differs
- **Mass Youth Lacrosse (** Different from most other Sports)**
 - Mission is to teach, grow, and honor the game of lacrosse
 - Goal is to send prepared players to high school teams
 - Players participate equally (i.e. equal playing time) in all Classic games, on evenly balanced teams (based on player's grade, age, skill & experience).
 - There are NO 'A' or 'B' or 'stacked' teams, nor standings nor playoffs, at any level in our Classic league & our traditional Sunday scheduled games.





OVERVIEW OF SEASON / PLAYER COMMITMENT

- Program Schedule
 - Registration by 12/31- Order Uniforms
 - Practices March indoor
 - Games ~April thru June
- Team Schedule
 - 1-2 Practices Per Week- (Mostly 6-7pm or 6-7:30pm) or Saturday morning
 - Coaches consult with parents of players to determine best time.
 - Games on Sunday
- Locations
 - Practices- Outdoor East Elementary or Middle School
 - Games- Local towns or Sharon Schools
- Commitments
 - At least one practice a week



HOW TEAMS ARE ORGANIZED



- Girls & Boys Teams are Separate
- Age Levels
 - U9 1-2 Grades
 - Kindergarten Practice Player
 - U11 3-4 Grade
 - U13 5-6 Grade
 - U15 7-8 Grade
 - Highly recommend for kids who may want to play HS
 - Not too late! Many players start in middle school or later
- Select Teams
 - U13 & U15 Only
 - Tryouts & Joint Team with Easton



BASICS OF THE GAME - GIRLS



- 11 field players plus a goalie
- Unlike soccer, players start in positions across the whole field
- Players must move the ball by catching/throwing and running
- Opponents can obtain ball by picking it up, intercepting a pass, and by “checking” (i.e. tapping) the player’s crosse with their own crosse.
- Checking introduced in 5/6th grades and full checking allowed in 7/8th grade

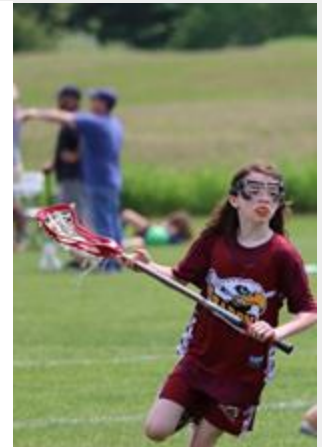


BASICS OF THE GAME - BOYS



- 9 players on field plus goalie (varies by age group)
- Teams play 6 on 6
 - Offense and defense stay on their side of the field
 - Midfielders play entire field
- Younger levels have pass rule
- High Scoring Games
- Combination of few sports
- Closest to ball on out of bounds gets the ball back

EQUIPMENT



For Boys: Stick, helmet, shoulder + elbow pads, gloves and mouthguard (not pictured)

For Girls: Stick, goggles, and mouthguard (not pictured)

Other: Cleats & Water Bottle

Common Stores for Equipment: Play it Again Sports, Monkey Sports, Dicks Sports and Lacrosse Unlimited. Most offer starter kids with discounted packages - Estimated at \$90 Girls and \$250 Boys.

HOW TO SIGN UP

Spring 2025 Prices

- Register at www.sharonlacrosse.org
- Early bird special now until Dec. 31 - get a \$50 discount and a free t-shirt!
- SYL \$225 + \$45 League Fee
 - \$220 with Discount Total
 - K- Practice Player \$100 + \$15
 - Uniform optional
- Go to the uniform sizing night December 10 from 6-8pm at the Sharon Community Center for new players/players who need new uniforms
 - Uniforms are not included in fee



WWW.SHARONLACROSSE.ORG



Boys

Girls

Boys

Girls

QUESTIONS??



sharonlacrosse.org



President@sharonlacrosse.org