



Charlotte Youth Lacrosse Association Orientation-Girls Division

Welcome to Charlotte Youth Lacrosse Association! We are excited to begin another year educating area youth in lacrosse fundamentals, team play and sportsmanship. Our number one goal is to have fun! Following is some basic information about the league to serve as orientation to CYLA:

Schedule

The league begins the first week of March each year with play on Monday, Wednesday and Saturday. League play will start at 6:00 PM on Monday and Wednesday and continue until 7:15 PM. On Saturday, the league play will start at 2:00 PM and continue until 3:15 PM or such time that all games are complete (usually no later than 4:00 PM). All players should be dressed with equipment on and ready to begin at the start times, not just arriving! A detailed schedule of practices and games will be provided 1 - 2 weeks into the season. However, it will always be Monday, Wednesday and Saturday.

Location

All games and practices will be on the lacrosse fields at Freedom Park, which can be accessed from the East Blvd. entrance. The park and its fields are managed and maintained by Mecklenburg County Parks & Recreation. They will determine advance rainouts (see Rainout info below). The park is used by many other leagues, as well as the general public, and can be busy at times. Please allow adequate time for parking, particularly on Saturday.

Practices

The first 2 - 3 weeks of the season will be dedicated to group practice (no teams) in a rotating station format. Each station will be dedicated to instruction and drills on the individual fundamentals of throwing, catching, scooping and dodges to allow players to "regain" their skills/techniques. First year players will work in a separate station that provides a higher level of instruction on the basic fundamentals to get them up to speed. Once teams are selected (2 - 3 weeks into the season), practice will split into a team format guided by the teams' coaches. Stretching and conditioning drills are conducted in a group format to start each practice prior to breaking out into teams for the remainder of practice. Generally speaking, Monday and Wednesday will be dedicated to practice unless make-up games are required.

Games

After teams have been selected and time has been allowed for team practice (3 - 4 weeks into the season), the game schedule will begin. Generally speaking, Saturday will be dedicated to games after the game schedule begins. Due to field and referee limitations, only 2 games can be played each week. Game times will be provided in a schedule to be provided later (approximately 3 weeks into the season) and will represent the start time. Players should be ready for play approximately 30 minutes before their scheduled game time to allow for warm-up drills before the game starts. The season will end with a championship tournament that is followed by an outdoor family banquet and trophy presentation for each player of the league.

Team Selection

The league is comprised of 4 teams depending on number of players and coaches available. In recognition of the game's history, the 15 - 18 player teams are named after Native American tribes such as Dakota, Blackfeet, Cheyenne and Shawnee. The players are assigned to teams (2 - 3 weeks into the season) in a format that emphasizes equity in the areas of skill, age and size. This format has been successful at creating a competitive league with close, exciting games and an opportunity for every team to win. All team requests (friends, coach, etc.) will be denied in order to maintain the integrity of league efforts to provide a balanced, competitive program.

Equipment/Uniforms

The league is non contact and requires that every player report to practice and games alike with protective eyewear and a mouth guard. The league will provide each player with (1) mouth guard. Each player is responsible for supplying and maintaining all equipment as well as a lacrosse stick. Cleats and a water bottle are optional but are recommended for all players. Please write the player's name in/on each piece of equipment! Locally, lacrosse equipment can be purchased at The Lacrosse Company.

The team uniforms provided by the league consist of a jersey and shorts and will be distributed prior to the first game. Until uniforms are provided, players may wear their own athletic apparel that is suitable to the sport and weather (a lot of running/movement and varying temperatures - cool in March and hot in May). League uniforms are required for each game but not for practices.

Administration

The league is managed by the Commissioner, Stan Archibald, with assistance from the Coaches, League Mom/Dad and other volunteers. All personnel that support the league are volunteers that have committed their time to educating your children in the fundamentals of lacrosse, team play and sportsmanship in a fun environment. The league success is directly attributable to the time and efforts of these volunteers, so please help us make the experience enjoyable for them also through on-going support of their efforts! A Team Mom/Dad is needed for each team to assist with coordinating team activities such as schedule notifications, post-game drinks/snacks, etc. The League Mom/Dad and Commissioner will coordinate the Team Mom/Dad for each team. Please advise Stan of your willingness to help.

Coaching

CYLA is unlike other youth leagues since most, if not all, of the volunteer coaches are veteran, experienced lacrosse players. Very few have children in the league and most have been involved in the league for 3 - 5 years. They are simply dedicated to the sport of lacrosse and enjoy the opportunity to introduce your child to the rewards of involvement in a quality lacrosse program. Our goal is to assign a Head Coach and at least one Assistant Coach to each team. Your assistance is welcome and needed at practice and to reinforce the instructions of the coaches. Just notify the coaches or commissioner of your interest to assist. Please leave all coaching and instruction to the coaches during the game! "Gallery coaching" is counterproductive and confusing to the players.

Game Referees

The coaches provide another generous service to our league - they referee when their team is not playing. They are not professionally trained lacrosse referees so it is to be expected that a call will be missed occasionally. The objective is fun, it is just a game and missed calls usually go both ways. Failure of any player or parent to respect the difficult task of game referee may result in the player's ejection from the league. Furthermore, harassment of any referee, player or coach impedes the effort to teach sportsmanship to the players and will not be tolerated.

Parents

The league's goal is to provide a positive experience for the players, parents and coaches alike. As fans and supporters of the league, the actions of the parents are a key component to fostering a positive environment. The following guidelines will benefit the children most:

- Remember that the game is for youth - not adults - and do your best to make youth sports fun for your child.
- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other sporting event.
- Instruct your child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- Help your child enjoy the youth sports experience by doing whatever you can, such as being a respectful fan, providing timely transportation, and assisting with coaching and league activities.

Rainouts

As noted above, Mecklenburg County Parks and Recreation controls field usage and they will make the decision to cancel play on the fields due to rain. Please call the MCP&R Rainout Number, 704-336-5800, and listen for the decision on activities at Freedom Park. If rain or lightning occur just before or during a practice or game, the league will make the decision on cancellation or suspension at the field, not before.

Thank you for all your support of CYLA . We look forward to another great season.

Stan Archibald, III
CYLA Commissioner