

TAHOMA LACROSSE CLUB FAQ's



K-2 Grade Teams

- 1) **When will practice start?** Practice will begin at your child's respective TSD elementary school the week of March 29, 2010. Practice will be held on Tuesday & Thursdays from 3:45 – 4:45 PM.
- 2) **When will games begin?** Starting April 3, 2010. Depending on the level of participation, the kids should be able to play in 6 games. Your child will play each Saturday against other TSD elementary school teams at Tahoma HS.
- 3) **What equipment will I have to buy?** None, all equipment will be loaned to each player for the season. Please watch our website for the gear distribution date.
- 4) **How much contact is there at this level?** There will be very little incidental contact, unlike the older kid's games.
- 5) **What kind of ball will they use?** The kids will practice and play with a soft, squishy ball.
- 6) **Who are the coaches?** The Varsity lacrosse players. Each team will be assigned a team parent coordinator, who will oversee all practices and games.

3rd/4th Grade Teams

- 1) **When will practice start?** Practice will begin at your child's respective TSD elementary school the week of March 29, 2010. Practice will be held on Tuesday & Thursdays from 3:45 – 4:45 PM.
- 2) **When will games begin?** April 3, 2010. Depending on the level of participation, the kids should be able to play in 6 games. Your child will play each Saturday against other TSD elementary school teams at Tahoma HS.
- 3) **What equipment will I have to buy?** None, all equipment will be loaned to each player for the season. Please watch our website for the gear distribution date.
- 4) **How much contact is there at this level?** There will be very little incidental contact, unlike the older kid's games.
- 5) **What kind of ball will they use?** The kids will practice and play with a regular rubber lacrosse ball.
- 6) **Who are the coaches?** The Varsity lacrosse players. Each team will be assigned a team parent coordinator, who will oversee all practices and games.
- 7) **Will there be a 3rd/4th grade travel team?** The Club has agreed to form a travel squad for the 2010 season. All players who make the travel squad are **required** to play for their respective elementary school team, as well. The travel team will practice Friday afternoons from 5-6 PM at Rock Creek Elementary School, starting April 2, 2010.
- 8) **Can non-Tahoma SD kids play?** Certainly! The player will be assigned to the closest Tahoma elementary school team.

5th/6th Grade Teams (Boys)

- 1) **When will practice begin?** Practices will begin the week of February 8, 2010. Players will practice Tuesday – Friday, from 5:30 – 7:00 PM at Hoyt Field (behind the Tahoma HS tennis courts).
- 2) **When will games begin?** March 6th is the league's tentative start date for games.
- 3) **How many games are there?** Approximately 10 games are scheduled. Your player's coach may schedule more if there is additional interest.
- 4) **What equipment will I have to purchase?** The 5/6 players are required to purchase/provide a certified lacrosse helmet, lacrosse shoulder pads, arm guards and lacrosse gloves.
- 5) **Where can I purchase these items?** At any Sports Authority, Breakaway Lacrosse Store (Bellevue & Seattle) or online. (lacrossemonkey.com, comlax.com, laxworld.com- just to name a few)
- 6) **How much contact is there at this age level?** The coaches and officials do not allow players to be intentionally knocked to the ground. There is some pushing and minor contact.
- 7) **Who are the coaches?** Adults with knowledge of the game and its rules.
- 8) **How much playing time will my player receive?** This is at the coaches' discretion. All kids will play in every game, but playing time may not be equal for all kids.

5th/6th Grade Team (Girls)

- 1) **When will practices begin?** March 1, 2010. Players will practice Monday, Wednesday and Friday, from 5:30 – 7:00 at Hoyt Field (behind the Tahoma HS tennis courts).
- 2) **When will games begin?** Generally, games begin mid-March.
- 3) **What equipment will I have to purchase?** Girls are required to purchase a women's cross and eye guards. These can be found at Sports Authority, Breakaway Lacrosse Store (Bellevue & Seattle) and any on-line lacrosse retail site.
- 4) **Is the girl's game as physical as the boys?** No, the girls play with less protective gear and are only allowed to 'check' sticks.
- 5) **My family is new to the sport, what can I do to help?** Please ask your daughter's coach or any TLC Board member how you can be of assistance.

High School Boys & Girls

- **Please email Athletic Director with any specific questions.**