2019 Parent Information

Welcome New & Returning Families!!!



Agenda

Here's to another great season!!!

Go Raiders Go!

- Board of Directors & Committee
 Members
- Program Overview
- Equipment
- Concussion Awareness
- Uniforms & Spirit Wear
- Coaching
- Fundraising



Introductions

Board of Directors:

- President: Jaimie Kowalski
- Vice President: Chris Grannis
- Secretary: Katie Abordo
- Treasurer: Sherri Baumley
- Boys Player Dev: Dom Saccomanno
- Girls Player Dev: Walt Kopp

Committee Members:

- Spirit Wear/Uniform Manager: Brittney Readinger
- Equipment Manager: Jenn Flickinger
- Field Manager: Tyler Sheehan
- Fundraising Manager: OPEN
- Promotions Manager: Jen Jacobsen

Our board meets on the third Tuesday of every month @ Kosta's from 7-9pm

Everyone is welcome!



Program Overview

Mission & Commitment

Our Mission Statement

To teach & promote the great game of lacrosse in a **fun, safe & sportsmanlike** environment.

Lacrosse is a game of finesse!

Our Commitment to You

We are dedicated to the skill development of each individual player. We will focus on building strategic thinking, speed, field position, teamwork & finesse rather than physical intimidation or a winning game record.

Illinois Boys Lacrosse Association (IBLA)

Huntley plays in the NW

region.

SACROSZE ASSOCIATION

IBLA has 4 divisions:

- North
- Northwest
- South
- West
- Lakes

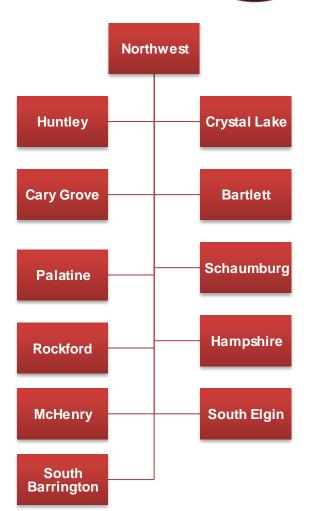
IBLA has 4 age groups:

- Minis: 1st & 2nd grade
- Juniors: 3rd & 4th grade
- Minors: 5th & 6th grade
- Majors: 7th & 8th grade

Huntley plans to represent all groups in Spring 2019; this will be the 1st year for IBLA Minis team!

IBLA offers 3 skills levels per age group:

- A
- B ___ Huntley Majors, Minors & Juniors teams are
- placed at B & C to remain competitive.
 Minis is just one conference.



Illinois Girls Lacrosse Association (IGLA)



IGLL was founded in 2018 by the same group that manages IBLA.

They started with 1 division & 1 conference, that included the following teams:

- Barrington
- Crystal Lake
- Elmhurst
- Fox Valley
- Huntley
- Lake Zurich
- Lincoln-Way
- Stevenson
- Tinley Park

There were 2 age groups in 2018:

- Minors: 5th & 6th grade
- Majors: 7th & 8th grade

IGLL is in growth mode, and plans to offer more divisions, conferences & age groups for girls in 2019.

Boys & Girls Minis Team

Open to boys & girls ages 1st- 2nd grade

- Cost: \$300 (\$25 needed to complete registration, payment plans accepted)
 - Co-ed team
 - Indoor Practices
 - Outdoor Practices
 - 8 IBLA Official Games + Playoffs
 - Uniform & practice pinnie

Due to
overwhelming
success in our
minis pilot
program in 2018,
we are proud to
announce that the
2019 minis team
will be officially
registering with
IBLA!

Online registration now open



Boys Juniors, Minors, & Majors

Open to boys ages 3rd - 8th grade. Teams determined based on grade level, # of entrants & skill level.

- Cost: \$330 (\$25 to complete registration, payment plans accepted)
 - Indoor Practices
 - Outdoor Practices
 - 8 IBLA Official Games + Playoffs
 - 1 Lacrosse America Tournament
 - Uniform & practice pinnie

Once 18 players are registered, a wait list will start.

If we get another 16+ players, a 2nd team will be formed.



Online registration now open

Girls Juniors, Minors, & Majors

Open to girls ages 3rd - 8th grade. Teams determined based on grade level, # of entrants & skill level.

- Cost: \$330 (\$25 to complete registration, payment plans accepted)
 - Indoor Practices
 - Outdoor Practices
 - 8 IBLA Official Games + Playoffs
 - 1 Lacrosse America Tournament
 - Uniform & practice pinnie

Once 18 players are registered, a wait list will start.

If we get another 16+ players, a 2nd team will be formed.



Online registration now open

Prairie State Games

Tournament play offers exposure to higher level of play. 1 day event with minimum 3 games, played against local & out-of-state teams. Advancement into playoffs based on record.

One day event for boys & girls!



- Hosted by: Lacrosse America
- Date: 5/25/19 (Memorial Day Weekend)
- Location: Vernon Hills, IL
- Cost: Included in registration cost



Boys & Girls Practice Schedule

Indoor @ The MAC in Crystal Lake

- Minis: Mondays 2/4 3/11 (time: TBD)
- Boys: Mondays 2/4 3/11 (time: TBD)
- Girls: Wednesdays 2/6 3/13 (time: TBD)

Outdoor @ Marlowe Middle School

- Weekly (March/April-June)
- Mon, Wed & Thurs
 - All groups: 5:30PM 7:00PM

Day of Lacrosse

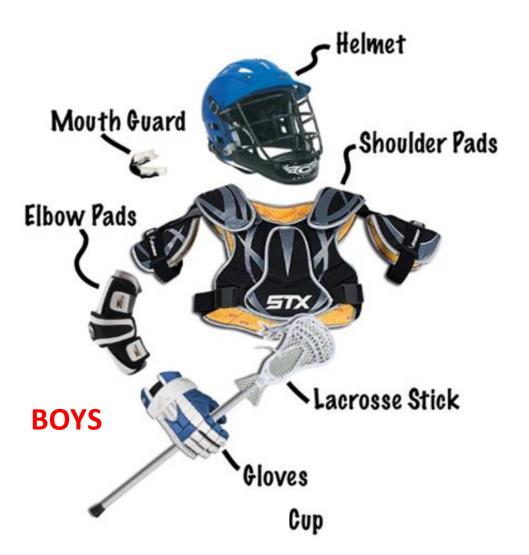
Saturday, 4/6/19

Additional indoor time has been secured to help prep teams for our 1st week of games, scheduled 4/7/19.



Equipment

Required Equipment





Boys Rental Equipment

Boys pack includes: helmet, shoulder pads, elbow pads & gloves (stick & mouth guard not included)

- \$70 rental fee (non-refundable)
- \$200 safety deposit (held until cleaned & returned)
- Request made online during registration
- Equipment handed out prior to 1st indoor practice.

Limited Quantity!

Priority given to new players.

A fitting will be scheduled & communicated.



Looking to Buy New Equipment

Play It Again Sports in Crystal Lake offers special discounts on all new & used lacrosse equipment.

 New Cascade helmets can be customized and ordered at 20%+ off (up to \$50 savings).

Get up to 20% off merchandise at Play It Again Sports.

Just say you are with Huntley Raiders Lacrosse!



Registration

Online Registration

All programs (minis, boys, girls, & rentals) register online.

- Go to: <u>www.huntleylacrosse.com</u>
- Open November 1, 2018 January 31, 2019
 - Credit Cards accepted online or checks can be made to Huntley Raiders Lacrosse Club
 - Payment plan:
 - At least \$25 due at registration (non-refundable)
 - 50% of balance due 1/31/19
 - Remaining balance due 2/15/19

Register Now!

Last year there was a wait list due to high demand.

If 50% is not paid by 1/31/19, player will not be allowed on the field.

100% must be paid in order to receive uniform.



Required Registration Documents

No need for printing paperwork! Registration documents are included during online registration with electronic signature:

Required documents are part of online registration process.

- Amateur Athletic Waiver & Release of Liability
- Code of Conduct
- Video & Photo Release
- Concussion Awareness/ Information

Prior to 1st indoor practice, copy of birth certificate needs to be loaded on site.



Concussion Awareness

Sports Injury Statistics

The ranking of most injuries for boys U9-U15:

- 1. Football
- 2. Ice Hockey
- 3. Lacrosse
- 4. Wrestling
- 5. Soccer

Concussions are no laughing matter.

American Journal of Sports Medicine reported concussions accounted for 20% of lacrosse injuries.

75% from body-to-body collisions.



Concussion Awareness

A concussion is a type of traumatic brain injury that changes the way the brain normally works.

Symptoms Reported by Student-Athlete	Signs Observed by Others
Headache	Loss of consciousness
Nausea	Appears dazed
Balance problems or dizziness	Confused about play/assignment or forgets
Blurred, double, or fuzzy vision	play/assignment
Sensitivity to light or noise	Unsure of game, score, or opponent
Fogginess or grogginess	Clumsiness
Drowsiness or sluggishness	Slowly responds to questions
Concentration or memory problems	Slurred speech
Confusion	Behavior or personality changes
	Can't recall events prior to or after injury
	Seizures or convulsions
	Vacant facial expression

Concussion Protocol

If concussion is suspected, player needs to be seen by a healthcare professional who will perform a proper assessment. Written release will be needed by MD, DO or NP prior to playing coming back.

- Day 1: only light aerobic activity
- Day 2: continued light aerobic activity (parent follow-up after practice)
- Day 3: heavier aerobic activity, no contact
- Day 4: heavier aerobic activity, light contact
- Day 5: return to normal play

All coaches are trained to look for symptoms during games/ practice.

If at any time, symptoms recur, player returns back to Day 1.



Spirit Wear

Spirit Wear Orders

Our webstore will be open 11/1/18-1/31/19

Early Orders (11/1/18 - 12/3/18)

 Orders placed prior to 12/3/18 may be available for pickup before Christmas.

Spring Delivery Orders (placed 12/4/18 - 1/31/19)

• Pickup on/around March (location/time will be announced).

Go to:

https://huntleylacrosse.siplay.com/mysportsstore





Last Year's Winter Store Had Lots of Options, This Year Will Be Even Better!!!



Be on the lookout for spirit wear at practice. Select items will be available for immediate purchase.

Volunteering

Coaching

- No lacrosse experience necessary.
- Identify interest level during online player registration.
- Coach training nights included.

Needed for minis, boys & girls programs.

Interested in helping?



Open Team Roles

We need volunteers for Team Managers & Team Field Coordinators

- Team Managers manage team communications for the coach
- **Team Field Coordinators** setup home field (1st game of day), run scoreboard for their team's game & break down home field after game (last game of day)

No lacrosse experience necessary!

Great way to get involved.

Volunteers needed for ALL teams.



Fundraising

Fundraising

We are dedicated to fundraising to keep our club costs low, secure experienced coaching & expand our programs.

- Be on the lookout for information about:
 - New! Sponsored Giftcard Program
 - Dine & Share Nights at local restaurants
 - Muse Art Painting Parties

Your support is greatly appreciated!



Looking for Additional Info

If you are looking for additional information, please visit:

www.huntleylacrosse.com or email

huntleylax@gmail.com.

