

# 2020 Parent Kickoff Information

**Welcome New & Returning Families!!!**



# Introductions

## Board of Directors:

- President: Jaimie Kowalski
- Vice President: Kevin Jacobsen
- Secretary: Katie Abordo
- Treasurer: Sherri Baumley
- Boys Player Dev: Kerry Murphy
- Girls Player Dev: Kim McDougall
- Fields/Equipment Director: Jim Berends

## Committee Members:

- Spirit Wear/Uniform Manager: Sherri Baumley
- Fundraising/Promotions: Maggie Pupich & Lauren Berends

*Contact information is available on our website:  
[www.huntleylacrosse.com](http://www.huntleylacrosse.com)*

Be on the lookout  
for upcoming  
board meetings!

Everyone is  
welcome!



# Program Overview

# Mission & Commitment

## Our Mission Statement

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

## 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.*

Lacrosse is a  
game of  
finesse!



# Illinois Boys Lacrosse Association (IBLA)



## IBLA has 4 divisions:

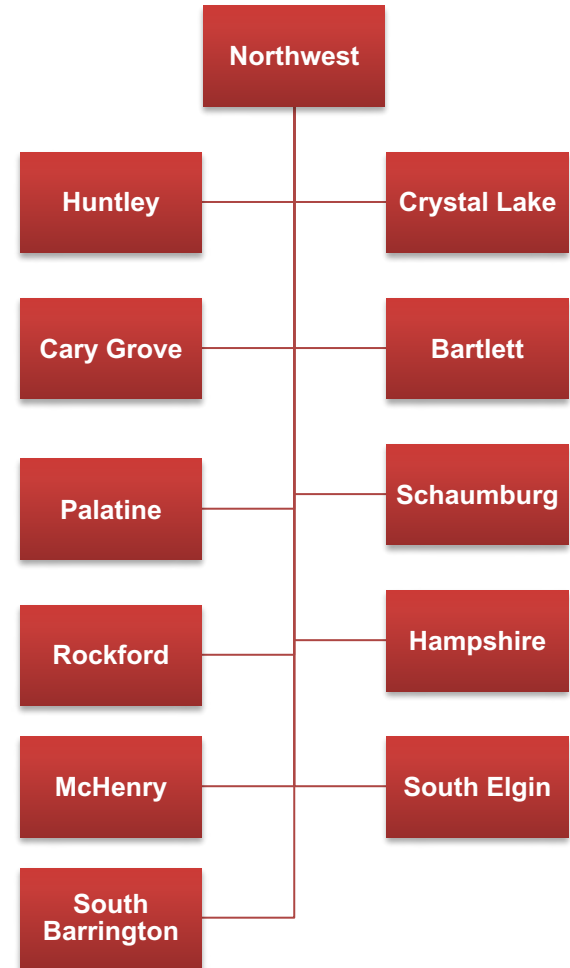
- North
  - Northwest
  - South
  - West
  - Lakes
- Huntley plans in the NW region.

## IBLA has 4 age groups:

- Minis: 1<sup>st</sup> & 2<sup>nd</sup> grade
  - Juniors: 3<sup>rd</sup> & 4<sup>th</sup> grade
  - Minors: 5<sup>th</sup> & 6<sup>th</sup> grade
  - Majors: 7<sup>th</sup> & 8<sup>th</sup> grade
- Huntley plans to represent all groups in Spring 2019; this will be the 1<sup>st</sup> year for IBLA Minis team!

## IBLA offers 3 skills levels per age group:

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



# Illinois Girls Lacrosse League (IGLL)



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

**The program offers 1 division & 1 conference for each age group.**

**Clubs involved are:** Barrington, Crystal Lake, Elmhurst, Fox Valley, Huntley, Lake Zurich, Lincoln-Way, Stevenson and Tinley Park.

**Age groups supported (due to enough teams registering are):**

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

Note: In 2019 only 2 teams registered for U10 girls (Huntley & Tinley Park) so Huntley & Tinley Park U10 girls team played with IGLA.

*IGLL is committed to growing girls lacrosse across IL and is hopeful to have more divisions, conferences and age groups in the future.*

# Boys & Girls Minis Team

Open to boys & girls ages 1<sup>st</sup>- 2<sup>nd</sup> grade.

- Cost: \$330 (\$25 needed to complete registration, payment plans accepted)
  - Indoor Practices
  - Outdoor Practices
  - 8 IBLA Official Games + Playoffs
  - Game uniform & practice pinnie

**Online registration now open**



# Girls Majors, Minors & Juniors

Open to girls ages 3<sup>rd</sup> - 8<sup>th</sup> 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 IGLL Official Games + Playoffs\*
  - Game uniform & practice pinnie

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

If we get another 16+ players a 2<sup>nd</sup> team will formed.

**Online registration now open**

*\*assumes enough teams register with IGLL*





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# Boys & Girls Practice Schedule

## Indoor @ The MAC in Crystal Lake

- Minis: Thurs (2/6 – 3/19) 5:30-6:30P
- Girls All: Wed (2/5 – 3/18) 5:30-6:30P
- Boys Juniors: Thurs (2/6 – 3/19) 6:00-7:00P
- Boys Minors: Thurs (2/6 – 3/19) 7:00-8:00P
- Boys Majors: Thurs (2/6 – 3/19) 8:00-9:00P

## Outdoor @ Marlowe Middle School

- Weekly
- Beginning 3/16 (Mon, Wed & Thurs)
  - All groups: 5:30PM-7:00PM

## Day of Lacrosse

- Saturday 4/4/20

**New Players Only  
Clinic!**

**When: 1/30/20**

**Where: TheMac**

**Girls: 5:30-6:30P**

**Boys: 6:30-7:30P**



# 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 Youth  
Lacrosse!**



# Registration

# Online Registration

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

- Go to: [www.huntleylacrosse.com](http://www.huntleylacrosse.com)
- Open now – January 31, 2018
- Credit Cards accepted online
  - Checks can be made to Huntley Raiders Lacrosse Club
- Payment plan:
  - At least \$25 due at registration (this is non refundable)

**Register Now!**

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





# Required Registration Documents

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

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

**Prior to 1<sup>st</sup> indoor practice, copy of birth certificate needs to be loaded on site.**

**Required documents are part of online registration process.**



# Code of Conduct

**When registering, both parents & players sign a code of conduct.**

Please be sure to read the agreement. Proper behavior from all is essential for a positive experience.

***Violations may result in immediate dismissal from the field, game suspension or expulsion from the club.***

**Give 110%.**

**Communicate if you won't be at practice or game.**

Let the coaches coach, the officials officiate and above anything else... let the children play and have fun!



# 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 play/assignment
Blurred, double, or fuzzy vision	Unsure of game, score, or opponent
Sensitivity to light or noise	Clumsiness
Fogginess or grogginess	Slowly responds to questions
Drowsiness or sluggishness	Slurred speech
Concentration or memory problems	Behavior or personality changes
Confusion	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

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

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



# Uniforms & Spirit Wear

# Spirit Wear Orders

There are 2 opportunities to place online orders-  
Winter & Spring!

## Winter Orders (now through 11/24/19)

- Pick up on/around mid December  
(location/time will be announced)

## Spring Orders (2/1/20-2/29/20)

- Pick up on/around mid March  
(location/time will be announced)

Go to: <http://bit.ly/LaxWinterStore>

**SORRY NO  
LATE  
ORDERS**





# Volunteering

# Coaching

Each year we look to balance a team of parent and experienced coaches.

This year, we are hosting our **1st coaches meeting on Sunday, 11/3/19**. The meeting begins at 6:00 pm at Kosta's in Algonquin.

- 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 (1<sup>st</sup> game of day), run scoreboard for their team's game & break down home field after game (last game of day)

**Volunteers needed for ALL teams.**

No lacrosse experience necessary!

Great way to get involved.



# Fundraising

# Fundraising

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

- **World's Finest chocolate bars:** each family is required to purchase 1 box for \$60, which contains 60 bars you can sell for \$1 each. Boxes will be distributed at indoor practices in February 2020. Please note: as a mandatory fundraiser, all enrolled families are expected to participate. Players' uniforms will not be distributed unless this fundraising component has been satisfied.
- **Be on the look out for other optional programs**
  - Dine & Share Nights at local restaurants
  - Sip 'N Paint sessions @ Muse Art Studio
  - Team Basket @ Day of Lacrosse

**Your support is  
greatly  
appreciated!**

