



SVLA
2010 Frequently Asked Questions

Question Topics / Grade Level	High School	Middle School	Youth (Grades 1-6)
Practices	<ul style="list-style-type: none"> ➤ Optional practices typically start the last week of February. ➤ Official practices typically begin the first week of March. ➤ Tryouts for varsity run concurrently during the first official week of practice and end with the Blue & Black on the Saturday of that first week. ➤ Generally, practices are held weekday evenings; JV from 6:00 to 8:00 and varsity from 7:00 to 9:00. ➤ Location: H.S. complex, either at the stadium or lower grass field. 	<ul style="list-style-type: none"> ➤ Practice typically begins the first week of March. ➤ Practices are typically held on Mondays, Tuesdays, Thursdays. Special practices may be held Saturdays as coaches' schedules permit. ➤ Weekday practices will run from 5:00 or 5:30 to 7:00 or 7:30 ➤ Practices will be held primarily at Graham Park, and as conditions and opportunity dictate, possibly at the H.S. Stadium or lower grass field. 	<ul style="list-style-type: none"> ➤ Practice typically begins the first week of March. The first and second graders will start mid March. ➤ Practices will be held on two weekday evenings, plus Saturdays until games begin. ➤ Weekday practices will run from 5:00 or 5:30 to 7:00 or 7:30 ➤ Practices will primarily be held at Graham Park, and as conditions and opportunity dictate, possibly Haine Field or the H.S. Stadium
Games	<ul style="list-style-type: none"> ➤ The complete season schedule is expected to be available for posting on our web site by mid February. ➤ There are typically a few overnight trips for games to locations such as Detroit, Philadelphia, Buffalo, or sites in Maryland each Spring. Overnight trips are usually for Varsity level players. These trips are funded by the players who attend. It is not mandatory for players to travel on these trips to be a part of the team. 	<ul style="list-style-type: none"> ➤ The first games of the season typically start at the end of March. ➤ The last potential games of the season is usually the WYPLA St. Vincent Festival - in early June. ➤ The complete season schedule is expected to be available for posting on our web site by mid February. ➤ Please keep in mind that the schedule will likely change throughout the season due to reasons beyond the control of SVLA. 	<ul style="list-style-type: none"> ➤ The first games of the season typically start at the end of March. First and second grader games will start in April. ➤ Likely the last games of the season will be towards the end of May. ➤ The complete season schedule is expected to be available for posting on our web site by mid February. ➤ Please keep in mind that the schedule will likely change throughout the season due to reasons beyond the control of SVLA.
Physicals	<ul style="list-style-type: none"> ➤ All high school players must have on file with the school district a form from a physician stating that they are cleared to participate in the sport. ➤ If the player received clearance to participate in a fall or winter sport, and the player did not suffer an injury requiring medical attention that 	<ul style="list-style-type: none"> ➤ Same requirements as high school players. 	<ul style="list-style-type: none"> ➤ While the school district does not require that youth lacrosse players receive a medical clearance from a physician to participate in lacrosse, SVLA strongly recommends that all players seek that clearance from their pediatrician. Please ensure that your physician is aware that lacrosse is a





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	<p>prevented them from participating in that sport, the player is still covered by that physical.</p> <ul style="list-style-type: none"> ➤ If the player did not get a physical in the prior season, or they had suffered and injury, they must get a physical form authorized by a physician before they can take the field to practice. ➤ Forms can be picked up at the Athletic office. 		<p>very physically demanding sport that involves a great deal of running and contact so that they can make the proper determination regarding the player's readiness.</p>
Drug Tests	<ul style="list-style-type: none"> ➤ All high school players must have on file with the school district a form stating that they have submitted to a drug test prior to participating in practice. 	<ul style="list-style-type: none"> ➤ All middle school players must have on file with the school district a form stating that they have submitted to a drug test prior to participating in practice. 	<ul style="list-style-type: none"> ➤ Youth players are not subject to SVSD drug testing policies.
Equipment	<ul style="list-style-type: none"> ➤ All high school players are issued a SVLA \ team helmet upon the start of the season in their first year with the program. ➤ It is encouraged that all helmets are closely examined on a regular basis to ensure that they are in proper condition and will provide suitable protection for the player. ➤ If it is determined that a player needs a new helmet for any reason, they are obligated to purchase a helmet through the association as current replacement cost. ➤ Players must provide their own equipment beyond helmets (as described above) ➤ Mouth guards are mandatory to be worn at all practices and games. 	<ul style="list-style-type: none"> ➤ Players must provide their own helmet, gloves, arm pads, shoulder pads, cleats, mouth guards, athletic cups and stick. ➤ A player will not be permitted to participate in games or practices if they are not wearing any of the above. 	<ul style="list-style-type: none"> ➤ Same as middle school. ➤ Rib pads are recommended, but optional
Where to buy equipment	<ul style="list-style-type: none"> ➤ More options are available to buy lacrosse equipment in the W. PA area than ever before. ➤ Pittsburgh Lacrosse Store <ul style="list-style-type: none"> ○ Wexford and South Hills ➤ Queen City Lacrosse - Bridgeville ➤ Dick's Sporting Goods ➤ Online options 	<ul style="list-style-type: none"> ➤ Same 	<ul style="list-style-type: none"> ➤ Same. ➤ Bit of advice...you don't need the best or most expensive equipment to play the game, even at the high school or college level.





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<p>Bring to practice</p>	<ul style="list-style-type: none"> ➤ Water/Sports Drink ➤ Layers of clothes for during or after practice during cold or wet weather. 	<ul style="list-style-type: none"> ➤ Same ➤ Same ➤ Please tell your players to remember their own and not drink after each other...we need them all to be healthy and not spread the virus of the day...An epidemic seems to happen every spring on the teams. 	<ul style="list-style-type: none"> ➤ Same ➤ Same ➤ Ditto
<p>Where to find info on SVLA</p>	<ul style="list-style-type: none"> ➤ More and more information is posting to the SVLA web site virtually every day. ➤ www.svlacrosse.org ➤ Visit often 	<ul style="list-style-type: none"> ➤ This is our entire association's web site. Feel free to provide pictures and information through your grade group's coordinator. 	<ul style="list-style-type: none"> ➤ Same
<p>Where to find info on Lax in general</p>	<ul style="list-style-type: none"> ➤ Lots of good and interesting information on the web around rules, skills development, college recruiting and forums on insights and gossip from professional, to collegiate, to WPIAL teams. <p>www.laxpower.com</p>	<p>http://www.lacrosse-information.com/</p> <p>http://www.insidelacrosse.com/indexp.cfm</p> <p>http://www.uslacrosse.com/</p>	<p>http://www.momsguide.com/mlacrosse/ml1.html#</p>
<p>What about playing in the off season</p>	<p>Travel Teams – Try-out</p> <p>www.pghaces.com</p> <p>www.pghselect.com</p> <p>www.gtlax.com</p>	<p>Camps – Local</p> <ul style="list-style-type: none"> ➤ ACES ➤ W&J ➤ Robert Morris ➤ Trilogy ➤ La Roche ➤ 	<ul style="list-style-type: none"> ➤ Same <p>Summer Rec. League – Cranberry Twp.</p>
<p>How can the family get more involved</p>	<ul style="list-style-type: none"> ➤ Volunteer positions for games days, (concession stand, announcing, 50/50, stats, clock, & more) field prep. ➤ Election to Board of Directors ➤ Coordinators 	<ul style="list-style-type: none"> ➤ Same ➤ Same ➤ Same ➤ Western PA Youth Lacrosse Association (contact J. Fyock for more information) 	<ul style="list-style-type: none"> ➤ Same ➤ Same ➤ Same ➤ Same





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Getting ready for the season			
Skills	Wall Ball – Even the pro’s do wall ball virtually every day. You’ve got to be able to catch and throw smoothly and effectively with both hands. Tricks – Develops touch Dodges – Must be able to execute various dodges without hesitation or thought...requires practice	➤ Same	➤ Same
Conditioning	<ul style="list-style-type: none"> ➤ Lacrosse is one of the most physically demanding sports. Physical conditioning must be at a high level so that players can execute passing and catching with the same efficiency and effectiveness at the end of the game that they did during warm-ups. ➤ Players should come into the season in reasonable shape so that they can focus on skills development and team strategy instead of just trying to make it through the running drills at practice. ➤ Players should be running at least three to four miles four days a week leading up to the season, plus doing at minimum core strengthening exercises such as push-ups, pull-ups and crunches. At the high school level, weight training is recommended to maximize strength. 	<ul style="list-style-type: none"> ➤ Same ➤ Same ➤ At the middle school level, players should be running at least one to two miles three days a week leading up to the season, plus doing core strengthening exercises such as push-ups, pull-ups and crunches. 	<ul style="list-style-type: none"> ➤ Same ➤ Same ➤ At the youth level, players should be walking and or running at least one to one and half miles two to three days a week leading up to the season, plus doing core strengthening exercises such as push-ups, pull-ups and crunches.

If you have any other questions, please don't hesitate to send them along to sv_lacrosse@yahoo.com. More than likely, if you have the question, someone else does too. Your question will be answered as quickly as possible. We will update this document as more common questions come forward.

Have a great season of lacrosse.

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