

Seneca Valley High School Lacrosse Fall Ball Rules and Information

Fall Ball will be a time we will focus on skill building and integrating players into the way Seneca Valley Lacrosse is played. We will be very clear when we teach skill work, once the players fully understand the skills and how they are to be practiced we will be trying to maximize repetitions so that they get the most out of each practice. We want to challenge the players to really improve throughout the fall and make sure they understand what spring lacrosse will be like. Below you will find the rules for Fall Lacrosse. This will be handed out at the meeting, gone over at the first practice, and on the website so everyone (parents/players) fully understand what the rules are. For any parents that want to see how practices are run, you will have the option to watch fall practices to see the expectations set for our players and the way the coaches are interacting with the players.

- 1) Be on Time – if you have another conflict that makes it hard for you to get to practice on time, please tell Coach Poillon before the first practice. Email: peetpoillon@gmail.com
- 2) As soon as you get to practice, get dressed and warm up with a purpose (stretch, throw the ball the correct way)
- 3) Ask Questions – The purpose of fall is to learn, strengthen your weaknesses, and perfect your strengths.
- 4) Follow SVLA Fall Dress Code –
 1. Black shorts
 2. Grey/white undershirt
 3. Bring a black or grey sweatshirt and sweatpants to every practice! During the spring season all sweats must be grey!
 4. Socks must be above the ankle and must be white.
- 5) Have legal sticks, and have a back up!
- 6) Be a leader – do the right things, follow the rules, always encourage/help team mates.
- 7) Every player is required to bring a water bottle that can be used without taking the helmet off.
- 8) Every player must bring all lacrosse equipment in a bag and have it organized and out of the way.
- 9) Never take your helmet off for any reason (including water or switching reversible)
- 10) Every player must have a stick that is strung the correct way and that does not have too much whip in it!
- 11) Any player with worn out brownish mesh needs to get new mesh, this directly relates to bad stick work.
- 12) No jewelry (necklaces, earrings, watches, head bands).
- 13) All sticks must have a butt end that is taped on.
- 14) For the 2012 season cleats and heads must be black, white, or Carolina blue.
- 15) All equipment and clothes must fit properly. No sagging sweat pants, under shirts must be tucked in! Socks must be visible above the cleat, must be solid white, NO KNEE HIGHS!
- 16) All players must have a mouthpiece in at all times!
- 17) Have tape with your first name in black sharpie on your helmet!

Any player that is disruptive during practice or does not follow the rules may be dismissed from practice.