



SVLA 2012 Frequently Asked Questions

	High School (Grades 9-12)	Middle School (Grades 7 – 8)	Youth (Grades 1-6)
Practices	<ul style="list-style-type: none"> ➤ Optional practices typically start the last week of February. With optional conditioning sessions typically offered from December into February. ➤ Official practices typically begin the first week of March. ➤ Tryouts for varsity run concurrently during the first official week of practice and typically 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 will be held on four weekday evenings typically -Monday - Thursday. 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 or Linder Field, and as conditions and opportunity dictate, possibly at the HS Stadium or lower grass fields. 	<ul style="list-style-type: none"> ➤ Practice typically begins the first week of March. 1st & 2nd graders will start mid March. ➤ Practices will be held on two weekday evenings, plus Saturdays until games begin. Grades 5 – 6 will have an additional weekday practice. ➤ Weekday practices will run from 5:00 or 5:30 to 7:00 or 7:30 ➤ Practices will primarily be held at Linder Field, and as conditions and opportunity dictate, possibly Haine Field or Graham Park
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 Ohio or 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 game 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 website 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. ➤ Schedule changes will likely occur 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 the PIAA form complete with a physician stating that they are cleared to participate in the sport before they can take the field to practice. ➤ 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 prevented them from participating in that sport, the player is still covered by that physical but section 5 of the PIAA form must be completed. If the player suffered an injury section 6 of the PIAA form is required. ➤ Forms are available on our website. 	<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 athletes receive a medical clearance from a physician to participate in lacrosse, SVLA strongly recommends that all players seek that clearance from their primary care physician. Please ensure that your physician is aware that lacrosse is a 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.





SVLA 2012 Frequently Asked Questions

	High School (Grades 9-12)	Middle School (Grades 7 – 8)	Youth (Grades 1-6)
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. Cost of the helmet for first year HS players is \$72.00 ➤ 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 at current replacement cost. ➤ Players must provide their own equipment ➤ Cleats should be white, black or Carolina blue. ➤ Lacrosse heads should be white, black or Carolina Blue. ➤ Butt end of lacrosse shaft must be taped on. ➤ Mouth guards, in condition to provide suitable protection, are mandatory to be worn at all practices and games. Suitable protection is defined as the mouth guard has substantial material that can provide cushioning for the back, as well as the front teeth. 	<ul style="list-style-type: none"> ➤ Players must provide their own helmet, which should be black, 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. ➤ Cleats should be white, black or Carolina blue. ➤ Lacrosse heads should be white, black or Carolina Blue. ➤ Butt end of lacrosse shaft must be taped on. ➤ Mouth guards, in condition to provide suitable protection, are mandatory to be worn at all practices and games. Suitable protection is defined as the mouth guard has substantial material that can provide cushioning for the back, as well as the front teeth. 	<ul style="list-style-type: none"> ➤ Same as middle school plus rib pads are recommended, but optional ➤ Same as middle school ➤ Families are encouraged to follow the MS color guidelines for cleats, stick and helmet colors when purchasing or upgrading current equipment. ➤ Mouth guards, in condition to provide suitable protection, are mandatory to be worn at all practices and games. Suitable protection is defined as the mouth guard has substantial material that can provide cushioning for the back, as well as the front teeth.
Practice Apparel	<ul style="list-style-type: none"> ➤ All high school players must wear black shorts, a grey or white undershirt and white socks that come above the ankle. Depending on the weather gray sweatpants and sweatshirt will be required. All apparel should fit properly. ➤ An optional HS Practice Gear Package, with SVLA imprints, will be available for sale which meets the new guidelines. 	<ul style="list-style-type: none"> ➤ Same as High School 	<ul style="list-style-type: none"> ➤ While there is no “set” policy for grades 1 – 4 please use good judgment and in general follow the HS guidelines. ➤ Players in grades 5 – 6 should follow the HS guidelines as closely as possible to get ready for the transition to MS.





SVLA 2012 Frequently Asked Questions

	High School (Grades 9-12)	Middle School (Grades 7 – 8)	Youth (Grades 1-6)
Where to buy equipment	<ul style="list-style-type: none"> ➤ Queen City Lacrosse – Bridgeville or online ➤ Dick's Sporting Goods ➤ Online retail outlets 	<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.
Bring practice to	<ul style="list-style-type: none"> ➤ Water/Sports Drink that can be used without removal of helmet ➤ Layers of clothes for during or after practice during cold or wet weather. 	<ul style="list-style-type: none"> ➤ Same ➤ Same 	<ul style="list-style-type: none"> ➤ Same ➤ Same
Where to find info on SVLA	<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
Where to find info on Lax in general	<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>
What about playing in the off season	<ul style="list-style-type: none"> ➤ Travel Teams – Try-out <p> www.lowandaway.com www.pittsburghlax.com www.truelacross.com www.3riverslacrosse.com www.laxburgh.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
How can the family get more involved	<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 Doug Cundiff for more information) 	<ul style="list-style-type: none"> ➤ Same ➤ Same ➤ Same ➤ Same





SVLA 2012 Frequently Asked Questions

	High School (Grades 9-12)	Middle School (Grades 7 – 8)	Youth (Grades 1-6)
Helpful Skills to Develop	<ul style="list-style-type: none"> ➤ 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 	<ul style="list-style-type: none"> ➤ Same 	<ul style="list-style-type: none"> ➤ 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.

Jeff Fyock
sv_lacrosse@yahoo.com
 724-316-5727

