



HUDSON YOUTH LACROSSE

2023 Spring Kickoff

Agenda



HYLAX Introduction and Mission

2023 Spring Programs

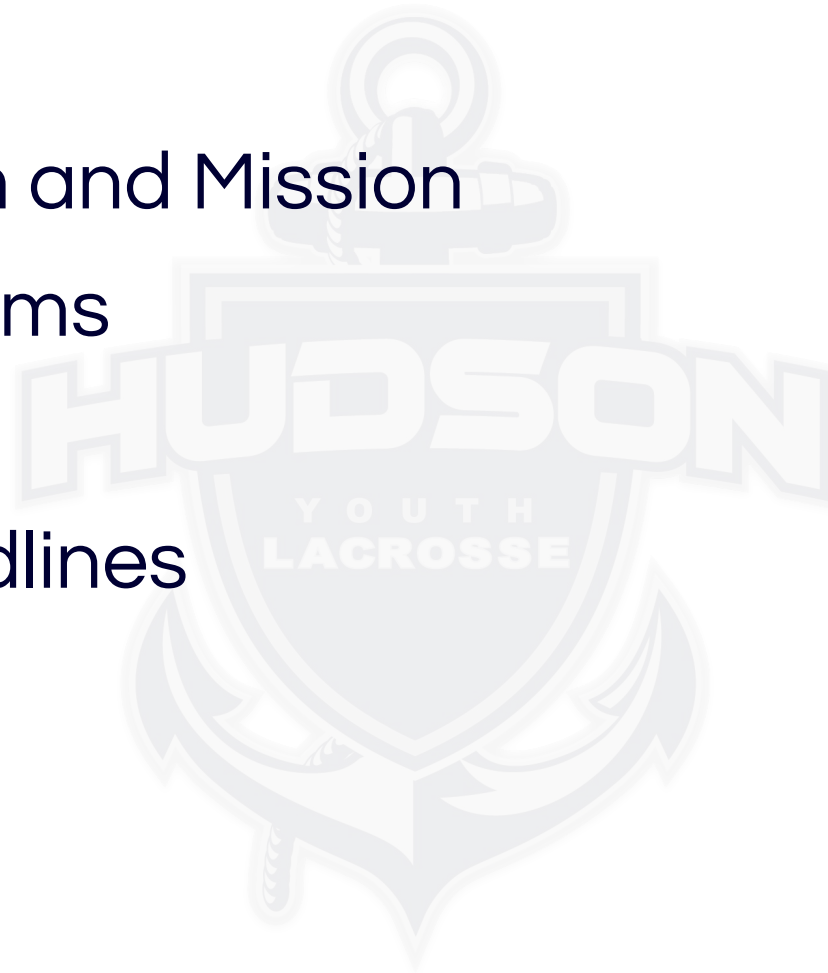
Equipment

Registration & Deadlines

Codes of Conduct

Communications

Volunteering





WHAT IS HYLAX?

**An independent, non-profit, organization
dedicated to the Hudson lacrosse
community.**

HYLAX Board of Directors



Brian Churchwell
President

Jim Kelley
Director

Mac Muirhead
Treasurer

Chris Luker
Director

Megan Cook
Administration

Sean Morris
Director

Dan Jenkins
Scheduling

Alex Schmitt
Operations

Tim Clepper
Community Liaison

Complete contact information for all board members is available at hudsonlax.com

HYLAX MISSION



**Honor the game and
emphasize
sportsmanship**





**Emphasize life lessons
through the game of
lacrosse**

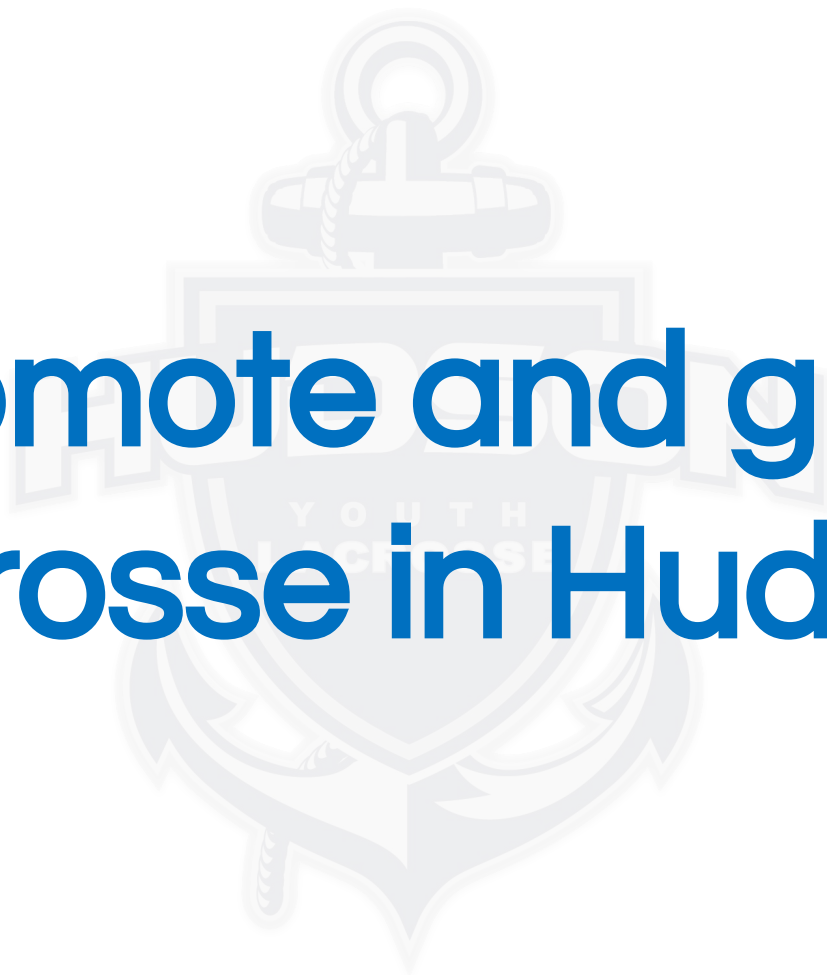


Teach the game of lacrosse





Promote and grow lacrosse in Hudson





**Carry ourselves with Dignity,
Integrity, and Grace (DIG)**

BOYS AND GIRLS PROGRAMS

Boys and Girls - 1st and 2nd Grade



Photo Credit: John Slater / slaterpics.com

- Season Starts **April 3, 2023**
- **FUN**-damentals
- Twice a week practice (Weekday and Weekend)
- Boys Equipment: Helmet, Shoulder Pads, Elbow Pads, Gloves, Mouthguard & Stick
- Girls Equipment: Goggles, Mouthguard & Stick
- Will have 3- 4 games plus Cootie Bowl

Boys and Girls – 3rd and 4th Grade



Photo Credit: John Slater / slaterpics.com

- Season Starts **April 3, 2023**
- Basic skill + strategy
- Introduction of positions
- Intra-squad games
- Schedule of regional games and tournaments (Some weekday)
- Small Ball 7v7 Format - Mixed Teams
- Aims to provide equal playing time with mixed ability teams

Boys and Girls – 3rd and 4th Grade Schedule



- Will practice 3 times per week
- NOLL League **games** will be played on **Fridays** and **Sundays**
- Additional games will be scheduled throughout the week
- Teams will be evenly divided based on number of registrants and parent coaches

Boys and Girls - 5th and 6th Grade



Photo Credit: John Slater / slaterpics.com

- Season Starts **FEBRUARY 5, 2023**
- Fun and Competitive level
- Fundamentals, team play, and positional skills
- Regional games and tournaments
- Introduction of a 'Select' team
- Everyone gets playing time
- Teams formed based on final registration numbers and evaluations led by outside evaluators

Boys and Girls - 5th and 6th Grade Schedule



- **Sunday practices in Feb. and March until spring break.**
- After spring break, practices are 5 days/week with typically 2 games a week.
- NOLL league games on Saturdays and Mondays
- **Tryouts are on March 11, 12, and 19 - If needed**
- **Teams announced Sunday, March 19th**

Boys – 7th and 8th Grade

- Season starts **FEBRUARY 5, 2023**
- Emphasis on strategic team play to serve as foundation for playing at the high school level
- Competitive regional interscholastic play
- Expected to have a 'Select' team and a 'B' team
- Everyone plays, but *playing time is earned*
- Teams formed based on final registration numbers and evaluations led by outside evaluators



Photo Credit: John Slater / slaterpics.com

Boys – 7th and 8th Grade Schedule



- **Sunday practices in Feb. and March until spring break.**
- After spring break, practices are 5 days/week with typically 2 games a week.
- NOLL league games on Saturdays and Mondays
- **Tryouts are on March 11, 12, and 19**
- **Teams announced Sunday, March 19th**
- Both teams will travel to Pittsburgh and a select group will travel to Columbus

Pre-Spring Break Indoor Practices

Boys 5th - 8th, Girls 5th / 6th



- Indoor Practice Locations:
 - EDGE in Twinsburg
 - NC Soccer in Hudson
- Caps Indoor Dates for 7th and 8th Boys -TBD
- Sunday: 2/5, *2/11(Saturday), 2/19, 2/26, 3/5
- Tryouts: 3/11, 3/12, 3/18
- Teams chosen by end of week of 3/19
- Malson field for 7th and 8th boys-M/W/F, 7-9pm, starting 2/20-Weather permitting

Planned Indoor Times



| | 2:30-3 | 3-3:30 | 3:30-4 | 4-4:30 | 4:30-5 | 5-5:30 | 5:30-6 | 6-6:30 | 6:30-7 | 7-7:30 | 7:30-8 | 8-8:30 | 8:30-9 |
|-----------------------------|--|----------|---------------|-----------------------|--------|----------|----------------------|--------|--------|--------|--------|--------|--------|
| 2/5/2023-EDGE | 8th Boys | 7th Boys | 5th/6th Girls | | | 5th Boys | 6th Boys | | | | | | |
| 2/11/2023-EDGE | 8th Boys | 7th Boys | 5th/6th Girls | | | 5th Boys | 6th Boys | | | | | | |
| 2/?/2023-CAPS | | | | | | 7/8 Boys | | | | | | | |
| 2/19/2023-EDGE | 8th Boys | 7th Boys | 5th/6th Girls | | | 5th Boys | 6th Boys | | | | | | |
| 2/?/2023-CAPS | | | | | | 7/8 Boys | | | | | | | |
| 2/26/2003-EDGE | 8th Boys | 7th Boys | 5th/6th Girls | | | 5th Boys | 6th Boys | | | | | | |
| 3/5/2023-EDGE | 7/8 Boys | | | 5/6 Girls | | | 5/6 Boys | | | | | | |
| 3/11/2023-NC Field 4 | 7/8 Boys Evaluations | | | 5/6 Girls Evaluations | | | 5/6 Boys Evaluations | | | | | | |
| 3/12/2023-EDGE | 7/8 Boys Evaluations | | | 5/6 Girls Evaluations | | | 5/6 Boys Evaluations | | | | | | |
| 3/18/2023-NC Field 4 | 7/8 Boys Evaluations | | | 5/6 Girls Evaluations | | | 5/6 Boys Evaluations | | | | | | |
| 3/19-3/24 Malson | Practice for teams-TBD based on weather and availability | | | | | | | | | | | | |
| 3/25/2023 | Spring Break | | | | | | | | | | | | |
| 4/3/2023 | Season starts for ALL HYLAX teams- Games and Practices | | | | | | | | | | | | |

Girls Planned Outdoor Practice Schedule

starting Monday 4/3 (after spring break) - EAST WOODS FIELDS



| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun (All At Malson) |
|-----------------------------------|----------|----------|----------|----------|-----|-----|---------------------------|
| 1 st / 2 nd | | | 6-7:15pm | | | | 1:45-3:00 |
| 3 rd / 4 th | 6-7:30pm | | 6-7:30pm | | | | 12:15-1:45 |
| 5 th / 6 th | 6-7:30pm | 6-7:30pm | 6-7:30pm | 6-7:30pm | | | 3:00-5:00 |



Practice Locations

- Outdoor field access in early April is rare
- Indoor time for younger teams will be reserved at Edge or NC Soccer as it becomes available to HYLAX.
- Additional outdoor practices may be scheduled in parking lots, tennis courts, gyms, or the Middle School wall during this period as well

Hudson Middle School Complex

Spring
2023





-High School Field Layout

-Typically used for Laxfest Only



Why do practice times change?

- **Ohio weather**
- **Field availability from HCER**
 - Even the best laid plans with HCER can be disrupted for school sponsored programs
 - **Sometimes we won't know about field access until 3pm that day**
- Game schedule changes (from other programs)



TOURNAMENTS

Carpools are your friend!

Planned Tournament Schedule



| | Hawken Playday 4/15– 4/16 | LaxFest Hudson 5/6– 5/7 | OMSLA Columbus 5/13-5/14 | Ohio Girls Championship 5/12 & 5/14 |
|-------------|------------------------------|-------------------------------|--------------------------------|---|
| Boys 3/4 | | All Teams | | |
| Boys 5/6 | 5/6 Blue | All Teams | | |
| Boys 7/8 | 7/8 Steel | All Teams | 7/8 Vikings | |
| Girls 3/4 | All Teams | All Teams | | All Teams |
| Girls 5/6 | All Teams | All Teams | | All Teams |

Planned Tournament Schedule (cont.)



| | North Coast Championships 5/19-5/21 | NOLL League Championships 5/27-5/28 | Cranbrook or Ohio Cup 6/4-6/5 |
|-----------|---|---|--|
| Boys 3/4 | All Teams (Friday) | All Teams | |
| Boys 5/6 | 5/6 Blue Only | All Teams | Select Team By Invite Add'l Fee applies |
| Boys 7/8 | 7/8 Steel Only | All Teams | Select Team By Invite Add'l Fee applies |
| Girls 3/4 | | All Teams | |
| Girls 5/6 | | All Teams | Select Team By Invite Add'l Fee applies |



EQUIPMENT

It's not as bad as hockey!!
but it's close...

Equipment - Girls



| Grade | HYLAX Provided | Player Provided |
|-------------------------------------|--|--|
| 1 st and 2 nd | Practice Pinnie (player keeps) | Girls Stick Goggles Mouth Guard Close Fitting Gloves (optional) Headgear (3rd and 4th) Cleats |
| 3 rd and 4 th | Practice Pinnie (player keeps) Reversible Game Jersey and Skirt (will be collected at end of season) | |
| 5 th and 6 th | Practice Pinnie (player keeps) Reversible Game Jersey and Skirt (will be collected at end of season) | |

Girls Headgear

Girls 1-2: Encouraged

Girls 3-4: Required

Girls 5-6: Encouraged

Benefits for our girls:

- added layer of protection/concussion mitigation against stick/ball contact
- feeling safe/confident
- adapt to evolving game

Cost \$159, families pay \$50 with HYLAX subsidizing



Equipment - Boys



| Grade | HYLAX Provided | Player Provided |
|-------------------------------------|---|--|
| 1 st and 2 nd | Practice Pinnie | Helmet Gloves Shoulder Pads Elbow Pads Boys Stick Mouth Guard Athletic Supporter / Cup Cleats Rib pads (optional) |
| 3 rd and 4 th | Practice Pinnie (player keeps) Reversible Game Jersey and Shorts (will be collected at end of season) | |
| 5 th and 6 th | Practice Pinnie (player keeps) Reversible Game Jersey and Shorts (will be collected at end of season) | |
| 7 th and 8 th | Practice Pinnie (player keeps) Reversible Game Jersey and Shorts (will be collected at end of season) | |

Equipment Boys Cont...



- Beginning in January 2022, all field players in boys lacrosse **must wear protection for commotio cordis** that also meets the same **NOCSAE performance standard** and **contain an SEI certification mark.**
- The following manufacturers, Maverik, STX & Warrior, have all rolled out versions of goalie chest protection that meet the new NOCSAE performance standard and all contain an SEI certification mark.
- Cup/Athletic Supporter now mandatory, enforced with team penalty - ***Don't be that guy!***

NOCSAE Shoulder Pads

Maverick example



STX example



Equipment - Where to Get It



Online:

lacrossemonkey.com

lax.com

sportstop.com

universallacrosse.com

Brick and Mortar:

Play It Again Sports- great to get gently used equipment.

Step In Sports- Chagrin Falls. Big selection and experienced staff to help fit your lax player.

Dick's Sporting Goods

Spirit Wear from RDP



- Online store is OPEN. **Store will close on February 27, 2023.**
 - <https://rdpsports.com/product-category/HUDSON-YOUTH-lacrosse-23/>
- Orders will be delivered to HYLAX and distributed to teams as soon as they are available (Around Spring Break)
- This is a source of fundraising for HYLAX!



Uniforms: Grades 3 - 8

Reversible game jerseys and shorts/skirt will be collected at the conclusion of the season.



REGISTRATION

For the love of everything good, please register BEFORE the deadline.

NO LATE FEES
NO LATE REGISTRATIONS

Spring Registration



| | 1/2 | Boys 3/4 | Boys 5/6 | Boys 7/8 | Girls 3/4 | Girls 5/6 |
|---------------------|------------------|----------|------------------|------------------|-----------|------------------|
| Registration Opens | Open Now! | | | | | |
| Registration Closes | Apr 3 | Apr 3 | Feb 5 | Feb 5 | Mar 1 | Feb 5 |
| Season Start Date | Apr 3 | Apr 3 | Feb 5 | Feb 5 | Apr 3 | Feb 5 |
| Evaluations | N/A | N/A | Mar 11, 12, 19 | Mar 11, 12, 19 | N/A | Mar 11, 12, 19 |
| First Team Practice | | | Week of March 19 | Week of March 19 | | Week of March 19 |



IT'S NEVER TOO LATE

Beginners are welcome at all levels!



CODES OF CONDUCT

available on hudsonlax.com

Codes of Conduct

Advance the principles of sportsmanship and fair play

Promote mutual respect among players, coaches, referees, and spectators

Provides behavioral guidance and clear expectations for all participants

DIG



available on hudsonlax.com

Coaches Code of Conduct



- Support the overall mission of HYLAX
- Beginning of each season; review code of conduct, introduce coaches, explain procedures, give team rules, regulations, and schedules.
- Obtain US lacrosse Level 1 certification (Head Coaches required, Assistant Coaches encouraged.)
- Always promote good sportsmanship and fair play and model these behaviors as a coach. – DIG!
- Strive for excellence and ways to improve all players.
- Promote and recognize players having fun, improving, and doing their best.
- Strive for clear and honest communication and fair treatment of all players.
- Care for physical, emotional, and educational welfare of all players.
- Be life-long learners as coaches; attend coaching clinics, required medical seminars, complete required background check.
- Support players' decisions to play other sports in off-seasons.
- Keep Boys/Girls Director informed and evaluate/provide feedback to the Director at the end of the season.
- Support and communicate with Team Managers.

Player Code of Conduct



- Keep a positive attitude at all times, regardless of score or outcomes. – **DIGNITY**
- Obey the rules of the game. - **INTEGRITY**
- Strive to improve as a player and help others improve. – **GRACE**
- Be a leader in everything you do (actions, words, and thoughts)- on and off the field.
- Always be a good sport and realize it's a game – not life and death.
- Respect everyone on the team and within the organization.
- Treat opponents and officials with respect.
- Refrain from taunting.
- Respect your coaches and your parents.
- Follow the proper chain of command to deal with problems or concerns

Parent Code of Conduct



- Support the overall mission of HYLAX
- Attend Parents meeting at start of the season and stay abreast of information via website, emails, and/or texts.
- Establish good conduct and sportsmanship as a fan – DIG.
- Support all players, coaches, team managers, and officials.
- Make sure my son/daughter has all proper equipment, is punctual, and attends practices/games.
- Follow the proper chain of command to deal with problems or concerns
- If needed, set up a meeting to discuss concerns with coach. Do not confront a coach before or after a game/practice. Wait at least 24 hours to make contact.

Proper Chain of Command



Please follow the proper chain of command to deal with problems or concerns:

1. **Athlete – Coach**
2. Athlete/parent – Coach
3. Athlete/parent – Boys/Girls Director
4. Athlete/parent – Board and Board President

Code of Conduct Review



Players Play, Coaches Coach, Parents Watch/Cheer/Encourage

YOUR attitude is contagious

Officials are humans, even the bad ones

This year officials have been encouraged to EJECT unruly parents and coaches

COMMUNICATIONS



<http://hudsonlax.com>

Apple



Android



Communications



- All teams will use HYLAX website (hudsonlax.com) for practice and game scheduling
- Updates will be made by Head Coach/Team Manager
- All changes, additions, cancellations of practices & games will be communicated up to **FOUR WAYS:**
 1. **Web**- @ hudsonlax.com
 2. **Text**- you will receive text notifications of calendar activity if you "opt in"
 3. **Email**- you will receive Email notifications of calendar activity if you "opt in"
 4. **Calendar Updates**- add the calendar feed to your Google Calendar or Apple iCal calendar



Social Media

- **Instagram:** hylax_oh
- **Twitter:** @HudsonYouthLax
- **Facebook:** Hudson Youth Lacrosse

Get more followers - Follow us and we will follow you back!



GET INVOLVED

Do it for the kids!!

Team Volunteers Needed



Team Managers (training included!)

Keep the team organized & where they need to be! Manage team site w/practices, games, tent sign-up, and end-of-season party.

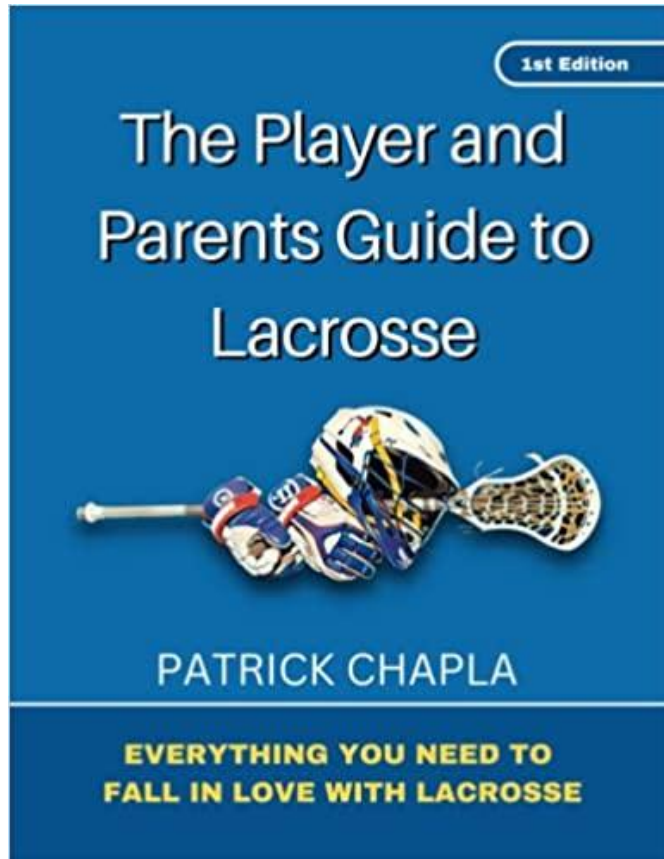
Head/Assistant Coaches

Herd cats, corral kids, keep them engaged and having fun. No lacrosse knowledge necessary! On-the-job training provided.

Score/Time keepers for each game

Work the table to track game time and manage the flip board.

New to the game?



Great Introduction to both the boys and girls games.

-Approx. \$25 on Amazon

Want to help coach?

Level 1 Coaches Clinic this Sunday, Jan 29th
9:00 a.m- 12:00 p.m

Where: HHS Auxiliary Gym

Stay afterwards if you are interested

LaxFest Volunteers Needed



- Primary fundraising source for HYLAX
- Saturday May 6 & Sunday May 7
- More than 20 communities with 120+ teams from Ohio & Pennsylvania registered in 2022
- Several volunteers needed:
 - assistance with: set-up & take-down, parking, referees, field monitors, food, concessions, program, t-shirts, medical, monsoon prevention

GET INVOLVED



For real, pretty please - we need your help.

How to get involved:



| | | |
|---------------------------------------|-----------------------------------|---------------------------------|
| Boys Coaching / Team Managers | Chris Luker | boys@hudsonlax.com |
| Girls Coaching / Team Managers | Jim Kelley Sean Morris | girls@hudsonlax.com |
| Team Manager | Megan Cook | megan.cook@hudsonlax.com |
| LaxFest Committee | VOLUNTEER NEEDED | VOLUNTEER NEEDED |
| HYLAX Board | Brian Churchwell | brian@churchwellfire.com |

Sponsorship



| | Platinum | Gold | Silver | Bronze |
|---|--------------------------------------|--|--------------------|--------------------|
| | \$3000 1 sponsorship Available | \$1000 10 sponsorships Available | \$500 Unlimited | \$250 Unlimited |
| Sponsorship of Official LaxFest T-shirt – company name and logo represented on shirt | X | | | |
| Sponsorship of a field (with signage) at Hudson LaxFest | | X | | |
| Recognition on central sponsorship banner at Hudson Laxfest | X | X | X | |
| Company name/logo and link to website on club website. | X | X | X | X |
| Framed certificate of appreciation | X | X | X | X |



REGISTER NOW!

SPRING TUNE UP LACROSSE CAMP
Boys and Girls: grades 3-8
March 4th and 5th
11am to 1pm
@Hudson High School
\$75.00

Camp Staff: Hudson HS coaches and other surrounding area coaches



LAX SPRING TUNE UP CAMP

Boys and girls are invited to join HHS Boys Lax coaches at Spring Tune Up Camp! Campers will be instructed in the fundamentals of lacrosse that make a well rounded player.

Perfect "tune up" as they prepare for their upcoming spring season.

March 4 & 5
Grades 3-8
9am- 11am
HHS Memorial Field
Fee: \$75



Full lax gear is necessary for this camp.
HCER does not provide equipment.

Scan QR Code to Sign Up
or Visit:
HUDSON.k12.OH.US/hcer

A soccer goal with a red frame and white net stands on a green field. The sky is filled with dramatic, dark blue and grey clouds, with a bright sunburst breaking through in the upper center. In the background, there are green trees and another smaller goal. The overall mood is dramatic and atmospheric.

Questions?

Photo Credit: John Slater / slaterpics.com