



PARENT KICK OFF MEETING 2025

HUDSON YOUTH LACROSSE



Today's Agenda

HYLAX Introduction

Evaluations

Board of Directors

Pre-Season

Mission 2025

Practices

Boys Programs

Registration

Girls Programs

Codes of Conduct

Equipment

Parent Involvement



Hudson Youth Lacrosse

Who are we?

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

BRIAN CHURCHWELL
PRESIDENT

JIM KELLEY
VICE PRESIDENT

RICHIE LIPTON
BOYS DIRECTOR

MATT VOLK
BOYS DIRECTOR

JIM BILLINGS
GIRLS DIRECTOR

SEAN MORRIS
GIRLS DIRECTOR

MEGAN COOK
ADMIN/SOCIAL MEDIA

CANDACE BILTZ
SCHEDULING

VANESSA LOUGHREY
OPERATIONS

STEFANIE KASTELIC
LAXFEST DIRECTOR

MAC MUIRHEAD
TREASURER

BOARD OF DIRECTORS

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

A photograph of a soccer goal on a green artificial turf field. The goal is made of a black net and a red frame. The field has yellow and blue lines. In the background, there are trees and a fence under a cloudy sky at dusk. The text "Character is what you do when no one is watching." is overlaid in white.

**Character is what you do
when no one is watching.**

PAUL RABIL



OUR MISSION

To honor the game of lacrosse by fostering sportsmanship, promoting life lessons, and teaching the skills and values of the sport.

We strive to inspire personal growth, nurture a love for lacrosse, and expand its reach within the Hudson community.



BOYS PROGRAMS

WE OFFER BOYS PROGRAMS FOR FALL
AND SPRING SEASONS

GRADES

1-2

3-4

5-6

7-8



GIRLS PROGRAMS

WE OFFER GIRLS PROGRAMS FOR FALL
AND SPRING SEASONS

GRADES

1-2

3-4

5-6



BOYS

BOYS

1-2



- Season Starts March 31st, 2025
- FUN-damentals
- Twice a week practice (A weekday and Sunday's)
- COOTIE BOWL- ½ Boys vs Girls Game
- Game Possibilities - 2-4, depending on schedules

BOYS

3-4



- Will have a couple pre-season practices in mid Jan - March
- Season starts March 31st, 2025. Basic skill + strategy, Introduction of positions Small Ball Format
- (7v7) Schedule of regional games and tournaments
- Players will be evaluated and split into even teams for the season
- We will participate in the NOLL league. League games will typically be on Fridays

BOYS

5-6



- Some pre-season practices: Jan- Feb - March
- Season Starts March 31st, 2025
- Fun and Competitive level, focusing on fundamentals
- Will evaluate and assign players to A team, B team
- Regional games and tournaments in the NOLL league
- League games will typically be on Mondays

BOYS

7-8



- Some pre-season practices: Jan- Feb - March
- Season officially starts March 31st, 2025
- Emphasis on strategic team play to serve as foundation for high school
- Will evaluate and assign players to A team, B team
- Will play in Competitive Regional games and tournaments in the NOLL league
- League games will typically be on Wednesdays



BOYS Program Changes for 2025

Program Challenges

Some of the most significant challenges over the previous couple seasons can be summarized as the following:

Not enough field space.

Finding sufficient practice space/time for all our teams has been a significant challenge, largely due to lack of indoor field availability as well as grass fields in un-usable conditions throughout April. This problem is exacerbated when we have an increased number of teams per age group.

Not enough officials.

The decrease in available officials, coupled with the significant increase in Northeast Ohio communities that now have lacrosse programs (ie: more demand/need for officials), has resulted in a decrease of available games for our teams. This results in a decrease in available meaningful playing time for our athletes.

Unbalanced growth - many more players as compared to coaches and available games.

As our number of athletes grows, we either increase the number of teams per age group, or increase the number of players on a team's roster, both of which directly impact our most significant constraints (field availability, playing time availability).

Boys Program Changes for 2025

Boys 5th/6th and 7th/8th

After preseason evaluations we will form two (and only two) teams - a Developmental (B) team and a Competitive (A) team at each level (2 teams for 5/6, and 2 teams for 7/8). Additionally, we have added the following question to the registration form to help gauge each athlete's preference:

If our evaluators see your child as being on the 'bubble' of making either the A or B team, would you prefer: The A team, with the possibility of significantly less playing time; or the B team, with likely an opportunity for increased playing time?

Playing Time - In order to provide meaningful playing time opportunities, we will have limited roster capacity for playing time on game day.

- We will **not** have any cuts, nor will we designate anyone as a 'practice player' for the entire season when forming our Competitive and Developmental teams.
- However, in order to provide meaningful playing time opportunities on game days, we will be limiting our target capacity for playing time to ~18 roster spots.
 - For example, if there is a team with 26 players, our expectation is that on game day there will be 8 players that most likely won't be playing in the game.

Boys 3rd/4th

We will continue to split this level into even strength teams for the regular season - and we expect to continue to have three teams. However, we will likely be forming one Competitive team and two Developmental teams for the NOLL playoffs (and possibly also for the Big Dog tournament).



BOYS EQUIPMENT

BOYS EQUIPMENT

Cup/Athletic Supporter now
mandatory, enforced with team
penalty - **Don't be that guy!**

GRADE	HYLAX PROVIDED	PLAYER PROVIDED
BOYS 1/2	Practice Pinnie	Helmet Gloves Shoulder Pads Elbow Pads Boys Stick Mouth Guard Athletic Supporter / Cup Cleats
BOYS 3/4	Practice Pinnie (player keeps) Reversible Game Jersey and Shorts (will be collected at end of season)	SAME AS ABOVE
BOYS 5/6	Practice Pinnie (player keeps) Reversible Game Jersey and Shorts (will be collected at end of season)	SAME AS ABOVE
BOYS 7/8	Practice Pinnie (player keeps) Reversible Game Jersey and Shorts (will be collected at end of season)	SAME AS ABOVE

NOCSAE Shoulder Pads



STX EXAMPLE



MAVERIK EXAMPLE

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.

EQUIPMENT

WHERE TO GET IT

Online:

- lax.com
- sportstop.com
- universallacrosse.com
- lacrossemonkey.com
- Team Store-Close 19th!

[https://lax.itemorder.com](https://lax.itemorder.com/shop/home/)
[/shop/home/?](https://lax.itemorder.com/shop/home/)

Brick and Mortar:

- Play It Again Sports- great to get gently used equipment.
- Dick's Sporting Goods
- Fortis Sports - Chagrin Falls



GIRLS

GIRLS

1-2



- Season Starts March 31st, 2025
- Introduce youngest players to the basics of the sport/fun and non contact environment
- Emphasise on basic skill development
- Fun modified games
- Developing a love for the sport without pressure to compete
- Small field play, soft balls
- Twice a week practice (Weekday and Sundays)
- Cootie Bowl - ½ Girls vs Boys
- Game Possibilities? Will try.

GIRLS

3-4



- Will have a couple pre-season practices in Jan-Feb-March
- Season starts March 31st, 2025
- Basic skill + strategy, introduction of positions
- Small Ball Format (8v8)
- Schedule of regional games and tournaments
- Players will be split into even teams
- We will participate in the NOLL league
League games will typically be on Fridays

GIRLS

5-6



- Some pre-season practices in Jan-Feb-March
- Season Starts March 31st, 2025
- Fun but more competitive level, focusing on applied fundamentals, and learning the game
- **Full Field Play**
- Will evaluate, create teams, and roster players based upon technical (stick skills), tactical (lax iq, decision making on and off ball), coachability (effort, attitude, mental toughness)
- Regional games (Mondays) and tournaments in the NOLL league
- League games will typically be on Mondays



GIRLS EQUIPMENT

GIRLS EQUIPMENT

GRADE	HYLAX PROVIDED	PLAYER PROVIDED
GIRLS 1/2	Practice Pinnie (player keeps)	Girls Stick or Any Stick Goggles Mouth Guard
GIRLS 3/4	Practice Pinnie (player keeps) Reversible Game Jersey and Skirt (will be collected at end of season)	Girls Stick Mouth Guard Close Fitting Gloves (optional) Headgear Required Cleats
GIRLS 5/6	Practice Pinnie (player keeps) Reversible Game Jersey and Skirt (will be collected at end of season)	Same As Above

GIRLS HEADGEAR

- Girls 1-2: Encouraged
- Girls 3-4: Required
- Girls 5-6: Required

BENEFITS:

- Added layer of protection/concussion
- Mitigation against stick/ball contact
- Feeling safe/confident
- Adapt to an evolving game

COST: \$160-\$180 -

- Please order “Carolina Blue” when purchasing

**Keep an eye out for our bulk order later this year.



EVALUATIONS



Evaluation Process

BRIEF OVERVIEW

Evaluations are inherently an imperfect process, but we aim to place our athlete on a team that is the best fit for them, while also navigating the constraints of roster capacity and number of registered athletes.

We will evaluate players and place them on either an 'A' team, 'B' team, and/or the best place for their individual development.

Evaluations will occur prior to spring break, and we will do our best to have team assignments determined prior to the end of spring break.

Evaluators could include some combination of the following:
Coaches that are familiar with the athletes (yes, including parent coaches), current and/or former coaches not currently involved at the age level, high level high school coaches, and possibly former players.

Evaluation Process

OBJECTIVES

We have outlined the following objectives for how we want to form our teams:

- Provide as much meaningful playing experience as possible
- Create teams that are competitively balanced in comparison to our opponents ie: we don't want to completely over-match our opponents, nor do we want to be drastically over-matched - particularly at the B level
- Allow athletes that are earlier in their developmental roadmap an opportunity to learn from more experienced teammates
- Allow athletes that are farther along in their developmental roadmap an opportunity to play leadership role and help other athletes grow in their development

.



PRE-SEASON

PRE-SEASON- Boys and Girls

PLEASE NOTE

- We understand there is overlap with other sports/activities during this time - attend what you can and don't worry if you have to miss.
- Any changes to practice times / locations will be made in the LeagueApps system - use the info in these slides for planning, but please verify in the app as the dates get closer.
- Indoor Season - Cheesemakers Arena
 - 8186 Highland Pointe Pkwy, Macedonia Ohio. 44056

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Pre-Season Practice (Girls)

at Cheesemakers Macedonia

GIRLS 3/4	<u>JAN 26TH - FEB 16TH</u> 2:30 - 3:30 PM <u>MARCH 16TH</u> TBD
GIRLS 5/6	<u>JAN 26TH - FEB 16TH</u> 5TH - 3:30 - 4:30 PM 6TH - 4:30 - 5:30 PM <u>MARCH 16TH -</u> TBD
EVALUATIONS	<u>MARCH 2ND</u> 3:00 - 5:00 PM

Pre-Season Practice (Boys)

at Cheesemakers Macedonia

BOYS 3/4	<u>JAN 19TH--FEB 2ND – FEB 23RD –MARCH 9TH</u> 2:30-3:30 PM
BOYS 5/6	<u>JAN 19TH--FEB 2ND – FEB 23RD –MARCH 9TH</u> 3:30-5:00 PM
BOYS 7/8	<u>JAN 19TH--FEB 2ND – FEB 23RD –MARCH 9TH</u> 5:00-6:30 PM <u>JAN 26TH– FEB 16TH – MARCH 2ND</u> 5:30-6:30 PM <u>MARCH 16TH</u> TBD

We will likely be adding some outdoor time pending weather, which could create changes to this planned schedule.

** please check LeagueApps for latest up-to-date practice/game info



PRACTICES

GIRLS OUTDOOR PRACTICE SCHEDULE

Starting Monday March 31st (after spring break) -
East Woods Fields

GIRLS 1/2	<u>2 Days a Week</u> 1 Weekday Sunday
GIRLS 3/4	<u>3 Days Per Week</u> 2 Week Days Sunday
GIRLS 5/6	<u>4 Days Per Week</u> 3 Week Days Sunday

BOYS OUTDOOR PRACTICE SCHEDULE

Starting Monday March 31st (after spring break)

East Woods Fields

BOYS 1/2	<u>2 Days a Week</u> 1 Weekday Sunday
BOYS 3/4	<u>3 Days Per Week</u> 2 Week Days
BOYS 5/6	<u>4 Days Per Week</u> 3-4 Week Days
BOYS 7/8	<u>5 Days Per Week Min</u> 5 Week Days

PRACTICE LOCATIONS

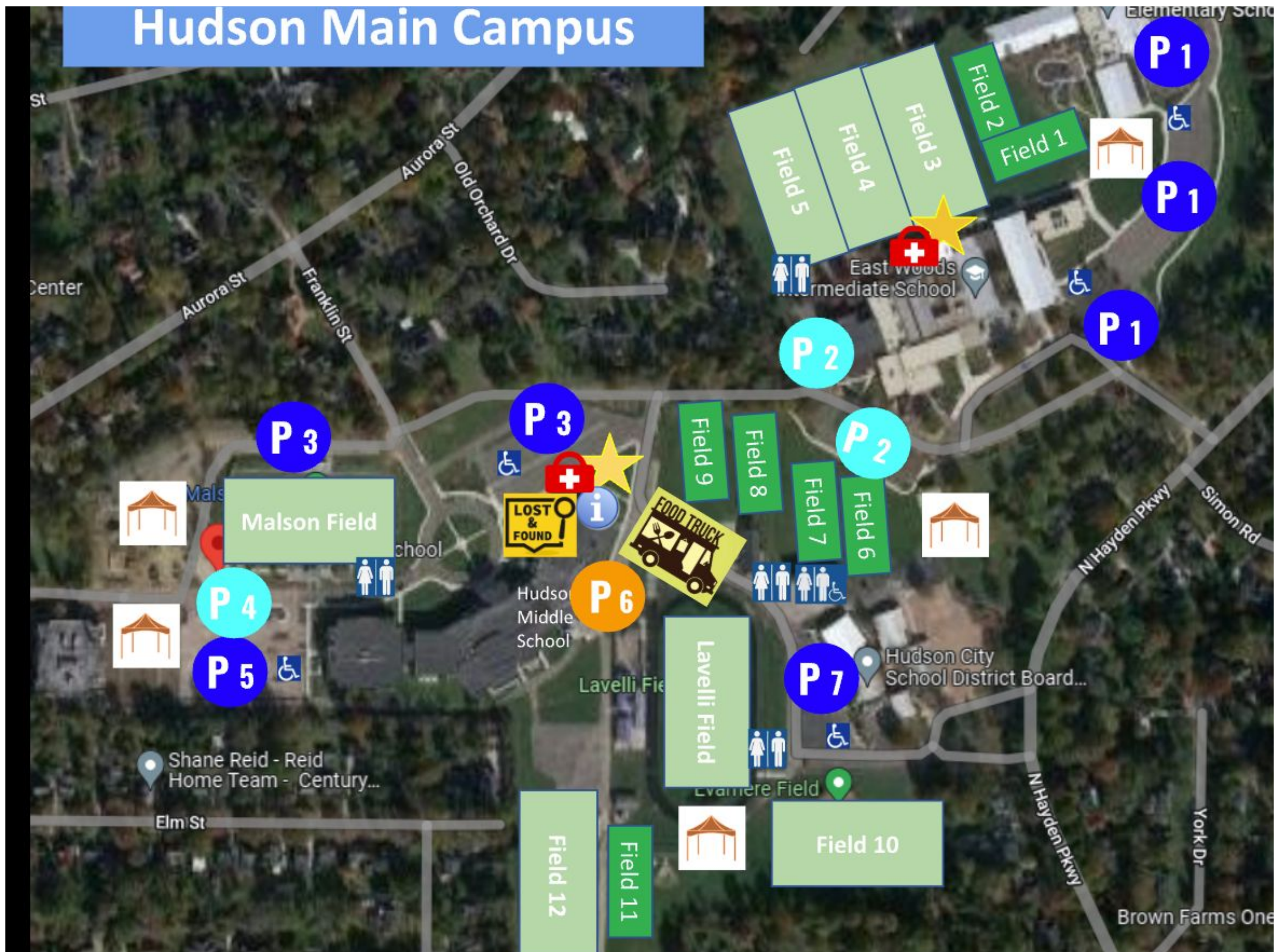
SUBJECT TO CHANGE

- Outdoor field access in early April is hit or miss due to field conditions.
- We will have winter practices at Cheesemakers, but will also supplement at...
 - Edge
 - NC Soccer
 - CheeseMakers
- Additional outdoor practices may be scheduled in parking lots, tennis courts, gyms, or the Middle School wall during this period as well.

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

Hudson Main Campus



Hudson High School Campus



- High School Field Layout
- Typically used for Laxfest



TOURNAMENTS

Planned Tournament Schedule

GIRLS 3/4	SPRING SHOWDOWN (HAWKEN) LAXFEST OHIO GIRLS CHAMP NOLL TOURNAMENT	BOYS 3/4	MELTDOWN MADNESS LAXFEST NORTHCOAST NOLL TOURNAMENT
GIRLS 5/6	SPRING SHOWDOWN (HAWKEN) LAXFEST OHIO GIRLS CHAMP NOLL TOURNAMENT	BOYS 5/6	MELTDOWN MADNESS LAXFEST NORTHCOAST NOLL TOURNAMENT *DUBLIN PLAY DAY (Potentially)
		BOYS 7/8	MELTDOWN MADNESS LAXFEST OMSLA NORTHCOAST NOLL TOURNAMENT *DUBLIN PLAY DAY (Potentially)

Planned Tournament Schedule

DETAILS FOR 2025

APRIL DATE	4/26-4/27	5/3-5/4	5/10-5/11	5/9-5/11	5/16-5/18	5/24-5/25
SPRING SHOW DOWN	MELTDOWN MADNESS	LAXFEST	OMSLA	OHIO GIRLS CHAMPIONSHIP	NORTH COAST CHAMPIONSHIP	NOLL CHAMPIONSHIP
HAWKEN SCHOOL	SANDUSKY SPORTS PARK	HUDSON SCHOOLS	MIDDLE SCHOOL BOYS CHAMPIONSHIP IN COLUMBUS (DUBLIN)	HALL OF FAME CANTON	HALL OF FAME CANTON	BOYS AND GIRLS TOURNAMENT LOCATION TBD
GIRLS 3/4 ON April 27th 5/6 ON April 27th	BOYS 3/4 ON 4/26 5/6 ON 4/26 7/8 ON 4/27	5/6 ALL on 5/3 3/4 GIRLS 5/3 7/8 ALL 5/4 3/4 BOYS 5/4	VIKINGS ON 5/10 AND 5/11	GIRLS 3/4 ON 5/9 5/6 ON 5/11	BOYS TOURNAMENT IN CANTON 3/4 ON 5/16 5/6 ON 5/17 7/8 ON 5/18	GIRLS AND BOYS DATES TBD



UNIFORMS

UNIFORMS

BOYS 7/8	WILL BE GETTING NEW UNIFORMS FOR SPRING 2025
BOYS 3/4 AND 5/6	CURRENT UNIFORMS
GIRLS	CURRENT UNIFORMS
FUTURE FOR ALL TEAMS	WE WILL BE MOVING TO A TEAM STORE IN TWO YEARS. MORE INFORMATION TO COME.



SPIRITWEAR

**GET YOUR GEAR FOR THE
SEASON!**

**This is a source of
fundraising for HYLAX!**



RDP FOR SPIRITWEAR

Online store opening Late January
2025 (email will be sent out)

LAX.COM

LAX.COM

New Website for Gear and
eventually uniforms



LAXFEST SHIRT- 2025

Will be available for pre-sale in March



REGISTRATION

DATES - BOYS

REGISTRATION OPENS	December 15th
REGISTRATION CLOSES	1 / 2 's - April 11th 3 / 4 - 5 / 6 - 7 / 8 - January 17th
PRE-SEASON STARTS	January 19th - This Sunday
EVALUATIONS	February and March during Indoor
FIRST PRACTICE	Monday, March 31st (After Spring Break)

DATES - GIRLS

REGISTRATION OPENS	December 15th
REGISTRATION CLOSES	1 / 2 's - April 11th 3 / 4 - 5 / 6 - 7 / 8 - January 17th
SEASON STARTS	January 19th - This Sunday
EVALUATIONS	March 2nd
FIRST PRACTICE	Monday, March 31st (After Spring Break)

REGISTRATION



FOR THE LOVE OF EVERYTHING GOOD!

PLEASE REGISTER BEFORE JANUARY 17th

REGISTRATION DATES

LEAGUE APPS



INVOLVEMENT

GET INVLOVED

DO IT FOR THE KIDS!



TEAM MANAGERS

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.



SCOREKEEPERS

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



LAXFEST

Be a scorekeeper, field monitor, sell concessions! We need your help to LaxFest be the best tournament in the spring!



WE NEED YOU! LAXFEST VOLUNTEERS

- Primary fundraising source for HYLAX
- Over 140+ teams from all over Ohio and Pennsylvania
- NEED LaxFest Committee Members
- NEED volunteer assistance with:
 - set-up & take-down,
 - parking
 - referees
 - field monitors
 - concessions
 - highschool refs

CODE OF CONDUCT

ITS JUST YOUTH LACROSSE!

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

Officials are humans, even the bad ones.

- 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



CODE OF CONDUCT- COACHES

- 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)
- Always promote good sportsmanship and fair play and model these behaviors as a coach.
- Strive for excellence
- Promote players for doing good
- 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.

CODE OF CONDUCT- PLAYERS

- 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

CODE OF CONDUCT- PARENTS

- 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.
- Wait at least 24 hours

Chain of Command

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

CHAIN OF COMMAND
ATHLETE TO COACH
ATHLETE/PARENT TO COACH
ATHLETE/PARENT- BOYS/GIRLS DIRECTOR
ATHLETE/PARENT- BOARD/ BOARD PRESIDENT

CONTACT US. WWW.HUDSONLAX.COM



FACEBOOK

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INSTAGRAM

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LEAGUE APPS APP



APPLE



ANDROID

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