

**PENGUINS**



**LACROSSE**

**Spring 2019**

Parent Overview

**Penguins Boys Youth Lacrosse**

# Penguin's Leadership

- President – Chris Wienke
- Treasurer – Ken Kiesler
- Coaching & Player Development – Mike Pastore
- Division Coordinators
  - Mini – TBD
  - Junior – Chris Gantz
  - Minor – Jeff Franzen
  - Major – Mike Pastore
- Field and Equipment – TBD

# Who are the Penguins?

- Created as a not-for-profit organization to promote the growth of lacrosse in 2012.
  - The PBYL (Penguins Boys Youth Lacrosse), as stated in it's Mission, promotes the growth of the game of lacrosse throughout the NW Suburbs by providing leadership, guidance, training, and structure to anyone interested in playing lacrosse.
- Designed to be a program that is community based.
  - Volunteers run the program
- Palatine park district affiliate with partnership with Buffalo Grove park district.
- A member of the IBLA (iblax.org)
  - An association for Chicagoland teams
  - 30 teams across the Chicagoland
  - The Penguins are one of the biggest group
  - A, B and C divisions (Travel to brand new)
- [www.penguinslax.com](http://www.penguinslax.com)

# What do the Penguins offer?

- Lacrosse season from April through June
- 8 to 12 Games with other teams in the area
  - Games on Saturdays and Sundays
- End of the season tournament (June 8<sup>th</sup> and 9<sup>th</sup>)
- Certified Officials at every game
- Working towards more competitive teams
  - Tournaments, additional scrimmages
  - Experienced coaches to help with practice plans and overall player and coach development.
  - Coaching clinics
- Summer and Winter Tournaments
- Off season clinics

# 2018 Penguins

- 176 Kids (Similar for 2019)
- 2 Mini, 2 Junior, 3 Minor and 3 Major teams
- Practices at Falcon, Sycamore, Cardinal, Twin Lakes Field (New for 2019) on T/Th (exact times and locations to be worked on)
- Home Games at Harper College
  - First potential game on April 13<sup>th</sup> and April 14<sup>th</sup>

# 2019 Penguins

- Mini (House)
  - 2 teams, 22 players
  - 1st/2nd Grade
  - 7 v 7 Game play (2, 2, 2 & Goalie)
  - Great opportunity to start as an assistant coach.
    - Learn the game with your child.
  - New to the IBLA for 2017
- Junior
  - 2 team, 40 players
  - 1 A and 1 C team.
  - 3rd/4th Grade
  - 10 v 10 and No Long Poles, Sticks can be between 38 - 42 inches.

# 2018 Penguins

- Minor
  - 3 teams, 60 players
  - 1 A, 1 B and 1 C team
  - 5th/6th Grade
  - 10 v 10 and Full length Long sticks allowed
- Major
  - 3 teams, 60 players
  - 1 A, 1 B and C team
  - 7th/8th Grade
  - 10 v 10 and Full length Long sticks allowed

# What is the League Doing to Keep Our Children Safe?

- Lacrosse is a contact sport with a very progressive approach to concussions
  - **“Checks To The Head/Neck** - There has been a growing awareness in the medical and lacrosse communities of the potentially harmful long-term effects of concussions and other head injuries, including those caused by repeated blows to the head that may not result in immediate concussions. In light of this the rules have been revised to further discourage such contact and provide more guidance on when more severe penalties are appropriate. Officials are encouraged to call such violations strictly, including multiple minute penalties or ejections as warranted. Coaches are encouraged to coach players to avoid delivering such checks, and to support the officials when they call such penalties. All participants must work together to reduce or eliminate such dangerous contact from the game.” ---NWCYLF website
- Limited to three steps before contact

# Lacrosse Field Positions

- **Attack**

- The attackman's responsibility is to score goals. The attackman generally restricts his play to the offensive end of the field. A good attackman demonstrates excellent stick work with both hands and has quick feet to maneuver around the goal. Each team should have three attackmen on the field.

- **Midfield**

- The midfielder's responsibility is to cover the entire field, playing both offense and defense. The midfielder is a key to the transition game, and is often called upon to clear the ball from defense to offense. A good midfielder demonstrates good stick work including throwing, catching and scooping. Speed and stamina are essential. Each team should have three\* midfielders on the field.

# Lacrosse Field Positions Cont.

- **Defense**
  - The defenseman's responsibility is to defend the goal. The defenseman generally restricts his play to the defensive end of the field. A good defenseman should be able to react quickly in game situations. Agility and aggressiveness are necessary, but great stick work is not essential to be effective. Each team should have three defensemen on the field.
- **Goalie**
  - The goalie's responsibilities is to protect the goal.

# Playing Time

- 18-21 optimal team size
- Play multiple positions, particularly for new and younger players. Start to specialize once you know the game.
  - We can't all be Goalie or Attack
  - Most players will play some Midfield
- The goal is to have every player on the field for approximately the same amount of time.
- Playing time varies by game
- Playing time varies by position
  - Midfield is always involved in play of the ball
  - Attack and Defense on the field more but often not involved in play of the ball

# What do I need to get started?

## Helmet

\$90.00-150.00

**MUST BE NOCSAE Certified for Lacrosse**  
National Operating Committee on  
Standards for Athletic Equipment

## Helmet Size Chart

Head Circumference Size

21 1/4" XS

21 1/2" - 22 3/8" S

22 3/4" - 23 5/8" M

23 3/4" - 24 1/4" L

24 3/8" XL

## Shoulder Pad's

\$40.00-100.00

## Arm Pads

\$20.00-70.00

## Rib pads

*optional*

\$30.00-50.00

## Gloves

\$35.00-105.00

*hockey gloves won't do.*

*They don't flex in the right places.*

## Stick

\$20.00-200.00

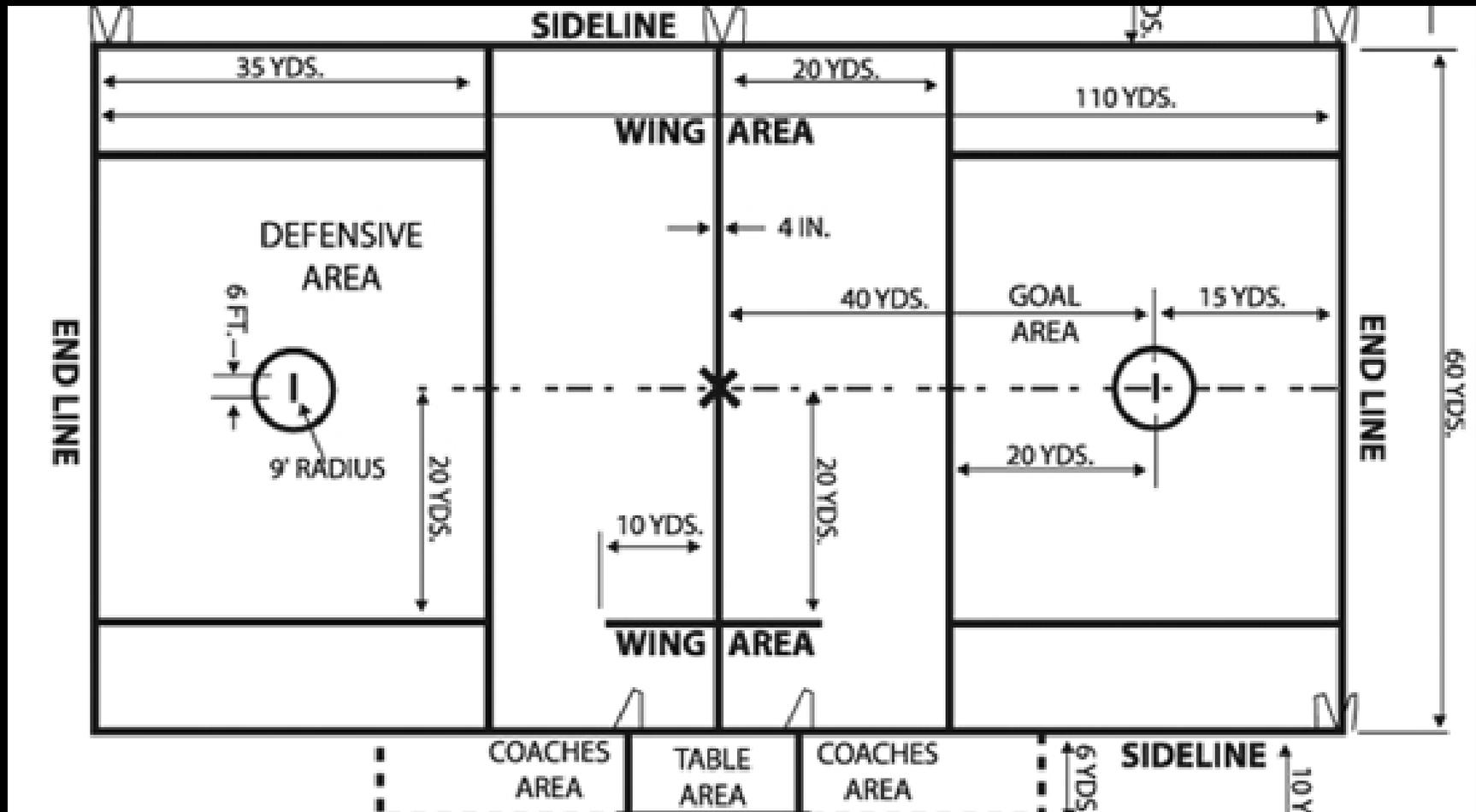
*( mesh is recommended for beginners)*



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## Boys Equipment

# The Field



# How Can I Get Involved?

- The Penguins focus on community involvement. This means the whole family!
- Coaching Opportunities
  - You can coach even if you have never played!
  - Assistant coaches are key
  - Coaching Clinics are provided
  - Great time to get involved is at the Mini and Junior levels.
- Team coordinators
- Help with Drills
- Score keepers and Clock managers

# What is next?

- Equipment
  - Purchase at Stores, online, Play it again sports.
  - Rent at True Lacrosse
- Precombine Sessions – Spring break
- Start of Session – April 2nd
- First games – April 7<sup>th</sup> and 8<sup>th</sup>
- Uniforms – Will get a Practice Penny and Game uniform

GO Penguins!

# Bill of Rights for young Lacrosse Players

1. Every young lacrosse player has the right to participate in the sport of lacrosse
2. Every young lacrosse player has the right to play in every game, regardless of physical ability or the relative importance of the game.
3. Every young lacrosse has the right to play as a child, and be treated on a level appropriate with the emotional and physical ability of the players age.
4. Every young lacrosse player has the right to participate in a safe and healthy environment, and have access to proper medical treatment.
5. Every young lacrosse player has the right to be taught the fundamentals of lacrosse by qualified leadership

# Bill of Rights for young Lacrosse Players

6. Every young lacrosse player has the right to have a coach who is more concerned with fun, social interaction and skill development than winning.
7. Every young lacrosse player has the right to have a coach who is supportive and patient, who takes the time to work with each player, and who allows players to make mistakes.
8. Every young lacrosse player has the right to be treated with respect and dignity by coaches and other players.
9. Every young lacrosse player has the right to report to the coach any physical pain or emotional concerns without fear of rejection or ridicule
10. Every young lacrosse player has the right to have fun.

# Parent Role

**You**, the parent, are equally as important to your child's positive lacrosse experience as the coach of the team. In order for your child to get the most out of playing lacrosse, it is important that you do the following:

1. Be supportive of your child by giving encouragement and showing an interest in his or her team. Positive reinforcement encourages learning and fun. Research has shown that a ratio of five positive statements (compliments, positive recognition) for each negative statement (criticisms, corrections) is ideal for helping young athletes do their best. Try to maintain a 5:1 ratio in your comments to your child.
2. Attend games whenever possible. If you cannot attend, ask about your child's experience, not whether the team won or lost. Some questions that you might ask before asking about the final score include: "Did you try as hard as you could? Did you have fun? Did you learn anything today that might make you a better player in the future?"
3. Be a positive role model by displaying good sportsmanship at all times to coaches, officials, opponents and your child's teammates. "Honoring the Game" is an important part of what US Lacrosse represents. Help us by honoring the game in your behavior as a spectator.
4. Let your child set his own goals and play the game for himself, herself. Be your child's "home court advantage" by giving him or her your unconditional support regardless of how well he or she performs.

# Parent Role

5. Let the coach coach. Refrain from giving your child advice when he or she is playing. Use positive reinforcement with your child's coach. Let the coach know when he or she is doing a good job.
6. Respect the decisions of the referee or umpire. This is an important part of honoring the game. Your child will pay more attention to how you act than to what you say.
7. Read the rulebook. A full understanding of the rules will help you enjoy the game and educate others.
8. Get to know who is in charge. Meet with the leadership of the program, whether it's school sponsored or recreational, to discuss topics such as cost, practice and game scheduling, insurance coverage, emergency procedures, etc.
9. Get involved! A great way to support your child's lacrosse experience is by becoming a volunteer for the program. Some of the ways you can get involved: keep the scorebook, run the clock, line the fields, manage equipment, chaperone trips, raise funds, organize clinics and team social events, update the team web site, photograph players and organize carpooling.
10. Sit back and enjoy the game. Remember, lacrosse is played for FUN.

# Parent Role

Continued...

- A great way to support your child's lacrosse experience is by becoming a volunteer for the Penguins program. Its best to get started when your child first signs up for lacrosse, so that you both can start together.
- We almost always need help with the following:
  - Manage equipment
  - Organize booster club and activities
  - Organize off season player clinics
  - Organize tournament schedules

# The Role of the Coach

US Lacrosse and the Penguins Lacrosse Program wants all players to enjoy their experience with the sport of lacrosse and to learn positive character lessons that will help them in every aspect of their life. Coaches are expected to embody the principles of the Positive Coaching Alliance, including the following:

1. A Positive Coach is a positive motivator and refuses to motivate through fear, intimidation or shame. He establishes order and discipline in a positive manner.
2. A Positive Coach works to remain positive even through losing streaks. She recognizes that it is often when things go wrong that a coach can have the most positive impact and teach the most important lessons. Regardless of the adversity involved, she refuses to demean herself or her players by resorting to fear, intimidation or shame. She always treats athletes with respect regardless of how well they perform.

## Role of the Coach cont...

3. A Positive Coach coaches for mastery rather than victory, which he sees as a by-product of the pursuit of excellence. He focuses on effort rather than outcome, learning rather than comparison to others.
4. A Positive Coach recognizes that mistakes are an important and inevitable part of learning and encourages an environment in which players are willing to risk making a mistake.
5. A Positive Coach sets standards of continuous learning and improvement for herself and her players. She encourages and inspires her players, whatever their level of mastery, to strive to get better without threatening them. She is committed to becoming the best coach she can be and continually seeks to improve her own effectiveness.
6. A Positive Coach "Honors the Game." He feels an obligation to the sport he coaches. He loves his sport and shares his love and enjoyment with his players. He feels privileged to be able to take part in his sport.

## Role of the Coach cont..

7. A Positive Coach respects her opponents, recognizing that a worthy opponent will push her and her team to do their best.
8. A Positive Coach understands the important role that officials play and strives to show them respect even when he disagrees with their decisions.
9. A Positive Coach values the rich tradition of her sport and works to honor the spirit as well as the letter of its rules.
10. A Positive Coach demonstrates personal integrity and would rather lose than win by dishonoring the game.