

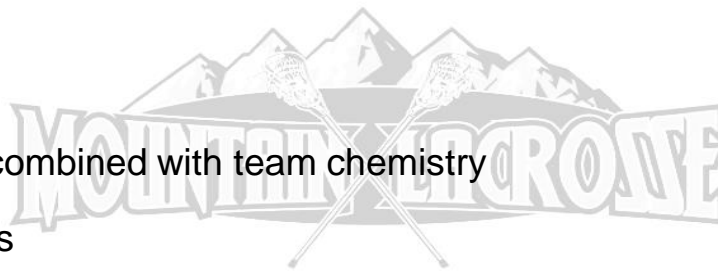
Mountain Lacrosse



New Parent Meeting
Spring 2020

Lacrosse ?

- Combination of Basketball, Hockey, and Soccer.
- Fast paced with lots of player involvement.
 - Boys 1st Grade: 7v7
 - Girls 1st-3rd Grade: 7v7
 - Older Boys: 10v10
 - Older Girls: 12v12
- Individual achievement combined with team chemistry
 - Individual stick skills
 - Team skills
- Lacrosse culture is unique
 - Sticks
 - Equipment
 - Uniforms
- Bottom Line: Kids love this game.....and their parents love to watch it



MLAX Principals

- Mountain Lacrosse is a recreational league where kids get the opportunity to learn and play lacrosse.
- Fun, learn fundamentals, win some games
- Focus on DEVELOPMENT, not the outcome....outcome will take care of itself
- Equal coaching/reps/playtime for ALL players – regardless of skill level
- Small Team Sizes – Great for player development (but comes with Team Responsibility)
- Open & Transparent about EVERYTHING
- Quality of experience is our main goal!
- 280 Boys/100 Girls, 65 Coaches, 12 Board Members, 1000 Parents!

MLAX Structure & Board of Directors

- We are all PARENTS!
 - We all have regular JOBS!
 - We do this as a way to give back to the COMMUNITY!
 - We are not for profit but for FUN!
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- Pat Fairbanks: President
 - Kirsten Hollander: Co-Director of Girls Program
 - Lynn Marie Baxter: Co-Director for Girls Program & Girls Coach
 - Gray Behrhorst: Boys Coach
 - Jeff Fairbanks: Boys Coach
 - Victoria Hutchen: Girls Coach
 - Jimmy McKinnon: Boys
 - Chris Dries: Former President
 - Kevin Krum: Co-Founder/Formal President
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- Krista Emrich: MLAX League Administrator
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- Plus 60+ coaches!!!



Colorado Lacrosse Landscape

- Sport has exploded over last 5-7 years.
- Colorado Youth Leagues (AYL, CYLA):
 - MLAX plays in AYL for both boys and girls.
 - Other youth organizations: Storm, Boulder, Bandits, DLC, Parker, upwards of 30-35 organizations across the state.
- Mammoth & Outlaws:
 - Only city with 2 professional lacrosse teams
 - Both have won national championships
- Denver Lacrosse (DU):
 - Hired Bill Tierney from Princeton 5 years ago.
 - Won NCAA Championship in 2015.
 - Perennial Final Four contender.
- Girls Teams: DU Women, CU Women
- Youth Club Teams:
 - DU Elite
 - 3D Lacrosse
 - True
 - New ones pop up every season

MLAX Coaches

- All coaches are volunteers – ie, they are Moms & Dads
- MLAX provides training, resources, and guidelines for team practices, games, player rotation, and disciplinary issues.
- US Lacrosse training, PCA training, concussion training, coaching clinics, backgrounds checks
- 3D Lacrosse Coach Certification Program



MLAX Season Schedule

- Spring:
 - Registration closes Jan 31st.
 - Teams formed and practices begin late Feb/early March
 - Season goes through end of May
- Summer:
 - Summer tournaments – depending on team
 - Club Teams
- Fall:
 - Modified Fall Season & Fall Tournaments
 - K4 Clinic, Fall Tournaments
- Winter: You're on your own!



Boys Equipment

- Equipment

- Stick
- Helmet
- Gloves & Shoulder Pads
- Mouthpiece
- Cup – need to have it
- Uniforms – reversible jersey with shorts



- New Equipment

- Lacrosse Unlimited
- Monkey Lacrosse
- Players Bench

- Used Equipment

- Replays

Girls Equipment

- Stick
 - Length: 35 ½” to 43 ¼”
 - Pocket: top of the ball remains above the wall of the crosse
- Goggles
- Mouthpiece
- Optional - gloves and head gear (Face masks/hard helmets aren't allowed)
- No jewelry at practices or games!
- Come to practice with equipment on and properly fitted!!!



Practice

- Outdoor: 2-3x per week – Stagecoach, Bergen Valley, EMS or Marshdale
- Indoor: Golden Goal down the hill
- Cancellation emails by 2pm day of practice (40 degrees with no wind & sunny)
- During March, can be very chaotic due to weather.

Games

- Games
 - First Games
 - Girls start March 14th
 - Boys start March 14th
 - Games every Saturday and potentially on Sunday
 - Season goes through end of May
- Games 50% in Evergreen; 50% down the hill; could be as far away as **Ft Collins** or **Colorado Springs**
- Expect to win 50%/lose 50%
- **PLEASE COMMUNICATE WITH COACH IF YOU CAN'T MAKE A GAME !!!**

End of Season Tournaments

- MLAX teams will all compete in the AYL playoffs and championships.
 - May 9/10th Playoff games
 - May 16/17 Championship at DU Stadium
- Individual teams may compete in additional tournaments and their discretion.
- Summer Teams
 - MLAX, DU, 3D, True, Doco, Boomtown, Team 180 etc.



Team Formation

- Hardest issue for the Board & Coaches
- VERY dependent on registration numbers per age group
- U7/U8/U9: School/Friends Based
 - Special process incorporating schools, friends, car pools, astrological signs, favorite comic book hero's, type of pet, etc., etc...
- U10/U11: Blind Draft depending on # of teams
 - Returning players default to previous team; can elect for blind draft
 - Blind draft for new players
 - MLAX may make any changes if in best interest of players, team, or league
- U12-U15: Player Assessment (depending on grade)
 - Similar skilled players
 - Dependent on player numbers and Coaching resources

Player & Parent Conduct

- Positive Parents = Positive Experience
- Parents AND Coaches – MLAX Code of Conduct
- Referees
 - Lacrosse has many subjective penalties (contact, slash, etc)
 - Most referees are teenagers or young college kids



Top Things to Remember

- MLAX is a POSITIVE recreational organization focused on fun, player development, and play time.
- Transformation through the season will surprise you!!!
- Most everyone is a volunteer. Your support of those volunteers keeps the organization running!
- Code of Conduct is taken seriously
- Parents are key to everything!
Positive parents = Positive Experience

Q/A

Krista Emrich - MLAX League Administrator

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Pat Fairbanks – President

Kirsten Hollander – Co-Director of Girls Program

Lynn Marie Baxter – Co-Director of Girls Program

All Questions: info@mountainlax.com and your question will get directed to the correct person

Website: www.mountainlax.com