

Headwaters Lacrosse

5th/6th Girls

Season Dates: Feb. 28-June 12

Philosophy: All skill levels are welcome with a concentration on improving skills, building confidence on and off the field, instilling the importance of team, integrity and community, and nurturing a passion for the game as a competitive MYLA program.

The 24-Hour Rule: Concerns with playing time or any emotionally charged topic will not be discussed with a Coach within 24 hours of a game. Furthermore, at this age we expect that the player will address any concerns about playing time with the coach instead of the parent. Coaching Director/Program Director/President will be informed and potentially brought in for any conversations.

Format: 6v6 for MYLA, 12v12 for non-MYLA games

teams: 2 for MYLA, 1 for non-MYLA games

Coaches: Head Coach: Steph Hudock, stephhudock@gmail.com, Asst. Coach: Lexy Emeny

PRELIMINARY GAME SCHEDULE

PLEASE ALWAYS REFER TO YOUR SPORTS ENGINE APP FOR ACCURATE & UPDATED GAME SCHEDULES

4/8	Billings	MYLA
4/15	Helena	MYLA
4/22-23	Kalispell NW Lax Jamboree	
4/29-4/30	Missoula Jamboree MYLA	
5/6	Bozeman MYLA	
5/13	Driggs	
5/20	BYE	
5/27	Off Memorial Weekend	
6/3-4	Spokane Lax Fest *	
6/10-11	Bozeman Headwaters Classic Jamboree	

*Originally, we had planned to play in the Jackson Rad Spencer Tournament over Memorial Day weekend but now, we will have this weekend off...Now that we will not be playing Memorial Day weekend, we wanted to offer up to the 5/6 + 7/8 players to participate in the Spokane Lax Fest, June 2-4. In order to go to Lax Fest, we will need a min of 16 players at both the 5/6 + 7/8 teams to sign up. If your players are interested, please fill out their information in the google doc link below. Even if you already clicked yes to participate during registration, please also enter your player's name in the doc so we have the numbers all in one place. Once we have all the sign-ups, we will send out information about how to handle the additional registration fee of \$50 per player.

https://docs.google.com/spreadsheets/d/1cDJuQitnT_a3OHHdilhvHEyVu_yFcMm86TXwAqLTJal/edit?usp=sharing

PRELIMINARY PRACTICE SCHEDULE

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Practice Schedule Starting 2/28:

Indoor (*bring all equipment, except at CJ Gym, which will be conditioning only*)

Location: Monforton + Fairgrounds + CJ Gym

Monday, 2/27 : 5-6:30pm @ Monforton

Thursday, 3/2: 5:30-6:30pm @ Fairgrounds

Monday, 3/6: 5-6:30pm @ Monforton

Wednesday, 3/8 - 5:30-6:15pm @ CJ Gym (**conditioning only**)

No Practice over Spring Break

Outdoor Starting after Spring Break

Location: 4 Points Park

Days: Tuesday + Thursday from 5-6:30pm

If the weather does not permit, we will be at the following locations the week of 3/20 only

Tuesday, 3/21: 5:30-6:15pm @ CJ Gym (conditioning)

Thursday, 3/23: 5:30-6:30pm @ Fairgrounds (sneakers, sticks/balls)

Saturday, 3/25: 3-5pm @ Gallatin Elite indoor. For any of the 6th graders that want to TRY OUT for the 7 / 8 team.

Monday, 5/22 -Special High School and Youth Practice: All players at Oak Springs

Girl's Equipment

Required equipment – Girl's lacrosse stick, eyewear and mouthpiece.

Headwater Lacrosse does not require helmets for girl's lacrosse. We follow the MYLA and US Lacrosse girl's helmet policy. US Lacrosse women's rules allow for the **optional** use of headgear if it meets ASTM standard F3137. The purpose of this allowance is to acknowledge that while women's lacrosse is a relatively safe sport, the use of protective headgear is desired by some individuals. Headwaters will support you and your daughter if you decide to wear a helmet. It is our recommendation that if you choose to buy a helmet, the color is all white.