This email should be sent in TEAMSNAP as its our only official means of communication.

Welcome to Team Virginia!!

For the xxxx Boys 5-6 Lacrosse season your son will be playing for team **Virginia**. I am excited that the lacrosse season has finally started and looking forward to creating a fun and positive environment for your son to learn the game. I look forward to working with and getting to know you and your son this season. I welcome all parents to get involved in helping with the team to whatever extent you feel comfortable. We can always use more help in practice to help our boys get the most reps as well as identifying a team parent to assist me with logistics on game day.

My primary goal for this season is for every member of our team to develop a love for lacrosse by making this a fun experience. We will teach the fundamental skills of lacrosse as well as team skills and the importance of teamwork. During games, we want the boys to compete to the best of their ability, but this is NOT about winning and losing. Our games will follow a set of rules designed to make games instructional and fun as well as to help build confidence. We will play with smaller sized goals and will not have goalies this season. Teams will play 6 vs. 6 (2 attack, 2 midfield, 2 defense) and we will rotate each player through all of the positions in each game.

Please note, our Code of conduct this year for players, parents and coaches. Simply put, respect our opponents and officials. Your only job as a parent is to cheer for your son. We ask in advance that you refrain from coaching your son from the sideline as it often leads to confusion (lots of competing voices out there!) and may work against what we are working on as a team.

TEAMSNAP will be our only means of communication this year. We will use it for scheduling, cancellations, field directions and to check availability for practices so we can have effective practice plans and game rosters based on those attending. PLEASE MAKE SURE TO UPDATE AVAILABILTY FOR ALL PRACTICES AND GAMES. If you don’t update, it will make our jobs as coaches much harder.

Here is a summary of the key info, dates and times for this season:

**Team Name**: Virginia

**Coaches**:

**Team Roster:**

**Equipment:** Each boy must wear a helmet, gloves, arm pads, NOCSAE approved shoulder pads with chest plate, protective cup and a molded mouthpiece to every practice and game. We will not allow players to participate in games or contact drills if they are missing any of this equipment. Goalie equipment will be provided for 7-8 and up.

**Practices**: Practices will be held on TTTT and TTTT from X-XX. Please have your son at practice at least 10 minutes early whenever possible as we will begin practice promptly.

**Games**: Games will be on XXXXXXXX mornings at 8:30, 10:00; or 11:30. The first game will be on March XXXXXXX.

**Location:** All practices and games are at XXXXXXXX.

**Parking**: Parking can be an issue at this field, so please plan on arriving 15 minutes early and using that time to get equipment on and adjusted so that we can start on time as a team.

**Weather cancelations:** We will use Teamsnap to communicate cancellations or field changes due to weather. Remember, Lacrosse is a sport played in multiple seasons- make sure to have some warm weather gear for your son.

If you have questions that I did not answer here, feel free to reach out to me via TEAMSNAP or by phone anytime.

Go Lutherville!

Regards,

Coach XXXX\

Include phone number
**Lutherville Lacrosse**

