



Frequently Asked Questions 2012 Grade 3-4 Program

1. What are the goals for the program this year?
 - To have fun! Players will develop basic skills in catching, throwing and retrieving ground balls. Coaches will strive to help players develop a rudimentary understanding of the game and how to work together as a team. It is most important that these young players have fun as they are exposed to the sport.
 - Players will test their skills during weekly league games on Saturdays. Game schedules will be available in early March, but the team will likely play five (5) home games and (5) away games in the greater Seattle area.
2. Who will coach the program?
 - Coach Jack Visco serves as the Program Director for all Bainbridge Island Lacrosse programs, and coaches the varsity team at Bainbridge High School. Coach Shannon Evans will Coach and direct the 3/4 Program for 2012. For the Grade 3-4 program several varsity players will also be selected to assist coaching at practices. Parent volunteers will function as Team Parents to support the teams with communication to parents, distribution of jerseys, and year end participation in the Annual BBQ.
3. When does the program begin?
 - Grades 3-4 start practice February 20, 2012 and run through May 9, 2012
 - Practices is held Monday & Wednesday 3:00 -5:00 pm at Ordway
 - Games will be Saturdays; five home games and five away games in the greater Seattle area.
4. What equipment do players need?
 - Lacrosse stick, helmet, chest protector, elbow pads and gloves are required.
 - Mouth guard, athletic cup and cleats are required (baseball cleats are not permitted)

5. Do you have rental equipment available?
- BILAX does offer a limited supply of rental equipment; however we cannot guarantee to have full protective gear to fit all participants. Some helmets, chest protectors and pads are typically available. A \$150 refundable deposit is required. Checks are cashed if equipment is NOT returned. Priority is given to grades 3 – 6.
 - Players need to purchase their own stick.
 - Sticks can be purchased via the Bainbridge Lacrosse website for \$45.00 at www.bainbridgelax.com Look under the “Team Store” in the left menu bar.
 - Break Away Sports, 6th & Denny, Seattle
 - Sport Haus, Poulsbo
 - Lots of on line at sites including: www.lacrossemonkey.com or www.lacrosse.com; www.laxworld.com
6. Are physicals required? Are new concussion forms required?
- Physicals are not required at the 3/4 level.
 - Concussion forms are required before players can practice. Forms will be distributed by team parents or can be found on the Bainbridge Lacrosse website at www.bainbridgelax.com under “Forms” in the left menu bar.