



Frequently Asked Questions

2012 Grade 5-6 Program

1. What are the goals for the program this year?
 - Players will develop basic skills in catching, throwing, retrieving ground balls, shooting, and develop a rudimentary understanding of the game and how to work together as a team. It is important that these young players have fun as they are exposed to the sport. Coaches will provide each participant with the opportunity to become better players. They teach players how to play lacrosse, but also how to honor the game and take away a few life lessons as well.

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. He will select coaches for each grade level and will announce specific assignments by February, 2012.

3. Will the players get equal playing time?
 - All players will get playing time, but it may not be equal. This is dependent on skill level of the player, playing conditions, health of players, and attendance at practices. The 5-6 grade program bridges the developmental play and competitive experience. As boys quickly develop improved stick skills, the play of the game is much faster and requires multiple substitutions as the game situation requires.

4. When does the program begin?
 - Grades 5-6 start practice January 31, 2012 and run through 5/10/12 for league play.
 - League Practice is held Tuesday/Thursday, 3:30 – 5:30 pm at Sakai
 - A 3 week post-league practice from 5/14—6/14 will be held for one team participating in the Battle of Bothell June 15-17. Practice times/dates TBD.

- Games are held on Saturday beginning in mid-March. Typically, teams will have five home games at and five away games in the greater Seattle area.
5. 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)
6. 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. Preference 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
 - On line sites include: www.lacrossemonkey.com or www.lacrosse.com; www.laxworld.com
7. Are physicals required? Are new concussion forms required?
- Physicals are not required at the 5/6 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.