



## Frequently Asked Questions

### 2011 Grade 7-8 Program

#### 1. What are the goals for the program this year?

The 7-8 grade program is a competitive experience and offers a significantly higher level of play. Players are expected to have more fully developed stick skills and a more sophisticated understanding of game techniques and strategies. New players are welcome.

For 2012 two teams total will be offered at this grade level. Coaches will determine placement on each team. As per new league guidelines, players on "A Teams" will typically have more years of experience, and "B Teams" will have fewer years of playing experience. League play will be organized accordingly.

#### 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. In addition to Coach Geno Knox, Coach Visco 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.

#### 4. When does the program begin?

- Grades 7-8 starts January 10, 2012 and runs through May 20, 2012 for league play
- League practice is held Monday/Wednesday/Friday from 3:30 – 5:30 pm at Battle Point Park.
- A 3 week post-league practice from 5/14—6/14 will be held for the 7/8 A team participating in the Battle of Bothell June 15-17. Practice times/dates TBD. All 7/8 A Team members are expected to participate in this 3 week season and the tournament.
- League games are held on Saturday beginning in March. Typically, teams will have five home games at and five away games in greater Seattle/Tacoma 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. 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](http://www.bainbridgelax.com) Look under the “Team Store” in the left menu bar.
  - Break Away Sports, 6<sup>th</sup> & Denny, Seattle
  - Sport Haus, Poulsbo
  - Lots of on line at sites including: [www.lacrossemonkey.com](http://www.lacrossemonkey.com) or [www.lacrosse.com](http://www.lacrosse.com); [www.laxworld.com](http://www.laxworld.com)

7. Are physicals required? Are new concussion forms required? Are Conduct Code forms required?

- Physicals are NOT required for the 2012 season
- 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](http://www.bainbridgelax.com) under “Forms” in the left menu bar.
- Concussion forms are required before players can practice.
- Signed Code of Conduct 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](http://www.bainbridgelax.com) under “Forms” in the left menu bar.