

# Frequently Asked Questions

## 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 test their skills during weekly intra-squad games and some off Island tournament play.

### 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, 2018. For the Grade 3-4 program several varsity players may be selected to assist practices. A parent volunteer will support the teams with communication to parents.

### 3. When does the program begin?

- Grades 3-4 start practice February 13
- Game start date TBD. They are held on Saturday
- Practices is held Tuesday/Thursday 4:00-5:30 pm, at Battlepoint Park

### 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.
- Players need to purchase their own stick.
- Equipment may be purchased at Break Away Sports at 6<sup>th</sup> & Denny in Seattle, Sports Haus, Poulsbo or online at [www.monkeylacrosse.com](http://www.monkeylacrosse.com) or [www.lacrosse.com](http://www.lacrosse.com)

### 6. What is the cost of the program?

- 2018 Registration Fee: \$460.00\*
- Includes US Lacrosse Insurance fee of \$25, but does not include cost of gear.

- Registration is open from December 1-December 31 at [www.bainbridgelax.com](http://www.bainbridgelax.com)