

Frequently Asked Questions Grade 5-6 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.

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.

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 start practice February 5
- Game start date TBD. They are held on Saturday
- Practices is held Monday, Wednesday, Friday 4:00-5:30 pm, at Battlepoint Park

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.
 - Players need to purchase their own stick. Equipment may be purchased at Break Away Sports at 6th & Denny in Seattle, Sports Haus, Poulsbo or online at www.monkeylacrosse.com or www.lacrosse.com

7. What is the cost of the program?

- 2018 Registration Fee: \$700.00*
- 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