

Frequently Asked Questions K-2 Program

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

To have fun and develop basic skills in catching, throwing and retrieving ground balls. Coaches will help players build confidence in their skills. It is most important that these young players have fun as they are exposed to the sport.

2. Who will coach the program?

Coach Jack Visco, Club Director of Coaching, will direct the K-2 program with assistance from selected Varsity High School players. There will be a high coach-to-player ratio to ensure exceptional instructional time and appropriate supervision.

3. When does the program begin?

K-2 start practice on April and run through May from 12:00 noon to—2 pm. This is an introductory skills program. There is no league with games.

4. What equipment do players need?

For the first five (5) practices, players only need a lacrosse stick, mouth guard and athletic cup. The mouth guard and athletic cup (for boys) are mandatory for all practices. No mouth guard or cup (for boys) = no play. It is not necessary for players to purchase any additional gear for the season. More information will follow on lacrosse equipment needs.

It is extremely important that these youngest players wear appropriate layers and foot gear for practices so they are comfortable and able to focus on the game of lacrosse: cleats (no metal cleats), layers of wicking material, waterproof outer- ware and something to keep their head warm.

5. Program Cost and Registration Deadline:

Registration for the 2018 Season opens November 9, 2016 at <http://www.bainbridgelax.com> The 2018 K-2 registration fee is \$200.00.

6. Scholarship Information:

BILAX assists players with partial scholarships when needed so that everyone who wants to play has an opportunity to play. Limited scholarship support is available, so please apply early. Contact Stacy Stevens- Lacy at mslacy4@gmail.com for instructions. All requests are confidential and are assessed by a staff member at Helpline House.