



# Sunset Youth Lacrosse

2022 SEASON PREVIEW

# Agenda

- ▶ Welcome – Sara Krueger
- ▶ Club Overview – SYL Board – 15 min
- ▶ 1 & 2 Clinic Details – 2 min
- ▶ Girls Program Details – Jami Costello – 10 min
- ▶ Boys Program Details – Chuck Gatchell & Derek Hahm – 15 min
- ▶ Open Q&A



We are focused on teaching lacrosse in a safe, fun and enriching environment so that our student athletes can learn the values of sportsmanship, camaraderie and competition.

GROW THE GAME ~ THRIVING COMMUNITY ~ PLAYER POTENTIAL

# SYL Board

**Sara Krueger,**  
President

**Jami Costello,** VP  
Girls

**Chuck Gatchell,** VP  
Boys

**Derek Hahm,** Boys  
Select Coordinator

**Whitney Lyons-  
Brasier,** Treasurer

**Michelle  
Mulholland,**  
Secretary &  
Registrar

**Tracy Siegel,**  
Marketing/Comm

**Lori & Dan Near,**  
Fundraising

**Erin Hire,** Special  
Events Coordinator

**Nathan Potter,**  
Equipment/Uniforms  
Coordinator

**Joanne Doyle,** Fields  
Coordinator

For SYL Board Contact Info, visit us at: <https://www.sunsetlacrosse.com/youth-board-of-directors/>

# Safety First

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COVID Protocols

Align to OSAA & THPRD guidelines

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Heart Screening

At your leisure 12+

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Concussion Baseline

At your leisure 11+

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AED's

ALL 5/6 & 7/8 are equipped

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Boys Chest Protectors

NOCSAE 2022 standard for all field players

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Girls Goggles

Must be SEI certified to ASTM standard F3077

# Community Events

- ▶ **Dick's Sporting Goods Discount Weekend – Feb 25-28** – 20% off w/ coupon (we'll email + post on site)
- ▶ **Gear Swap** – pop up swap **Sat Feb 26** from **9-9:30am** at **SHS** (stadium lot). Drop gently-used gear you'd like to donate and swing by to see if we have what you need!
- ▶ **UO vs OSU Men's** lacrosse game – **Sat Apr 23** at **SHS** time TBD
- ▶ **Sunset LAX DAY – Sat Apr 30** all Youth + Boys HS Varsity play at **SHS**...sunrise to sunset!
- ▶ **SYL Tents & Tailgates** – SALL (boys + girls); Oregon Cup + Canby LAX JAM (boys); Spring Classic (girls)...stay tuned for more info + SignUp Genius
- ▶ Lacrosse Youth Nights at SHS Boys + Girls games throughout their seasons

# Fundraising

- ▶ Role of fundraising – Build community, Grow the game, Make the sport accessible
- ▶ Lax 'N Luau – Status for 2022
- ▶ Initiatives/Support for 2022 season to come!



# Get Involved

Fostering community through working together

Easy Ways to get involved:

- 3/4 practice helpers - field set up, ball shagger, helping kids with gear or first aid.
- Team Parent helpers – help coaches communicate, lost and found, photography, team tailgate or post game snack coordination. We'd love your help in making the coaches job easier, allowing them focus on coaching!
- Uniform distribution
- Spread the word
- Fundraising

Board level roles: 1/2 Clinic Coordinator, Apparel Manager

Games: Scorekeeper, time-keeper and field set up (especially for 3&4 grade home games!)





Register at  
[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com),  
which integrates to  
TeamSnap

(\$30 USLAX required)

Players will be rostered by  
PRIMARY email address via  
invitation to join

You can add additional  
emails as needed

Once assigned to team,  
schedule will be visible

Please RSVP for practices &  
especially for games!!

Each team will have features  
for:

Email messaging  
Team Chats  
Sharing  
photographs/albums

# TeamSnap App

# 1st / 2nd Grade Clinics

- ▶ 6 Saturdays: Apr 16 / 23 / 30 May 7 / 14 / 21
- ▶ 9:30-11am
- ▶ Sunset HS Turf
- ▶ Skills & Drills and scrimmages among our players
- ▶ Sticks provided if player doesn't have one
  - ▶ No protective gear for boys as play with tennis balls
  - ▶ Girls TBD if goggles are needed (depends on what ball we elect to use)

# Girls Coaches/Volunteering

## Girls 2022 Coaches

- ▶ 7/8: Hilary Barr, Head; Craig Brigham & Harvey Lucas, Assistants
- ▶ 5/6: Joanne Doyle, Sara Krueger, Brandon Jeffers, Nathan Potter
- ▶ 3/4: Jami Costello, Ashley Schaaf, Moe Bauer

## Please consider volunteering!

- ▶ In order to create a great Sunset Youth Lacrosse experience for all players, we must have parent support for each team.
- ▶ Roles include team parent coordinator (end of season party, snacks at games), goalie support (gear / warm up), generally helping with practices (moving goals, helping to wrangle kids), keeping stats, timekeeping, and scorekeeping.
- ▶ Action: Reach out to Jami at [syl.vpgirls@gmail.com](mailto:syl.vpgirls@gmail.com) to volunteer. We will also use TeamSnap to post volunteer opportunities.

# Girls Season Plan (Subject to Change)

Date	Event	Location	Day/Time
Week of March 7th	Practice begins for all.	3/4 Barnes Elementary 5/6 & 7/8 THPRD HMT Field #1	Mon & Wed: 5:30 -7:00 Tues & Thurs: 5:00-7:00
Week of March 21st	No practice – Spring Break		
April 2 <sup>nd</sup> -3 <sup>rd</sup>	5/6 and 7/8 Jamboree weekend.	THPRD HMT	Game schedules TBD.
April 9 <sup>th</sup>	3/4 Jamboree weekend. First regular season games for 5/6 and 7/8	TBD	Saturday 4/9. Game schedules TBD.
April 26 <sup>th</sup>	Youth night at SHS Girl's Varsity Game	Sunset HS	TBD
May 7 <sup>th</sup> & 8 <sup>th</sup>	SALI Tournament. Optional for 5/6 & 7/8; additional cost per player	Sisters, Oregon	Schedule TBD.
May 21 <sup>st</sup> & 22 <sup>nd</sup>	Last weekend of girl's season. Spring Classic Tournament at THPRD	Beaverton	Schedule TBD.

# Girls Equipment

Field Player



Goggles /  
Headgear

Mouthguard

Stick

Goalie  
\*All equipment  
provided by SYL



Helmet

Stick

Throat  
Guard

Chest  
Protector

Abdominal  
Protection

Gloves

Leg Pads

# Equipment and Game Resources

- ▶ SEI Approved Goggle – webpage and brand/model list link: <https://www.usalacrosse.com/womens-eyewear>
- ▶ Lacrosse 101 – video link: [Lacrosse 101](#)
- ▶ [USA Lacrosse Overview of Girls Youth New Rules for 2022](#)
- ▶ Become familiar with <http://www.usalacrosse.com> – there is a wealth of information available as part of your player's annual membership!
- ▶ Check out YouTube for women's lacrosse clips of: Maryland, Syracuse, University of Oregon – pick your favorite team and.... Go!

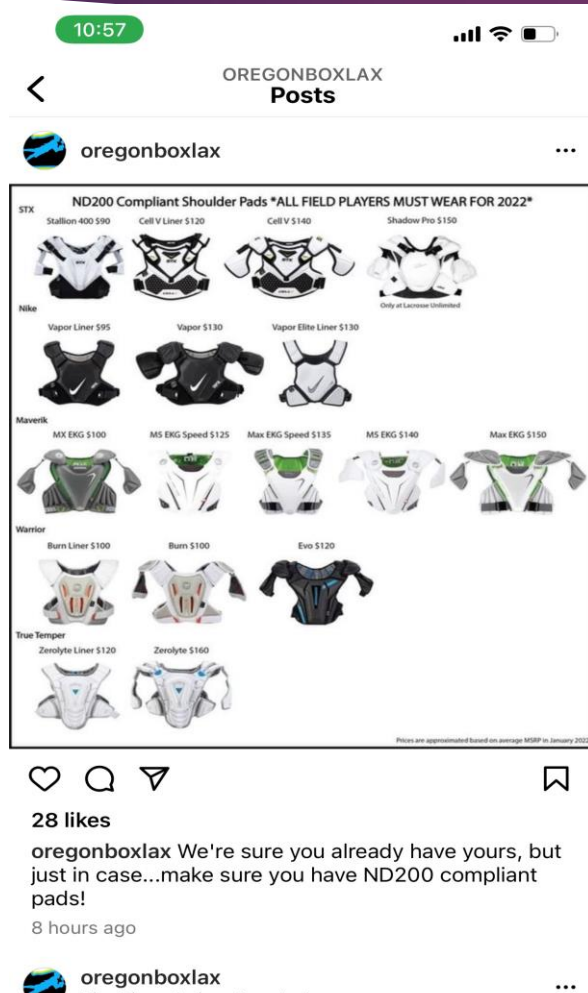
# Boys Equipment

Field Player



Goalie  
\* All equipment provided by SYL

# New Requirement for Shoulder Pads



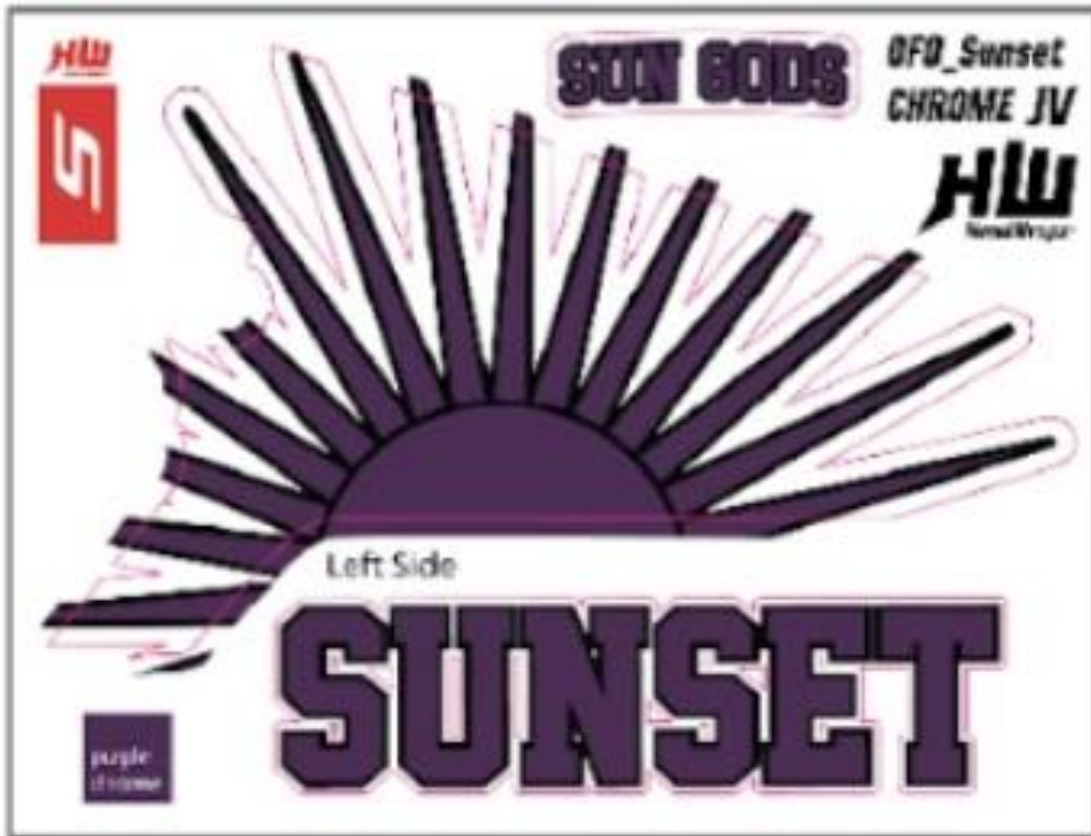
NOCSAE-standard

Chest Protector requirement for all (boys) field players (effective Jan 1 2022)

We will be checking the first week of practice!



# Helmet Wrap/Decal Opportunity (Optional)



- Before you order, be sure to know Helmet Manufacturer and Style – wrap is specific to helmet
  - Mfg: Cascade, STX, Warrior
  - Style: Burn, Burn Jr (Youth), CPV-R, CPX-R, CS (Youth), Evo, Evo Jr (Youth), R, Rival, S, S-Youth (Youth), Stallion 100 (Youth), Stallion 500, Stallion 600, XRS
- Fee: \$25
- **Order via [sunsetlacrosse.com](http://sunsetlacrosse.com) by March 1**

# Boys Coaches/Volunteering

## Coaches (specific teams TBD):

- ▶ Ian Haight
- ▶ Callum Craig
- ▶ Dean Duitsman
- ▶ Jacob Leonard
- ▶ Kyle Duitsman
- ▶ Mike Mulholland
- ▶ Tim Goodman
- ▶ Will Glasson

## **Please consider volunteering!**

- ▶ In order to create a great Sunset Youth Lacrosse experience for all of the boys, we must have parent support for each team.
- ▶ Roles include team parent coordinator (end of season party, snacks at games), goalie support (gear / warm up), generally helping with practices (moving goals, helping to wrangle kids), keeping stats, timekeeping, and scorekeeping.
- ▶ If you are interested in helping, please let us know!

# Boys Season Plan (Subject to Change)

Date	Event	Location	Day/Time
Week of Feb 28	Boys 5/6 + 7/8 practice begins	PCC Rock Creek #2	M/W 5/6: 5:30-7p M/W 7/8: 7-8:30p
Week of Mar 7	Boys 3/4 practice begins	Tumwater Middle School (TBC)	M/W 5:30-7 (TBC)
Saturday, Mar 12	Optional scrimmage / referee training event	PCC Rock Creek #2	AM, specifics TBD
Week of Mar 21	Spring Break	No practices!	
Week of Mar 28	Weekday practices resume / uniform distribution	See above	See above
Sat Apr 2	Boys games begin (Purple vs White) / referee training event	PCC Rock Creek #2	Multiple
Sat Apr 16	1/2 clinics begin	Sunset HS	Sat 9:30-11a
Sat May 21	Rec Season Ends / Last Game / Uniform Return / End of Season Party	TBD	TBD

# Boys Select 2022

In addition to the Recreational (Rec) offering by Sunset Youth Lacrosse, we also offer a Select program. Rec introduces players to the game of lacrosse, coaching basic fundamentals, skill development, and rules of the game, all with an emphasis on good sportsmanship and team skills. The Select program is a tryout-based competitive development program open to players in grades 5/6 and 7/8. The program focuses on deepening skills and lacrosse fundamentals by fielding a competitive tournament team. As this is a competitive team, there is no guaranteed or minimum playing time. Player position and playing time are at the discretion of the Select team coaches.

## Tryout Information

Tryouts will be held on 2 nights: **Mon, Mar 14 and Wed, Mar 16 at PCC #2.**

5/6: 6-7:30pm\* (check in begins at 5:30, players should be dressed and warming up by 5:45)

7/8: 7:30-9pm\* (check in begins at 7, players should be dressed and warming up by 7:15)

\*This is what we believe the schedule to be, subject to field distribution.

Registration for the tryout is required, and is open at [www.sunsetlacrosse.com](http://www.sunsetlacrosse.com). There is no fee to try out but we do like to have a sense of who will be at tryouts.

Players will be assessed by a panel of independent evaluators. Notes will be compared based on assigned number alone to devise final rosters. We'll make every attempt to notify players by Friday, March 18.

# Boys Select 2022

## **Tournaments**

SALI (Sisters, Oregon) - May 7-8 \*travel and accommodations is the responsibility of each family

Oregon Cup (THPRD Walker RD) - May 14-15

Battle of Lake Oswego - BOLO (Lakeridge High School) - May 21-22

Voodoo Lacrosse Classic (Delta Park) - June 4-5

## **Cost**

An additional fee of \$275 (above and beyond the initial registration) is charged if your son joins the team. This covers more expensive coaching, travel expenses for coaches, and substantial tournament fees. You will receive an online invoice and need to pay in a timely manner.

## **Commitment**

This is a competitive team and players are expected to attend practices and tournaments. Things come up but each player was selected for the team, and some will not be. We all need to respect that each player has taken a position on the roster. Practices will be 2X/wk, we expect Mon/Wed @ PCC Rock Creek from 5:30-7 (5/6) and 7-8:30 (7/8).



Q&A

[www.sunsetlacrosse.com](http://www.sunsetlacrosse.com)