

2008 Season Guide

What's new for 2008

- Participation in Winter Lacrosse league at A and B Levels
- Use of the Christopher Dock School Turf field for Preseason Practices
- Participation in the SEPYLA "C" Division
- Participation in SEPYLA "B2" Division
- Helmet Rentals grades 5-8
- New Club Logo (see above)

Continued from 2007

- Equipment Rentals Grades 3-4 (Distribution Feb. 26th, 7:30 PM at Knapp Elementary)
- Lacrosse 101 Session for new players and parents (February 28th, 7:30PM NPHS Audion)
- "Young Guns" program for 3rd & 4th grade teams
- Participation in the Irish Skirmish Tournament in Doylestown
- End of Season Party and Tournament

Guidelines of the North Penn Lacrosse Club

North Penn Lacrosse Club is a non-profit organization, dedicated to building the foundation of a lacrosse tradition in the North Penn area.

We will strive to ensure every player, regardless of experience or ability gets adequate playing time in our games. We do not measure success by our win-loss record, but rather through the growth and improvement of each player and team. We want participation in the great sport of lacrosse to be a fun and rewarding experience for players and parents.

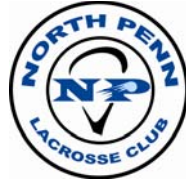
We require that all players respect each other, the opposition, the coaches and fans from both teams. No foul or vulgar language is permitted at any time. No violent "take out" checks are permitted during practice or in games. Disregarding these rules, can lead to expulsion from the club.

We also require that parents never harass or intimidate the opposition players and fans or, most importantly, the referees. **Only the head coach may address the referees at any time, before, during or after the game.** Disregarding this rule can lead to expulsion from the club.

No parents are allowed on the team bench side of the field at any level. This area is reserved for coaches and players and time keepers only, by the rules of lacrosse and our club. Please cheer on our teams, and please do not coach from the sidelines.

We will accommodate multi-sport players to the greatest extent possible. However, lacrosse is most enjoyable, if the basic skills and team concepts are reinforced through regular attendance at practices. We do expect that players attend at least one practice per week during the season, and that they show up for games. Keeping the coach informed of schedule conflicts is important and the right thing to do.

We are here as unpaid volunteers for your children's benefit. Some volunteers are very new to the game, while others are sharing their knowledge. Please keep this in mind in the case of disputes or other problems during the season. Please see your child's head coach in the event of a dispute, or a board member or club president.



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TEAM SELECTION PROCESS

Our team structures for 2008 will include a selection process for each division that will require an evaluation of player's skills and experience. We will use some objective skill measurements along with coach's evaluations to select the highest level teams at each age group. The other teams will be divided along roughly geographical lines, and we will try our best to honor car-pooling requests wherever possible.

We will not permit, under normal circumstances, any players to be allowed to "play up" beyond their designated age group. Players do best when competing against other players of the same age.

We realize that the selection process is not perfect and we ask for your patience as we work through the process. As stated previously, we commit to ensuring every player gets significant playing time in every game at every level we play. We intend to announce the teams at the start of the third weekend of practice.

A-Level (7th and 8th Grade)

A-2
A-3

B-Level (5th and 6th Grade)

B-2
B-3 Blue
B-3 White

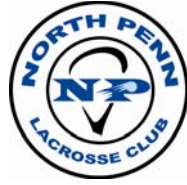
C-Level (3rd & 4th Grade)

C-(SEPYLA)
C-Red
C-White
C-Blue

Communications

Please contact nplax@comcast.net if you do not get regular communications, or change your email address or phone number during the season.

- Hotline- call (215) 631-7160 before you head out to any questionable game or practice for updates to practice or game schedules (especially in preseason!)
- Website- www.leaguelineup.com/northpennlax check for club news, game schedules, directions, game and team pictures, and sponsors.
- Email Lists- email nplax@comcast.net if you have not received any emails yet (some email rejections have been noted). Email is the primary method for most club communications!
- Board meetings- open to all (bring your ideas to make the club better) 1st Tuesday every month 7:30 PM at Gwynedd Square Elementary School
- Problem resolution- talk to head coach first, then president (Scotteder@comcast.net) if required.

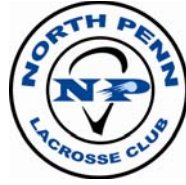


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NORTH PENN LACROSSE CLUB HOTLINE

215-631-7160

Call for practice and game updates!



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Preseason Practice Schedules

Check the Hotline, before you go to practice, in the event of rain, snow or extreme cold.

All Weekend pre-season practices will be held at Christopher Dock Turf Field
1000 Forty Foot Road • Lansdale, PA 19446

Special Rules for the turf field!!! Please observe carefully

1. No removable (screw-in) or metal cleats are permitted!
2. No drinks other than water are permitted
3. Players and coaches only are permitted on the field

First weekend

Saturday March 1st

9:00AM- 10:00AM- New Players only (all age groups)

10:00 AM to 12 noon- Returning Players (all age groups)

Sunday March 2nd

1:00 PM to 3:00 PM

Player Evaluation and Practice (all age groups)

Second, Third and Fourth Weekends

Saturday March 8th, 15th and 22nd.

A Team- 9:00 AM to 10:30 AM

B Team- 10:30 AM to 12:00 PM

C Team- 10:00 AM to 11:30 PM

Sunday March 9th and 16th

All Teams- 1 PM to 3:00 PM

No Practice Sunday March 23rd (Easter Sunday)

All teams will be formed after the second weekend

After March 9th, Daylight Savings time begins– weekday practice schedules may be announced by individual coaches.

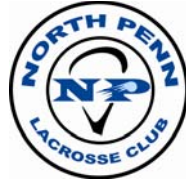
Practice Field Locations will be Gwynedd Square Elementary School (A and B Level) and location TBD (C teams)

Games

Game Schedules will be announced in mid March

First games March 29th

All A, B and C SEPYLA Games will be held at Gwynedd Square Elementary. Young Guns Games will be held at a location TBD.



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Game Formats

A , B and C teams (SEPLYA)

We play in Southeastern PA Youth Lacrosse Association (SEPLYA).

"A" games are typically on Saturday, "B" & "C" games typically on Sunday

First games on March 29th & 30th.

Final Games May 31st and June 1st.

No games Memorial Weekend.

End of Year Club Celebration: June 7th

Play in SEPLYA is governed by Youth Lacrosse rules and will have two referees

Full contact, within the rules of lacrosse, is allowed (no "take out" checks are permitted)

C team (Young Guns)

This is not a league, but an association of local teams in the Buxmont area, including Souderton, Wissahickon, Horsham, Warrington, and perhaps a few others.

Games are 8 on 8, 2 defense, 3 middies and 2 attack & a goalie

Play is on a shortened field,

High School player or coach referees

No body checks are permitted!

Games will be held early Saturday mornings, starting 4/12/08 (home and away games will be scheduled)

Young Guns Tournament is being planned at Horsham on 5/17/08

End of Year Club Celebration: May 31st

