



Central Dauphin (CD) Rams Youth Lacrosse

2022 Parent / Player Meeting



Agenda

- **Introductions**
- **Club Focus & Culture**
- **Program Details**
- **Registration & Resources**
- **COVID**
- **Q&A**



Club Focus & Culture

- **Mission**

- ✓ Generate **interest**
- ✓ Increase youth **participation**
- ✓ Provide **environment** to:
 - Learn, grow & improve
 - Experience positive coaching
 - Learn life lessons (sportsmanship, leadership, perseverance, commitment, & a “champion's” mindset)
 - Feel safe, welcome, & part of a team
 - HAVE FUN

- **Values**

- ✓ Respect
- ✓ Integrity
- ✓ Positivity
- ✓ Teamwork
- ✓ Relationships
- ✓ Grit
- ✓ **Flexibility (NEW for 2020 to present)**



Program Details

- **League**

- ✓ Part of Mid-Penn Youth Lacrosse Association (MPYLA)

- **CDRYL Teams/Levels & Coaches (as of 2/21/22; 76 total)**

- ✓ **6-8U** – 1 Team (21 total, 7 returning, 14 new)

- Born between 8/31/16 – 9/1/13
- 6-8 years old (typically K-2nd grade)
- Coaches: Weikel (H), Hogentogler

- ✓ **10U** – 1 Teams (13 total, 7 returning, 6 new)

- Born between 8/31/13 – 9/1/11
- 9-10 years old (typically 3rd-4th grade)
- Coaches: Hollenbeck (H), Morrison, Spicher

- ✓ **12U** – 1 Team (17 total, 13 returning, 4 new)

- Born between 8/31/11- 9/1//09
- 11-12 years old (typically 5th-6th grade)
- Coaches: Bickel (H), Haney

- ✓ **14U** – 1 Team (23 total, 22 returning, 1 new)

- Born between 8/31/09 - 3/1/07
- 13-14 years old (typically 7th-8th grade)
- Coaches: Anderson (H), Weber, Towsen, Stubbe, Hogentogler, Grauel



Program Details, cont'd

- **Practices**

- ✓ In-Season – starts Mon, Mar 7th (weather & COVID permitting)
- ✓ Practices by Level
 - 8U – 1-2 nights per week @ 1 hour each
 - 10U – 2-3 nights per week @ 1.5 hours each
 - 12U – 3-4 nights per week @ 1.5-2 hours each
 - 14U – 4-5 nights per week @ 1.5-2 hours each
- ✓ Scheduling & Communications – via Coach + website + SE App

- **Games – Apr 3rd through Jun 4th**

- ✓ Round-Robin Format on Sat; typically 2 games (10-14U); planning to host 1-2 weekends (in late-Apr & mid-May)
- ✓ Scheduling – via League/Club
- ✓ Communications – via Club & Coach + website + SE App
- ✓ **NOTE:** 8U games will be intra-squad & ad-hoc via coordination by coaches with other clubs

- **Fields**

- ✓ Linglestown Middle School ([field map](#))

- **Post-Season** (see website)

- ✓ Various Clubs, Camps & Clinics (in Summer & Fall)
- ✓ Possible Tournaments, Summer Camps, Summer Practices



Registration & Resources

- **Registration** (*currently closed*)
 - ✓ USA Lacrosse Membership required (100% compliance needed for insurance purposes)
- **Equipment**
 - ✓ New Players – Helmet rentals & sticks options available when registering; responsible for gloves & pads (shoulder & arm)
 - ✓ Returning Players – responsible for all equipment
 - ✓ Sun, 3/6 distribution (helmets & sticks); 2-4 PM @ Linglestown Middle; cash, check or Venmo for 6-8U level
- **Uniforms**
 - ✓ Jerseys & shorts will be handed-out by coaches before games start
 - ✓ Shooting shirts available for purchase on our two Spirit Wear stores (see website); not required but ask players to have light gray undershirt so team uniforms are consistent (see next slide)





Registration & Resources, cont'd

- **Communications**
 - ✓ Goal is to keep everyone in-the-loop as much as possible
- **Website & App**
 - ✓ cdramsyouthlacrosse.org OR CDRYL.org
 - ✓ SportsEngine App
- **Additional Resources**
 - ✓ [New to Lacrosse](#)
 - ✓ [Parent's Portal](#) (download SportsEngine App)



COVID

- **Participation**

- ✓ Following guidance from Central Dauphin SD
 - **Positive Test** – isolate/quarantine as required under Commonwealth & CDC directive & per direction of healthcare provider
 - **Close-Contact, Symptoms** – same as positive test
 - **Close-Contact, No Symptoms** - NOT excluded from participation, regardless of vaccination status
- ✓ **RETURN TO PLAY** – **Must be symptom-free AND able to return to school** BEFORE returning to practices/game & able to perform at previous levels
- ✓ Self-report to Club if have tested positive for COVID OR were exposed to someone with COVID AND are experiencing symptoms in accordance with local laws & regulations



COVID, cont'd

- **Responsibilities**

- ✓ Players must be symptom-free to participate in all practices & games
 - Coach will dismiss players reporting or exhibiting symptoms back to parents (OR isolate if no parent available)
 - Recommend parents be available for first 10-15 min of practice in event of screening issue
 - Make sure contact info is current
- ✓ MUST bring own water/snacks; no sharing or team-provided water/snacks permitted
- ✓ No volume restrictions on practice or game attendance
- ✓ Contact any CDRYL Board Member for all COVID-19 related protocols and guidance

- **COVID-19 Action Plan**

- ✓ Available at www.cdryl.org



- **Volunteer & Engagement Opportunities** – Angelique
- **Fundraising** – Jessica
- **Sponsorships** – Andy
- **Q&A**



[BACK](#)