

# Dragons Lacrosse

Spring 2019

Dragons Lacrosse AUF Corp.  
A New Jersey non-profit corporation



- Introduction - Ely Sluder, President of Dragons Lacrosse AUF Corp., a non-profit corporation.
- Presentation will take 25-30 minutes.

# Dragons Organization

## 2019 Board Members

President	Ely Sluder
Vice President	Jodi Harmon
VP – Girls Program	Mike Mintchwarner
VP – Boys Program	Jimmy Bruckbauer
Secretary	Rachel Samper
Treasurer	Todd White
Chair of the Board	Stewart Sullivan

### **Mission:**

To provide a **safe**, healthy, and enjoyable opportunity for young athletes to learn and compete in the game of lacrosse.

- Teach fundamental of the game to the kids, as well as teamwork, sportsmanship, self-confidence, camaraderie, respect, and work ethic.
- We are also dedicated to teaching parents about lacrosse and the importance of being positive, supportive spectators.
- Three Rules: (1) Safety 1<sup>st</sup>!  
(2) Give 100% & be RESPECTFUL!  
(3) Have FUN!

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All volunteer organization, Board and coaches.

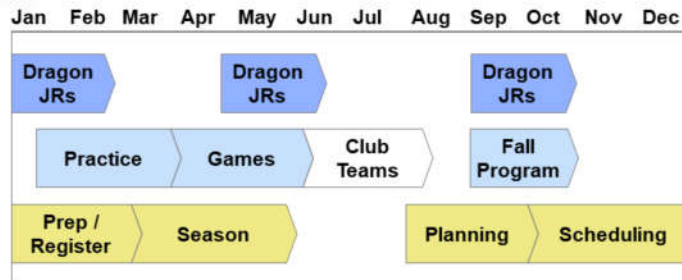
- Intro other Board members.
- Stewart Sullivan has been with organization since it started. He's the Chair of the Board (decides any deadlocked decisions).
- Mission – Safety First! That means no messing around at practice! Seems like more kids wind up hurt and crying from someone slashing them or otherwise goofing around during practice. A big part of being safe is PAYING ATTENTION.

## Dragons Organization

### League Participation



- Member US Lacrosse South Jersey chapter
- Boys - Schedule with Central Jersey Youth Lacrosse League (CYJLL)



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Running the Dragons lacrosse league is an almost year-round endeavor.

Having parents participating helps a lot. Fundraising/concessions/away game coordination, etc.

## Safety is our most important goal



- Full gear for practices is required:
  - Boys - mouthguard/cup/helmet/etc., or no practice.
  - Girls – mouthguard, goggles (soft helmet), stick.
- Portable AED is at every game, located in the fieldhouse at Reed Park during the season; first aid kits w/ ice packs, band-aids, etc. will be given to each team.
- Concussions – anyone suspected of having a concussion will no longer play until cleared by a doctor.
- NJ Spine and Wellness - Baseline Testing
- At the end of the day, if the kids go home healthy with a smile on their face, we have done our job!

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- Mouth guards - Get the soft / boil type mouth guards – note there are adult and youth sizes. Will try to have extra ones just in case, but also a good idea for parents to have a backup. Easy to lose!

Concussions – On the field or off – playground injuries count! Dana Snel offers baseline concussion testing, which we highly recommend. Her contact info is on the [DragonsLacrosse.org](http://DragonsLacrosse.org) website.

## Winter Activities



- Use of the Robbinsville bubble: Primary goal in to teach basic skills and strategies that can be used once the weather gets nicer and the fields dry out.
- Stick skills, dodging, scooping, and cradling are the key skills that are needed—many can be practiced at home! Watch YouTube videos.
- Great opportunity to work on improving or learning new skills, such as long pole defense or off-hand usage.



## Fundraising

There are no mandatory fundraising activities, however there are several avenues that help us keep registration costs down:

- **“Fall Ball” Lacrosse Clinic** – Now our largest fundraiser;
- **Jr Dragons** – Our biggest source of new players;
- **Dragons Merch** – A portion of the sale for each item goes back to the Dragons; “swag” now includes Pop Sockets!
- **Occasional Concessions** – When we see an opportunity, we will sell concessions at home games.
- **Sponsorships** – If interested, please see Ely Sluder.

However, we still need everyone to help during games, picnics, and other events.

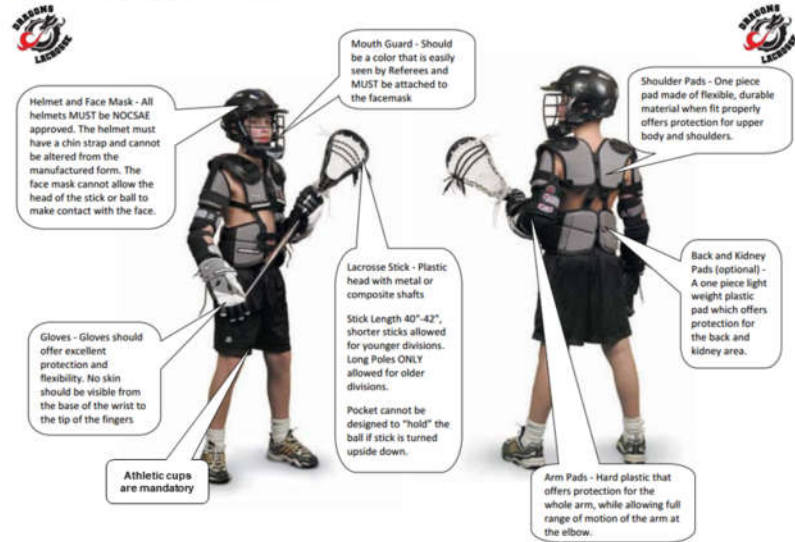
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- Tournaments, bubble rental, insurance, etc. biggest costs. Nets, balls, and other equipment. Improvements to the fields, such as the bounce wall. For example, this year we want to come up with a better way to install the safety nets at the ends of the fields. Very important as being a spectator can be dangerous!
- Largest fundraiser past few years has been the “Fall Ball” program – good to get them out there.
- Second largest is JR Dragons, also our source for new kids. Girls 1-2 has a nice sized enrollment this year. Looking at ways to increase the “pipeline” of kids coming into LAX.
- Garb sales are very important to help enable us to fund the program. Pop Sockets!
- Concessions – Can’t serve prepared food. Has to be pre-packaged. But, we now have a frig (thanks, Sullivans!) and can sell drinks and pre-packaged food or food that doesn’t need to be cooked/prepared.

## 2019 Teams

- Two or three tournaments, plus a few “round robins”
- Girls:  
Games/Practices on Mon./Wed. and Saturdays.
- Boys:  
Games/Practices on Tues./Thurs. and Saturdays.
- Every player should expect to play in at least 12-14 games (some days have more than one game).

## Boys Equipment



Find this on the website under DOCUMENTS for more information

# Girls Equipment



Eye Guard – Mandatory. Must be ASTM certified. Either 'cage' or 'goggle' styles are permitted.



Ladies Stick – Any brand or color are fine. Head dimensions and pocket depth must follow US Lacrosse guidelines for Woman's Lacrosse.



Can also use a soft helmet →



Mouth Guard – Mandatory. Should be a color that is easily seen by Referees



Gloves – Gloves are optional and are solely for warmth and grip.

## Commitment, Safety, & Playing Time.....

- Our goals at every level:
  - Kids healthy and safe;
  - Teach skill & game of lacrosse;
  - Teach sportsmanship;
  - Build self-esteem;
  - Learn team dynamics.
- Your kids goals should be:
  - Attend practice;
  - Learn to play safe;
  - Learn plays;
  - Build conditioning;
  - Show commitment;
  - RSVP when needed;
  - Bring a good attitude and maximum effort!



When might a player be “benched?”

- If suspended from school for any reason (honor system);
  - Disrespect/trash-talking opponents/teammates;
    - Lack of effort, bad attitude;
  - Physical aggression/flagrant penalty.

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Some kids playing 2 or 3 sports, and will not show up to 1 or more practices for lacrosse. Those kids cannot expect to play the same amount of time in a game that kids who were at every practice – especially on larger teams. Coaches can and will play kids equally, but if a game is close the coach may play certain kids more in the 4<sup>th</sup> quarter—kids who have been to practice, understand what we’re asking them to do, and who have obviously put in extra time training to become a better player.

Benching – This has been an issue in the past and we want to be proactive about it this year. **If your child has been suspended from school for any reason, they should not participate in Dragons LAX—practice or games.** Doesn’t matter why. Doesn’t matter if your kid is 100% innocent and caught up in something not their doing...if a child has been suspended/asked not to attend school (pending an investigation, etc.), it is too much of a distraction to have them on the field. It is not fair to the other kids. We may not know if your child has been suspended, so we ask you all to comply with this request on the honor system. If you don’t want to make a big deal of it, just tell us they don’t feel well.

Benching for disrespect/bad attitude – Child will be warned 1<sup>st</sup> time/we’ll try to get them to turn it around; 2<sup>nd</sup> time, they will be warned that they risk not playing if they continue, and if they are pulled from the game it means a coach will have to address it with parents; 3<sup>rd</sup> time, the player may be pulled from the game. If this happens, the coaches should address it with the parents, as was promised/threatened. It’s not an easy discussion to have, one no coach wants to deal with! But, one sour apple can really spoil a positive team dynamic.

## Coaches



### Boys

3/4 – John Henkin, Joseph Klein, John Rak.

5/6 – Jimmy Bruckbauer, Mike Urstadt, Ely Sluder, Steve Jarzyk.

7/8 – John Ciccarone, Mike Conroy, Scott Lennon.

### Girls

1/2 – Robin Ford, Joseph Nobles.

3/4 – Tyler Ladu, Laura Burg, Matthew Tomlinson, Stephanie Williams.

5/6 – Patrick Nolan, Todd White, Jodie Stewart, Freddie Valentino.

7/8 – Mike Mintchwarner, Anthony Maffia, Keith Conlin.

Again, a huge THANK YOU for these volunteer coaches.

Coaches donate a TON of their free time so that your children can have an awesome experience.

## Sportsmanship & Conduct – Parents

The Dragons expect our **coaches, players, and parents** to be **respectful and positive examples** for all players.

Do NOT talk to the officials! Talk to coaches; let coaches talk to the officials.

- **UF Athletic Code of Conduct:**

- Upper Freehold Township Ordinance 187-07;
- Put into law due to irresponsible parents, not kids;
- Incidents are reported to the Township and School Board;
- Provides full authority to engage law enforcement;
- Provides for complete ban from participating in all future athletic events.

- **Conduct Violations (Parents)**

- 1<sup>st</sup> Offense: Verbal warning;
- 2<sup>nd</sup> Offense: Written warning;
- 3<sup>rd</sup> Offense: Suspension or immediate ejection;
- 4<sup>th</sup> Offense: Suspension for multiple youth sports events;
- 5<sup>th</sup> Offense: Season suspension.

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### **Preamble:**

Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches, and officials to encourage youth athletes to embrace the value of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect, and self-control.

Refs – Don't talk to the refs...Remember: They are human and don't see everything. Understandable that seeing your child get slashed or something like that without a penalty called is upsetting. Talk to one of your team's assistant coaches and coaches will address it with the refs. NOTHING to be gained by talking/yelling at refs.

## Sportsmanship & Conduct – Players

### Expectations of the players

- We expect all players to:
  - Treat teammates, coaches, and referees with respect;
  - Play the game according to the established rules;
  - Refrain from unnecessary roughness;
  - No foul language;
  - Shake hands with their opponent before & after every game.

### Conduct Violations (Players)

- 1<sup>st</sup> Offense: Discussion between player and coach;
- 2<sup>nd</sup> Offense: Discussion and written warning with coach, parent—possible benching;
- 3<sup>rd</sup> Offense: Suspension for next game;
- 4<sup>th</sup> Offense: Season suspension.

## Full Speed Ahead in the Spring

### Fields: Reed Park (Across from Hope Fire)

- When the weather clears and we can line the fields;
- Two nights per week plus Saturday morning;
- Once the games start, weeknight practice only;
- Dropping kids off:
  - During March, practice will go until dark;
  - Parents need to be back before dark for pickup;
  - Pay attention to weather changes—even if sunny, can't play/practice if fields are too soggy!

### Games

- Scheduling is done Jan/Feb (March).
  - Plan for games every weekend for April and May, except holidays;
- Estimate 1 hour game time, however players must arrive at least 30 minutes prior to game for warm-ups;
- Away games are generally within a 30-45 minute drive max;
- Estimate 12-14 games including two to three tournaments.

No games Easter Weekend (4/21)

No games over Memorial Day Weekend. All games should be done by then.

### At the end of the year...



March in the Allentown Memorial Day Parade!



Year end picnic for all players and their families—weekend after Memorial Day Weekend – Saturday, June 1st



Custom trophy lacrosse balls for every player & coach.



Plaque for graduating 8<sup>th</sup> grade players that have played at every level (3/4, 5/6, and 7/8) for Dragons

Parade – a ton of fun.

Picnic – RAIN DATE: Sunday June 2nd

## Website is Main Source of Information



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Email for 99% of our communications

Use the website for calendars and notices.

Garb sales via credit card/PayPal

## Add the app – SI Play



- Schedules
- Roster
- Directions
- Last minute cancellations

Get the IOS and Android app

See schedules - Last minute changes or closure due to weather.

App can be wonky...try uninstalling and re-installing. Also, make sure your information is up to date on website.