

BOYS LACROSSE ELIGIBILITY



- U-Even based divisions
 - U8, U10, U12, U14 (based on 8-31 birthdates) Players in 8th grade but older than 14 are grandfathered into U14
- HSE school district students
- All players must hold a valid US Lacrosse membership card (available at uslacrosse.org).

PLAYER DEVELOPMENT

- Practices held at Hamilton Proper Park (post spring break, weather permitting) multiple times a week. Academy style practices offer club wide skills goals followed by team specific coaching.
- Travel and Select team players participate in pre-spring break indoor practices for preparation of early season tournaments.
- Summer and fall stick skill sessions advance player skills in passing, catching, dodges, plays, goal keeping, face offs and defensive slides.

PARENTAL INVOLVEMENT

- Coaching training offered through the IYLA (Indiana Youth Lacrosse) and Notre Dame coaching seminars reimbursed by the club.
- Board and committee membership positions.
- Volunteer opportunities for field striping and tournament concessions

TOURNAMENTS

- We are a member of the Midwest Premier Lacrosse League offering elite competition from teams from Wisconsin, Illinois, Indiana, Ohio, Michigan and Canada.

LEVELS OF PLAY RECREATIONAL

- Developmental program for players new to the sport, players needing more skill advancement or those who wish to simply to play lacrosse as a secondary sport.
- Parent informational callouts held in January and February.
- Season runs from right after spring break to late May.
- Games played at Cyntheanne Park and some games held at local area clubs such as Carmel, Westfield and Noblesville.

SELECT

- Mix of recreational and travel lacrosse for players with stronger skills who wish to have some travel tournament experience.
- Parent informational callouts held in December with tryouts in January.
- Season runs from February to late May.
- Players attend 3+ tournaments including Carmel, South Bend and Michigan.

TRAVEL

- Travel lacrosse for players with advanced skills who wish to experience travel tournament lacrosse.
- Parent informational callouts held in December with tryouts in January.
- Season runs from February to late May.
- Players attend 4+ tournaments including Illinois, Carmel, South Bend and Michigan as well as the IYLA championship.



OVERVIEW of LACROSSE

- Lacrosse is a fast action, packed game combining the action of football, the speed of cross country and the continuous motion of soccer.
- It's played on a field that is a little larger than a football field by ten players on each side: 3 attackmen, 3 middies, 3 defenders and a goalie.
- Lacrosse is a varsity sport at both HSE and Fishers High Schools.
- The game is played in four 12 minute quarters or two 22 minute halves (times vary based on venue).
- There is a position for all skill levels - agile attackmen, speedy midfielders and imposing yet nimble defenders.
- Lacrosse is a true team sport - play moves quickly as the ball is passed from position to position and player to player.
- Read our short class for parents new to lacrosse at www.tinyurl.com/HSELAX101 for more information.



ATTACKMEN

- The attack are restricted to the offensive side of the field and use short sticks and are the primary scorers.
- Attack must remain behind the restraining line on a face off until possession of the ball.



MIDFIELDERS (MIDDIES)

- Middies have no restrictions to where they can go and need stamina since they play the entire field.
- Middies are responsible for face offs and are active in transition - scoring while also defending.

DEFENSEMEN

- Defense is restricted to the defensive side of the field and use long poles (d-pole) beginning at U12.
- Defensemen must remain behind the restraining line on a face off until possession of the ball

GOALIE

- Goalies are fearless defenders of the cage and play a key role in defense and transition back to offense.



EQUIPMENT

- Chest and shoulder pads
- Helmet
- Stick
- Gloves
- Cleats
- Athletic cup
- Mouth guard

Equipment is available at most sports retailers and used equipment stores. Purchase assistance is available from the club for eligible players.

