



2021

BOYS LACROSSE
INFORMATION

2020-2021 Mudsock Boys Lacrosse Board

President	Sean Downey
Vice-President	Shaun Lamb
Secretary	Liz Shock
Treasurer	Abby Warner
Director of Player/ Coach Development	Scott Kemp
Director of Travel Teams	OPEN
Director of Rec Teams	OPEN
Director of Fields/ Operations	Ted Sedberry
Director of Communications	OPEN
Director of Spirit Wear/ Uniforms	OPEN
At-Large	Doug Kuxhausen
	Kevin Jenkins
	Brian Smith
	Ryan Berry
	Tony Laux
	Sean O'Grady
	Jeff Emery

Connect with us!

Website: www.hsefishersboyslax.com

E-mail: hsefisherslacrosse.com

Twitter: @HSE_FishersLAX

Facebook: HSE-Fishers Boys Lacrosse

Instagram: HSE_Fishers_lacrosse

ELIGIBILITY

U-Even based divisions

U8, U10, U12, U14 (based on August 31 birthdates)

Players in 8th grade but older than 14 are grandfathered in U14

HSE school district students

All players must have a valid US Lacrosse membership card/ number (available at uslacrosse.org (cost is \$30)) to complete your registration and play.

PLAYER DEVELOPMENT

Practices are held at Hamilton Proper Park (post spring break, weather permitting) multiple times a week.

Practices are academy style, which offers club wide skills goals followed by team specific coaching.

Travel teams will participate in pre-spring break indoor and/ or practices for preparation of early season tournaments.

Rec teams may also have intermittent practices prior to spring break (dependent on availability of facilities) in preparation for games, which will start after the break.

Summer and fall stick skill sessions will help advance player skills in passing, catching, dodges, plays, goal keeping, face offs and defensive slides.

PARENTAL INVOLVEMENT

Coaching training is offered through the IYLA (Indiana Youth Lacrosse) and US Lacrosse, as well as potential virtual seminars (for 2021), which are reimbursed by the club.

Board committee positions are also an opportunity for involvement. Examples of board positions are Director of Player/ Coach Development, Rec/ Travel Teams, Fields and Equipment, Communications, Sponsorships and Uniforms/ Spirit Wear.

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.

2021 SEASON OVERVIEW



LEVELS OF PLAY – RECREATIONAL MUDSOCK BOYS LACROSSE

Developmental program for players new to the sport, players needing more skill advancement or those who wish to simply play lacrosse as a secondary sport. Parent information callout meeting will be held in early December.

The Rec season runs from March through late May.

Rec players will have an evaluation day in early March.

Most games are played at Cyntheanne Park.

Some away games are against local area clubs such as Carmel, Westfield, Noblesville, Brownsburg, as examples, so some travel is required at the rec level.



LEVELS OF PLAY – TRAVEL CATS (SPRING)

Travel lacrosse is for players with advanced skills who wish to experience travel tournament lacrosse. The Spring Travel teams are for 12U and 14U ages only.

Parent information callout meeting will be held in early

December. The Travel season runs from late January through late May.

Travel team tryouts are in January.

Travel (Spring) teams will play in 2-4 tournaments such as South Bend, Carmel and Illinois or Ohio, as well as the IYLA championship tournament.

The Travel (Spring) season will also comprise of games against other local IYLA teams.

LEVELS OF PLAY – TRAVEL CATS (SUMMER)

The Summer travel team is a great, low- cost opportunity for advanced players to continue their lacrosse season for eight (8) additional weeks into the summer.

The Travel (Summer) teams will comprise of a 12U, 14U and high school team.

The Travel (Summer) season runs from early June to late July.

Travel (Summer) team tryouts are in January, at the same time as Spring travel tryouts.

Travel (Summer) teams will play in 3-4 weekend tournaments only.

Historically, these tournaments have been in Westfield (Grand Park), Ohio, Illinois and Michigan. Depending on the interest of the team/ families, the high school Summer team may look to travel to a tournament further away (i.e. an East Coast tournament).

REGISTRATION REFUND INFORMATION

Mudsock Youth Athletics refund policy:

After February 15th, Full refund after the \$32 non-refundable fee is subtracted.

February 16th – March 15th, 50% refund after the \$32 non-refundable fee is subtracted.

March 16th – March 31st, 25% refund after the \$32 non-refundable fee is subtracted.

After March 31st, no refund.

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.