



2023 SEASON RECAP

Our 2023 season was our largest yet!
We had a total of 71 players last year in our youth program which was an increase of 51% over our 2022 total.

CURRENT BOARD MEMBERS & OPEN POSITIONS

All of our last year's board members returning, however we still have open roles available. Please consider volunteering and help shape the youth program in the years ahead!

2024 Board:

President, HS Booster & Youth: Andrea Korade

Vice President, Youth: *Open Role*

Secretary: Jennifer Duffy

High School Treasurer: Tara Amann

Youth Treasurer: Melissa Fann

Fundraising: Lori Docherty

HS Game Day Liaison - Jeff Weber & Ken Legler

Communications: *Open Role*

Additional Team Members:

Uniforms, Banquet & TeamSnap: Kim Herrman

Youth Scheduling: Veronica Lawson & Kristen Bemis

PREVIOUS PLAYER TOTALS:

2023 season: 71

~~2020 season: 72~~

2022 season: 47

2019 season: 58

2021 season: 48

2018 season: 46

TEAMS & COACHING

North Hills will again have teams for 14U (7/8), 12U (5/6), 10U (3/4) and 8U (K-2). As a reminder WPYLA (Western Pennsylvania Youth Lacrosse Association) assigns players based on grade level and not birth year. All age groups will have one team, unless player registration numbers require splitting into two teams.

We are still working through our coaching line-up and we are thrilled to welcome back most of our coaching staff from last year. Our 14U coach, Blaine Mountain will not be returning, as he has accepted a new position as the head coach for North Catholic High School's team in Cranberry! We wish him all the best on his new and exciting role.



QUICK FACTS:

Home Game Field: Ross Elementary

Practice Field: Ross Elementary &
Martorelli Practice Field

- All team communication after registration closes will be through the TeamSnap app.
- 14U/12U & 10U will participate in the end of season WPYLA tournament. Date is TBD but usually is the first weekend in June.

2024 SEASON TRAINING AND GAMES

Indoor Winter Training:

Mid February start - 1x per week
A Signup Genius email will be sent out with dates and locations for each team.

Outdoor Spring Training:

Mid March start - depending on weather and daylight. Practice schedule will be sent through TeamSnap app.

Games & In-season practice:

- Games begin the first week of April and run through the final week of May.
- WPYLA game schedules will be posted around March 15th.
- In season practices are Monday & Friday, Games vary but typically are never on Sunday.
- Average games per week vary per age group:

14U 2 games/2 practices

10U 1 games/2 practices

12U 1/2 games/2 practices

8U 1 game/1 practice

2024 SEASON COSTS

- Pricing covers the cost of EMTs/ Coach Stipends/Officials/Game Equipment/Player Banquet tickets.
- Registration (not final payment) is required prior to indoor training.
- Sponsorship program will remain the same as 2023. An email explaining the process and our 2023 sponsors from last year will be sent out separately.
- Additional fundraising options will be available.
- New uniforms must be ordered during registration and are required for new players. A uniform consists of: Shorts, Shirt & Reversible Pinnie. Returning players can reuse existing uniforms or order replacements as needed.

REGISTRATION FEES:

14U: \$375

12U: \$325

10U: \$275

8U: \$225

REGISTRATION IS OPEN FROM 1/8/24 - 3/1/24.

MARCH 1ST IS THE LAST DAY YOU CAN REGISTER*

THIS IS A HARD DEADLINE THIS YEAR. IN ORDER TO FINALIZE TEAM ROSTERS & UNIFORMS NO NEW OR RETURNING PLAYERS WILL BE ACCEPTED AFTER 3/1.

**Final payment is due March 31st.*

EQUIPMENT GUIDELINES

Required Equipment

1. HELMET

- Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified



2. FIELD PLAYERS CROSSE (Stick)

- Short Crosse – 40-42"
- Long Crosse – 52-72"
- 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).

3. GLOVES

- Hand must be fully inserted in glove

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4. SHOES

- Athletic cleats or athletic shoes

5. PROTECTIVE CUP

- Fitted for comfort & protection
- Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

6. ARM PADS

- Elbow should be properly & completely covered

7. SHOULDER PADS

- Covers top of shoulder, collarbone & sternum
- Should fit comfortably; adjust by loosening/tightening straps
- NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022



8. MOUTHGUARD

- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentist)

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Optional Equipment

9. RIB PADS (NOT SHOWN)

- Covers the ribs and kidneys; adjust by loosening/tightening straps
- Should fit comfortably, not restricting breathing



GIRL'S STICK



BOY'S STICK

NEW PLAYERS– please note the difference shown between a boy's lacrosse head and a girl's head. Be sure to purchase the correct type – boys and girls lacrosse are very different sports, and the equipment is not interchangeable.

2024 FUNDRAISING OPTIONS

All details and forms are available at www.northhillslacrosse.com/fundraising

Contact Lori Docherty at fundsnhlaxboys@gmail.com with questions.

Booster Club Fundraisers:

- Holiday Apparel Store
- Goodwill Donation Drive
- Spring Apparel Store
- Yard Sign Sales
- HS Game Concessions

Individual Player Fundraisers:

Pittsburgh Pierogies

Dates 1/1/24-1/21/24

Pickup 2/5/24

*Earn \$2.00/order towards player registration fees

Pepperoni Rolls

Dates 2/1/24-2/18/24

Pickup 2/26/24

*Earn \$5.00/order towards player registration fees

Sponsorship Program

*Earn towards player registration fees/varies

FlipGive

*Shop for % back towards player registration fees