





AGENDA

- **Welcome & Introductions**
- **Who We Are**
 - **About LAL**
 - **The Board**
 - **The LHSLL & Officials**
- **What You Need to Know**
 - **Your Coaches**
 - **Practice Schedule**
 - **Equipment**
 - **Game Schedule**
- **How Can I Help**
 - **Volunteer Needs**
 - **Sponsorships**





Welcome

Lower Alabama Lacrosse Bayhawks

LOWER ALABAMA LACROSSE

Lower Alabama Lacrosse is a recreational lacrosse league committed to the development of young athletes through the game of lacrosse.

It is our primary objective to grow the game in the region by respecting the honor and tradition of the game while providing a safe and positive sports experience for our young athletes and their families.

2009



League Founding

24 kids, two teams, and a small number of parents, coaches, and administrators.

2017



LHSL

Joined the Louisiana High School Lacrosse League

2019



First TryLax

With a grant from U.S. Lacrosse, we welcomed over 70 new players during our TryLax new player clinic.

BOARD MEMBERS



CATHY DELAGARZA

President
Youth Program Administrator

ALLISON HIXSON

Vice - President
HS Program Administrator

DIANE CASEY

Treasurer

Hollie Cress

Girls Program
Administrator

BARBARA RUDOLPH

Secretary

BOARD MEMBERS



Paige Lankford

Uniforms & Spiritwear

Candice Oliver

Social Media Manager

Chris Glenn

**Fields &
Equipment**

Wendy McMillian

Registration

NORTH

**Airline HS (Bossier City, LA)
Caddo Magnet HS (Shreveport, LA)
Captain Shreve HS (Shreveport, LA)
C.E. Byrd HS (Shreveport, LA)
Loyola College Prep (Shreveport, LA)
Renegades Lacrosse (Bossier City, LA)**

WEST

**Catholic HS (Baton Rouge, LA)
Chaos Lacrosse (Mandeville)
Dutchtown Lacrosse (Dutchtown, LA)
Saint Thomas More HS (Lafayette, LA)**

EAST

**Lower Alabama Lacrosse (Daphne, LA)
St. Paul's Episcopal HS (Mobile, AL)
UMS-Write Prep (Mobile, AL)**

SOUTH

**Brother Martin HS (New Orleans, LA)
Isidore Newman HS (New Orleans, LA)
Jesuit HS (New Orleans, LA)
St. Paul's Catholic (Covington, LA)**

Lower Alabama Lacrosse plays within the Louisiana High School Lacrosse League (LHSLL) and has been a member since October 2017 to improve competition and structure for the high school teams.



NEED TO KNOW

Team Divisions, Practice Information, Coaching Staff,
Games



THE GAMES

In order to be eligible for post season play, a team must compete in at least six (6) LHSLL Division 1 Varsity contests. Playoff seeding will be determined by power rankings.

High school teams consist of 9th – 12th grade players. There will be a JV and a Varsity team. Players in 12th grade MUST play Varsity.

It is possible, based on registration numbers, a few players will float to JV or to Varsity.

Stop-Clock Format w/Quarters.

Single JV & Varsity Games – Not Jamboree Style.

Thomas Doyle

Head Coach – JV/Varsity Teams

Cell: 518-320-0279

tdoyle1415@yahoo.com



Meryl Hyderally

Team mom– JV/Varsity Teams

Cell: 251-463-1862

meryl@hyderally.com

Allison Hixson

HS Coordinator

Cell: 251-975-7044

allison.hixson@yahoo.com



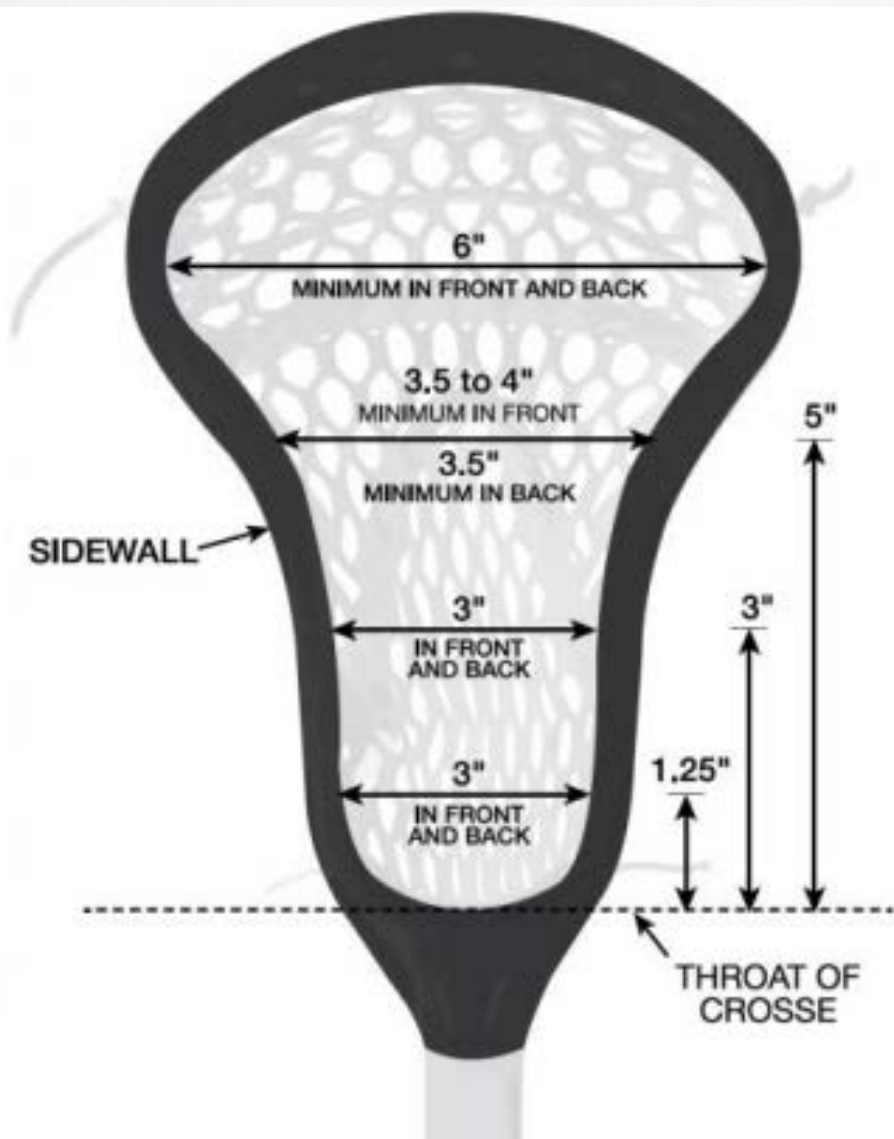
PRACTICE INFORMATION



Location: Ruff Wilson Youth Center (Johnson Rd, Daphne)
1st Practice – Monday January 4th

Regular Practice Schedule (4:00 PM – 6:00 PM)
Monday, Tuesday, Thursday

Weekend practices at the discretion of coaches prior to game schedule.



NFHS Boys Lacrosse STICK REQUIREMENTS

Players will need a lacrosse stick that meets the criteria set by US Lacrosse. Use caution with purchasing used equipment as these new rules went into effect last year so some lacrosse heads manufactured prior to 2018 may not be legal based on the updated requirements.

Measurement from throat (inches)	Minimum distance between narrowest point of head (inches)
1.25	3 (all measurements)
3.0	3 (all measurements)
5.0	3.5 to 4 on front, 3.5 on back
Widest point	6 (all measurements)



HS Boys - Equipment

Player safety is at the top of the list when it comes to the equipment you'll need to play. Goalies are also required to have a throat protector in addition to the gear listed below.



Helmet



Mouthguard



Pads and Gloves



Protective Cup

NEW CHEST PAD REQUIREMENT



NOCSE Chest Protector Standard – Goalies in 2020, Field Players in 2022



Team Helmet

- **Game Helmets Must Match**
- **Option 1 – Helmet Rental**
 - **\$50/Season**
 - **Game Usage Only**
 - **Re-certified Annually**
- **Option 2 – Group Purchase**
 - **\$250 or lower**
 - **You Own It**

BE PREPARED

Arrive On Time

Practice times listed are the start times. Your player should arrive in time to be suited up and ready to start at that time.

For games, players should expect to arrive 1 hour before scheduled game time to warm up and get assignments.

Come Prepared

Lacrosse is hard work. Make sure your player has water at every practice. Players should come to each practice equipped to play as they would for a game. Reversible jerseys are a must.

Game Day

Your player may play more than one game at an event if there is a need to float players between JV and Varsity.





GAME SCHEDULE

Date	Location	Event	
Wed February 24	Daphne AL	So Elite	Non-Conference Game
Sat March 6	New Orleans LA	Newman	Conference Game
Sun March 7	Covington LA	Chaos	Conference Game
March 8 week	TBD	ST P Mob/UMS	Conference Game
March 15 week	TBD	ST P Mob/UMS	Conference Game
Fri March 19	Covington LA	St. Paul's Catholic	Conference Game
Sat March 20	Covington LA	St Thomas More	Conference Game
March 22 week	TBD	ST P Mob/UMS	Conference Game
April 12 week	TBD	ST P Mob/UMS	Conference Game
Sun April 25	Covington LA	Dutchtown	Conference Game
Sat May 1	Biloxi MS	Brother Martin	Conference Game
May 8-9	TBD	Super 8 Playoff Game	Varsity Only
May 15-16	TBD	Final Four Championship Games	Varsity Only



Uniforms

COMPRESSION GEAR



- **New Rule – 2020**
- **Must be matching**
- **Team will vote on color**

JUST THE FACTS

Registration for Spring 2020 will run from October 13th – November 30th. The registration fee is \$325/player for high school players. \$50 Late Fee for registration after 12/1.

Payment plans are available for registration fees to be spread out across three payments between October and January.



30

November 30

Registration for Spring 2021 closes.

04

MON, JANUARY 4

First Practice Session for HS.

24

February 24

First games of the spring season!

**Sports Physical
Dated May 1, 2020
or later**



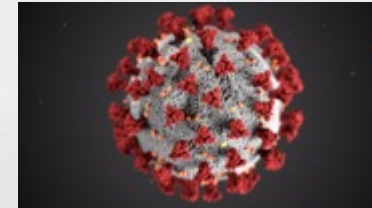
Helmet Waiver



**Disciplinary Policy
All LAL Player Families**



**COVID Waiver
All LAL Player Families**



Paperwork Requirements

What Can You Do?

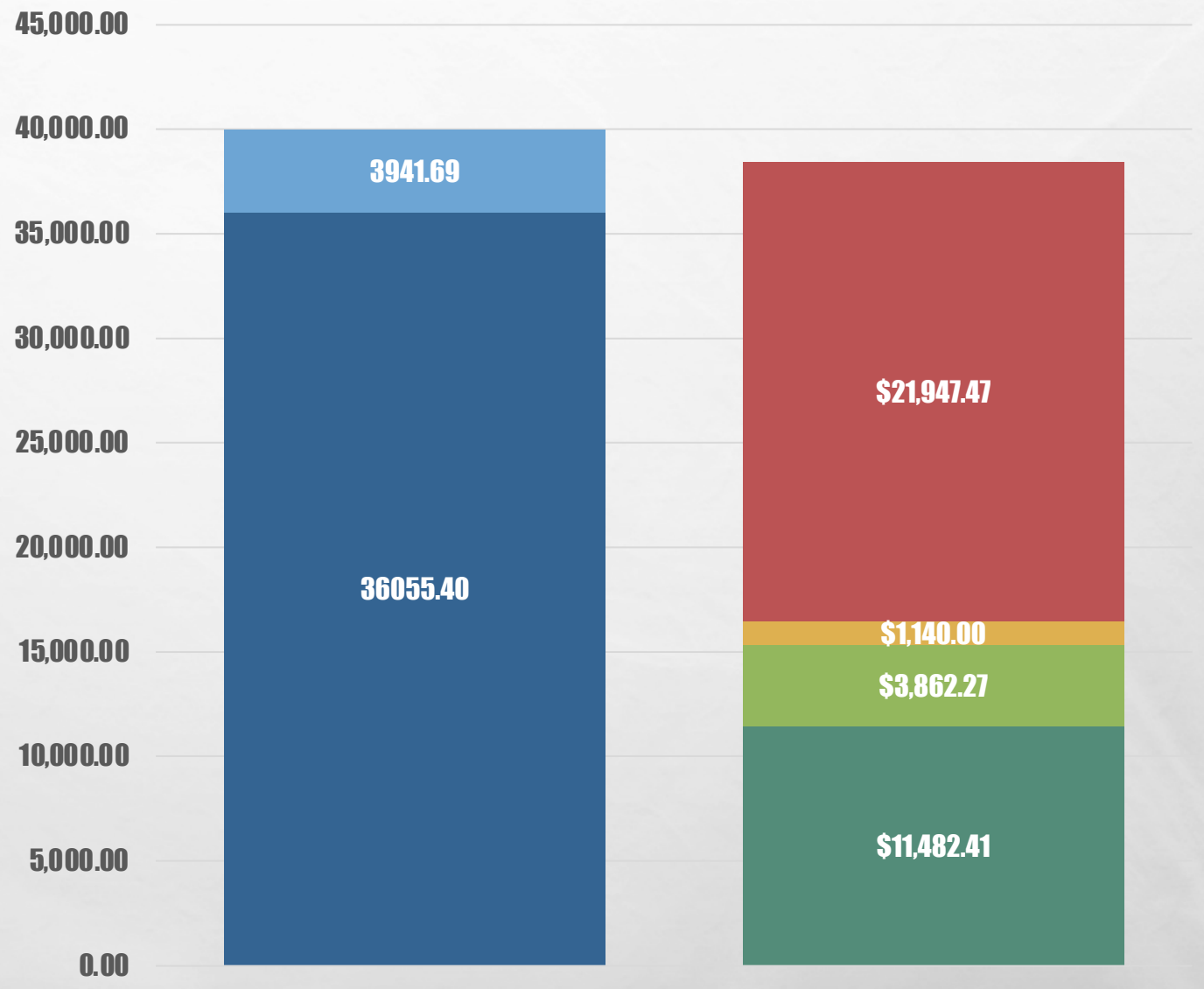
Finances, Sponsorship, & Volunteer Opportunities



WHERE DO OUR FEES GO?

Other Expenses

- Equipment
- Field Maintenance
- League Fees
- Advertising/Signage
- Coaching
- Flyers



Income (\$39,997.09)

Expenses (\$38,432.15)

Registration Other Uniforms Ref and Trainer Fees Storage Unit Other Expenses

*Values based on 2019 seasonal spending.

Field Lining
\$1200



Helmet Certification
\$1000



Uniforms
\$105 / player



League Expenses

Registration Fees account for roughly 65% of the per-player cost for the league.

The difference is made up with sponsorships, donations, parking fees, and grants.

Examples of league expenses:

- US Lacrosse membership, background check, CPR/AED Certification, Coaches Certification

- Meeting space rental fees

- Replacement goals & balls

- Coaches travel for away games

- Referee Fees





Friends & Family Sponsorship

During registration you will have the option to add a sponsorship level to your account.

Family Membership (\$150)
Includes reserved parking at Jubilee Jam

Friend of Lacrosse (\$50)

Corporate Sponsors

2020 Sponsors Raised \$8500

ELITE SPONSOR \$2000

- Logo on team jersey sleeve
- Monthly social media post
- Logo on Jubilee Jam t-shirt
 - Field sign at Jubilee Jam
- Logo on social media/website
 - Logo on sponsor banner

ULTIMATE SPONSOR \$1500

- Logo on Jubilee Jam t-shirt
- Monthly social media post
 - Field sign at Jubilee Jam
- Logo on social media/website
 - Logo on sponsor banner

PREMIUM SPONSOR \$1000

- Logo on Jubilee Jam t-shirt
- Field sign at Jubilee Jam
- Logo on social media/website
 - Logo on sponsor banner

BLUE SPONSOR \$750

- Logo on social media/website
- Small logo on sponsor banner

RED SPONSOR \$500

- Small logo on sponsor banner
 - Logo on LAL Website

WHITE SPONSOR \$250

- Logo on LAL website

Additional Fundraising

Throughout the year, participate in additional fundraising opportunities for our league.



Amazon Smile

Set Lower Alabama Lacrosse as organization to receive a small % of your shopping dollars at no additional cost to you.



Volunteer Opportunities

The league is a volunteer organization and we rely on parents to help keep things running smoothly for our players.



Volunteer

Find the volunteer opportunity that is right for you. Examples include:

Home Games

- **Field Setup & Breakdown**
- **Attendants – Gate Fees**
- **Attendants – Concessions**
- **Attendants – Game Stats Table, Score/Time Click, Ball Shagging, Team Water Bottles**
- **Team Water**
- **Team Videographer (JV, V)**
- **Jubilee Jam**
- **Spiritwear Sales**



Let's Keep In Touch



Parent Contact Information

Please be sure that your email address(es) and cell phone numbers are correct when registering your child.



Let Us Inbox You

Make sure to check your spam/junk folders if you are not receiving emails from Lower Alabama Lacrosse.



Follow Us on Facebook

We will be posting updated information, and photos from game days, to our Facebook page: [Lower.Alabama.LAX](#)



Follow Us on Instagram

Live photo updating from tournaments, instagram stories, what's not to love?



THANKS

Lower Alabama
Lacrosse