

OLMSTED FALLS  
LACROSSE ASSOCIATION

# PARENT LACROSSE MEETING 2022

Boys and Girls  
Grades K through 8th

January 6, 2022  
Middle School Cafe  
7-8:30pm

OLFA, founded in 2009, is proud of the growth of lacrosse in Olmsted Falls. Please join us to learn about the programs available to both boys and girls.



## OFLA Parent Meeting

January 6 2022

# Agenda

- Mission
- Board
- Program Goals
- History
- Boys & Girls Game
  - Teams / Divisions
  - Equipment
- Registration
- Website
- Key Dates
- Social Media
- Volunteering
- Adaptive Program
- COVID

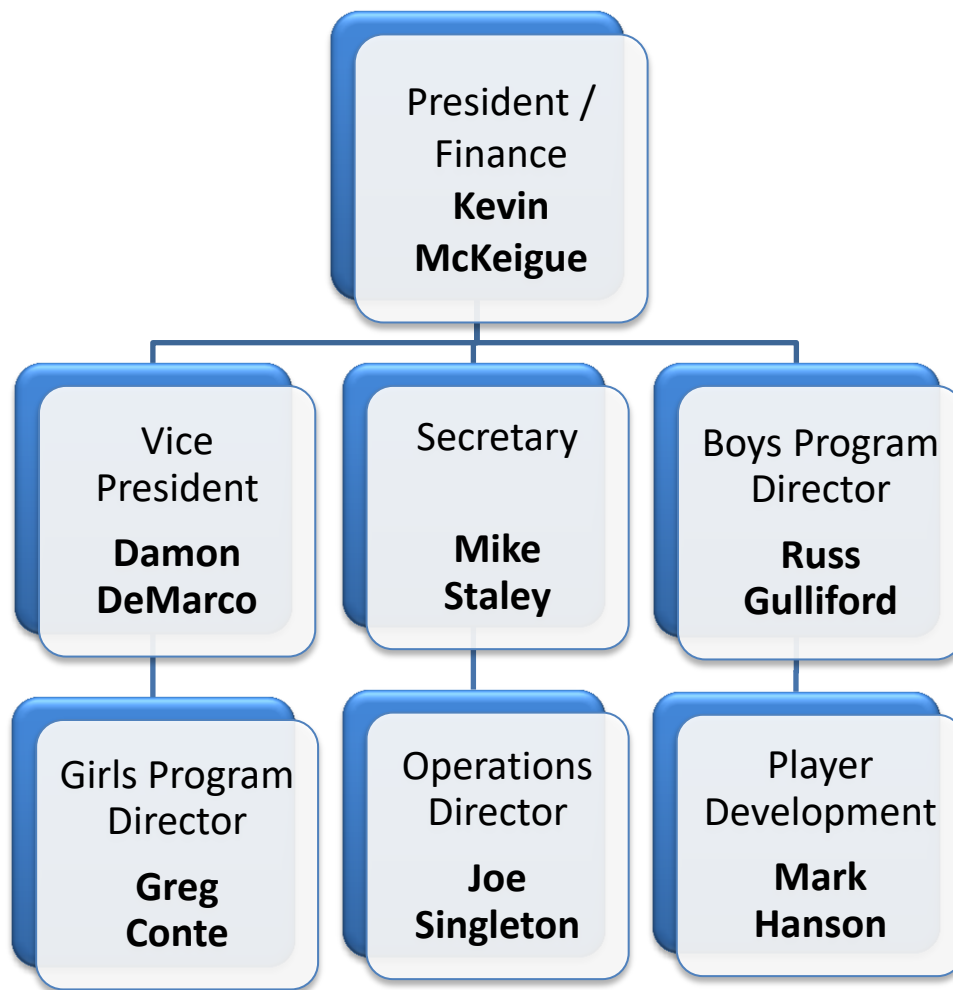


# OFLA Mission Statement

The Olmsted Falls Lacrosse Association is committed to the growth of youth lacrosse through an effectively governed and well implemented program comprised of coaches, parents, and volunteers that **provide a positive, competitive and rewarding developmental and participatory experience** for school-aged children promoting **sportsmanship, respect, leadership and community.**



# OFLA Board Members

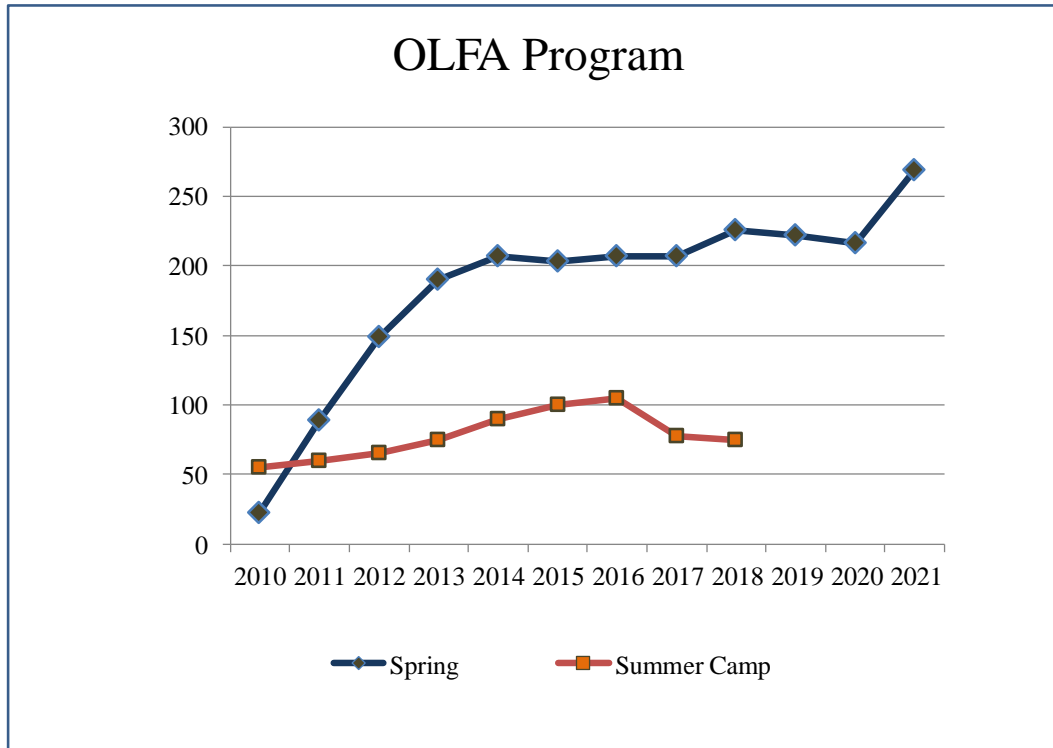


# Program Goals

- Teach the sport
  - Basic skills
  - Strategies
- Double Goal Coaching
  - #1: Winning (is important)
  - #2: Teaching life lessons (is more important)
- US Lacrosse certification for Olmsted Falls coaches
- Honor the Game
- Have FUN!



# Olmsted Falls Lacrosse History



- Founded in 2010
- 63 boys and girls participated in the Developmental Program in 2021!
- HS teams became part of school athletic program in 2017
- Summer camps now operated by HS



# Why the Growth?

- Four main factors.
  - Increased visibility in the National Media
  - Development of a Professional League
  - Growth of new High School and College Programs
  - Growth of Youth Programs.
- The game is also very appealing. It is fast-paced and full of non-stop action. It is a good mix between many popular sports such as football, basketball, soccer, and hockey.
- Participation in high school lacrosse topped 215,000 boys and girls during the 2018-19 school year, an all-time high.



Photo Gallery: Lacrosse Communities Project in Cleveland

Sep 22, 2017  
Foundation  
Programs & Grants



This photo gallery celebrates the launch of Lacrosse and its North Coast Ohio Chapter addition to delivering ongoing lacrosse pro of those proceeds have funded the develop  
[Read More](#)

US Lacrosse Unveils National Lacrosse Development Model in Cleveland

Sep 15, 2017  
Press Release  
Programs & Grants



The Lacrosse Communities Project: A strat  
[Read More](#)



# Opportunity

HS Sport	BOYS		
	2008-09	2018-19	% change
Volleyball	49,346	63,563	28.8%
Lacrosse	88,596	113,702	28.3%
Fencing	1,922	2,401	24.9%
Skiing (Cross Country)	4,318	5,381	24.6%
Soccer	383,824	459,077	19.6%
Track & Field (Indoor)	67,424	79,550	18.0%
Cross Country	231,452	269,295	16.4%
Water Polo	20,650	22,475	8.8%
Track & Field (Outdoor)	558,007	605,354	8.5%
Swimming & Diving	130,182	136,638	5.0%
Baseball	473,184	482,740	2.0%
Tennis	157,165	159,314	1.4%
Skiing (Alpine)	5,528	5,484	-0.8%
Basketball	545,145	540,769	-0.8%
Ice Hockey	37,255	35,283	-5.3%
Wrestling	267,378	247,441	-7.5%
Golf	157,062	143,200	-8.8%
Football	1,112,303	1,006,013	-9.6%
Rifle	2,329	2,057	-11.7%
Gymnastics	2,336	1,580	-32.4%

Source: National Federation of State High School Associations. Includes participation in high school and college sports.

HS Sport	GIRLS		
	2008-09	2018-19	% change
Lacrosse	64,929	99,750	53.6%
Bowling	23,847	28,322	18.8%
Track & Field (Indoor)	59,900	70,703	18.0%
Water Polo	18,418	21,735	18.0%
Ice Hockey	8,261	9,650	16.8%
Golf	69,223	79,821	15.3%
Fencing	1,762	2,030	15.2%
Soccer	344,534	394,105	14.4%
Rifle	1,116	1,274	14.2%
Volleyball	404,243	452,808	12.0%
Cross Country	198,199	219,345	10.7%
Rowing	2,455	2,698	9.9%
Swimming & Diving	158,878	173,088	8.9%
Skiing (Cross Country)	4,233	4,578	8.2%
Track & Field (Outdoor)	457,732	488,267	6.7%
Tennis	177,593	189,436	6.7%
Skiing (Alpine)	4,394	4,615	5.0%
Gymnastics	18,842	18,658	-1.0%
Softball	368,921	362,038	-1.9%
Field Hockey	64,563	60,824	-5.8%
Basketball	444,809	399,067	-10.3%

- High School Lacrosse Growth
  - #1 with Girls
  - #2 with Boys
- College Lacrosse Opportunity
  - #1 with Boys
  - #2 with Girls

Men						
	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Baseball	488,815	34,554	7.1%	2.1%	2.2%	2.8%
Basketball	546,428	18,684	3.4%	1.0%	1.0%	1.4%
Cross Country	257,691	14,412	5.6%	1.9%	1.4%	2.3%
Football	1,083,308	73,660	6.8%	2.6%	1.8%	2.4%
Golf	146,677	8,676	5.9%	2.0%	1.7%	2.2%
Ice Hockey	35,155	4,102	11.7%	4.6%	0.5%	6.5%
Lacrosse	109,522	13,446	12.3%	2.9%	2.3%	7.1%
Soccer	440,322	24,803	5.6%	1.3%	1.5%	2.8%
Swimming	133,470	9,455	7.1%	2.8%	1.1%	3.2%
Tennis	157,201	8,092	5.1%	1.7%	1.1%	2.4%
Track & Field	591,133	28,334	4.8%	1.9%	1.2%	1.7%
Volleyball	55,417	1,899	3.4%	0.7%	0.8%	1.9%
Water Polo	21,857	1,014	4.6%	2.6%	0.7%	1.3%
Wrestling	250,653	7,075	2.8%	1.0%	0.8%	1.0%

Women						
	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Basketball	429,380	16,593	3.9%	1.2%	1.1%	1.6%
Cross Country	222,516	15,958	7.2%	2.7%	1.8%	2.7%
Field Hockey	59,793	6,032	10.1%	3.0%	1.2%	5.8%
Golf	74,762	5,293	7.1%	2.9%	2.1%	2.1%
Ice Hockey	9,514	2,289	24.1%	9.0%	1.0%	14.0%
Lacrosse	88,050	11,375	12.9%	3.8%	2.6%	6.5%
Soccer	381,529	27,358	7.2%	2.4%	1.9%	2.9%
Softball	366,685	19,680	5.4%	1.6%	1.6%	2.1%
Swimming	166,747	12,356	7.4%	3.3%	1.1%	3.0%
Tennis	183,800	8,933	4.9%	1.6%	1.1%	2.2%
Track & Field	485,969	29,048	6.0%	2.7%	1.5%	1.8%
Volleyball	436,309	17,119	3.9%	1.2%	1.1%	1.6%
Water Polo	20,230	1,136	5.6%	3.3%	1.0%	1.3%

# Team Basics

- Team Size
  - 20-25 players
- 10 players on the field for boys
  - 3 attack men
  - 3 mid-fielders (middies)
  - 3 defensemen
  - 1 goalie
- 12 players on the field for girls
  - 3 attack (first, second, third home)
  - 5 mid-fielders (wings and a center)
  - 3 defensive (points and third man)
  - 1 goalie



# 2022 Rule Changes - Boys

- Two significant rule changes
  - NOCSAE approved shoulder pads required
  - Mandatory protective cup must be worn by all players - all levels
  - Referees will not be checking each player and the coach will be certifying all players are compliant to the equipment rules. Penalty for non-compliance is a 3 minute non-releasable



## NOCSAE Certified Shoulder Pads

Available through registration process



Required for all boys in accordance with USA Lacrosse



# Typical Equipment and Costs

## Typical Equipment Costs

Stick	\$45
Helmet	\$115
Shoulder pads	\$80
Elbow pads	\$35
Gloves	\$40
Goggles	\$45
Boys Total	\$315
Girls Total	\$90 - \$160



<https://www.bsnteamssports.com/shop/OFLAX2022>

ORDER BY  
JANUARY  
27

OLMSTED FALLS LACROSSE ASSOCIATION  
EQUIPMENT 2021

 <p>\$145.00 Cascade CPX-R Lacrosse Helmet</p>	 <p>\$110.00 CPV-R Youth Helmet Silver Mask</p>	 <p>\$170.00 Cascade S Lacrosse Helmet</p>	 <p>\$100.00 Cascade® Lacrosse CSR Youth Helmet</p>	 <p>\$38.00 Maverik Charger Complete Stick - WH</p>
 <p>\$38.00 Maverik Charger Complete Stick - WH</p>	 <p>\$75.00 Warrior Evo Warp Next Complete Stick</p>	 <p>\$65.00 Maverik MX EKG Lacrosse Shoulder Pad</p>	 <p>\$35.00 MX Arm Pad</p>	 <p>\$45.00 Maverik MX Field Lacrosse Glove</p>

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# Programs and Fees

Division	Grades	Practice Days/Week	Registration Fee
Bulldog Boys/Girls	K-2	1	\$0
Bantam Boys	3-4	2	\$165
Youth Boys	5-6	2	\$195
MS Boys	7-8	3-4	\$220
Bantam Girls	3-4	1-2	\$165
Youth Girls	5-6	2	\$195
MS Girls	7-8	3-4	\$220
Winter Indoor Sessions	3-8	1	\$60

- Registration will be through the OCC registration portal
  - <https://occ.recdesk.com/Community/Program?category=3>
- Registration will include signatures for Code of Conduct, COVID, and Lindsey's Law
- Boys NOCSAE certified shoulder pads available for purchase through registration portal
- Late Fee of \$25 if registering after **January 29, 2022**
- \$20 registration discount for each sibling



# Registration and Fundraiser Fees

- ***What do the Fees cover?***
- Registration
  - US Lacrosse insurance and membership (includes year subscription to US Lacrosse magazine)
  - Field / maintenance costs
  - General equipment needs (balls, cones, tables)
  - Referee fees
  - Tournament fees
  - Spring indoor time
  - Player apparel
    - Dry-fit shirt
    - Practice pinnie
  - Helmet decals, as needed
- Fundraiser
  - Goals / nets
  - Marketing
  - Uniforms



# Winter Opportunity

- Great for individuals that want to try the sport out and for players that want to get an early start on the season
- January 21 and 28
- 90 minutes each session
- Rocky River Force
- \$35
- Register at Olmsted Community Center

<https://occ.recdesk.com/Community/Program?category=3>



OLMSTED FALLS LACROSSE  
ASSOCIATION

**LEARN TO PLAY  
OR  
DUST THE RUST**

**JANUARY 21 AND 28 2022**

**7:00 TO 8:30PM**

**ROCKY RIVER FORCE SPORTS**

*Try the sport out if you are new to the game (equipment will be provided) or get two sessions in before the season starts*

**2 SESSIONS FOR \$35  
REGISTER @ OCCRECDESK.COM**

# Program Information

- Member of the WestShore Conference
  - WestShore established 2014 to support scheduling, coaching, and rule review
  - WestShore Classic – biggest youth lacrosse tournament in Cleveland
  - Expanding to Northern Ohio Lacrosse League (NOLL) for 2022 season
- Team Practices
  - Between 2 and 5 per week depending on Division
- Team Games
  - Between 14 – 22 per team
- Fields
  - Working with OFCS on field schedules and finalizing practice and game schedules



# Key Dates

- **January 6** – Information Night
- **January 21 / 28** – Winter indoor Practices @ Rocky River Force from 6:00-7:30pm
- **January 29** – Registration \$25 Late Fee
- **February** – Indoor sessions begin with each team
- **March** – Outdoor practice times are being firmed up now and will be based on weather and field availability
- **May 28/29** – NOLL Tournament



# Practice Dates

- Based on 2021 schedule and not confirmed with OFCS
- Indoor Schedule
  - Each team will have six indoor sessions at North Olmsted Sportsplex starting in February
- Outdoor Schedule
  - Developmental: Wed 5:30-6:15pm
  - Bantam Girls: Wed 6:15-7:30pm
  - Bantam Boys: Mon, Tue, Thu 6-7:30pm
  - Youth Girls: Mon, Tue, Thu 5:30-7pm
  - Youth Boys: Mon, Tue, Thu 4:30-6pm
  - MS Girls: Mon, Tue, Thu 5:30-7pm
  - MS Boys: Mon, Tue, Wed, Thu, Fri 6-7:30pm



# Social Media

- Website

- [www.olmstedfallslax.com](http://www.olmstedfallslax.com)
  - Latest news
  - Spirit wear – Ryco Sports
  - Contact information

- Olmsted Falls Lacrosse

- Olmsted Falls Lacrosse



- High School

- @OFLAX

- @OF\_Girls\_Lax



**OLMSTED FALLS LACROSSE ASSOCIATION**

HOME TEAM CENTRAL WESTSHORE REGISTRATION SPIRITWEAR PROGRAM

## BOYS SHOULDER PADS

All boys are required to purchase new, NOCSAE certified shoulder pads for 2022. Discounted shoulder pads are available through registration portal.

NOCSAE Certified Shoulder Pads  
Available through registration process

STX Station 400<sup>®</sup> SHOULDER PAD  
\$75

Worrior Blaz<sup>®</sup> SHOULDER PAD LINDER  
\$85

Required for all boys in accordance with USA Lacrosse

### OFLAX CELEBRATES 10 YEARS

2010 2020

Read More

### MS BOYS SECOND IN STATES

Read More

### GRAVEYARD CHAMPS!

Read More

#### ABOUT OUR CLUB

Founded in 2010, the Olmsted Falls Lacrosse Association (OFLA) is committed to the growth of youth lacrosse in the Olmsted Falls, Olmsted Township and the surrounding Northeastern Ohio area. The OFLA is a member of the Ohio North Coast Chapter of U.S. Lacrosse and consists of a Board of Directors who are chartered to embrace the principles of the Positive Coaching Alliance in providing youth athletes a positive, character-building sports experience.

#### Program Testimonials

"My son was a first year lacrosse player; he did not know much about the sport before joining however after his first year, he plans not only to play in high school but further his knowledge by attending camps this summer. The knowledge of the coaches and staff has been a great experience."

#### HELPFUL LINKS

- OFLAX YouTube
- OFLAX Facebook
- US Lacrosse
- Positive Coaching Alliance
- Ohio Lacrosse
- LAX Power



# Volunteers Needed

- Let us know if you're interested in:
  - Being on our Board
  - Coaching
  - Working the tables as timekeepers and scorers for home games
  - Helping with fundraiser
  - Registration will allow you to sign up for volunteering to continue to make our program the best it can be!



# Adaptive Lacrosse Program

- Adaptive lacrosse is for people with physical or intellectual impairments. Athletes with disabilities benefit from the same training and conditioning as athletes without disabilities, and generally, the same program used for athletes without disabilities can be used for their peers with a disability, with a few modifications.
- OFLA is excited to offer adaptive lacrosse once again this year!
  - Practices will be on Friday evenings from 5:30 - 6:30 (location TBD in Olmsted Falls) and will include a warm up, fundamental skill development and drills.
  - This program is designed for children with special needs in grades 1 - 8. There is no cost to sign up!
  - Please contact Jodi DeMarco at [joannademarco@yahoo.com](mailto:joannademarco@yahoo.com).



# COVID Requirements

- General Policy
  - OFLA will adjust face covering requirements based on guidance from OFCS.
- Equipment and Water
  - Do not share towels, facial coverings, water bottles, food.
  - Players MUST bring own water to practices. Please make sure water bottle/jug is clearly labeled.
  - NO WATER WILL BE PROVIDED.
- Drop off and Pick Up
  - Please be prompt in dropping off (no earlier than 15 minutes prior) and picking up child before and after practice.
  - Critical so that participants are not congregating before or after practice.



# COVID Requirements

- Before Practice – At Home

- Applies to all participants and coaches
- Stay at home if exposed to someone with COVID
- Anyone experiencing this symptoms must stay home
  - Fever or Chills
  - Cough
  - Shortness of breath
  - Difficulty breathing
  - Fatigue
  - Muscle of body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea



ANY  
QUESTIONS?

