



OFLA Parent Meeting

January 4 2023

Agenda

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

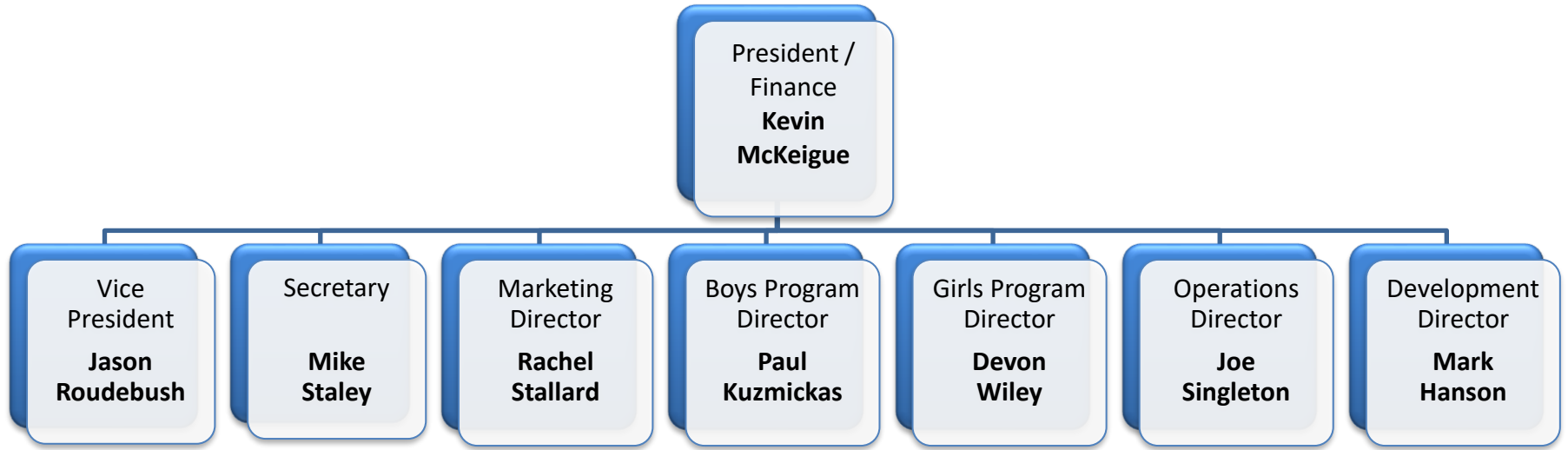


OFLA Mission Statement

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

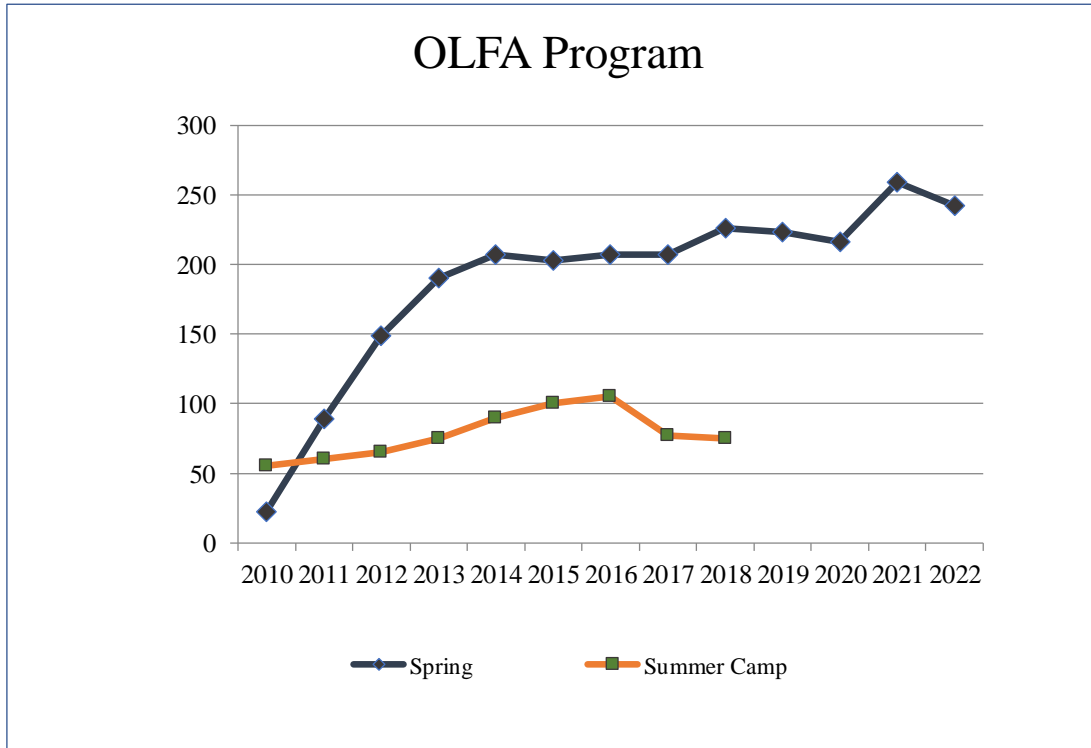


Program Goals

- 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; dropped a bit in 2022
- 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.



Opportunity

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

HS Sport	BOYS			HS Sport	GIRLS		
	2008-09	2018-19	% change		2008-09	2018-19	% change
Volleyball	49,346	63,563	28.8%	Lacrosse	64,929	99,750	53.6%
Lacrosse	88,596	113,702	28.3%	Bowling	23,847	28,322	18.8%
Fencing	1,922	2,401	24.9%	Track & Field (Indoor)	59,900	70,703	18.0%
Skiing (Cross Country)	4,318	5,381	24.6%	Water Polo	18,418	21,735	18.0%
Soccer	383,824	459,077	19.6%	Ice Hockey	8,261	9,650	16.8%
Track & Field (Indoor)	67,424	79,550	18.0%	Golf	69,223	79,821	15.3%
Cross Country	231,452	269,295	16.4%	Fencing	1,762	2,030	15.2%
Water Polo	20,650	22,475	8.8%	Soccer	344,534	394,105	14.4%
Track & Field (Outdoor)	558,007	605,354	8.5%	Rifle	1,116	1,274	14.2%
Swimming & Diving	130,182	136,638	5.0%	Volleyball	404,243	452,808	12.0%
Baseball	473,184	482,740	2.0%	Cross Country	198,199	219,345	10.7%
Tennis	157,165	159,314	1.4%	Rowing	2,455	2,698	9.9%
Skiing (Alpine)	5,528	5,484	-0.8%	Swimming & Diving	158,878	173,088	8.9%
Basketball	545,145	540,769	-0.8%	Skiing (Cross Country)	4,233	4,578	8.2%
Ice Hockey	37,255	35,283	-5.3%	Track & Field (Outdoor)	457,732	488,267	6.7%
Wrestling	267,378	247,441	-7.5%	Tennis	177,593	189,436	6.7%
Golf	157,062	143,200	-8.8%	Skiing (Alpine)	4,394	4,615	5.0%
Football	1,112,303	1,006,013	-9.6%	Gymnastics	18,842	18,658	-1.0%
Rifle	2,329	2,057	-11.7%	Softball	368,921	362,038	-1.9%
Gymnastics	2,336	1,580	-32.4%	Field Hockey	64,563	60,824	-5.8%
source: National Federation of State High School Associations. Includes participation in high school sports.				Basketball	444,809	399,067	-10.3%

Sources: High school figures from the 2018-19 High School Athletics Participation Survey (PDF) conducted by the National Federation of State High School Associations; data from club teams (PDF) not included. College numbers from the NCAA 2018-19 Sports Sponsorship and Participation Rates Report (PDF).

	HIGH SCHOOL PARTICIPANTS	NCAA PARTICIPANTS	OVERALL % HS TO NCAA	% HS TO NCAA DIVISION I	% HS TO NCAA DIVISION II	% HS TO NCAA DIVISION III
Men						
Baseball	482,740	36,011	7.5%	2.2%	2.3%	2.9%
Basketball	540,769	18,816	3.5%	1.0%	1.0%	1.4%
Cross Country	269,295	14,303	5.3%	1.8%	1.4%	2.1%
Football	1,006,013	73,712	7.3%	2.9%	1.9%	2.5%
Golf	143,200	8,485	5.9%	2.0%	1.6%	2.2%
Ice Hockey	35,283	4,323	12.3%	4.8%	0.6%	6.8%
Lacrosse	113,702	14,603	12.8%	3.1%	2.5%	7.3%
Soccer	459,077	25,499	5.6%	1.3%	1.5%	2.7%
Swimming	136,638	9,799	7.2%	2.8%	1.2%	3.2%
Tennis	159,314	7,785	4.9%	1.6%	1.0%	2.3%
Track & Field	605,354	28,914	4.8%	1.9%	1.2%	1.7%
Volleyball	63,563	2,355	3.7%	0.7%	0.7%	2.3%
Water Polo	22,475	1,072	4.8%	2.7%	0.8%	1.3%
Wrestling	247,441	7,300	3.0%	1.0%	0.8%	1.2%
Women						
Basketball	399,067	16,509	4.1%	1.3%	1.2%	1.7%
Cross Country	219,345	15,624	7.1%	2.7%	1.7%	2.7%
Field Hockey	60,824	6,119	10.1%	2.9%	1.4%	5.8%
Golf	79,821	5,436	6.8%	2.8%	1.9%	2.1%
Ice Hockey	9,650	2,531	26.2%	8.9%	1.1%	16.2%
Lacrosse	99,750	12,452	12.5%	3.7%	2.6%	6.2%
Soccer	394,105	28,310	7.2%	2.4%	1.9%	2.9%
Softball	362,038	20,419	5.6%	1.8%	1.7%	2.2%
Swimming	173,088	12,980	7.5%	3.3%	1.2%	3.0%
Tennis	189,436	8,596	4.5%	1.5%	1.0%	2.0%
Track & Field	488,267	30,326	6.2%	2.8%	1.5%	1.9%
Volleyball	452,808	17,780	3.9%	1.2%	1.1%	1.6%
Water Polo	21,735	1,217	5.6%	3.3%	1.1%	1.2%

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



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



Programs and Fees

Division	Grades	Practice Days/Week	Registration Fee
Bulldog Boys/Girls	K-2	1	\$30
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 and Lindsey's Law
- Boys NOCSAE certified shoulder pads available for purchase through registration portal
- Late Fee of \$20 if registering after **February 15, 2023**
- \$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 Training

- Great for individuals that want to try the sport out and for players that want to get an early start on the season
 - WHAT: Indoor Lacrosse Program consists of four 1.5 hour sessions that focus on stick skills, dodging, and conditioning.
 - WHERE: Force Sports, Rocky River facility located at 21220 Center Ridge Rd, Rocky River Ohio. Facility phone number is 440.331.0100.
 - WHO: All boys and girls grades 3-8 are eligible to sign up.
 - DAYS & TIMES: Sundays 9am-10:30am
 - DATES: 2/12, 2/19, 2/26, 3/5
 - COST: 4 Sessions for \$60
 - Register at Olmsted Community Center
<https://occ.recdesk.com/Community/Program?category=3>



Program Information

- Original member of the WestShore Conference
 - WestShore established 2014 to support scheduling, coaching, and rule review
- WestShore expanded to Northern Ohio Lacrosse League (NOLL) for 2022 season
 - 47 programs
 - 165 teams
- 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



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.



Key Dates

- **January 4** – Information Night
- **February 12** – Winter indoor practices start @ Rocky River Force Sundays 9:00-10:30am
- **February 15** – Registration \$20 Late Fee
- **Early March** – Team indoor sessions begin with each team
- **March** – Outdoor practice times firmed up now based on weather and field availability
- **May 12-14** – Girls Ohio Championships
- **May 13-14** – Boys Middle School Championships
- **May 19-21** – Boys North Coast Championships
- **May 27-28** – 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

- Latest news

- Spirit wear – Ryco Sports

- Olmsted Falls Lacrosse



- Olmsted Falls Lacrosse

facebook

- Olmstedfallslax



- High School

- @OFLAX

- @OF_Girls_Lax



OLMSTED FALLS LACROSSE ASSOCIATION

HOME TEAM CENTRAL WESTSHORE REGISTRATION SPIRITWEAR PROGRAM

BOYS SHOULDER PADS

NOCSAE Certified Shoulder Pads
Available through registration process

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

STX Station 400" SHOULDER PAD \$75

Warrior Blazer SHOULDER PAD LINER \$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 asset."

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!



ANY
QUESTIONS?

