



LACROSSE

PROGRAM GUIDE

Spring 2019

Programs Director: Greg Lingley

OYSTER RIVER YOUTH ASSOCIATION
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TABLE OF CONTENTS

- INTRODUCTION..... 3
 - ORYA LACROSSE MISSION STATEMENT | 3
 - PROGRAM INFORMATION | 3
- PROGRAM DETAILS AND REGISTRATION INFO..... 4
 - 7U Coed Lacrosse (Grade K)..... 4
 - 8U Boys Lacrosse (Grade 1&2) | SAYLL 6
 - 8U Girls Lacrosse (Grade 1&2) | SAYLL 8
 - 10U Boys Lacrosse (Grade 3&4) | SAYLL 10
 - 10U Girls Lacrosse (Grade 3&4) | SAYLL 12
 - 12U Boys Lacrosse (Grade 5&6) | NHYLA 14
 - 12U Girls Lacrosse (Grade 5&6) | NHYLA 17
 - 14U Boys Lacrosse (Grade 7&8) | NHYLA 20
 - 14U Girls Lacrosse (Grade 7&8) | NHYLA 23
- PLAYER TUITION..... 26
 - ORYA Admin | 26
 - ORYA Capital Fund | 26
 - Why are player fees presented differently this season? 26

INTRODUCTION

ORYA LACROSSE MISSION STATEMENT |

Oyster River Youth Lacrosse is a community-based lacrosse development program offered to girls and boys from kindergarten through 8th grade in Durham, Lee and Madbury. ORYA Lacrosse not only introduces the sport of lacrosse to student athletes who have never played before, but also develops the skills of those student athletes with prior lacrosse experience. We welcome all levels of play, no matter what age level. Our main mission is to provide a comfortable, yet challenging environment for all levels of play, and for each player to have a positive, enriching lacrosse experience.

PROGRAM INFORMATION |

Will all players that register on time make a team - YES!

Our 8U, 10U, 12U & 14U girls and boys teams practice 2 times per week and have one game per week for 6-8 weeks {Saturdays for SAYLL league play or Sundays for NHYLA league play}. The boys' teams will practice on Tuesdays & Thursdays and most girls teams will practice on Mondays and Wednesdays. This season, however, our 8U girls' team will practice on Tuesdays & Thursdays. Specific times will depend on field and coach availability, but practices are 60-90 minutes in length. The season usually starts and ends with a league jamboree/tournament. We hope and expect players to make lacrosse a priority for the spring and attend the majority of practices and games but understand conflicts and highly value multi-sport/multi-activity participation.

All interested lacrosse players are expected to attend our Feb. 10th, 2019 clinic & fitting. Even if you are new to the game and trying lacrosse for the first time, please attend this fun session so you can be introduced to the sport, our coaches and coordinators. As players get started playing in our relaxed clinic skill building environment, ORYA Lacrosse coordinators will meet with all parents and discuss program philosophy, approach and expectations of the season.

PROGRAM DETAILS AND REGISTRATION INFO

7U Coed Lacrosse (Grade K)

Registration Deadline	April 5
+\$30 Late Registration Window	April 6 onward
Practice Dates	May 1, 8, 15, 22, 29, June 5, 12
Time	5:30-6:30pm
Location	Demerritt Park
Durham Resident	\$48
Lee Resident	\$30
Madbury Resident	\$30
Other Resident	\$73



[REGISTER HERE](#)

PROGRAM DESCRIPTION |

This is usually a player's first experience to the game of lacrosse, and we don't take that lightly! Our volunteer coaches do their utmost to showcase the fun side of the game to instill a passion for the game. Basic hand-eye coordination, lacrosse specific skills and movements are introduced via fun games and exercises in a relaxed environment. Players can try lacrosse in a non-competitive environment while building some of the skill building blocks for the sport. Come and give it a try!

UNIFORMS | Order Deadline April 11th

We would like all participating 7U players to order their uniform shirt to make each player feel special, to feel like they are part of the team and to produce a more professional practice environment. Players that order their uniform shirt before the April 11th deadline will receive their shirt at the first practice. To ensure accurate sizing and orders, each family will order their shirt individually, online. Simply follow the uniform order link, choose your size and place your order.

[ORDER HERE](#) | Access code: 97693

TEAM SNAP |

Each coach will utilize TeamSnap as their team communication tool. This easy & user-friendly app helps keep your schedule straight and allows to and from communications with your coach. Great for last minute schedule updates and player availability, we hope this app makes your season that much easier to keep track of!

EQUIPMENT |

All girls will need a girls' lacrosse stick, ASTM certified eye protection (called goggles/eye cage), and a non-clear mouth guard. Recommended items include cleats (non-metal) and a water bottle.

All boys will need lacrosse stick (size varies depending on age, men's sticks are recommended), ASTM certified lacrosse helmet, arm pads, shoulder pads, gloves, cup, and a non-clear mouth guard. Recommended items include cleats (non-metal), and a water bottle. All goalie equipment is provided.

All goalie equipment is provided.

8U Boys Lacrosse (Grade 1&2) | SAYLL



Registration Deadline	Feb. 15
+\$30 Late Registration Window	Feb. 16
Preseason Fitting & Clinic	Feb. 10; 2:30 - 3:30 pm
Estimated Indoor Practice Start	Week of March 25
Estimated Games Start	April 6 (based on field conditions)
Durham Resident	\$153
Lee Resident	\$135
Madbury Resident	\$135
Other Resident	\$178

[REGISTER HERE](#)

PROGRAM DESCRIPTION |

OUTDOOR PRACTICES | Tuesdays & Thursdays 4:30-5:30 Stevens Field
SAYLL GAMES | Saturdays, April - June

During the preseason each team may have some Saturday sessions (prior to natural grass fields being opened by the Town or ORYA).

We hope and expect players to make lacrosse a priority for the spring and attend the majority of practices and games but understand conflicts and high value of multi-sport/multi-activity participation.

Disclaimer: anyone attempting to register for ORYA Lacrosse after our registration deadline of Feb. 15 runs the risk of not being a full-team member. Late registrations may be classified as practice-only players (while paying the same amount for the program) if the late addition would negatively affect the playing time of the rest of the group.

UNIFORMS |

ORYA recognizes the many disasters surrounding uniform orders in the past three years. For this reason, ORYA Lacrosse is outfitting our program with new uniforms. ORYA will handout uniforms at the start of the season and collect them at the end of the season to re-use them in the coming years.

ORYA is doing this so that families will avoid any future uniform ordering issues related to lacrosse and have a more seamless season. We have built in the cost of a new shorts to your tuition and those will be yours to keep.

The size of the uniform top for your player should be noted in the "T-shirt Size" box and uniform short size for your player should be noted in the "Shorts Size" box when registering your player online.

Our new apparel supplier, Atlantic Lacrosse, will be on site for our Feb. 10th indoor event to properly size each player and answer questions. Even if you're not participating in the event come and get sized for your new uniform.

PRESEASON CLINIC & FITTING | Feb. 10 | 2:30-3:30 PM

Whether you are very experienced or new to the game and trying lacrosse for the first time, please attend one of these sessions so you can be introduced to the sport, our coaches, and coordinators. As players get started playing in our relaxed clinic skill building environment, ORYA Lacrosse coordinators will meet with all parents and discuss program philosophy, approach, expectations, and run them through an informative parents' clinic. At the clinic, parents will have the opportunity to meet with members from the ORYA Lacrosse Advisory Group; to ask questions and learn more about the game and the rules. (Please see age group resources on the ORYA website for additional information on lacrosse). This is the time when uniform tops and bottoms will be available with a store rep to try on for size.

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SAYLL GAMES | Saturdays; April-June

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10U Boys Lacrosse (Grade 3&4) | SAYLL



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Preseason Clinic & Fitting	Feb 10; 2:30 - 3:30 pm
Estimated Indoor Practice Start	Week of March 25
Estimated Games Start	April 6 (based on field conditions)

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PROGRAM DESCRIPTION |

OUTDOOR PRACTICES | Tuesdays & Thursdays 5:30-6:30 Stevens Field
SAYLL GAMES | Saturdays, April-June

ORYA 10U Small Field Team(s) | 6v6

3rd graders with or without previous ORYA Lacrosse experience and 4th graders desiring small field games or 4th graders who are new to the sport. Seacoast League – Saturdays.

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Other Resident	\$178

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PROGRAM DESCRIPTION |

OUTDOOR PRACTICES | Mondays & Wednesdays 5:45-7:00 Little River Park

*SAYLL OR NHYLA GAMES | SAYLL plays on Saturday; NHYLA on Sundays

**Depending on number of participants, and NHYLA flexibility, this group may have one or two teams. Coaches are working on finding the most appropriate place for the players that register. As soon as coaches and coordinators have an understanding of participation they will communicate a league approach that best matches the group's needs.*

During the preseason each team may have some Saturday sessions (prior to natural grass fields being opened by the Town or ORYA).

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12U Boys Lacrosse (Grade 5&6) | NHYLA



Registration Deadline	Feb. 15
+ \$30 Late Registration Window	Feb. 16 onward
Preseason Clinic & Fitting	Feb 10; 2:30 - 3:30 pm
NHYLA League Registration Deadline	March 1
Estimated Indoor Practice Start	Week of March 25
Estimated Games Start	April 6; weather permitting
NHYLA Tournament	Early June (to be announced later in the season)
Durham Resident	\$173
Lee Resident	\$155
Madbury Resident	\$155
Other Resident	\$198

[REGISTER HERE](#)

PROGRAM DESCRIPTION |

OUTDOOR PRACTICES | Tuesdays & Thursdays 5:30-7:00 Little River Park

GAMES | Sundays, April - June

During the preseason (any time prior to natural grass fields being opened by the Town or ORYA) each team may have some Saturday sessions.

The season usually ends in June with a league jamboree/tournament, sponsored by New Hampshire Youth Lacrosse Association (NHYLA). We hope and expect players to make lacrosse a priority for the spring and attend the majority of practices and games but understand conflicts and highly value multi-sport/multi-activity participation.

Depending on final enrollment numbers, game days may vary for players – see **Program Outline Disclaimer**. Games may fall on Friday afternoons and/or Sundays. Occasionally, games vs. other towns may be held during the week, with every attempt to schedule such games during practice time blocks.

Late Registrations: We plan our number of teams and approach based on the number of players we have at the time of our registration deadlines. Since we will have already registered an appropriate number of teams for league play & have roster restrictions, late additions can cause major issues related to playing time for everyone else in the program.

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PROGRAM OUTLINE DISCLAIMER |

ORYA Lacrosse has created the program outlined above to accommodate the program numbers historically seen at this age group. As numbers dictate, ORYA Lacrosse may change the program approach to offer players a developmentally appropriate and safe program based on number of players, age groups, ability levels, etc. of those that participate in the program. As such, the final makeup of the teams and roster will be driven by the number of enrolled participants, see below:

0-20 Participants = One Team, only Sunday games. Players will get roughly 8 games.

21–29 Participants = One Team, Sunday and Friday evening games with a rotating roster. Players will get roughly 6 games

30 or more Participants = Two Teams*, only Sunday Games. Players will get roughly 8 games.

* Teams may be divided based on experience level and based on coaches' discretion (no tryouts will held).

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ORYA is doing this so that families will avoid any future uniform ordering issues related to lacrosse and have a more seamless season. We have built in the cost of a new shorts to your tuition and those will be yours to keep.

The size of the uniform top for your player should be noted in the "T-shirt Size" box and uniform short size for your player should be noted in the "Shorts Size" box when registering your player online.

Our new apparel supplier, Atlantic Lacrosse, will be on site for our Feb. 10th indoor event to properly size each player and answer questions. Even if you're not participating in the event come and get sized for your new uniform.

PRESEASON CLINIC & FITTING | Feb. 10 | 2:30-3:30 PM

Whether you are very experienced or new to the game and trying lacrosse for the first time, please attend one of these sessions so you can be introduced to the sport, our coaches, and coordinators. As players get started playing in our relaxed clinic skill building environment, ORYA Lacrosse coordinators will meet with all parents and discuss program philosophy, approach, expectations, and run them through an informative parents' clinic. At the clinic, parents will have the opportunity to meet with members from the ORYA Lacrosse Advisory Group; to ask questions and learn more about the game and the rules. (Please see age group resources on the ORYA website for additional information on lacrosse). This is the time when uniform tops and bottoms will be available with a store rep to try on for size.

TEAM SNAP |

Each coach will utilize TeamSnap as their team communication tool. This easy & user-friendly app helps keep your schedule straight and allows to and from communications with your coach. Great

for last minute schedule updates and player availability, we hope this app makes your season that much easier to keep track of!

EQUIPMENT |

All Players will need lacrosse stick (size varies depending on age, men's sticks are recommended), ASTM certified lacrosse helmet, arm pads, shoulder pads, gloves, cup, and a non-clear mouth guard. Recommended items include cleats (non-metal), and a water bottle. All goalie equipment is provided.

14U Girls Lacrosse (Grade 7&8) | NHYLA



Registration Deadline	Feb. 15
+ \$30 Late Registration Window	Feb. 15 onward
Preseason Clinic & Fitting	Feb 10; 1:00 - 2:00 pm
NHYLA League Registration Deadline	March 1
Estimated Indoor Practice Start	Week of March 25
Estimated Games Start	April 6; weather permitting
NHYLA Tournament	Early June (to be announced later in the season)

Durham Resident	\$173
Lee Resident	\$155
Madbury Resident	\$155
Other Resident	\$198

[REGISTER HERE](#)

PROGRAM DESCRIPTION |

PRACTICES | Mondays & Wednesdays 5:30-6:45 Little River Park

GAMES | Sundays; April-June

During the preseason (any time prior to natural grass fields being opened by the Town or ORYA) each team may have some Saturday sessions. The season usually ends in June with a league jamboree/tournament, sponsored by New Hampshire Youth Lacrosse Association (“NHYLA”). We hope and expect players to make lacrosse a priority for the spring and attend the majority of practices and games but understand conflicts and highly value multi-sport/multi-activity participation.

Depending on final enrollment numbers, game days may vary for players – see **Program Outline Disclaimer**. Games may fall on Friday afternoons and/or Sundays. Occasionally, games vs. other towns may be held during the week, with every attempt to schedule such games during practice time blocks.

Late Registrations: We will plan our number of teams and approach based on the number of players we have at the time of our registration deadlines. Since we will have already registered an appropriate number of teams for league play & have roster restrictions, late additions can cause major issues related to playing time for everyone else in the program.

Anyone attempting to register for ORYA Lacrosse after our registration deadline of Feb. 15th runs the risk of not being a full-team member. Late registrations may be classified as practice-only players (while paying the same amount for the program) if the late addition would negatively affect the playing time of the rest of the group.

PROGRAM OUTLINE DISCLAIMER |

ORYA Lacrosse has created the program outlined above to accommodate the program numbers historically seen at this age group. As numbers dictate, ORYA Lacrosse may change the program approach to offer players a developmentally appropriate and safe program based on number of players, age groups, ability levels, etc. of those that participate in the program. As such, the final makeup of the teams and roster will be driven by the number of enrolled participants, see below:

0-20 Participants = One Team, only Sunday games. Players will get roughly 8 games.

21–29 Participants = One Team, Sunday and Friday evening games with a rotating roster. Players will get roughly 6 games

30 or more Participants = Two Teams*, only Sunday Games. Players will get roughly 8 games.

*Teams may be divided based on experience level and based on coaches' discretion (no tryouts will be held).

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PRESEASON CLINICS | Feb. 10 | 1:00-2:00 PM

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EQUIPMENT |

All players will need a girls lacrosse stick, ASTM certified eye protection (called goggles/eye cage), and a non-clear mouth guard. Recommended items include cleats (non-metal) and a water bottle. All goalie equipment is provided.

PLAYER TUITION

Based on expected number of registrations, the tuition for this program accounts for insurance (medical & liability), league referees, per player annual field maintenance contribution which covers field fertilization/aeration/shatter tine treatments at all outdoor facilities, shared irrigation expenses including electricity, program equipment budget, per town ORYA Admin & Capital Fund allocations, online payment processing and merchant account fees, porto-potties at each location, field lining paint, league fees, emergency uniforms, Churchill Rink preseason rental and stipend for required US lacrosse coach education.

Your player tuition was developed with input from, and approved by, your volunteer Lacrosse Advisory Group members.

ORYA Admin |

This encompasses all expenses of which most are non-sport specific and allow the organization to operate. The admin portion of player fees go toward ORYA employee salaries, workers compensation & Board liability insurance, bookkeeping & accounting services, temporary/intern staff stipends, office equipment & supplies, employer paid taxes, payroll service fees, employee benefits, postage, printing & reproduction, advertising, IT support & computer services, service subscriptions & annual dues, telephone, internet, web hosting, web support, bank charges, business travel & meals, charitable contributions, mileage/toll/parking reimbursements and other items from year to year.

ORYA Capital Fund |

ORYA's Capital Fund supports new initiatives, large scale programs, and/or facility improvements. The Capital Fund is sustained by donations, grants, and program registration fees. The Capital Fund ensures ORYA's steady growth and, over time, investment in larger projects. All of ORYA's programs benefit from the Capital Fund. Expenditures from ORYA's Capital Fund must support the organization's mission and be approved by the Board of Directors. ORYA admin fees will only count towards those that are a part of a full ORYA team.

Why are player fees presented differently this season?

ORYA has re-evaluated its player fee budgeting process, to include total town funding contributions in the equation. Taking into account each town's expected number of participants, current funding and in-kind donations, such as field and office space, ORYA has created a new budgeting approach. This new approach reflects a rate that correlates directly to the individual town's total contribution per participant.

ORYA continues to evaluate ways to reduce expenses as well as explore opportunities to increase organizational fundraising. If you or your business would like to donate to or otherwise support ORYA with volunteer hours, in-kind services, materials, or supplies and equipment please reach out to the ORYA Director, Matthew Glode, at director@oryarec.org.