



LACROSSE

PROGRAM GUIDE

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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 {Usually Saturdays for SAYLL league play - Usually Sundays for NHYLA league play}. 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 "Try-It-Out" clinic. 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)

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!

WHAT TO WEAR |

To reduce the barrier for participation this program will not need uniforms. Just make sure your player is dressed comfortably for the weather and for athletic activity.

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 a stick appropriate to their gender. Note that boys and girls use different types of lacrosse sticks!

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

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Disclaimer: anyone attempting to register for ORYA Lacrosse after our registration deadline 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 purchased new uniform tops for the 2019 season. Lacrosse will continue to use these uniforms for the coming season. They will be handed out prior to the start of the season and will be returned at the end of the season. If a player does not return their uniform, they are subject to replacement fee.

Shorts are optional at this level. If you have some from prior years, they will work for this season. If you want to buy new ones or do not have any, please reach out to the lacrosse equipment coordinator prior to the season.

If you wish to purchase the optional shorts please go to the ORYA lacrosse webpage to order online.

PRESEASON CLINIC & FITTING |

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EQUIPMENT |

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Goalie equipment will be provided.

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

PROGRAM DESCRIPTION |

OUTDOOR PRACTICES | TBD

*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.*

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EQUIPMENT |

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Goalie equipment will be provided.

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

PROGRAM DESCRIPTION |

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

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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 Board Designated Savings |

ORYA's Board Designated Savings (BDS) supports new initiatives, large scale programs, and/or facility improvements. The BDS is sustained by donations, grants, and program registration fees. The BDS ensures ORYA's steady growth and, over time, investment in larger projects. All of ORYA's programs benefit from BDS. Expenditures from ORYA's BDS 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.