



## Hudson Recreation Youth Lacrosse

**Address** 2 Oakwood St, Hudson, NH 03051

**Phone** (603) 880-1600

**Email** [HudsonYouthLacrosse@gmail.com](mailto:HudsonYouthLacrosse@gmail.com)

**Website** <http://hudsonlacrosse.webs.com/>

Welcome to Hudson Recreation Youth Lacrosse Spring 2014 Season!

Please keep this letter handy throughout the season because it will contain information that you may need to refer to at a later date. Most of this information will be posted on the HYL Website (<http://hudsonlacrosse.webs.com/>) but you may want to print it out for easy reference.

## Teams

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Teams are broken down first into age brackets (u9-u15) by age according to US Lacrosse rules. Fiddlestix age group is by age/grade. No exceptions will be made.

Once we determine which age bracket players will be assigned, player evaluations will determine which team your child will play on. Each age group is broken down into divisions depending on the skill level of our players. The break down for Boys Lacrosse is as follows

U9	A and B divisions
U11	A, B1, B2 and C divisions
U13	A, B1, B2 and C divisions
U15	A, B and C divisions

Players will be evaluated based on many factors: age, skill, position played etc and we will also evaluate the teams as a whole to determine which division best suits our skill level. The ultimate goal is to have our players play with and against players with similar skill sets so that they have fair competition that benefits the child and the program.

NHYLA reserves the right to "reassign" our teams based on our performance in the first three season games. In other words, if we find that we've put ourselves in too high of a division, and we keep getting blown away in games, or the opposite, we've put ourselves in too low of a division and we keep blowing away the teams we play, NHYLA will come in and reassign us to a different division. We will do our best to make sure that we are correctly placed from the beginning to avoid this from happening.

Once players have been assigned to a team, there will be no reassignments

## Uniforms

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Boys U9 thru U15 (fiddlestix players do not need uniforms)

Returning players will keep their same number and can wear their uniform from last year if it still fits. If not, you can order a new one.

New players will need to order a uniform. Numbers for new players will be assigned by HYL.

<http://pws.atlanticsportswear.com/product-cat/HUDSON-YOUTH-LACROSSE/>

**Uniforms must be ordered on line at atlanticsportswear.com by FEBRUARY 10, 2014 –NO EXCEPTIONS OR EXTENTIONS!** If you do not place your order by 2-10-14, you will not get the same pricing. You will also be required to pay shipping and in some cases “rush fees” and run the risk of not having a uniform in time for the start of the season. Players can not play without a uniform so it is imperative that you make sure you place your order as soon as possible.

My son, Cameron, is 12, about 95 lbs and is 5’2. He is wearing a small adult shirt and small adult shorts this year. He normally wears adult small tee shirts and size 14 slim pants. Most kids were finding that the shorts were TOO short if they bought the size they usually wear. If anyone needs to see a sample of Youth Large shorts, I can show you mine. Please let me know.

**STORE CLOSING 2-10-14 PRODUCTS SHIP: 3-7-14 \*\*All orders will ship directly to Amy King\*\***



Atlantic Sportswear League Special Men’s  
Game Jersey Men's & Youth Sizes \$26.95



Atlantic Sportswear Heavy Panel Mesh Short  
Men's & Youth Sizes \$19.95

## Indoor Practice

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Indoor practices will be held every Saturday in March (3/1, 3/8, 3/15,3/22, 3/29) at

NHSportsplex  
68 Technology Dr  
Bedford NH  
(<http://www.nhsportsplex.com/>)

U9 and U11 will be at 1:00-2:00, U13 and U15 will be held at 2:00-3:00. Our Teams will be in Building 1 field B & C (there will be a white board in the hall directing you)

Players should come ready to play: In full protective equipment (tee shirt and shorts, sneakers or cleats), MOUTH GUARDS AND CUPS! (no player will be allowed to play or practice without mouth guards and cups. I suggest purchasing the mouth guards that attach to your helmets and make sure you fit them BEFORE you get to practice! You will also want to bring water in a waterbottle that they can squeeze into their mouth. WRITE YOUR CHILDS NAME ON EVERYTHING!! Lastly, please plan to arrive 30 minutes prior to start time so they have plenty of time to dress into their equipment. Also parking at this facility is difficult. I highly suggest you leave Hudson in plenty of time to account for the extra time trying to find a place to park.

# Outdoor Practice

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Outdoor practices will begin in April depending on how the weather cooperates. Our fields for practice are in Hudson at the Middle School or Jette field. Your coach will give you information on dates, times and locations once we have teams established. Practices will be held 2xs a week for U9 and U11, 3xs a week for U13 and U15.

Your coach may also schedule scrimmages that fall on other days but your coach will communicate this with you as he/she works to incorporate them in to the season.

## Games

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Our program is a member of NHYLA (NH Youth Lacrosse Association). NHYLA schedules all of our games and posts the schedules on their website (NHYLA.ORG). The schedule is posted sometime in March. I will let you all know when the original game schedule has been posted.

**PARENTS ARE EXPECTED TO BECOME FAMILIAR WITH NHYLA.ORG AND REFER TO IT BEFORE EACH GAME!**

While it doesn't happen often, all games are subject to change - location, field, times have all been known to change as late as the morning of the game! Coaches and team Moms do their best to notify players when changes are made, but PARENTS are ultimately responsible for checking the site to find changes.

Our league will use Facebook, Twitter, HYL's website as well as email distribution lists as best as we can to notify you of cancellations and changes. However, it is the responsibility of parents to check these places to find out about any changes.

Each team is scheduled for 7 season games. Games are mostly held on Sundays but most teams may also have one or two Saturday games scheduled. The younger kids typically play earlier in the morning while the older kids play later in the day however there are always exceptions to this rule.

Teams will attend a pre-season jamboree on April 6 in Epping NH. The cost of this is NOT included in your registration fee. It is optional for your child to play, but it is a great introduction to a real game before our season starts so it is highly encouraged that everyone participates. The cost per person will be \$25.00 per player and will be collected during your indoor practice sessions by your coach.

Our Game Season begins on April 13, 2014 and ends June 1, 2014. There is a state wide NHYLA sponsored Lacrosse Festival held over the weekend of June 7 & 8. All teams participate. Games are held on both days but each team has games on one of the days only.

# Hudson Recreation Youth Lacrosse Calendar 2014

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Nov 15- Jan 15	Registration Opens
Jan 16-31	Late Registrations accepted
Jan 31	Registration CLOSED
Jan 31	Londonderry Lacrosse Equipment Swap Lond High School Café 5:30pm-8pm
Feb 15/16	Dick's Customer Appreciation Days (20% off coupon for anything in the store)
March 1	Indoor Practice Begins
March 1	Teams Registered with NHYLA with Registration Fee (\$145 per team)
March ?	Rules Meeting, Community Center – Date/Time TBD. <b>Mandatory for coaches, open to all</b>
March 23	Level 1 Coaches On Field Certification, Exeter
March 30	Outdoor Practices Begin (subject to weather)
April 1	Team Rosters Submitted to NHYLA
April 6	Mud Season Jamboree, Epping NH (Times TBD)
April 12	Fiddlestix – week 1: 8:00am-9:30am HMS
April 13	Season Begins (See NHYLA Schedule on NHYLA.ORG)
April ?	Team Pictures (Dates, Times TBD)
April 19	Fiddlestix – week 2: 8:00am-9:30am HMS
April 19	Saturday Games will be scheduled, No Games Easter Sunday
April 26	Fiddlestix – week 3: 8:00am-9:30am HMS
May 3	Fiddlestix – week 4: 8:00am-9:30am HMS
May 10	Fiddlestix – week 5: 8:00am-9:30am HMS
May 17	Fiddlestix – week 6: 8:00am-9:30am HMS
May 24	Memorial Day Weekend – NO Fiddlestix
May 25	Memorial Day Weekend – NO games scheduled
May 31	Fiddlestix – week 7 (LAST Session) 8:00am-9:30am HMS
May 31	Make up Games to be scheduled
June 1	Last Season Games
June 7 & 8	NHYLA Festival, Londonderry High School
Week of 6-8	Team “End of Year” Celebrations
June 14/15	Amherst Tournament (optional- not all teams participate)
June 14/15	North/South All Star Game, Amherst – (optional – not all teams participate)