

General Participation Questions

How often do practices occur?

Both the Girls and the Boys practice 3 nights a week (M, W, F) and usually have games on Saturday. Practice time is usually between 6:00 and 7:30 (but practice may stretch to 7:45 on a nice night).

It is not uncommon for coaches to schedule scrimmages during the week. They will take the place of a regular practice.

Balanced Teams vs. Stacked "A" team

Penfield Youth Lacrosse strives to make all teams equal and does not subscribe to the stacking of teams or creation of "A" teams. This philosophy differs from other towns and that is their decision.

In the case of the Grade 3/4 boys, coaches will stack rank each player during the first few weeks of the season and then the teams will be created. Anyone who is interested in learning more is welcomed to discuss the process with the coaches of their child's age group.

Requests to be on a particular team... Can Johnny play with Bobby?

Please don't ask for your child to be with a particular coach or to be on the same team as his buddy. These requests will not be accepted. There are lots of reasonable reasons for the requests:

- o Car Pooling
 - o Neighborhood friend
 - o The only reason the child is playing is because of player B
 - o Parents are friends
 - o Coach know the child
 - o Penfield Youth Lacrosse (PYL) practices together during the week. With all the coaches working with all the kids. We feel this promotes the Penfield Lacrosse Family and has been very successful in the past. As a result, the only time your child will be separated is on game day.
 - o Thank you for your understanding.
-

Where does PYL Practice?

The boys practice at Greenwood Park(K-4 Grade) and Bay Trail (5/6 Grade)

The girls start off at Rothfuss Park but Grade 3-6 will move to Bay Trail in June (due to scheduling conflicts).

Directions to Greenwood Park in Penfield:

Greenwood Park is located at the corner of Scribner and Embury roads in Penfield. The park is just north on Scribner from the Bay Trail/Scribner Road schools.

From 250:

Take 250 to Atlantic Ave. Take Atlantic to Scribner Road and take a right. Go north about 1/2 mile and you will come to Embury. Cross over Embury and the parking lot will be on your left.

From 590:

Take 590 and exit at Browncroft Blvd. Head East towards Penfield. Browncroft turns into Atlantic Ave. Take a left from Atlantic onto Scribner Road. Go north about 1/2 mile and you will come to Embury. Cross over Embury and the parking lot will be on your left.

Directions to Rothfuss Park in Penfield:

Rothfuss Park is located on Five Mile Line road in Penfield, just around the corner from Greenwood Park. So the good news is that if you go to Greenwood by mistake you are only one minute away from where you should be. The park is just north of Atlantic (see map below).

Bay Trail Middle School is located 1760 Scribner Rd.

Is Lacrosse the "right" sport for my child?

Lacrosse is a wonderful traditional sport which combines many elements of the major sports. While lacrosse is a contact sport, much of the physical contact is not allowed by youth programs until players are mature enough physically and emotionally to handle it. Thus your child will be ensured a relatively safe environment in which to learn the basics of the game.

The action in lacrosse is constant, and players on the field will get a wonderful workout. The entire gamut of athleticism is used in lacrosse, from coordination to strength to endurance and conditioning.

If your child is new to the sport of lacrosse, don't worry. Typically about half (or more) of our players every spring season are new to lacrosse.

Which program should your child participate in? This varies by child. The spring PYL season consists of teams with both newcomers and "veterans". All players will be taught skills appropriate to their own learning curve and all players will experience game play. Summer tournament teams may be formed by interested parents, and these usually consist of those players ready for intermediate to advanced game play. Fall and winter leagues primarily consist of players experienced in game play - since indoor time is so expensive, these seasons have little to no "practice" time. Almost all play is game play.

One other aspect of lacrosse deserves mention - players can practice with only a ball, stick and solid wall. "[Wall ball](#)" is a traditional way to work on stick skills and break in a pocket in a new stick!

Should I be concerned about "burning-out" my child?

Starting a first, second or third grade child in any "technical" sport can lead to several questions. Lacrosse, like golf, requires both fine and gross motor skills along with lots and lots of repetition. In order to pick up basic skills in either sport, it certainly seems like the

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child needs to perform the same tasks over and over and over. Naturally, this leads parents to question whether the child will "burn out" on the sport before High School. The PYL program, particularly at the 4th grade and below levels, is an extremely low pressure environment. Our #1 goal as coaches is to make sure the kids are having fun. The #2 goal is also to have fun. Beyond that, if they end up liking the sport then we encourage the development of skills. During practices we organize all kinds of "game play" which reinforce things such as stick skills and footwork. In many cases our drills won't resemble lacrosse at all - the idea is to allow repetition in different ways so boredom (and burnout) do not set in.

PYL also highly encourages children to participate in several sports and not to concentrate solely on lacrosse.

All PYL participants are encouraged to proceed at their own pace. If they really enjoy lacrosse and want to develop skills quickly, they will work at home on their own without being asked. If they simply wish to participate in PYL, as long as they meet the [minimum standards of participation](#) they are more than welcome!

If you as a parent have concerns over "burn out" and don't wish to sign your child up until a later age, at the least we would encourage you to get your child a lacrosse stick and ball and let them play naturally around the house and yard. If they join organized lacrosse at a later date they will at least be familiar with having a stick and ball in hand.

My child wants to quit, what should I do?

Please contact your coach and discuss the issue. We understand that issues arise and sometimes there are reasons to leave PYL. If the decision is made to leave PYL, parent and coach should notify the [PYL President](#). Parents who have paid the registration fee and wishing a refund, please note the following:

- o **No refunds will be made until all PYL equipment is returned;**
 - o If a participant leaves PYL before the first practice, a 75% refund of the early registration fee will be given, less the costs of US Lacrosse membership (typically \$25);
 - o If a participant leaves PYL after the first practice but before the first game a 50% refund of the early registration fee will be given, less the costs of US Lacrosse membership (typically \$25);
 - o If a participant leaves PYL after the first game, no refund will be given.
 - o Refunds are processed electronically and may take 2-4 weeks.
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Can my child get hurt?

As with all contact sports, the possibility of getting hurt exists. By rule, most of the body contact normally encountered on a lacrosse field is eliminated at the youth levels (please see the rules posted above).

Lacrosse does utilize a hard rubber ball, but from an overall perspective as long as players stay in age-appropriate groups the bumps and bruises from getting hit with a ball are minimal.

All players must wear required protective equipment.

For information on equipment, especially the difference in equipment and rules for the boys

versus girls games, please see the links above.

What opportunity are there for my child to play lacrosse?

There is lacrosse activity for youth players from Penfield year-round:

FORMAL PROGRAMS

Penfield Youth Lacrosse - SPRING SEASON - A formal field lacrosse program with team, league and tournament play. Full equipment. Separate boys and girls programs. All experience levels are welcome and all receive individual and team instruction. First practices are early April, last game is early June. Boys and girls teams, typical total enrollment of about 175-200. All outdoors, most activities held at Greenwood Park.

Penfield Recreation Instructional Lacrosse - The Penfield Recreation Department typically sponsors an indoor (gym) lacrosse program run in January and February. Full equipment. Separate boys and girls programs. This program allows individual instruction and practice time. No team play, no lacrosse games. Local college lacrosse resources will typically come and help instruct the kids. A great time to either learn the game for the first time or to knock the cobwebs off before the PYL spring season. Or just lose those winter blues.

Penfield Recreation also runs a summer lacrosse camp, typically held in late July or early August.

INDEPENDENT PROGRAMS

These programs are NOT sponsored by PYL or Penfield Recreation. They are run by interested parents and other parties. Typically players *must* be an active member of US Lacrosse.

Summer Youth Lacrosse - Summer lacrosse entails tournament play only, which usually translates into advanced play. Teams, invitations, rosters, positions, playing time and costs are controlled by whoever wishes to organize and coach the team(s). Tournaments attended are based on player and parent interest and availability. We play both local and out-of-town tournaments.

Fall Youth Lacrosse - Usually entails very few (if any) outdoor practices and then indoors for league play at one of the local indoor facilities. This is typically game play only, no practices, and therefore is best for experienced players. Teams, invitations, rosters, positions, playing time and costs are controlled by whoever wishes to organize and coach the team(s). Usually runs November through start of January.

Winter Youth Lacrosse - Play is indoors in a league at one of the local indoor facilities. This is typically game play only, no practices, and therefore is best for experienced players. Teams, invitations, rosters, positions, playing time and costs are controlled by whoever wishes to organize and coach the team(s). Usually runs January into March.

TIMELINE / YOUTH LACROSSE CALENDAR

See [PYL Schedule News](#)

What ages are covered and who is eligible to play?

Residents of Penfield can participate in the Penfield Youth Lacrosse programs. ALL PARTICIPANTS must be signed up to play in the specific session - this is required for insurance purposes.

Boys programs include 1st/2nd grade, 3rd/4th grade and 5th/6th grade. For certain non-

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contact/non-competitive sessions, some age groupings may be combined. Advanced kindergardeners are allowed to participate with the 1st/2nd player but they should be emotionally and physically ready for the commitment the sport requires. The girls programs include 1st/2nd grade (New in 2011), 3rd/4th grade and 5th/6th grade. Advanced kindergardeners are allowed to participate with the 1st/2nd player but they should be emotionally and physically ready for the commitment the sport requires.
Residents from outside of the Penfield area may be accepted on a limited basis.

Where does my registration fees go?

PYL's financial goals is break even at the end of the season. We are not trying to make money from registration fees.

Registration fees are used to cover the following:

- Every child in PYL is registered with US Lacrosse (Insurance)
- Uniforms (each participant keeps lacrosse uniform at the end of the season)
- Referee Costs (5/6 requires accredited referees)
- Consumables:
 - Balls (we go through a lot of lacrosse balls)
 - Lacrosse Nets
 - Medical Kits
- End of the Season Tournament fees (Fairport Classic)
- US Lacrosse Coach Registration
- League Fees
- Year End Party
- Trophies/Medals
- Replacement Rental Equipment (we are constantly updating rental equipment)
- Goalie Equipment (we supply goalie equipment for each team)
- Web Fees (Someone has to pay for this website)

The cost of running an organization is constantly going up and the Board members are always on the lookout for ways to save money without endangering any participants.

Can my child "Play-up" a level?

The are always going to be exceptions where a child is so significantly better than other children his age that "Playing-up" makes sense for everyone involved. This is the exception. PYL discourages playing up. No child is allowed to "play-up" without both the Coaches and the Board approving it. All children must register at their proper grade level. No exceptions.

Some children mature faster and others just pick up the required skills quicker. This is most evident at the Grade 1/2 level where passing and catching often elude the majority of the players. Parents of a player who has mastered these fundamental skills can often feel frustrated. It is important to remember that one of the most important lessons a child can learn is "to make their teammates better". In addition, being a leader on the field and/or "the best player" is something that should not be overlooked. More often than not, the child who is the superstar at 8 years old is often not the best player at 12 years old. My advice, is to enjoy being the parent of the best player and help them understand that they need to make

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every teammate better. They will learn a lot more by doing that than by moving up.

As players progress and move up subsequent levels, the size, speed, and intensity increase. There is a significant difference in the skills of the players from 1/2 to 3/4 but the largest leap comes when moving to 5/6. The field nearly doubles in size and physical contact is allowed. The size difference between a 9 or 10 year old 4th grader and a 6th grader (who may be entering puberty) can be significant. More than one child has given up the game of lacrosse after receiving their first big hit. We don't want a child to lose their love of lacrosse because they are put in such a position.

Equipment

What equipment will my child need?

A quick breakdown of what you need:

Girls: Stick, Goggles, Gloves (optional), Mouthpiece

Boys: Stick, Helmet, Shoulder Pads, Gloves, Elbow Pads, Mouthpiece

Goalies (both Girls and Boys): Goalie Stick, Helmet, Shoulder Pads, Chest Protector, Shin Guards, Throat Guard, Goalie Gloves (optional at younger ages), Goalie Pants (optional), Mouthpiece

Wow, thats a lot! Good news is that PYL we will allow players to rent/borrow equipment for the season. Please refer to the [Equipment Rental Page](#) for details. Goalie Equipment (other than the helmet in the case of boys) are provided by PYL.

Boys at 4/5/6th grade are **REQUIRED** to supply their own NOCSAE approved [lacrosse equipment](#) (no hockey equipment allowed).

If you have any questions on equipment, including "breaking in" a new stick or re-stringing an old stick, please review our equipment FAQ or contact a member of the [coaching staff](#).

Why would I buy if I can rent/borrow equipment?

This is a great question!

Borrowing equipment is a great way to try the sport. Some boys (and also girls) are experimenting with different sports in hopes of finding the "right" one. We, obviously, feel that with lacrosse you have found it but we are realistic and know that lacrosse is not going to be right for everyone. So if your child is still not positive about lacrosse then I would absolutely rent/borrow!

Buying equipment has advantages also. At PYL we do our best to replace and replenish our loaner equipment but we only have a limited supply of rental equipment. So if your child is small (like many of our Grade 1/2 players) it is not uncommon for a player to end up with equipment that is just not quite the right size. The PYL staff will work with you and your child

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[on equipment handout day] to find the best fitting equipment but sometimes we just don't have the "right" size equipment. Poorly fitting equipment can often make a player uncomfortable and this can lead to an unpleasant experience.

Owning your own equipment allows a player to participate in non-PYL activities such as Lacrosse camps, clinics, and other Select Teams. Owning also allows you to get the best fit possible. Properly fitted equipment is more flexible and allows the player more range of motion. More comfortable equipment should help a player perform better (or remove an excuse).

As of the 2010 Spring Season [PYL's Equipment Policy](#) has changed, so please take a moment to familiarize yourself with it.

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Where should I buy equipment?

PYL doesn't have a preferred vendor or local shop.

We have done business with many of the local shops and while each varies in their Selection, Customer Service, and Price, all will be willing to help you find the best equipment for your child. I would hope that we will support our local stores as they are a vital part of our community. They also provide you a chance to touch and feel equipment before you buy. We love our local merchants and suggest that you visit our local stores.

Internet retailers allow you to shop from the comfort of home and often offer a **much** larger selection of equipment. Prices can also be much cheaper. There are many, many internet retailers but I have included a couple that I have done business with and feel comfortable with.

Here are is a list of internet-only stores and local brick and mortar shops:

Local Stores

All Nations Lacrosse
[1425 Jefferson Road \(Saginaw Plaza\)](#)

Rochester, NY, 14623

Mon – Sat:

10:00 am – 8:00 pm

Sun:

11:00 am – 5:00 pm

Description:

All Nations Lacrosse is a new lacrosse company opening December 2010 with locations in Rochester, Buffalo, and Salamanca. We will be selling all of your favorite lacrosse brands including STX, Debeer, Harrow, Reebok and many more. Our knowledgeable staff can help fill your lacrosse needs including equipment fitting and custom stringing. We will also be carrying most Section V team hoodies, sweat pants, tees, and shorts.

Website: TBD

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Metro Sports
9 West Main Street
Webster, NY 14580
(585) 872 - 3843
<http://www.metroportbrokers.com/>

Lacrosse Unlimited
3400 Monroe Ave
Rochester, NY 14618
585-248-8080
<http://www.lacrosseunlimited.com/>

Play It Again Sports
1075 Ridge Road
Webster, NY 14580
<http://playitagainsportswebster.com/>

Dicks Sporting Goods
1062 Ridge Road
Webster, NY 14580
<http://www.dickssportinggoods.com/>

Internet Stores

Lacrosse Monkey <--- *Big Fan of this site*
<http://www.Lacrossemonkey.com>

Commonwealth Lacrosse
<http://www.comlax.com/>

Great Atlantic Lacrosse Company
<http://www.lacrosse.com/>

What is Hard Mesh and Why do I want it?

I feel for parents. They come to the first practice and their child has a brand new stick. The coach looks at it and says "Oh too bad it has soft mesh." The parent looks at the coach and says I didn't know... Everyone feels awkward.



Traditional

A lot has changed from the days of the traditional pockets (nylon string woven into four leathers). The introduction of mesh pockets has nearly eliminated the traditional pocket from uses from all but die-hard old schoolers. The traditional pocket provided excellent ball control and nearly unlimited adjustability. The negative was that the traditional pocket requires a great deal of maintenance and didn't handle weather well. Summary: They are cool to have but a PAIN to own. Unless you like tweaking your stick ALL the time avoid this style.

Mesh 101



Soft Mesh

Is the type of mesh found on the \$29 sticks at Dicks Sporting Goods. Soft mesh catches the ball well. It will have a slight tendency to lose its shape a little quicker than most pocket styles due to it having so much give. It can be a little more difficult to keep the throw consistent and the release will be slower than most other types of stringing methods. The advantages of soft mesh is that it will not stretch as much as hard mesh, meaning there will be less maintenance involved. Soft mesh is not recommended for wet conditions.

Pro: Cheap, Lots of give make catching easier

Con: Cheap, Terrible when it gets wet, inconsistent for shooting and passing



Hard Mesh

Hard mesh is great in bad weather and will stay consistent throughout much of the life of the pocket. You get great snap out of hard mesh so you can really "feel" the ball come out of the head. It has a very quick release because there is a lot of pressure moving towards the middle of the pocket.

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Pro: Long Life, Once broken in it is very consistent, Forms a very nice pocket
Cons: Takes a while to break-in (think breaking in a baseball glove)



Marc Mesh

Marc Mesh is an alternative to hard or soft mesh. It became popular with Canadian Box lacrosse players. It is a much softer mesh than traditional hard mesh but retains its shape much better than Soft Mesh. It is a very good choice for a player who realized that they need a stick restrung in the middle of the season or right before a game. Marc Mesh needs only about 1 hour to "break-in" so it is a great emergency choice.

<http://www.bluecollarlax.com> and is sold locally (and much cheaper) at Play It Again Sports in Webster.

Pro: Consistent, Quick break-in period, Nice feel

Con: Expensive, Has a "different feel" that a player needs to get used to

Who is eligible to borrow equipment from PYL?

PYL Changed the rules for Equipment Rental for Spring 2010 season. Please refer to the [Equipment Rental Page](#) for more details!

My son/daughter's equipment doesn't fit correctly?

The best way to handle poor fitting equipment is to approach coaches before the next practice and ask for their help adjusting equipment. If the equipment is the wrong size or is broken/damaged please contact the PYL Equipment Coordinator as listed on the [PYL CONTACTS](#) page.

Do you have recommendations on equipment for a new girls player?

The problem with buy equipment for the little girls is finding the balance between quality equipment and price. There is absolutely NO reason to buy a \$130+ stick for a 8-11 year old. "It is the magician not the wand." Below are some options that combine good quality and a good price.

Goggles: A proper fitting goggle is key to being a success in lacrosse. Often times little girls will show up with a grown-ups goggles. Nothing makes a girl quit lacrosse faster than ill fitting equipment. So for goggle I recommend:

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STX 4Sight Youth Goggles. These are lightweight and provide excellent protection while maximizing vision. This goggle can be found locally (All Nations Lacrosse) for \$34 (before discounts).

Stick: A good quality stick can last for a very long time. You don't need to spend a fortune to find a stick that will be perfect for a new player. Below are a few sticks that can be found locally (All Nations again) for about \$40:



The Reebok 3K



The Debeer Trinity



The Debeer Moxie

Find a stick that your daughter thinks is cool and half the battle is won. My daughter thinks the shaft on the Moxie is very cool (we don't own it though).

I see Lacrosse Kits (complete sets of equipment), Are they any Good?

It is very common for Lacrosse stores to offer Lacrosse Kits for both boys and girls. Boys lacrosse kits combine Shoulder Pads, Gloves and Elbow Pads. The Girls kits often include a Stick, Goggles, and Bag. For the first time player, this can be a excellent way to get lacrosse equipment. These sets are usually priced very aggressively and are pretty good quality.

Boys: It is rare to see a player buy a kit for their second set of equipment. The kits tend to be more utilitarian rather than fashionable. They tend to come in any color you want as long as it is black. They also lack the advanced features of equipment sold separately (such as the added flexibility of a three piece elbow pad). Should you buy them? If you are going to buy your equipment and your player is young then yes this is a great way to get a "good" set of equipment for a fair price.

Girls: I often recommend girl's lacrosse kits for those who are not sure if the game of lacrosse is a fad or an obsession. STX and Brine both offer a Stick, Bag and Goggle combo package at significant discounts. These packages run around \$69 - \$110 and are a pretty good value. Hear is the dirty little secret of kits though... You can tell the girl playing with a stick from a kit from across the field. So if your daughter becomes a lacrosse player, you will almost certainly will be replacing the stick in 2 years. On the flip side, when your daughter tells you that soccer is way more fun you are only out the cost of the kit. I have put some non-kit sticks/goggle combos in another FAQ entry to give you an idea of what else is out there.

Let's also remember why the lacrosse companies do kits, lacrosse players tend to be like golfers. The become very loyal to a brand (Brine, STX, Maverik, DeBeer, etc) so getting them using their equipment early is a major plus for any manufacturer. It is good business to give you a significant discount on your first purchase so that they can hook you for the life of your player.

How to buy a lacrosse stick?

Like tires on a car, the lacrosse stick is the most important piece of equipment for your

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son or daughter. Stick design hasn't changed much in the last 20 years. The use of stronger but lighter plastics has allowed manufacturers to be more creative in their designs but the rule of lacrosse dictate the size and shape of the heads (boys and girls). What does that mean? Simple, used lacrosse sticks rock. Whether the stick is brand new or 10 years old the most important thing is for your child to feel comfortable with his/her weapon of choice. The lacrosse stick is an extension of the player and it is critical that they are comfortable with it.

Sticks vary greatly in price. Entry level sticks can cost as little as \$29 and can easily go for more than \$175. Which should you buy? I always say buy the best stick that you can afford. I am NOT a big fan of the \$29 boys sticks you can get at the big box stores (I think the cheaper girls kits (stick, goggles, and bag) are great for girls interestingly enough). The inexpensive boys sticks tend to be cheaply made and I guarantee your son will be asking you to replace it after a year or two. First time lacrosse parents with a child who is not 100% sure this is the sport for them? Buy a used stick. The older kids tend to upgrade sticks all the time so check Play It Again Sports (Webster) or Craigslist. As long as the head is straight (they can become bent – especially by FOGOs) then you should be in business. Girls sticks are interesting in that they tend to be less cosmetic and more functional. The rules of girls lacrosse are very strict on the design of lacrosse sticks (4 leathers, and no more than 2 shooting strings), so the variation between sticks tends to be less. Where there may be 15 different boys sticks there may only be 4 different girls sticks (not counting colors) at your local store. The price range for girls sticks mirrors the boys (\$30 – \$175+) but there tends to be few choices in the middle price range. The beginners sticks tend to have higher side walls and are flatter which makes catching and passing easier for younger players. The more expensive sticks are aimed at the advanced player and tend to have lower sidewalls and have a curve in the head.

Reproduced from the Dick's Sporting Good Website
(<http://www.dickssportinggoods.com/info/index.jsp?categoryId=222943>)

How To Buy A Lacrosse Stick

The lacrosse stick is an essential piece of equipment for the lacrosse player, and the type of stick you buy depends on a number of factors, including your position, skill level, and gender.

- [Types of sticks](#)
- - Men's
- - Women's
- - Kids'
- [Anatomy of a lacrosse stick](#)
- - Handle
- - Pocket
- - Shooting strings
- [Proper stick length according to position](#)

Types of sticks

Lacrosse sticks come in a variety of lengths and styles according to position and type of game played, with cost and durability as additional factors.

Men's

- o Men's sticks generally have an aluminum handle
- o All manufacturers now make more technically advanced sticks made of aluminum, graphite or even titanium
- o These styles are generally more lightweight and durable than wood sticks, but more expensive
- o Men use either a traditional or meshpocket depending on their position and playing style

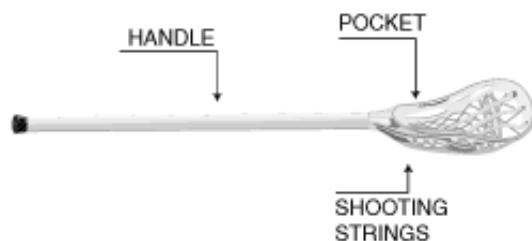
Women's

- o Women's sticks have either a wood or aluminum handle
- o Wood sticks, like wooden baseball bats, are prone to damage and breaking
- o These sticks utilize a traditional pocket
- o The head on a women's stick is 1 inch above the center stop
- o The head has an overall length of 10-12 inches
- o Women's stick pockets are shallower than men's. The pockets must have 4 or 5 leather thongs and no more than 2 shooting strings.

Kids'

- o Plastic sticks are primarily used by younger players just learning the sport
- o These are lighter, easier to break in and more durable than the models for more advanced players
- o They usually utilize a mesh netting
- o The plastic stick's pointed mouth makes it easier for younger players to pick up the ball and throw it accurately

Anatomy of a lacrosse stick



Handles

- o The type of handle you buy is very much a matter of preference
- o Some players like heavy, thick handles for defensive purposes
- o Attacking players generally prefer lighter, rounder handles for better faking and maneuverability
- o Some players prefer square shaped handles for a better feel on which way the head

is facing

Pocket types (Boys have a choice and Girls DON'T)

Lacrosse sticks come with either a traditional woven pocket for more experienced players or a mesh pocket for novices. They also can be bought strung or unstrung.

- Traditional pockets
 - - These consist of nylon laces woven around 4 adjustable strips of leather
 - - The leather strips can be adjusted to fit any type of shot. They do need to be replaced after repeated use.
 - - A stiffer pocket is more accurate but gives less control while running and moving
- Mesh pockets
 - - They are made of a nylon webbing woven into the side of the pocket and require little or no adjustment
 - - Mesh pockets are looser and give less accuracy on passes and shots, but make it easier to control the ball when running
 - - These require less maintenance than traditional pockets
 - - The mesh netting does not control or absorb the ball as well as leather netting
 - - Goal keepers tend to prefer mesh netting because it reduces rebounds
- Pocket depth
 - - Pocket depth is mostly a matter of preference and playing style
 - - Generally, a deeper pocket provides more feel and ball control, while a shallower pocket gives you a quicker release but sacrifices ball control
 - - Ball-control players who do a lot of short passing should use a fairly deep pocket
 - - Fast-break players who tend to pass the ball over longer areas should use a shallower pocket
 - - Overhand shooters should have an average depth pocket (a ball width or less)
 - - Sidarm and underhand shooters should have depths of a ball or more
- Shooting strings
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- o
 - Shooting strings, positioned horizontally near the top of the stick's head, affect the ball's balance and direction
- o
 - Overhand passers usually put in 3 or 4 shooting strings to make a smooth path for the ball to run out of the pocket. Heavy skate laces are best used for this.
- o
 - The shooting strings determine whether your shot will have "whip," which occurs when the ball is released smoothly and gradually. Experienced players prefer a whippy release.

Proper stick length according to position

The length of your stick depends almost entirely on the position you play.

- o Attackers should buy a stick that is close to the minimum length of 30 inches to allow for more control and maneuverability
- o Midfielders should buy a slightly longer medium-length stick to allow them to play both offense and defense
- o Defenders should use the longest stick they are comfortable with, usually around 60 inches, for greater reach
- o Goaltender sticks are generally 42 inches long
- o Younger players should make sure they choose a stick that fits them comfortably, regardless of position. It is more important to be able to handle the stick and ball comfortably.
- o Women's sticks range only from 36 to 44 inches. The exact length depends on the position--longer (43-44 inches) for defenders, shorter (36 inches) for attackers.

Boys and Girls should play with sticks that are the right size for them. Your coach will help you cut your sticks to the right size. There are no minimum size for the youngest kids. By the time a player is playing 5/6 they should be using a full size shaft (attack).

How do I pick a lacrosse Shaft (Boys)?

For the younger player the choice of shaft is really not as important as the choice of head. Older players will want to experiment until they find the shaft that is right for them. Again this is taken from <http://www.rock-itpocket.com/howto.html>. Again some of the brands and models have changed over time but the basic ideas haven't.

Beginner Handles:

Beginners don't need to spend a lot of money on a handle. First of all, younger players aren't going to break many handles the way they will in high school and college. Secondly, they are likely to go through many handles as they discover their style and what they like. Outside of the Alloy 6000 (which should only be used by very young players), all of these handles are quality and their pricing is affordable.

Warrior: Alloy 6000, Platinum, Kryptolyte C405

Brine: Ignite Classic, Swizzle Scandium

STX: Axe C405, Crankshaft 7075
Gait: DB803

Intermediate Handles

Mid-range handles range a little better in terms of ability level. While some of our extremely high-end handles may be out of your price range, this group is both durable, affordable and popular. C405 (Krypto) and 7075 (Ignite) alloys have a solid metal feel while the Scandium and the DB803 alloy handles feel a little lighter and less durable. There are plusses and minuses to both.

Warrior: Kryptolyte C405, Krypto Pro, Dolomite, Diamond
Brine: Swizzle Scandium, Sc 21 Air
STX: Axe C405, Scandium, Crankshaft 7075
Gait: DB803, Silencer

Advanced Handles

These are some of the most expensive handles that are out there. On the other hand, they are also going to give you the most for your money. We recommend that only the most dedicated and advanced players pick from this list. As you can see, the common thread here is Titanium. The Dolomite is a composite of Titanium and C405, making it a very popular in-between (but still slightly expensive) handle. The Sc + Ti Premiere is not as strong since it is an alloy, but it is significantly lighter than the rest. Remember: You don't HAVE to buy Titanium to get a quality handle, but you usually will GET a quality handle if you do. Most Titanium handles will last for several years while inexpensive handles may need to be replaced more often.

Warrior: Titan Levitation, Titan Pro, Titan Classic, Dolomite
Brine: Titanium Classic, Swizzle Ti, Sc 21 Air
STX: Sc + Ti Pro. Titanium, Crankshaft Ti
Gait: Silencer

Defensive Handles

FAQ

Defensive players often want a heavier handle to deliver a more effective check. Though D-Poles have been getting lighter and lighter over the years.

Warrior: Titan Pro, Titan Classic, Dolomite, Krypto Pro, Kryptolyte C405, Platinum
STX: Titanium, Crankshaft Ti, Crankshaft 7075
Gait: DB803

When will I get my PYL spring season uniform?

Uniforms are handed out sometime before the first RALL game, which is usually the last weekend in April or the first weekend in May. We do our best to get the right sizes to the right kids. We do not take requests for certain numbers. The uniforms are yours to keep!

Rules

What rules does Penfield Youth Lacrosse follow?

Penfield Youth Lacrosse generally follows Youth Lacrosse Rules as set forth and published by [US Lacrosse](#). The US Lacrosse rules and guidelines may not follow the same age groupings we use in Penfield or that are generally accepted and used throughout Rochester youth lacrosse, however the groupings are typically off by only one grade or one year. Rules differ for the boys and girls game.

PYL plays games in the Rochester Area Lacrosse League (RALL) and will also abide by the rules set forth by the league. Please visit the RALL [League Rules page](#) for specific rules followed during league play. PYL's stance on the rules is very simple. PYL teams play by the letter of the law. For example, Boys 1/2 and 3/4 there is no body contact and checks are limited to poke checks. This is how we teach the game and how we expect other teams (within RALL) to play.

Before playing in any non-RALL game, team coaches and/or officials should check to see what rules are in force for the contest(s). This includes tournament play, however the Fairport Classic Tournament will abide by the RALL League Rules.

Where can I learn the rules of the game?

If you are new to the sport of lacrosse you can check out our [Parent's Guide to Lacrosse](#) for some of the basics. Also US Lacrosse publishes the Rules for [Boys](#) and [Girls](#) Lacrosse at their [website](#). Combined with reading, your best bet is to watch the sport. Rochester is blessed to be one of the "hotbeds" of youth, high school, college and professional lacrosse.

FAQ

So get to the games - we are fortunate to have outstanding local college lacrosse action in our area, and our local professional team - the indoor box lacrosse [Rochester Knighthawks](#) - could use your support!

Are the boys and girls games the same?

Strangely to some, men's lacrosse and women's lacrosse differ quite a bit. And while they share many similarities, it can be quite confusing to go from watching the boys game to the girls game and back.

The equipment is different, the rules and amount of contact are different, the positions are different, even the fields are different.

We have created a fantastic reference guide to learning Boys game which can be found on the [For Parents Page](#).

Also US Lacrosse publishes the Rules for [Boys](#) and [Girls](#) Lacrosse at their [website](#).

Both games are the fastest on two feet however!

The play in some games can get very rough, why is that?

Lacrosse at Boys 5/6 and above is a very physical game. The lower levels (1/2 and 3/4) should not be "overly physical" with the rules stating no body checking and stick checks limited to pokes. With that said, these are still young boys with long metal poles. It is the requirement of the coaches and referees to keep the game under-control. If a game is getting out of hand, the coaches from both teams should immediately call timeout. During the timeout the coaches should discuss the situation with the referee and if he/she is unable to or unwilling to gain control the Penfield team should not retake the field.

The safety of the children is the number one concern of the coaches. Now with that said, collisions will take place and the occasional slap check will be made. Lacrosse is a contact sport and, unfortunately, injuries will occur. We try to minimize this as much as possible.

General rules of PYL participation?

Spring season PYL has a general guideline/goal for all coaches that each player should be given equal time on the practice and game fields.

Lacrosse is a fast-moving sport and the ball can come at the goalie (or other players) from any angle.

Therefore each child in the PYL program will be required to maintain a "minimum level of interested participation" both during practices and games.

Thus, unlike some other youth sports, this means there is very little room for "doodling around", "not paying attention", "not caring" and other forms of disregard on the lacrosse field.

If after repeated attempts your child cannot maintain a sufficient level of interested participation, they will be asked to sit.

Summer tournament play, fall and winter programs may or may not follow the above guidelines.

Coaching

I want to help, how do I get started?

Fantastic! PYL is run by volunteers and we always need help. We are always looking for coaches and assistants. Take a look at our [Coaches page](#) which details what is expected from our PYL coaches and then [Contact us](#) and let us know you are interested or just bring your stick to your son or daughter's practice. Coaches love the extra help and even if you can't help every practice the extra help is ALWAYS appreciated.

Even helping out with shagging balls can be a HUGE help to a coach. No experience needed!

What skills will be taught/learned?

PYL strives to teach the basics of the game to all players, with improvement in skills and understanding as age and time increase.

The basics of the game include:

- o Handling the stick - catching, throwing, cradling
- o Positions - Attack, Midfield, Defense, Goalie
- o Rules of the game (Youth rules)
- o Physical conditioning and coordination
- o Understanding of team concept
- o Respect for the game and all participants

Our practice plans are structured and follow a set progression for players to pick up the above skill sets. A fair amount of discipline will be required from each player before, during and after practice.

With new players typically "spraying" balls over the field, we will insist that players hustle and pay attention to their surroundings at all times.

Who will be coaching my child?

As we get closer to the start of the Spring Season we will update the [Boys Coaches List](#) and the [Girls Coaches List](#) with names and contact information for the coaches for each team. The number of coaches and the number of teams varies with the number of children registered. All coaches for PYL are volunteers and have varying levels of lacrosse

FAQ

experience. New coaches are teamed up with more seasoned coaches. All coaches are there to help your child enjoy the game of lacrosse.

[All PYL coaches sign a Coaches Code of Conduct.](#)

We can always use additional coaches - no experience necessary! See the [Coaches Page](#) for more information.

If you have questions on the specific background and/or training of any of our coaches, please ask!

PYL stance on playing time in games?

PYL Coaches will ask boys and girls to make 2 of the 3 practices in a week in order to play in that week's game. This has always been the "guideline" and should not be treated as a hard and fast rule by PYL coaches. Each child should be viewed on his or her own in terms of lacrosse effort vs. other things going on in life.

If the kids are making an effort during limited practices and in games, playing time should not really come into question. Those who put in effort will play. If a boy is busting his hump at practice and can only make one practice during the week, it should not affect playing time in games. This would be the case for most multi-sport athletes who need to juggle two sets of practice and game schedules.

If however we have players who are not making an effort on or off the field, or if the coaches feel it is unsafe to have a child out there, playing time in games will be at the coach's discretion.

This becomes particularly critical at the boys 5/6 age group. If your child cannot put in a "best effort" to actively participate on the field of play they WILL be asked to sit and in some cases they will NOT be allowed to play in a game.
