Welcome to Team Virginia!!

For the xxxx Boys 5-6 Lacrosse season your son will be playing for team **Virginia**. I am excited that the lacrosse season has finally started and can have some fun coaching. I look forward to working with and getting to know you and your son this season. I welcome each of you to get involved in helping with the team to whatever extent you feel comfortable. We can always use more help in practice as well as managing the sidelines during games.

My primary goal for this season is for every member of our team to develop a love for lacrosse by making this a fun experience. We will teach the fundamental skills of lacrosse as well as team skills and the importance of teamwork. During games, we want the boys to compete to the best of their ability, but this is NOT about winning and losing. Our games will follow a set of rules designed make games instructional and fun as well as to help build confidence. We will play with smaller sized goals and will not have goalies this season. Teams will play 6 vs. 6 (2 attack, 2 midfield, 2 defense) and we will rotate each player through all of the positions in each game.

Parking can be an issue at this field, so please plan on arriving 10-15 minutes early and using that time to get equipment on and adjusted so that we can start on time as a team.

Please note, we are implementing a new code of conduct this year for players, parents and coaches. Please review with your child prior to their first practice.

Here is a summary of the key info, dates and times for this season:

**Team Name**: Virginia

**Coaches**:

**Team Roster:**

**Equipment:** Each boy must wear a helmet, gloves, arm pads, shoulder pads, protective cup and a molded mouthpiece to every practice and game. We will not allow players to participate in games or contact drills if they are missing any of this equipment. Goalie equipment will be provided.

**Practices**: Practices will be held on TTTT and TTTT from 5-6:15.

**Games**: Games will be on XXXXXXXX mornings at 8:30, 10:00; or 11:30. The first game will be on March 24th.

**Location:** All practices and games are at Valley Field North.

**Team Communication:** We will use Teamsnap to communicate all practices and games.

**Weather cancelations:** Sign up for Raindedout.com as it is the official word on fields. The county decides, not LTRC.

If you have questions that I did not answer here, feel free to reach out to me via email or by phone anytime.

Go LTRC!

Regards,

Coach XXXX
**LTRC Boys/Girls Lacrosse**

