



MOUNT SINAI LACROSSE

PARENTS ASSEMBLY

2009 Spring Season

WWW.MOUNTSINAILACROSSE.COM

D.I.M.I.T.T.

Never forget that:

***“DETERMINATION IS MORE
IMPORTANT THAN TALENT!”***

From: www.positivecoach.org

*Play Hard, Practice Harder
and Never Give Up!*

Get Involved and Volunteer.
We are always looking for help.

BOARD MEMBERS

Tim Henry..... President
Jim Langton..... 1st Vice President
Angela Ritchie..... 2nd Vice President
Ken Balslov Treasurer
Angela Elgort..... Secretary
Bob Hagenberger..... Boys Director
Peter VanMiddeltem..... Girls Director

BOYS COACHES

K-1 Red - (Kindergarten and 1st Graders)

..... Peter VanMiddeltem
..... Chuck Poillon
..... Joe Glorioso

2nd Red - (1st and 2nd Graders)

..... Dan Maher
..... Dennis Dillon
..... Thomas O'Brien

2nd Black – (2nd Graders)

..... Bob Demeo
..... Tom McGrath
..... Rich Boscarino
..... Chuck Carron

4th Red – (3rd and 4th Graders)

..... Frank Pilon
..... Kevin McCarthy
..... Kenny Walters

4th Black – (3rd and 4th Graders)

..... Bob Hagenberger
..... Rick Maher
..... Joe Pirreca
..... Craig Zoly
..... Rob Sageder

5th Red – (5th Graders)

..... Tom Burns
..... Nick Tabile
..... Pete Moosbrugger

6th Red – (5th and 6th Graders)

..... Pete Mastrorocco
..... Tom McGrath
..... Joe Pego
..... Brian Voos

BOYS COACHES (CONT.)

6th Black – (6th Graders)

..... Michael Faughnan
..... Roy Gulli
..... Jim Keenan
..... Tom O'Brien
..... Lou Vengilio

GIRLS COACHES

2nd/3rd Red - (1st, 2nd and 3rd Graders)

..... Sherri Harloff
..... Laura Michaels
..... Pete Mitchell

2nd/3rd White – (1st, 2nd and 3rd Graders)

..... Bob Hagenberger
..... Bill Tartaglia
..... Brian Voos

4th/5th Red – (4th and 5th Graders)

..... Charles Hoeg
..... Dennis Dillon
..... Pete VanMiddel

4th/5th White – (4th and 5th Graders)

..... Bob Johnson
..... Jim Walker

6th Red – (6th graders)

..... Tracey Carron
..... Joe Pirreca
..... Dawn Shackles

Girls LI Challenge on May 2nd will be hosted at Mount Sinai

(Come and see some of the best Girls Varsity Lacrosse in the US.)

3:00pm - Mt. Sinai v. Cold Spring Harbor

5:00pm - Farmingdale v. Darien (Ct)

7:00pm - Northport v. Garden City

Lax Day is Saturday May 9th – Pete Mastrococco, Coordinator

Boys and Girls JV and Varsity Game times:

2:00PM – JV Boys Bayport

3:30PM – Varsity Boys Bayport

5:30PM – JV Girls Southampton

7:00PM – Varsity Girls Ross

Events will also be held for the Youth players throughout the day. Want to volunteer contact Pete Mastrococco.

The Summer Camp with the school coaches will be held July 20th to the 23rd. The boys are in the morning and the girls are in the afternoon. More information will be sent as it becomes available.

Safety

Boys required equipment	Girls required equipment
<ol style="list-style-type: none">1. Helmet2. Shoulder Pads3. Elbow Pads4. Gloves5. Cup6. Mouthpiece (must attach to helmet)7. Additional Goalie requirements<ol style="list-style-type: none">a. Throat guardb. Chest protector8. Optional Equipment<ol style="list-style-type: none">a. Rib Guardsb. Goalie – Shin guards	<ol style="list-style-type: none">1. Goggles2. Mouthpiece3. Additional Goalie Requirements<ol style="list-style-type: none">a. Helmetb. Throat guardc. Chest Protector

Safety is always a coach's first priority. Make sure your child arrives with the proper equipment or he/she will be unable to participate.

Code of Ethics review

1. **The parents and spectators** shall uphold the honor and dignity of the game
2. **The parents and spectators** shall respect and support contest officials, coaches and players.
3. **After contests**, all players and spectators are expected to clean up any and all items brought to the fields.
4. **Mount Sinai School Facility use Rules**
 - a. There is **NO** Smoking permitted on school grounds.
 - b. Parking – All visitors must park in an identified parking spot. No standing/parking is permitted next to fields or on school roadways.
 - c. All parents are required to view the game on the opposite sideline of the player benches. No spectators/parents are permitted behind the player benches or behind either end line of the field (behind the goals).
 - d. **Turf Field Rules** - When at the Varsity (Turf) field all spectators are required to remain outside the fence at all times. **ONLY** the players and coaches may enter the fenced area. Players are not permitted to walk on the track with their cleats and must cross the track by using the mats located at each gate entrance.
 - e. **NO** food or snacks are permitted on the field because this is an artificial surface.

Side Line Manager - One volunteer from each boy's team is needed.

Your role will be to maintain a positive and sportsmanlike environment around the playing field, including both sidelines. The officials will handle on-field sportsmanship issues.

Cancellations due to Poor Weather

Notification will be sent via email and/or posted on the youth web site one- hour before the scheduled start of the game or practice. If you do not receive word via email you are to assume the game or practice is still on and should head to the field regardless of the weather. Cancellation within the 1-hour start will be made at the field.

Rules overview

Girls – For a complete listing of rules please visit the following websites.

www.uslacrosse.org. - For the official US lacrosse girls rules.

www.scgirlsax.com - For the Modified youth rules for Suffolk play.

Basic Overview – rules vary may vary based on age and division.

Number of Players:

Grades 1 to 4 will play 8v8. Two field players must stay behind the restraining line at all times.

Grades 5 to 6 will play 10v10. Three field players must stay behind the restraining line at all times. During the draw 5 players are allowed between the restraining lines

Time of game is four 12-minute quarters with a 5-minute break at half.

Stick checking:

Grades 1 to 4 there is no stick checking under any circumstances.

Grades 5 to 6 modified stick checking is now allowed.

Scoring:

Grades 1 to 3 there must be three attempted passes before shooting on goal.

Grade 4 must have two completed passes before shooting on goal.

Grades to 5 to 6 must have one completed pass within the offensive restraining line before shooting on goal.

Boys – For a complete listing of rules please visit the following websites.

www.uslacrosse.org. - For the official US lacrosse boys rules.

Boys Youth Site for the Modified Suffolk youth rules.

Basic Overview – rules vary may vary based on age and division.

Number of Players:

Grades K to 3B/C will play 8v8 (2-3-2-1).

Grades 3A to 6 will play 10v10 (3-3-3-1).

Time of game is four 12-minute quarters, running time with the last two minutes of the game stopped as in regulation, and a 5-minute break at half. There is no 10 second “failure to advance” rule at any youth level.

Body checking:

Grades K to 4B/C there is **no** body checking but may use equal pressure.

Grades 4A to 6 there is “limited” body checking which means 1 step may be taken. The player may **not** lower his head and hit with his shoulder nor have a running start.

Stick checking:

This is allowed at all levels however continuous checking of the person, limb, glove, even with contact to the stick is considered a slash. **One-handed stick checks are not permitted** until the Junior Varsity level and above and are considered a slash.

Scoring – Players are limited to a maximum of 4 goals per game.

Penalties - Man up/Man down:

Grades K to 3 there is no man down play. Player with the penalty must leave the field and the penalty will result in either a change or possession or a fast break.

Grades 4 to 6 will play man down while the penalty is served.

Stick Length: Grades K-2nd – 33”-42”, 3rd & 4th – 35”-42” and 5th & 6th – “40-60”

The rules vary by for girls and boys by age and division so it is recommend that all the players and parents visit the web sites and read the rules. If you have questions check with your coach or email your question to Suffolk PAL lacrosse at SCPALLacrosse@aol.com.

Web Sites



MountSinaiLacrosse.com
A simple landing page that provides links to all the Mount Sinai Lacrosse sites

Top Left - Boys Youth
Top Center - MtSinaiLax
Top Right - Girls Youth

Bottom Left –
Online Registration



Online Registration Site
Requires a one time registration and is used to sign up players to participate in league events and submit payment. You can also view rosters once they are finalized as well as get your coaches contact information. This site is proof of registration to play.



MtSinaiLax.com
General information site used primarily for the school teams.

Below are the boys and girls youth sites. These sites should be looked at on a regular basis since they will contain the latest information regarding the boys and girls youth programs.



Boys Youth Site
Location to go for boy's information, schedules, field directions, calendars, photos, videos etc.

Please upload the photos you take for all to enjoy.



Girls Youth Site
Location to go for girl's information, schedules, field directions, calendars, photos, videos etc.

Please upload the photos you take for all to enjoy.