

Frequently Asked Questions

- 1) **What is lacrosse?** The sport of lacrosse is a combination of basketball, soccer, and hockey. Anyone can play lacrosse—the big or the small. The game requires coordination and agility, not brawn. Quickness and speed are two highly prized qualities in lacrosse. An exhilarating sport, lacrosse is fast-paced and full of action. Long sprints up and down the field with abrupt starts and stops, precision passes and dodges are routine in men’s and women’s lacrosse. Lacrosse is played with a stick, the crosse, which must be mastered by the player to throw, catch, and scoop the ball. Lacrosse is one of the fastest growing team sports in the United States. Youth membership (ages 15 and under) in US Lacrosse has more than tripled since 1999 to nearly 100,000. No sport has grown faster at the high school level over the last 10 years and there are now more than 130,000 high school players. Lacrosse is also the fastest-growing sport over the last five years at the NCAA level and that’s just the tip of the iceberg. There are more than 500 college club programs, the majority of which compete under the umbrella of US Lacrosse and its “intercollegiate associates” level. Source: uslacrosse.org
- 2) **Who is eligible to play?** All boys and girls in 1st-6th grade that live in the Olentangy Local School District.
- 3) **What teams do OYAA Lacrosse teams play?** OYAA Lacrosse plays other OYAA teams as well as other community teams throughout Central Ohio. Last year, the boys played mostly other OYAA teams. They have also played teams from Hilliard, Dublin, Westerville, St. Paul, New Albany, Gahanna, and Pickerington. The girl’s teams have played teams from Hilliard, Dublin, Upper Arlington, and New Albany.
- 4) **Where do we practice and play our games?** Practices occur at Olentangy HS, Orange MS, Liberty HS, and Liberty MS. Additional fields are being considered for Glen Oak ES and behind the YMCA in Powell. The boys play their home games at Orange MS and Liberty MS with a season ending tournament at Shanahan MS. The girls have played their home games at Olentangy HS practice field and Shanahan MS. Away games are also played at the other team’s home field.
- 5) **How many games and practices are there?** Practices and/or games are held three times per week. One or two of those days could be

games. An average season will have 9-12 games for boys. The girl's teams will play 6-8 games.

- 6) **When does the season start and end?** The regular season starts after spring break (roughly April 1st) and ends in mid May. Some 5th and 6th grade players may be invited to participate in a season ending tournament (The Ohio Cup) that occurs on the first weekend after the end of the school year (~ June 8, 9, 10). The preseason could start as early as the 1st weekend in March.
- 7) **How much does it cost to play?** The cost to participate is \$90 for 3rd-6th grade boys and \$75 for 1st and 2nd grade boys and 1st-6th grade girls.
- 8) **What do I get for my fee?** The fees pay for field usage and maintenance, referees, goalie gear, coaches' gear, uniforms, helmets, and lacrosse goals. 1st and 2nd grade boys also get a stick or a pair of gloves to keep. 1st and 2nd grade girls get a stick or a pair of goggles.
- 9) **What player equipment is provided by OYAA?** OYAA provides a helmet for use by 3rd-6th grade boys. A \$70 check deposit is required for helmet rental. Your check will be returned when the helmet is returned in good condition. 1st and 2nd graders get their choice of a stick, gloves, or goggles (girls).
- 10) **What player equipment do I need to provide?** Players need to provide a stick, shoulder pads, arm pads, and gloves. Cleats, cup, and mouthpiece are also required.
- 11) **Where can I purchase equipment?** OYAA has gently used equipment for sale this year at approximately 50% off the retail price. Shoulder pads...\$20, arm pads...\$10, gloves...\$15. Equipment will be sold at the January sign up dates. Various retailers have equipment for sale including Midwest Lacrosse, Dick's Sports Authority, Play It Again Sports, and on line retailers. Price ranges for new equipment are: shoulder pads \$35-\$152, arm pads (elbow guards) \$21-\$105, gloves \$24-\$190, complete sticks start at \$34, custom sticks can cost over \$300. Somewhere in the middle is always a good place to be.
- 12) **How can I learn more about lacrosse?** There are a number of books, DVD's, and websites. A list will be available on sign up day. Please refer to the links on the lacrosse (OYAA) website for web addresses for camps and other items of interest.
- 13) **When and where do I register my son or daughter for the spring season?** Registration occurs in mid January. Watch the OYAA Lacrosse website for exact dates. An informational flyer will go home with students by mid December.

- 14) **When are games played?** Games are usually played on Sunday afternoons with an occasional game during the weeknights.
- 15) **Is there a lot of contact in lacrosse?** 3rd-6th grade boys have some contact. Mostly poke checks and incidental body checks within 5 yards of the ball. 1st and 2nd grade boys play an instructional skill development program with no contact. The girls youth program has no contact.
- 16) **I'd like to help, but I don't know a thing about lacrosse. How do I sign up to volunteer to help coach or help out in other ways?**
You don't need to have played the game to volunteer. You just need to love teaching young people and have patience and a positive attitude. They'll play the game for you! Volunteer sign up sheets will be available at sign up days in January. We need your help! Please volunteer!