



Girl's Field Lacrosse Start Up Program

The goal of this program is to develop girl's field lacrosse at the house league level in BC.

Typical house league programs are at the U15 level (age 10 to 14).

Program includes the following:

1. Introductory clinic in your community provided by BC women's field lacrosse.
2. Apprentice umpire clinic. 3 hours in length. Includes one hour of classroom instruction and 2 hours of on field instruction. This course could go for a longer length but always completed in one day.
3. Coaching clinics available. Clinic takes place over two days. Participants will be certified as level one community coach in the NCCP.

House League recommended program length:

Once per week for 8 weeks. Begins the first week of May and ends the last week of June. First three weeks are practices to introduce the game. The following five weeks are games. This time line is flexible and the playing season/duration can be determined by the league playing. (for example, some areas may also choose to play in the fall or the spring or both)

Equipment Requirements:

Minor Association can provide an introductory stick with registration or speak to your local sports store about bringing women's field sticks in. An entry level stick costs approximately \$50.

One of the advantages of girl's field lacrosse is that little equipment is required for players and therefore it is very affordable. A mouth guard and stick is all that is required for the typical player.

Budget Items :

Field rental

Uniforms (t-shirt)

Goalie equipment (same as other lacrosse goal tenders, helmets, chest protector, gloves, shin guards, etc)

Field lacrosse nets

BCLA insurance (see BCLA Operating Policies-Fees)

Lacrosse balls

Field lining equipment

Field lining paint

Umpire and coaching certification fees

Umpire fees (2 umpires/game x # of games). With women's field lacrosse umpires are typically paid \$25 per game. There may be some flexibility to have slightly less fees for Apprentice Umpires.

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