



## KAPRB Blue Demons Girls Lacrosse FAQ

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### **Tell me about KAPRB Blue Demons Lacrosse**

KAPRB Blue Demons Lacrosse is an all-volunteer, non-profit organization, established in 2010 by a group of dedicated Kennett Square parents. KAPRB Blue Demons is a youth lacrosse program open to student athletes residing in the Kennett Consolidated School District and neighboring Delaware townships.

Our mission as a non-profit organization is to provide a safe and competitive environment devoted to promoting educational, recreational and competitive lacrosse activities for elementary and middle school students. Our boys program competes from U9 – U15 and our girls program is from 1<sup>st</sup> – 6<sup>th</sup> grades.

Our goal for the girls program is to offer each child an opportunity to develop fundamental lacrosse skills, emphasize the importance of good sportsmanship, fitness and teamwork.

### **What are costs to join?**

For the 2010/2011 season, the cost for the girls program is \$75.00. We are non-profit organization and only try to cover our expenses, which include uniforms, fields, officials and insurance.

### **Where can I get equipment and how much does it cost?**

Girl's equipment requirements: stick, mouth guard and eye gear. Prices vary, but Dick's Sporting Goods, Modells and Sports Authority carry new girl's equipment. Play It Again Sports [www.playitagainsports.com](http://www.playitagainsports.com) offers used equipment at very reasonable rates. We encourage cleats, but sneakers are suitable for younger girls. The average cost for new equipment is about \$75.00.

### **How do I know if my child is eligible?**

All players residing in the Kennett Consolidated School District and neighboring state of Delaware communities are eligible for play in KAPRB Blue Demons Lacrosse.

### **How long is the season and when is practice?**

Our girls program begins March 29<sup>th</sup> and ends May 26<sup>th</sup>. Practices will be held Tuesday and Thursdays at the Kennett Consolidated School District fields, located in front of Kennett High School or Greenwood Elementary, 420 Greenwood Road, Kennett Square, PA 19348. Practice times and days will be confirmed by February 15<sup>th</sup>. Games are Saturdays. We are in the process of planning games and scrimmages with the following clubs:

AG Wildcats, Brandywine Girls Lacrosse Club (BYC), Greater Chester Valley Girls Lacrosse (GCVGL), Lionville Youth Association (LYA), Unionville Recreation Association.

KAPRB Blue Demons Lacrosse is the only program in the area that incorporates youth speed and agility into our practices. Julie Hatfield, a nationally certified youth speed and conditioning coach offers a dynamic approach to conditioning to prevent injury and optimize movement, strength and endurance. She will work with our coaches and players at the beginning of each practice. [www.jhatfieldfitness.com](http://www.jhatfieldfitness.com)

### **How many players do you need for a team?**

For the 1<sup>st</sup> – 4<sup>th</sup> grades, there are 8 players on a team during play. All girls will have equal playing time and will switch positions, in order to experience all aspects of the game. The 5<sup>th</sup>/6<sup>th</sup> grade team will play 12 squad teams.

### **Lacrosse is a contact sport. How safe is it?**

KAPRB is committed to maintaining the safety of the players above all. There is NO stick contact allowed at this level of play. Please keep in mind at the lower levels, players do not have established stick control and may inadvertently strike another player. This will result in immediate stop of play and the player will be instructed on proper lacrosse play.

### **Equipment and Protective Gear**

The Crosse: the crosse (lacrosse stick) is made of wood and laminated wood material, with a shaped net pocket at the end. A girl's crosse must be 35 ½ -43 ¼ inches. The head of the crosse must be a seven to nine inch pocket of the stick and must be strung traditionally.

The Ball: The ball must be yellow and made of solid rubber.

The Mouthpiece: All players must wear mouth guards.

### **Where can I learn more about youth lacrosse?**

US Lacrosse – [www.uslacrosse.com](http://www.uslacrosse.com) is a great website for additional information about girls and boys lacrosse. They offer informative articles and information about youth lacrosse.

Lacrosse Evolution – [www.laxevo.com](http://www.laxevo.com) offers clinics and one on one instruction

**Who do I contact for questions about the KAPRB girls or boys lacrosse program?**

KAPRB Blue Demons Lacrosse Board of Directors

Jill Hunt – Girls Commissioner/Treasurer – [jcjkhunt@comcast.net](mailto:jcjkhunt@comcast.net)

Heather Connolly – Girls Director – [heatherconnolly@verizon.net](mailto:heatherconnolly@verizon.net)

Mary Kay Gaver – Communications – [mkgaver@gmail.com](mailto:mkgaver@gmail.com)

Claire Finrock – KAPRB Executive Director – [kaprb@verizon.net](mailto:kaprb@verizon.net)

Jill Fourney – Director of Girls Coaching – [jfourney@kcsd.org](mailto:jfourney@kcsd.org)

Jeff Cordisco – Commissioner Boys – [jcordisco@gmail.com](mailto:jcordisco@gmail.com)

Glenn Ward – Director, Recruiting – [gward@robgraylaw.com](mailto:gward@robgraylaw.com)

Eric Gaver – Director of Boys Coaching – [egaver@wlgore.com](mailto:egaver@wlgore.com)

Marc Driggs – Director of Programs – [marcdriggs@comcast.net](mailto:marcdriggs@comcast.net)