



SPENCER JUNIOR LACROSSE - AUTUMN 2018 v.01

For further explanation - see overleaf

H: home game played at Spencer A: away game played at opposition's ground - meet time at Spencer

Limited Sunday Programme for U16/U17.
of this group is moved to Saturdays

2018	Pinball Lacrosse for 'new' and younger players	U12 Group - Field Lacrosse u10/u11 u12	u13 U15 Group - Field Lacrosse u13 u14 u15	Under 16/17 Group Field Lacrosse u16
September				
Mon 3	not for us	not for us	not for us	Practice 7.30 - 9.00pm
Sun 9	not for us	starts next Sunday		not for us
Thu 14	not for us	Midweek Practice - TBC	Midweek Practice - TBC	not for us
Sun 16	Sign up/Play 9.00 - 10.00	Sign Up/Practice 10.00 - 12.00	Sign Up/Practice 10.30 - 12.30pm	not for us
Thu 21	not for us	Midweek Practice - TBC	Midweek Practice TBC	not for us
Sat 22	not for us	Spencer Club Day u12/13 Game - 2.30 to 4.00pm	Spencer Club Day u12/13 Game - 2.30 to 4.00pm	playing in men's tournament
Sun 23	Sign up/Play 9.15 - 10.30	Sign Up/Practice 10.30 - 12.30am	Sign Up/Practice 10.30 - 12.30am	not for us
Sun 30	Play 9.15 - 10.30	Game v Welwyn - away	Game v Welwyn - away	not for us
October				
Thu 4	not for us	Midweek Practice - TBC	Midweek Practice TBC	not for us
Sun 7	Play 9.15 - 10.30	Practice 10.30 - 12.30am	Practice 10.30 - 12.30am	not for us
Thu 11	not for us	Midweek Practice - TBC	Midweek Practice TBC	not for us
Sun 14	Holder Tourney (10.00 - 11.00am)	Holder Trophy (H: 11am - 3pm)	v Holder Trophy (H: 11 - 3pm)	v Holder Trophy (H: 11am - 3pm)
Thu 18	not for us	Practice 6.30 - 8.00pm	Midweek Practice TBC	not for us
UK Schools 'Half-Term' /mid term break				
Sun 21	no Sunday event	no Sunday event	no Sunday event	not for us
Mon/Tue 22-23	not for us	Skills Days 10.00am - 3.30pm	not for us	not for us
Thu 26	not for us	No evening Practice at half-term	No evening Practice at half-term	not for us
Sun 29	no Sunday event	no Sunday event	no Sunday event	not for us
November				
Thu 1	not for us	Midweek Practice - TBC	Midweek Practice TBC	not for us
Sun 4	Play 9.15 - 10.30	League Rnd 1 @ Guildford (a: 9.00am - 2.00pm)	game day @ Guildford (A: 9am - 2pm)	
Thu 6	not for us	Practice 6.30 - 8.00pm	Midweek Practice TBC	not for us
Sat 10		Junior Northern Tour		
Sun 11	Play 9.15 - 10.30		Practice 10.30 - 12.30pm	not for us
Thu 15	not for us	Practice 6.30 - 8.00pm	Midweek Practice TBC	not for us
Sun 18	Play 9.15 - 10.30	Practice 10.30 - 12.30pm	Practice 10.30 - 12.30pm	not for us
Thu 22	not for us	Practice 6.30 - 8.00pm	Midweek Practice TBC	not for us
Sun 25	Play 9.15 - 10.30	League Rnd 2 @ Maidstone (a: 9.00am - 2.30pm)	game day @ Maidstone (A: 9am - 2.30pm)	
Thu 29	not for us	no Sunday event	Midweek Practice TBC	not for us
December				
Sun 2	Play 9.15 - 10.30	Practice 10.30 - 12.30pm	Practice 10.30 - 12.30pm	not for us
Thu 6	not for us	Last Mid-Week Practice of the Term	Last Mid-Week Practice of the Term	not for us
Sun 9	Xmas Play 9.15 - 10.30	League Rnd 3 @ Welwyn (a: 9.00am - 2.30pm)	game day @ Welwyn (A: 9am - 2.30pm)	
SPRING/SUMMER HEADLINES - 2019				
Jan - Sun 20	Play 9.15 - 10.30	League Rnd 4 @ Pythons (a: 9.00am - 2.30pm)	game day @ Pythons (A: 9am - 2.30pm)	
Feb - Sun 10	Play 9.15 - 10.30	League Rnd 5 @ Guildford (a: 9.00am - 2.00pm)	game day @ Guildford (A: 9am - 2pm)	
Mar - Sun 3	Play 9.15 - 10.30	League Rnd 6 @ Reading (a: 9.00am - 2.30pm)	game day @ Reading (A: 9am - 2pm)	
March Sat/Sun 9th/10th March		Junior Northern Tour		
March Sun 18th		Flags Tournament, Mitcham	Flags Tournament, Mitcham	
Mar - Sun 31	Xmas Play 9.15 - 10.30	Play Offs @ Hillcroft (a: 9.30am - 2.00pm)	game day @ Guildford (A: 9am - 2pm)	
April Fri/Sat/Sun 26/27/28			Brussels Tournament	
June Fri/Sat/Sun 5/6/7		Brussels Skills and Tournament		
July Fri/Sat/Sun 5/6/7		Americans Visit		



SPENCER JUNIOR LACROSSE - AUTUMN 2018 v.01

Some Explanations

Pinball Lacrosse

Pinball Lacrosse is played with normal sticks but using a soft ball with no contact. Playing Pinball is the ideal way to be introduced to the basic skills of Lacrosse. It is a step up from Pop Lacrosse, the version of Lacrosse often played in Primary School.

Age Group Junior Lacrosse

All age groups play 'men's rules' Lacrosse but are open to all (at the moment we are unable to run a distinct 'women's rules' group - though sticks skills are identical). As age groups progress the permitted level of physical contact increases in tune.

Age Groups

Our formal Junior age groups are Under 12, Under 14 and Under 16 - measured from the start of the UK Schools Academic Year - 1st September. A player who is 11 years old on 1st September remains an 'Under 12' until the following 31st August irrespective of the actual birthday. We shall be running a u13 - u15 group together this coming Autumn which - is reflected on the Schedule and in the 'overlapping' of some events. We hope this is not too difficult to follow.

Registration

Registration is a little bit more complicated this season. English Lacrosse now asks for all players in **UK School Year 7 and above** to register directly with the Association. The link is to the ELA website is <http://register.englishlacrosse.co.uk/registration> - There is a £15 fee parents will be required to pay when registering their children. Our own Club registration runs in parallel - Parents and Players will need to sign permission forms before taking part in our practice or game sessions. Details of fees and forms can be found and downloaded from the website (www.spencerlax.co.uk) and completed beforehand - though blank copies will be available at registration sessions. Registration sessions are not just for 'signing up' - players will need to be ready to play!

Sunday Practice/Games/Matches

Generally, once permission forms are completed, parents are welcome but are not required to be present during sessions. The times noted are meet times at Spencer. For away games, we are usually able to provide minibus transport (we do ask for a fuel contribution). We have a preference for teams to travel together to away games though we appreciate that this may be impractical for some. Parents are very welcome to make their own way. If we are travelling with more than one team, we are likely to ask for 'volunteers' to bolster transport provision. Up to date information will be circulated in the week before each event. Please note that our first session is on Sunday 16th September, a week later than usual, as most senior players and coaches are involved in a tournament in Brussels that weekend. Please also note that sessions on the 16th September start a little earlier than our regular timing to leave the field clear for any cricket matches being played afterwards.

Midweek Practice

As this document is being written midweek evening, time and venue options are being investigated.

Spencer Lacrosse Club Day - Saturday 22nd September

An extra event on a Saturday afternoon to celebrate Lacrosse at Spencer. There will be men's and women's tournaments and a junior game in the mid-afternoon - more details will follow.

Holder Trophy

A six a side tournament we host. We would aim to enter as many teams as we can in each age grouping to try and ensure everyone gets lots of playing time. A chance to 'win a medal'.

Skills Clinics/Activity Days

Day long coaching and activity sessions aimed at the younger end of our junior programme and organised and run by our Head Coach, with additional support.

Northern Tours

A Northern Tour comprises a weekend in the Manchester area playing the best quality junior lacrosse we can find. To keep costs down we 'camp' in a scout hall. These are brilliant fun and great for developing individual skill and team cohesion. Relevant Information Packs will be circulated and a parent volunteer will be welcome - if you might be 'up for it', please let the Head Coach know as soon as possible as, along with our coaches, our policy will be for all adults attending to have DBS clearance. Annual Northern Tours have become key to player development and we can't recommend participation enough.

American Exchange

A junior Lacrosse programme based in Long Island has made contact with us looking to set up a visit. It didn't work out this past summer but we are looking to re-establish the event which may lead to our own trip to the USA.