



SPENCER JUNIOR LACROSSE - SPRING 2019 v.02

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

2019		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
January					
Sun	6	not for us	Practice 10.30 - 12.30am	not for us	not for us
Mon	7	not for us	not for us	not for us	Mid-week Practice re-starts 7.15 - 8.30pm
Sun	13	Play 9.15 - 10.30	Practice 10.30 - 12.30am	Practice 10.30 - 12.30am	not for us
Sun	20	Play 9.15 - 10.30	Game v Maidstone - (H: 10.30 - 1pm)	Game Day v Maidstone - (H: 11am - 1pm)	not for us
Sun	27	Play 9.15 - 10.30	Practice 10.30 - 12.30am	Practice 10.30 - 12.30am	not for us
February					
Sun	3	Play 9.15 - 10.30	Practice 10.30 - 12.30am	Practice 10.30 - 12.30am	not for us
Sun	10	Play 9.15 - 10.30	Game v Pythons/Guildford (H:10.30-1pm)	Game v Pythons/Guildford (H:10.30-1pm)	not for us
UK Schools 'Half-Term'/mid term break					
Sun	17	no Sunday event	no Sunday event	no Sunday event	not for us
Mon/Tue	12-13	not for us	Skills Days 10.00am - 3.30pm - tbc	not for us	not for us
Sun	24	no Sunday event	no Sunday event	no Sunday event	not for us
March					
Sun	4	Play 9.15 - 10.30	Practice 10.30 - 12.30pm	Practice 10.30 - 12.30pm	not for us
Sat	9		Junior Northern Tour Information Pack will follow		not for us
Sun	10	Play 9.15 - 10.30	Practice 10.30 - 12.30am	not for us	not for us
Sun	17	Play 9.15 - 10.30	Practice 10.30 - 12.30am	Practice 10.30 - 12.30am	not for us
Sun	24	Play 9.15 - 10.30	Flags Day @ Reading (A: 9am-3pm)	Flags Day @ Reading (A: 9am-3pm)	not for us
Sun	31	Play 9.15 - 10.30	Game Day @ Spencer (A: 10.30am-12.30pm)	Game Day @ Spencer (H: 10.30am - 12.30pm)	not for us
UK Schools Easter Hols					
April					
Sun	7	no activity	no activity	no activity	not for us
Sun	14	no activity	no activity	no activity	not for us
Sun	21	no activity	no activity	no activity	not for us
Sun	28	no activity	no activity	ISB - Brussels Tournament Practice 1.30 - 4.00pm	not for us

SUMMER HEADLINES - 2019

May	Sat/Sun 11/12	no activity		ISB - Brussels Tournament	Exam Time
	Sun 12	no activity			
June	Sat/Sun 15/16	no activity	Coldwell Cup - Welwyn		Exam Time
Weds	5th June - 10th July	Summer Pinball	Brussels - Skills and Tournament		Exam Time
July			Summer Lax		Exam Time
	Wed/Thu 24/25	no activity	Summer Camp		



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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 level of physical contact increases in tune.

Age Grouping

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.

Registration

Always remembering that trying out is free.....

If you registered during our Autumn Programme, there is nothing further to do. If not, Registration is a little bit more complicated this season.

Firstly, every player should register as a Spencer Lacrosse Member completing an appropriate, age group Membership Form 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 practice sessions. For those joining after Christmas the Registration Fee is 50% of that advertised.

English Lacrosse now asks for all players in UK School Year 8 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 that parents will be required to pay when registering their children. Our own Club registration runs in parallel.

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) - though parents are very welcome to make their own way. If we are travelling with more than one team, we may ask for parent 'volunteers' to bolster transport provision. Up to date information will be circulated in the week before each event.

Midweek Practice

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

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 coaching staff together with skilled guest coaches.

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 parent volunteers are welcome (at least two are essential). As our Club has progressed, we've found that our regular, annual Northern Tours have become key to player development and we can't recommend participation enough.

ISB - International School, Brussels

This school, in the Watermael-Boitsfort area of Brussels, hosts an annual weekend tournament usually a little after Easter that attracts u15 & u18 teams from around Europe. We've travelled to this event regularly - which have been fantastic experiences. In early June, usually on the last weekend of their summer term, the school hosts a u12 clinic, scrimmage and games which are organised by the Brussels Sports Association using the school's facilities. Another brilliant event to be part of.