



SPENCER JUNIOR LACROSSE - AUTUMN 2019

For further explanations - see below/overleaf

H: home game played at Spencer

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

Sign Up is now 'Online' - go to www.spencerlax.co.uk/juniors,
read 'membership' and follow the links/get in touch as appropriate

v.5

2019

September

Mon	2
Sun	8
Sat	14
Sun	15
Sun	22
Thu	26
Sun	29

Pinball Lacrosse for 'new' and younger players	
	not for us
	not for us
	not for us
	Play 9.15 - 10.30
	Play 9.15 - 10.30
	Play 9.15 - 10.30

U12 Group - Boys Field Lacrosse	
u10/u11	u12
	not for us
	starts next Sunday
	u12/13 Game - 2.30 to 4.00pm
	Practice 10.30 - 12.30am
	Practice 10.30 - 12.30am
	* Parents/Players Meeting (7pm - 8pm) *
	Game Day - Pythons (a) 9am - 2.30pm

Girls u13/15 Groups Field Lacrosse	
	not for us
	not for us
	not for us
	Practice 10.30 - 12
	Practice 10.30 - 12
	Practice 10.30 - 12

Boys u13/U15 Group - Field Lacrosse		
u13	u14	u15
		not for us
		u12/13 Game - 2.30 to 4.00pm
		Sign Up/Practice 10.30 - 12.30am
		u14 Academy (h) 12.30pm - 2.30pm
		Game Day - Pythons (a) 9am - 2.30pm

October

Sun	6
Sun	13

	Play 9.15 - 10.30
	Holder Tourney (10.00 - 11.00am)

	Practice 10.30 - 12.30am
	Holder Trophy (H: 11am - 3pm)

	Practice 10.30 - 12
	Practice 10.30 - 12

	Practice 10.30 - 12.30am
	v Holder Trophy (H: 11 - 3pm)
	v Holder Trophy

UK Schools 'Half-Term' /mid term break

Sun	20
Thu/Fri	24-25
Sun	27

	no Sunday event
	not for us
	no Sunday event

	no Sunday event
	Skills Days 10.00am - 3.30pm
	no Sunday event

	no Sunday event
	no Sunday event

	no Sunday event
	not for us
	no Sunday event

November

Sun	3
Sun	10
Sat	16
Sun	17
Sun	24

	Play 9.15 - 10.30
	Play 9.15 - 10.30
	Play 9.15 - 10.30
	Play 9.15 - 10.30

	Practice 10.30 - 12.30am
	Game Day - Guildford (a) 9.30 - 2.00pm
	Practice 10.30 - 12.30am
	Practice 10.30 - 12.30am

	Practice 10.30 - 12
	game - tba
	Practice 10.30 - 12
	game - tba

	Practice 10.30 - 12.30am
	Game Day - Guildford (a) 9.30 - 2.00pm
	Junior Northern Tour
	Practice 10.30 - 12.30am

December

Sun	1
Sun	8
Sun	15

	Play 9.15 - 10.30
	Xmas Play 9.15 - 10.30

	Practice 10.30 - 12.30am
	Game Day - at Pythons (a)

	Practice 10.30 - 12
	game - tba
	Practice 10.30 - 12

	Practice 10.30 - 12.30am
	Game Day - at Pythons (a)

SPRING/SUMMER HEADLINES - 2020

Jan - Sun	12
Jan - Sun	19
Feb - Sun	9
Sat/Sun 8th/9th March	
Mar - Sun	1
Mar - Sun	15

	Play 9.15 - 10.30
	Play 9.15 - 10.30
	Play 9.15 - 10.30
	Play 9.15 - 10.30

	Practice 10.30 - 12.30am
	Game Day @ Spencer (10.30am - 12.30pm)
	Game Day @ Pythons (a: 9.00am - 2.00pm)
	Junior Northern Tour
	Flags @ Guildford (a: 9.00am - 2.30pm)

	Practice/games tba
	Practice/games tba
	Practice/games tba
	Practice/games tba
	Practice/games tba

	Practice 10.30 - 12.30am
	Game Day @ Spencer (10.30am - 12.30pm)
	Game Day @ Pythons (a: 9.00am - 2.00pm)
	Practice 10.30 - 12.30am
	JV Academy (h) 1.00pm - 3.30pm
	Flags @ Guildford (a: 9.00am - 2.30pm)

May Fri/Sat/Sun 8/9/10

June Sat/Sun 13/14

July Thu 25th June - Tue 7th July

	Brussels Skills and Tournament
	Americans Visit

	Brussels Tournament (Spencer Academy JV Team)
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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 Field Lacrosse - Boys and Girls

For our second season we are really pleased to announce that we shall be running a Girls' Field Programme in 2019/2020 playing womens' rules Lacrosse. The Boys age groups play 'men's rules' Lacrosse but are open to all. As age groups progress the permitted level of physical contact increases in tune.

Age Groups

Our formal Junior age groups are 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. Amongst others, we shall be running separate u13 - u15 Boys and Girls rules groups 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

We have moved Registration 'on-line' this coming season. Please go to www.spencerlax.co.uk/juniors - then read the Membership notes and follow the links or get in touch as appropriate. But please get in touch if you have any queries or concerns at any point.

English Lacrosse now asks for all players in **UK School Year 7 and above** to register directly with the Association. This information and a link can be found through our membership process.

There is a fee (in the order of £17) 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). 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 15th September, a week later than usual, as most senior players and coaches are involved in a tournament in Brussels that weekend.

Midweek Practice

As this document is being written midweek evening practice is an aspiration - a suitable venue is being sought.

Spencer Lacrosse Club Day (the Compton Cup) - Saturday 14th 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

We have re-established contact with our long term exchange partners in Easton, Maryland. Initial discussions have been very positive built around a visit to London by the American Group at end June/early July 2020 and our visit to Maryland over Easter 2022.