



SPENCER JUNIOR LACROSSE - AUTUMN 2020

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

The events below have been scheduled assuming the Covid-19 Regulations do not become more onerous and travel at home and abroad is not restricted.

v.1

2020	Pinball Lacrosse for 'new' and younger players	U12 Group - Boys Field Lacrosse u10/u11 u12	Girls Group - Field Lacrosse u11 u13	Boys u13/U15 Group - Field Lacrosse u13 u14 u15
September				
Sun 6	Play 9.00 - 10.15	Practice 10.30 - 12.30am	Practice 9.30 - 10.30 Practice 10.45 - 11.45	Practice 10.30 - 12.30am
Sun 13	Play 9.00 - 10.15	Practice 10.30 - 12.30am	Practice 9.30 - 10.30 Practice 10.45 - 11.45	Practice 10.30 - 12.30am
Sun 20	Play 9.00 - 10.15	Practice 10.30 - 12.30am	Practice 9.30 - 10.30 Practice 10.45 - 11.45	Practice 10.30 - 12.30am
Sun 27	Play 9.00 - 10.15	Game Day - Pythons (a) 9am - 2.30pm	Practice 9.30 - 10.30 Practice 10.45 - 11.45	Game Day - Pythons (a) 9am - 2.30pm
October				
Sun 4	Play 9.00 - 10.15	Practice 10.30 - 12.30am	Practice 10.30 - 12 Practice 10.45 - 11.45	Practice 10.30 - 12.30am
Sun 11	Play 9.00 - 10.15	Practice 10.30 - 12.30am	Practice 10.30 - 12 Practice 10.45 - 11.45	Practice 10.30 - 12.30am
Sun 18	Holder Tourney (9.00 - 10.15am)	Holder Trophy (H: 11am - 3pm)	Practice 10.30 - 12 Practice 10.45 - 11.45	v Holder Trophy (H: 11 - 3pm) v Holder Trophy
UK Schools 'Half-Term' /mid term break				
Sun 25	no Sunday event	no Sunday event	no Sunday event no Sunday event	no Sunday event
Mon-Fri 26-30			5 Day Camp	
Thu/Fri 29-30	not for us	Skills Days 10.00am - 3.30pm tba		not for us
November				
Sun 1	no Sunday event	no Sunday event	no Sunday event no Sunday event	no Sunday event
Sun 8	Play 9.00 - 10.15	Practice 10.30 - 12.30am	Practice 10.30 - 12 Practice 10.45 - 11.45	Practice 10.30 - 12.30am
Sun 15	Play 9.00 - 10.15	Game Day - Gators (a) 9.30 - 2.00pm	Practice 10.30 - 12 Practice 10.45 - 11.45	Game Day - Gators (a) 9.30 - 2.00pm
Sat 21				U14 Northern Tour
Sun 22	Play 9.00 - 10.15	Practice 10.30 - 12.30am	Practice 9.30 - 10.30 Practice 10.45 - 11.45	
Sun 29	Play 9.00 - 10.15	Practice 10.30 - 12.30am	Practice 9.30 - 10.30 Practice 10.45 - 11.45	Practice 10.30 - 12.30am
December				
Sun 6	Play 9.00 - 10.15	Game Day - Pythons (a) 9am - 2.30pm	Practice 9.30 - 10.30 Practice 10.45 - 11.45	Game Day - Pythons (a) 9am - 2.30pm
Sun 13	Xmas Play 9.00 - 10.15	Practice 10.30 - 12.30am	Practice 10.30 - 12 Practice 10.45 - 11.45	Practice 10.30 - 12.30am

SPRING/SUMMER HEADLINES - 2021

Jan - Sun 10	Play 9.15 - 10.30	Practice 10.30 - 12.30am	Practice 10.30 - 12 Practice 10.45 - 11.45	Practice 10.30 - 12.30am
Jan - Sun 17	Play 9.15 - 10.30	Game Day @ Spencer (10.30am - 12.30pm)	Practice 10.30 - 12 Practice 10.45 - 11.45	Game Day @ Spencer (10.30am - 12.30pm)
Feb - Sun 7	Play 9.15 - 10.30	Game Day @ Gators (a: 9.00am - 2.00pm)	Practice 10.30 - 12 Practice 10.45 - 11.45	Game Day @ Gators (a: 9.00am - 2.00pm)
Mar - Sun 1			Practice 10.30 - 12 Practice 10.45 - 11.45	England Academy u15 1.00pm - 3.30pm
Sat/Sun 7th/8th March		Junior Northern Tour	Practice 10.30 - 12 Practice 10.45 - 11.45	Practice 10.30 - 12.30am
Mar - Sun 14	Play 9.15 - 10.30	Flags @ Pythons (a: 9.00am - 2.30pm)	Practice 10.30 - 12 Practice 10.45 - 11.45	Flags @ Pythons (a: 9.00am - 2.30pm)
May Fri/Sat/Sun 7/8/9				Brussels Tournament (Spencer/Academy JV Team)
June Sat/Sun 13/14		Brussels Skills and Tournament		

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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 third season we are really pleased to announce that we shall be running a Girls' Field Programme in 2020/2021 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.

Registration

Sign-Up' is now through our website. 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 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 may be able to help with transport. Up to date venue information will be circulated in the week before each event that requires travel.

Midweek Practice

As this document is being written midweek evening practice is an aspiration - a suitable venue is being sought but Covid-19 has made difficult to secure a suitable venue.

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. Our hopes built around a visit to London by the American Group at end June/early July 2021 and our visit to Maryland over Easter 2022 have been put on hold until Covid-19 is brought under control.