

Seneca Valley Girls Lacrosse Frequently Asked Questions

Question & Topics	High School	Middle School	Youth (Grades 5 & 6)
Practices	<ul style="list-style-type: none"> • Optional conditioning typically starts the first week of January. • Official practices typically begin the first week of March. • Generally, practices are held weekdays right after school with players being released in time to meet the activity buses. • Location: H.S. Complex, either at the lower grass field or at the stadium. 	<ul style="list-style-type: none"> • Optional conditioning typically starts the first week of January. • Official practices typically begin the first week of March. • Generally, practices are held weekdays right after school with players being released in time to meet the activity buses. • Location: H.S. Complex, either beside the lower grass field or at the lower grass field. 	<ul style="list-style-type: none"> • Practice typically starts the first or second week of March. • Practices will be held on two weekday evenings, plus Saturdays until games begin. • Weekday practices typically will run from 5:30 – 7:00 or 7:30 depending on the daylight. • Practices will be held at Haine School field.
Tryouts	<ul style="list-style-type: none"> • Tryouts for JV and Varsity run concurrently during the first official week of practice as specified by the school. • There is one JV and one Varsity team. 	<ul style="list-style-type: none"> • Tryouts for the middle school team run concurrently during the first official week of practice as specified by the school. • Key to making the team is paying attention and working hard during tryouts. Coaches realize that many players are new to the sport and are looking to build players and their skills so coming out for this sport without perfect skills at this level should not be a deterrent to trying out. 	<ul style="list-style-type: none"> • There are no tryouts for this team as it is club sponsored instructional team. • Currently, there is one team made up of 5th and 6th grade players. As demand changes, the number of teams offered could also change.

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		<ul style="list-style-type: none"> • Currently, there is one team made up of 7th and 8th grade middle school players. 	
<p>Games</p>	<ul style="list-style-type: none"> • The complete season schedule is expected to be available for posting on our web site by mid February. The schedule will also be available via the school web site. • Home games are typically played on the H.S. Nextier turf field. • Away games buses leave from the flag pole in front of the SHS. 	<ul style="list-style-type: none"> • The complete season schedule is expected to be available for posting on our web site by mid February. The schedule will also be available via the school web site. • The first game of the season typically starts at the end of March. • The last potential games of the season is usually the WPIAL St. Vincent Tournament which is held in mid to late May. • Home games are typically played on the lower grass field at the H.S. Complex. Typically there is one game held each season on the H.S. Nextier turf field. • Away game buses leave from beside the Middle School Cafeteria driveway and return to the front of the MS. 	<ul style="list-style-type: none"> • The complete season schedule is expected to be available for posting on our web site by mid February. • The first game of the season typically starts the first week in April. • The last potential games of the season is usually the St. Vincent Playday which is held in mid to late May. • Home games are typically played on the Haine school field with the possibility of a game or two being played at either Graham Park or the H.S. Nextier turf field. • Youth parents are responsible for all transportation to/from games.

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<p>Fees to Play</p>	<ul style="list-style-type: none"> • This is a school sponsored sport and follows the WPIAL rules. • All players who make the JV and Varsity team are automatically part of the Seneca Valley Girls Lacrosse Booster Organization. • The booster organization does assess a booster fee to cover away game meals, end of season banquet and gifts for players. • Fundraising may be added to cover additional costs incurred by the booster organization to support the Girls Lacrosse Program at Seneca Valley. 	<ul style="list-style-type: none"> • Same requirements as high school players. 	<ul style="list-style-type: none"> • This is a club sport sponsored by the Seneca Valley Girls Lacrosse Booster Organization. This is an instructional team. This sport is meant to be a self sustaining team which means the fees collected for this sport cover expenses such as coaching fees, referee fees for all home games, uniforms, supplies, and end of season banquet.
<p>Registration Paperwork</p>	<ul style="list-style-type: none"> • All high school players must have school required registration paperwork on file with the school district. The School Athletic Department provides a sports information flyer which explains the required forms needed. These forms are also available online at the school web site under athletics as well as the booster web site. • Currently, these registration forms include: <ul style="list-style-type: none"> • Comprehensive Individual Pre-participation Physical Evaluation (CIPPE) form signed by a physician • Insurance Waiver • Drug Testing Receipt 	<ul style="list-style-type: none"> • Same requirements as high school players. • Online registration with US Lacrosse is highly recommended as it is required to be able to play in tournaments and camps. Since the middle school team usually participates in the St. Vincent Tournament each spring, it is necessary. Cost of annual membership entitles the player to a monthly lacrosse magazine. Cost is \$25 for members under the age of 15. Members will receive 6 issues of Lacrosse Magazine as well as receive insurance when attending tournaments or camps. Register online at www.uslacrosse.org 	<ul style="list-style-type: none"> • Registration Packets are available online at the booster web site as well as copies are available through the 5th and 6th grade physical education teachers and offices. • Registration packet includes: <ul style="list-style-type: none"> • Proof of Insurance • Waiver Release and Informed Consent Document • Health and Fitness Evaluation Form • SV Youth Lacrosse

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	<ul style="list-style-type: none"> • Athletic Manual Page • Student Health Record & Emergency Procedures form (2 copies) <ul style="list-style-type: none"> • Online registration with US Lacrosse is available for high school players interested in playing on lacrosse travel teams, attending tournaments, or camps during the off season. Annual cost is \$35 for members who are 18 and younger who are in high school. Members will receive 12 issues of Lacrosse Magazine as well as receive insurance when attending events. Register at www.uslacrosse.org 		<p style="text-align: center;">Information Release Form</p> <ul style="list-style-type: none"> • Parent/Player Code of Conduct • Online registration with US Lacrosse is required to be able to play in the St. Vincent Tournament. Cost is \$25 for members under the age of 15. Members will receive 6 issues of Lacrosse Magazine as well as receive insurance when attending tournaments and camps. Register online at www.uslacrosse.org
<p>Registration Deadline</p>	<ul style="list-style-type: none"> • All registration paperwork must be turned in and have proper signatures on them by the beginning of the first official practice or the player must sit out from practice/tryouts until the completed paperwork is on file with the school. This is a school district wide requirement and no exceptions will be granted so plan ahead. 	<ul style="list-style-type: none"> • Same requirements as high school players. 	<ul style="list-style-type: none"> • Because this is a club sport offered by the SV Girls Lacrosse Boosters, registration is usually held in early December and can have multiple registration dates which extend into January. • Registration usually takes place at the Cranberry Municipal Building.

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Physicals	<ul style="list-style-type: none"> • All high school players must have required physical forms on file with the school district. This includes a physician signed physical. • If the player received clearance to participate in a fall or winter sport, and the player did not suffer an injury requiring medical attention that prevented them from participating in that sport, the player is still covered by the original physical. • If the player did not get a physical in the prior season, or they suffered an injury, they must get a physical form authorized by a physician before they can take the field to practice or play. • All forms can be picked up at the School Athletic Office or via the school web site under the Athletics tab. 	<ul style="list-style-type: none"> • Same requirements as high school players. 	<ul style="list-style-type: none"> • While the school district does not require the youth lacrosse players receive a medical clearance from a physician to participate in lacrosse, the SVGLB booster organization requires all players to obtain clearance by completing a Health and Fitness Evaluation Form signed by the player's physician.
Drug Tests	<ul style="list-style-type: none"> • All high school players must have on file with the school district a form stating that they have submitted a drug test prior to participating in practice. 	<ul style="list-style-type: none"> • Same requirements as high school players. 	<ul style="list-style-type: none"> • Youth players are not subject to SVSD drug testing policies.

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<p>Equipment</p>	<ul style="list-style-type: none"> • Players must provide their own goggles, colored mouth guard, stick, and cleats. • A player will not be permitted to participate in games or practices if they are not wearing any of the above. • Each player should have at least one ball with them at all times. Each player should also always have a water bottle with them for all practices and games. 	<ul style="list-style-type: none"> • Players must provide their own goggles, colored mouth guard, stick, and cleats. • A player will not be permitted to participate in games or practices if they are not wearing any of the above. • Each player should have at least one ball with them at all times. Each player should also always have a water bottle with them for all practices and games. • School will issue uniforms consisting of a jersey and a kilt. Players are to provide and wear black shorts. 	<ul style="list-style-type: none"> • Players must provide their own goggles, colored mouth guard, stick, and cleats. • A player will not be permitted to participate in games or practices if they are not wearing any of the above. • Each player should have at least one ball with them at all times. Each player should also always have a water bottle with them for all practices and games.
<p>Where to buy equip</p>	<ul style="list-style-type: none"> • More options are available to buy lacrosse equipment in W. PA area than ever before. • Pittsburgh Lacrosse Store <ul style="list-style-type: none"> • Wexford and South Hills • Queen City Lacrosse – Bridgeville • Dick’s Sporting Goods • Online Options 	<ul style="list-style-type: none"> • Same 	<ul style="list-style-type: none"> • Same • Bit of advice...you don’t need the best or most expensive equipment to play the game, even at the high school or college level.

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<p>Uniforms</p>	<ul style="list-style-type: none"> • School will issue uniforms consisting of home and away jerseys as well as a kilt. This uniform must be returned at the end of the season. • Players are encouraged to purchase the team warm-up jacket, pants, shorts, and shirt which are team wear worn to/from games and used to warm-up prior to games. 	<ul style="list-style-type: none"> • School will issue uniforms consisting of home and away jerseys as well as a kilt. This uniform must be returned at the end of the season. • Players must provide black shorts to wear with the rest of their uniform. 	<ul style="list-style-type: none"> • Booster organization issues a jersey, piney, and possibly a kilt. This uniform does not need to be returned as the cost for this uniform is built into the registration fee to play. • Players must provide black shorts to wear with the rest of their uniform.
<p>Apparel</p>	<ul style="list-style-type: none"> • Optional apparel is available for purchase from the booster organization. This apparel is available for players, parents, or others interested in sporting the girls lacrosse look. • Apparel ordering typically takes place twice during a season. First in conjunction with the youth registration and second after team rosters are complete. • Boathouse jackets are also available to be purchased; however, due to the manufacturer's requirements a minimum of six jackets must be ordered at one time in order to place the order. 	<ul style="list-style-type: none"> • Same 	<ul style="list-style-type: none"> • Same

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<p>Where to find info on SVGLB</p>	<ul style="list-style-type: none"> • More information is posted on the Seneca Valley Girls Lacrosse Boosters web site frequently. • www.svgirlslax.com • Additional information posted on the web site includes items such as: <ul style="list-style-type: none"> • Team Rosters • Coach Biographies • Pictures • Off Season Playing Opportunities • Volunteer Opportunities • Accomplishments 	<ul style="list-style-type: none"> • Same 	<ul style="list-style-type: none"> • Same
<p>How can the family get Involved</p>	<ul style="list-style-type: none"> • Volunteer positions are needed for many of the season and off season activities that the booster lacrosse organization supports. • Election of Booster Board of Directors • Coordinators • Volunteer positions are needed for JV and Varsity game days: <ul style="list-style-type: none"> • Concession Stand • Announcing • Statistics • Running the clock • Field Prep 	<ul style="list-style-type: none"> • Same • Same • Same • Volunteer positions are needed for MS game days: <ul style="list-style-type: none"> • Running the clock • Photographers 	<ul style="list-style-type: none"> • Same • Same • Same • Volunteer positions are needed for Youth game days: <ul style="list-style-type: none"> • Field Prep • Photographers

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	<ul style="list-style-type: none"> • Photographers 		
<p>What about playing in the off season?</p>	<ul style="list-style-type: none"> • Travel Teams (tryouts required) <ul style="list-style-type: none"> • Intrepid Lacrosse www.intrepidlacrosse.com • Pittsburgh Select Lacrosse www.pghlax.com • Midwestern Force www.midwesternforcelacrosse.com • Local Playing (typically organized by booster organizations or local coaches and run for 8 weeks at a time) <ul style="list-style-type: none"> • Three Rivers Lacrosse www.3rl.net 	<ul style="list-style-type: none"> • Same • Same 	<ul style="list-style-type: none"> • There currently isn't any local travel teams offered in the Pittsburgh Area for this age of player. • Same