

HUB CITY LACROSSE

Overview and Mission:

Lacrosse is a fast-paced, exciting sport that is rapidly growing in the U.S. With no other lacrosse programs currently offered in the Hattiesburg, Mississippi area, the Hub City Lacrosse Program's mission is to provide the community with both the infrastructure and the opportunity to learn and compete in youth lacrosse. In addition to helping players develop the skills necessary to compete in the game, participants will also learn the rules and get an appreciation for the flow of this fast-paced game.

When is this happening:

Practices will begin the second week in January, 2021. Practice days will be determined at a later date, but we will practice at least two days a week, for 2 hours each session. The lacrosse season will run from January through April of 2021. **We will begin to accept registration forms (attached) immediately. Forms can be scanned and emailed to creese1@gmail.com, or hard copies dropped at either the Sacred Heart Elementary School or the Sacred Heart High School main offices.**

Who is eligible:

At this time, we are focusing on 10 vs. 10, full-field lacrosse. We will have three teams this year:

1. A boys team for current 5th and 6th graders.
2. A boys team for current 7th and 8th graders.
3. A boys high school team for 9th-12th graders.

Please note that boys in the 4th grade are able to join the 5/6th grade team, however, participation in official games will be at the coaches discretion.

Where:

The majority of the practices and home games will happen at the Southern States Soccer complex at 4957 Old Hwy 11 in Oak Grove. Alternatively, some games may also be played at Sacred Heart Athletic Complex located at 3527 Veterans Memorial Drive in Hattiesburg.

Who would we play:

The youth teams (5/6th and 7/8th grade teams) will play teams from south Mississippi, as well as teams from Louisiana and Alabama. Though the priority will be to schedule home games, two or three travel dates may be required.

The high school schedule will be a bit more structured, as we will follow the standards set by the Mississippi State Lacrosse Association (MSLA). We would play

the other teams in the Mississippi South Division (Ocean Springs and Southern Elite Lacrosse) twice, as well as one contest from the north division (most likely Madison Lacrosse or St. Andrews).

At present the schedules for all teams are being worked out, however, the first competition will be February. We are also hosting the Mississippi State Jamboree (we need all hands on deck, and as many volunteers as possible) February 26-28.

What does my player need:

All players will need to have the following equipment:

- Lacrosse stick (between 40-42" in length). Players who have an interest in playing defense, or playing long-stick midfield need a stick between 52-72" in length. However, longer shafts may be purchased at a later date if this interest develops. (*Recommended: a stick with a semi-hard mesh that is preformed. Several companies, for example www.lax.com, offer custom preformed pockets at an extra charge. This fee is usually around \$30. Despite the extra cost, this will help beginning players learn to cradle the ball and accurately throw much more quickly.*)
- Helmet
- Mouthpiece
- Lacrosse gloves
- Shoulder pads
- Arm pad
- Cleats
- *A Cup!*

***For players interested in playing goalie. A special goalie stick is needed. The team will have a goalie stick that is available to use, but you are also welcome to purchase your own. In addition to the other equipment listed above, goalies must also wear a throat guard and a chest protector. These will also be provided by the team.**

Balls and Jerseys will be included with the registration fee. There will be a registration fee of \$160 per player. In addition to this fee, ALL PLAYERS must show proof of membership to US Lacrosse Association (\$30 for youth and \$35 for high school). This is mandatory as it provides insurance for the team.

For additional information on equipment and fitting, or the rules and regulations of lacrosse, please see the U.S. Lacrosse website: uslacrosse.org

*For equipment, I have found that the following companies have the best deals, especially with starter sets:

www.lax.com

www.lacrosseunlimited.com

www.lacrossemonkey.com