

## Panhandle Lacrosse FAQs

1. What is lacrosse?
  - a. Lacrosse is a game played with sticks and a ball, similar to soccer or hockey. The game is a fast-paced game that combines stick skills with running, passing and shooting. It is played by both girls and boys and is the fastest-growing sport in the country.
2. I've never played before! Is that OK?
  - a. OF COURSE! We are just starting lacrosse in the Panhandle and expect that we will be learning a lot the first year. Our coaches and more experienced players are dedicated to helping you and your child learn the game and HAVE FUN. We hope that you will come out and have fun and expect that you will LOVE this game!
3. How long is the season?
  - a. The season runs from practices starting March 1<sup>st</sup> through the first weekend in June.
4. How many practices will there be per week?
  - a. We will practice two days per week and have one game on the weekend. Practice venues will be decided soon but will all be in Berkeley County.
5. What days do we play?
  - a. Boys will play their games on Saturdays and girls play on Sundays. Games usually start at 9am on Saturday and 12 noon on Sunday. Game times will be set by the Western Maryland Youth Lacrosse Conference.
6. How many games will we play?
  - a. There will be a total of 9 games during the season and a festival in Walkersville the last weekend of June.
7. Where are the games played?
  - a. The games will be played in our conference (Western Maryland Youth Lacrosse Conference) and can be played at any of the following areas:  
Boonsboro, Carroll Manor (Ballenger Creek-Frederick),  
Brunswick, Catocin, Chambersburg, Taneytown, Hagerstown,  
Linganore/Urbana, Middletown, Mt Airy, Poolsville,  
Smithsburg, St Johns Frederick, Walkersville
  - b. Our home games will be played at Poor House Farm.
8. How long do games last?
  - a. Games are typically about one hour long, divided into quarters or halves. Games are scheduled every 1 ½ hours to allow time to warm up and organize. You will typically play only one game per day.
9. Do boys and girls have different rules?
  - a. Yes, the main difference being that boys can have physical contact and girls do not. Therefore, boys have more equipment needs for protection.

- b. There are 10 players on a boys team (similar to soccer—3 each of Defense, Middies and Attacks and a Goalie) and 12 players on a girls team.
10. What kind of equipment do I need?
- a. Girls and boys have different equipment.
  - b. Girls use a girl's stick (smaller pocket), mouthpiece, cleats and Lacrosse goggles.
  - c. Boys use a Lacrosse helmet, mouthpiece, shoulder pads, arm pad, gloves, cup, cleats and boy's stick.
  - d. Both teams have goalies who wear more protection. The league provides goalie equipment.
11. What does my registration fee cover?
- a. The registration covers the league fees, referee fees and a full uniform. Girls will get a quality jersey, skirt and have a reversible penny for practices. Boys will have a quality game jersey, shorts and a reversible penny.
  - b. The uniform will belong to the player at the end of the year and can be used again next year.
12. Who decides the age groups?
- a. The ages are set by the Western Maryland Youth Lacrosse Conference and are not negotiable. The age limit is decided as of 9/1/11 and we must adhere to their rules or face disqualification. This limit is for the safety and enjoyment of the kids that play—ensuring fairness across the conference.
13. Where do I get more information about lacrosse?
- a. There are many great websites about lacrosse. The US Lacrosse Association ([uslacrosse.org](http://uslacrosse.org)) is a great way to find more info. You do not have to join US Lacrosse but it is a great way to get hooked into the sport. Look for the Parent's Link and download the "Raise Your Game" handbooks.
  - b. There is also Lacrosse at Shepherd and Shenandoah Universities. These teams are newly organized and would appreciate your family's attendance at their games. Other schools in the Baltimore/DC area have been playing lacrosse for many years and have won National Championships (Maryland, Georgetown, Loyola, Navy, Johns Hopkins are all Division 1 teams that play in the Spring). Attending one of their games is a great way to learn more about the sport.
  - c. The Hershey Haymakers are a brand-new Indoor Lacrosse team based in Hershey, PA. Their first game is Feb 16<sup>th</sup> and there are tickets available. This is the very first year of the North American Lacrosse League. ([www.hersheyhaymakers.com](http://www.hersheyhaymakers.com))
14. Other questions?
- a. Feel free to call Vicki Williams (410-212-4365) or email [Panhandlelax@yahoo.com](mailto:Panhandlelax@yahoo.com) with any questions you may have.