

Edmond Lacrosse Club—Parents and Players Newsletter

It is hard to believe that we are nearing the end of the season for lacrosse. This newsletter is intended to give you a perspective from a referee's viewpoint. It will attempt to answer some questions that have been asked of us this year. We are trying to cover all ages of play. Please feel free to grab me or any of the refs on the field if you have specific age related questions.

May, 2010

Congratulations

More proof that Edmond Lacrosse is a top notch program. On the weekend of May 1st, our High School Varsity won the inaugural Tornado Alley Championship in Tulsa. At the same tournament our JV team, was seeded as the number four seed, and beat the number one seed Tulsa. Their championship game was called due to bad weather. Two of our 7/8 grade traveling teams went to Wichita the same weekend. The A team won first, and the B team won third. We are very proud of our boys and their efforts in making Edmond Lacrosse a top notch program.

Sportsmanship

Last month, I mentioned a few points on Sportsmanship, and the ref's have already noticed a general improvement with this. Not all games that we call is this the case. In some of our traveling to other areas to call games, we face fans and teams that do not practice good sportsmanship. Thank you for your efforts with promoting good sportsmanship with Edmond Lacrosse. Your efforts and commitments to honor the game are very much appreciated!

Focus on 3/4

The weekend of the 15th and 16th, we will have two teams in from Plano. I want to remind coaches, players and fans that at this level, intentional body checking and intentional body contact is specifically disallowed by rule. Coaches should be teaching this and referees should be stopping play to either call a foul or correct improper play when this occurs. Please note that I did not say "no contact". We realize that there is always some contact. What will not be allowed is when a player runs at or purposely makes contact with another player. As fans and coaches, we should not be celebrating when this happens. In order to be consistent with how they call it in Plano, this is an illegal body check and should either draw a penalty or removal from the game by the coach and coaching correction if not noticed by the official. Please remember, if in the ref's opinion, fans are cheering or yelling in an unsportsmanlike manner, the coach or team may be penalized.

Table

The table personnel are made up of at least two people: the scorebook keeper and timer. The home team is responsible for supplying the table personnel. Each coach keeps a scorebook, which consists of recording goals scored, assists, penalties and time outs. The timer keeps two different stopwatches. One for game time, and one for penalty time. It is essential to our club that we have adequate help at the tables during games—there is no better spot to see the game! Our goal for next year is to have an evening clinic available to anyone interested in learning about table mechanics. A big thank you to all that have helped at a table this year!

Kerry's Korner

Last newsletter, I tried to brag on our Edmond Lacrosse Club coaches. I will do that again. The level of play, the good sportsmanship taught, and the commitment to teaching good solid fundamentals, have been very impressive to me this year. To have a great program, means that there are people behind the scenes that are doing a lot of work. I have really appreciated our board, and their work and efforts in creating a top notch program. One more note of thanks. Several players, coaches, and some of you as parents, have mentioned to me how cool it is that we have an NCAA referee calling games for us. I, and the other ref's have learned so much from Eric Nilsen. Thanks Eric.

Kerry

Off Season Practice

Whether you are a Brett Favre, Michael Jordan, or Peyton Manning fan—these pro athletes had one thing in common—Practice. Jordan would shoot twenty shots from five different areas of the court, and would not stop until he made 80% of what he shot. Favre, threw a football each day until he was too tired to throw another ball. There is a new commercial out where Peyton talks about the dedication to practice and skill development. Lacrosse players need individual practice time to help develop their skills. Shooting, cradling, dodging, running, conditioning—should all be a part of their off season practicing.