



Lacrosse Frequently Asked Questions

PARENTS

How are practices/games conducted during the season?

Practices for teams will take place on Saturdays and games will be held during weeknights.

How are teams formed?

Teams will be assigned by the league administrator. There will not be player evaluations or a draft this season. The number of players registered will determine the size of the teams for each age group. Additionally, all leagues will be coed.

What do I do if I receive my child's roster and their team does not have a coach?

If you receive your child's team roster and they do not have an assigned coach, do not worry. We are always actively recruiting coaches for our program and will do our best to find one for your team as quickly as possible. If you are interested in coaching your child's team, please reach out to Thomas DeGruchy at tdegruchy@fuquay-varina.org and he will send you the needed information to get the process started.

Can I make a request after rosters are sent out?

Requests that are made after rosters and practice schedules are sent out will be noted but are difficult to honor due to the possible changes effecting multiple teams. If we are able to make a change, all parties involved will be contacted via email for phone call for confirmation.

What equipment do I need to provide?

Required Gear – Sticks and Mouth pieces are required. No shoulder pads or helmets will be worn during play.

- Lacrosse Stick style – Boys stick, no longer than 42 inches in length.

What is the league format?

The league format will be similar to "Speed" lacrosse. The league will be non-contact with minimal contact allowed between players.

COACHES

Do I receive equipment?

Yes. All head coaches will receive an equipment bag from the FVPRCRD that will contain balls, cones, and pinnies. Coaches will maintain possession of the equipment bag throughout the entire season. Once the season is over, the bag will need to be returned to the department.

Coaches will be able to pick up their equipment during equipment pickup nights. These nights will be provided in the lacrosse welcome letter sent out once registration has closed.

Do I need to attend the pre-season coaches meeting?

Yes. Coaches are strongly advised to attend the coaches meeting. In this meeting, we will be going over the soccer handbook and coaches will have the opportunity to pick their Saturday practice time and Weeknight practice time/day.

Can I choose my assistant coach?

Yes. If you want a certain child on your team whose parent is interested in assistant coaching, please email this request **before** the creation of teams. These requests are not guaranteed, but we will try to honor as many as possible.