

Terrace Park Bulldog Lacrosse Boys Overview  
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**2010 Lacrosse Program Review**

Welcome to the 2010 Terrace Park Bulldog Lacrosse Team. The following information helps provide a look at the program for the coming season. Here are the high points:

**Season Length:** February 3<sup>rd</sup> – May 1<sup>st</sup> 2010 (Sign-ups November 14<sup>th</sup> 9-12 TP Community Building)

**Required Equipment:** Mouth guard, cup, helmet, gloves, arm-pads, shoulder pads, cleats, stick, and black athletic shorts. Goalie equipment provided. Boys that “forget” cup or mouth guard will not be allowed to participate in contact drills, scrimmages, or games.

**Practice and Games:** 2 practice days per week (5:15-6:30) Wednesday and Thursday. Games Sunday. Practice (at Drackett) begins February 3<sup>rd</sup> and 4<sup>th</sup>, and will be Wednesday and Thursday each week starting at 5:15. If you will miss please call a coach.

**Teams:** As the lacrosse community continues to evolve in Cincinnati, we will continue to work to get kids of like ages playing each other. We will have four teams this year, where we will schedule new players against other new players in the City, but like last year, this may not always be possible, so some teams may be younger than their opponents. All kids will practice together as one team, and some kids may be asked to play in two games on Sundays if we are short. Inter-squad games during practice (Thursdays) also occur.

**Skills:** Practice with friends and against the wall, using both strong and off hands. Players need to know how to catch and throw, as well as cradle while running full speed with both their left and right hands. Players that practice between formal practices grow the most, and tend to enjoy the greatest success on the field. Get in shape early also.

**Citizenship and Sportsmanship:** Lacrosse is a game played by good people who are good citizens, students and sportsmen. Conduct is expected to be respectful of team members, referees, coaches and opponents. Violations of the principles of good sportsmanship by players or fans will be addressed with a warning, and if not corrected will result in removal from the team or premises. This also relates to player behavior toward fellow teammates.

**Coaches:** Steve Peterson (248-4119), Scott Bucher (576-1343), Steve Vianello (831-1717), KJ Phelan (831-5413), Sean Barton (460-5609) and player coaches. Feel free to call us any time. Interested parents should call Coach Peterson to get involved in team related tasks.

Thanks for your participation, and we look forward to a great season.

Coach Peterson