



# North Olympic Peninsula Youth Lacrosse

*Home of the Port Angeles | Sequim Mountaineers*

January 5, 2015

## **TO ALL LACROSSE PLAYERS & FAMILIES**

Welcome to the Mountaineers! This is a follow up to the meeting held on Saturday, January 3, 2015. We shared many details with you. Here's a recap:

**2015 Lacrosse Season:** The official practice season begins in March 1, 2015 (girls season is a bit later). The high school boys schedule is out and has been emailed to the HS roster and is posted on our website at [www.mountaineerslax.org](http://www.mountaineerslax.org). The HS girls and MS boys schedule are not available yet.

**Registration - NEW PLAYERS:** For all NEW players, please 1) obtain a membership with US Lacrosse at [USLacrosse.org](http://USLacrosse.org) and forward confirmation to Sharon Prosser<sup>1</sup>; 2) complete the NOPYL Family Contract, Code of Conduct, Concussion Info sheet and pay the registration fee; 3) salt fundraiser; and 4) provide a copy of your recent physical to Sharon Prosser. The forms are on our website at [www.mountaineerslax.org](http://www.mountaineerslax.org).

**Registration - RETURNING PLAYERS:** For all RETURNING players, please 1) renew your US Lacrosse membership before its expiration and forward confirmation to Sharon Prosser; 2) complete the Concussion Information sheet, Code of Conduct form and pay the registration fee; and 3) renew your physical if it's older than January 2013. These forms are on our website at [www.mountaineerslax.org](http://www.mountaineerslax.org).

**Registration. Saturday, January 10, 2015  
10 am - Noon  
41 Rilla Lane (@ Atterberry), Sequim.**

Please have your forms completed beforehand.  
Checks, cash or credit cards accepted.

**NOPYL registration fee:** This year, the "pay to play" fee is as follows:

<b>High School boys/girls</b>	<b>\$150 for the first player, \$75 for siblings.</b>
<b>Middle School boys/girls</b>	<b>\$125 for the first player, \$50 for siblings.</b>
<b>Fundraising (salt)</b>	<b>\$100 per family (see Fundraising for details)</b>

**Fundraising:** Traditionally, we have attended local events to sell wood smoked sea salts as our main source of fundraising. These have proven to be too much work and a huge burden for our board of directors. In lieu of these events, **we are charging each family a fundraising fee of \$100**. You will receive 5 4-pack shaker sets of Mountaineers' wood smoked sea salt. You are encouraged to sell these sets (\$20/ea). If you sell them, you will earn back your \$100. You may get your 5 shaker sets at registration.

**US Lacrosse membership.** Every player *must* have a valid membership with US Lacrosse BEFORE being allowed to play. Go to [uslacrosse.org/topnav/membership/uslacrossemembership.aspx](http://uslacrosse.org/topnav/membership/uslacrossemembership.aspx) to obtain your membership. Click "North Olympic" (not Port Angeles). The annual membership is \$35 - age 18 or under and

---

<sup>1</sup> Any questions, please contact Sharon Prosser at [sharonk.prosser@gmail.com](mailto:sharonk.prosser@gmail.com) or 670-3735.

*Lacrosse - the fastest game on two feet!*



## North Olympic Peninsula Youth Lacrosse

*Home of the Port Angeles | Sequim Mountaineers*

in high school; \$25 - under age 15 but not in high school. Click on "Benefits from US Lacrosse" to answer your questions about benefits. Forward your confirmation to Sharon Prosser.

**Physicals:** Physicals are valid for *two* years. If your player has not had a physical since January, 2013, he/she will be required to obtain one before being eligible to practice/play. If your player needs a physical, medical forms are available on our website ([mountaineerslax.org](http://mountaineerslax.org)). Completed physicals forms are due before being allowed to practice. You may turn in a copy to any board member or your head coach before March 1.

**Scholarships:** NOPYL has set up the Nick Wright Memorial Scholarship Fund to financially help those in need. Scholarship applications are available on our website. Please submit your application to our Treasurer for consideration. All applications are confidential. Scholarships are available for assistance with the NOPYL registration fee **ONLY**. They do not cover the US Lacrosse registration or the \$100 volunteer fee for salt.

**Website:** bookmark our website and check it frequently. Our web address is **MOUNTAINEERSLAX.ORG**. NOPYL information is added regularly. We also maintain two Official Mountaineers Facebook pages. These are not our official means of communication. The FB pages are a place for the posting of pictures and friendly comments. Please be advised that any FB posting or activity that the board deems inappropriate will be deleted.

**Communication:** It is imperative that we have valid email addresses for the players and their parents/guardians. All NOPYL communications are by email. All events and activities are posted on our [mountaineerslax.org](http://mountaineerslax.org) calendar, including practice and game schedules and locations. It is your responsibility to check the website frequently.

**Coaches & Team Needs:** Our coaches need your help. If you are able to assist in any way, please talk to your coach(es). We need a team manager, carpool manager (arrange transportation when needed) and communications director (send informative emails for our coaches and game dates/times) and sideline manager (helps control the rowdy spectator/crowd if necessary during our home games - required by the leagues). Sideline managers will be armed with lollipops. If you are given a lollipop, consider it your warning to quiet your mouth. If you are out of line, you may be ejected AND your player's head coach may receive a 3 minute non-releasable penalty for your bad behavior. Please control yourself.

**Equipment lending:** Equipment is available to anyone who needs it. If your player needs equipment now (for Saturday practices), please email Mike Middlestead at [mxmike380@gmail.com](mailto:mxmike380@gmail.com). We'll be sure to provide it for your player.

**Uniforms - High School and Middle School:** The date/time for game jerseys and practice pinnies will be announced shortly. We will provide practice pinnies and game jerseys to all players. Once issued, it becomes the player's responsibility to care for the uniform and to return it at the end of the season cleaned, folded and bagged. **Any equipment not returned at the end of the season in a timely manner, willfully damaged or lost will become the parent's responsibility for reimbursing NOPYL for its full replacement value.**

**Other gear:** Every player is required to have their own mouth guard (must be colored, not clear), athletic supporter and cleats.

*Lacrosse - the fastest game on two feet!*



## North Olympic Peninsula Youth Lacrosse

*Home of the Port Angeles | Sequim Mountaineers*

**Board Members:** President, Mike Middlestead; Vice President Brenda Carpenter; Secretary Sharon Prosser; Treasurer, Karl Wood; Board Trustees: Vic Wright, Harrison Hinds, John Farrington, Erik Mordecai-Smith.

**Coaches:**

High School Boys: Head Coach Dave Farrington; Assistants John Farrington, Justin Witherow

Middle School Boys: Head Coach Keegan Gallagher, Assistants: Cliff King, Joey Hall

High School/Middle School Girls: Head Coaches Erik Mordecai-Smith; Assistants: Jake Patterson, Harrison Hinds, Karl Wood

**Best wishes for a successful season**

*Lacrosse - the fastest game on two feet!*