



Boys Youth Program

Spring 2024 Season

Lacrosse Overview

- **Basics**

- Lacrosse is known as is the **fastest game on two legs**, the **Creator's game**, and the **medicine game**. Over the last two decades, lacrosse has been growing more rapidly than any other sport in the United States. If Lacrosse is new to you, you're definitely not alone.



- **Structure**

- The youth league, Intermountain Lacrosse (IMLAX) is comprised of new and experienced players from Kindergarten through 8th Grade. The league has two seasons, Fall and Spring, and players are placed on those teams that correspond to the high school boundary in which they reside.

LAX Board Members



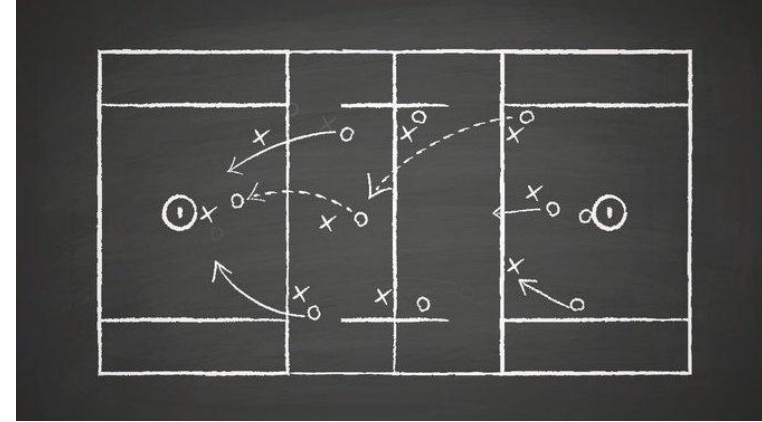
- **Ralph Blood** – Program Director & Board President
- **Vacant** – Board Vice President
- **Deborah Brown** – Board Secretary & Field Manager
- **Teran Warner** – Board Treasurer
- **Keahna Tawhai** – Director of Marketing
 - *Uniforms, Apparel, Swag*
- **Luke Gray** – Director of Coaching Development

Culture & Sportsmanship

- We are building something special within **Sentinels Lacrosse**
- A strong **CULTURE** is at the foundation of our Mountain Ridge Youth Lacrosse (*MRYL*) and Mountain Ridge High School Lacrosse (*MRHS*) programs
- Our Core Values include **Integrity, Teamwork & Commitment**
- Youth Lacrosse develops character, teaches fundamentals, being part of a team, and honoring the game
- We aim to put the interests of the **Players First**, Team Second, Program Third, and Everyone else Last (*i.e., board members, coaches, parents, etc.*)
- Get involved – we are all **Volunteers**
- **Sportsmanship** – be courteous with the officials, table crew and trainers
- Cheer for the whole team – be respectful of other parents and players
- Everyone has a responsibility to keep this sport **LAX** - keep the game **positive**
- Remember that our players are watching us – no foul language or behavior
- Take care of and clean up our fields
- **#StandWatch**



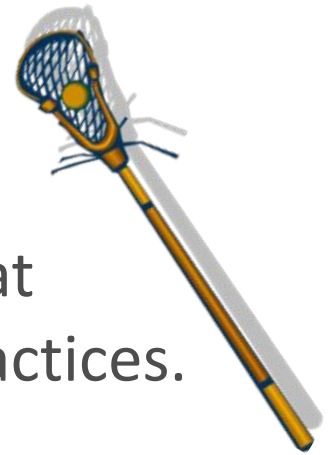
Spring Season Teams & Coaches



- K-1 Head Coach: **Issac Pena**
 - 7 players; 1 development team
 - 4v4 with small-sided field/goals
- 2nd/3rd Head Coach: **Justin Packer**
 - 1 development team
 - 6v6 with hector-the-rejector (*no goalie*)
- 3rd/4th Head Coaches: **Todd Andrews, Tyler Cluff**
 - 2 development teams
 - 7v7 with goalies
- 5th/6th Head Coach: **Jason Brown**
 - 37 players; 2 teams – (A/B) competitive to development
 - 10v10 with goalies (A/B)
- 7th/8th Head Coach: **Ralph Blood**
 - 52 players; 3 teams – (A/B/B) competitive to development
 - 10v10 with goalies (A/B)

32 Players

Practice Days & Locations



- We have secured both the North & South Fields at South Hills Middle School for all of our team's practices.
 - *K-4 may practice 2 days/week (90 minutes)*
 - *5-8 may practice 3 days/week (120 minutes)*
- South Hills Middle School will be our Game Field for home games on Saturdays (shared with i9 Sports / Soccer)
- Exact practice days and times will be determined by the respective Head Coaches of each team and communicated with parents and player prior to the start of practices.

Lacrosse Equipment

- Lacrosse Helmet
 - With face mask & chin strap
- Mouthpiece
 - Visible with strap
- Lacrosse Stick
- Shoulder Pads
 - NEW in 2022: NOCSAE ND200 Standard
- Lacrosse Gloves
- Arm Guards
- Protective Cup
- Rib Pads (*Optional*)
- Cleats (*Recommended*)
 - Lacrosse, Football, Soccer
- Uniform
 - Provided with MRYL Team Fees



IMLAX Rental Gear

For \$85.00 per season, helmets, shoulder pads, arm pads, and gloves can be rented
IMLAX Office: 676 W. Confluence Ave. Murray, UT. 84123

Purchase Gear & Custom Strings

• PURCHASE YOUR GEAR

- Below are a few local sporting good stores for fitting and purchasing lacrosse equipment:
- [Scheels Sporting Goods](#) located at 11282 South State Street, Sandy, UT 84070
- [The Sports Connection](#) located at 14702 S Marketplace Dr, Herriman, UT 84096
- [DICK'S Sporting Goods](#) located at 7170 South 1000 East, Midvale, UT 84047
- [DICK'S Sporting Goods](#) located at 841 Pacific Drive, American Fork, UT 84003
- [Tribal West Lacrosse](#) located at 9860 South 700 East, Sandy, UT 84070

SCHEELS®



• JT RIGBY'S CUSTOM STRINGING SERVICES

- Would you like to have a lacrosse head strung and dyed exactly how you want it? One of our local, Mountain Ridge Youth Players, JT Rigby, can string anything from a beginner to an elite stick.
- Check out [JT's Stringing Flyer](#)
- View JT's work on [Instagram](#) and [String Theory](#)



Intermountain Lacrosse Website

http://imlaxutah.org



[Register](#)

[New to Lacrosse](#)

[Calendar](#)

- Utah League Registration
- Address & Office Hours
- Gear Rental Information

- View Team Schedules
- View Team Rosters
- View Scores & Standings

- Coach Communication
- League Policies & Documents
- Tournament Information

Mountain Ridge Youth LAX Website

<https://mountainridgelacrosse.org/>

info@mountainridgelacrosse.org



[Home](#) [Spring Thaw](#) [Corner Store](#) [Equipment](#) [FAQ](#) [Volunteer](#) [Contact Us](#)

REGISTRATION FOR BOYS YOUTH LACROSSE

Registration for Spring Season 2024 Lacrosse is Open until February 13th.

Practices start on February 21st.

[REGISTER TODAY!](#)

THE FASTEST SPORT ON TWO LEGS

MOUNTAIN
RIDGE
BOYS
YOUTH
LACROSSE



- Registration Links
- Join Our Email Distribution List
- Important Season Information
- Spring Thaw

- Equipment Checklist
- Frequently Asked Q&A
- Social Media Links
- Corner Store (Apparel)

- Board & Coach Information
- Volunteer Opportunities
- Parents Meeting & Bylaws
- Contact Information

Registration & Team Fees

- **Intermountain Lacrosse – IMLAX (Season) - \$150 - \$170**

- Utah Chapter for Lacrosse

- K-4 Grade - \$150

- 5-8 Grade - \$170

- League Administration, Game Officials, Medical Trainers, Program Equipment

- Includes Annual US Lacrosse Membership Fees

- US Lacrosse Governing Body

- Secondary insurance provided by Willis Towers Watson

- US Lacrosse Magazine & Access to Web Resources



- **Mountain Ridge Youth LAX – MRYL - \$150**

- 2022-2023 Jersey - \$90 (every two years)

- Includes reversible jersey, shorts & shooter shirt

- *SWAG available for order*

- Team Fee - \$60 (each season)

- Field Rentals (Herriman City, Jordan School District)

- Team Photos, Team Parties, Coaches Shirts

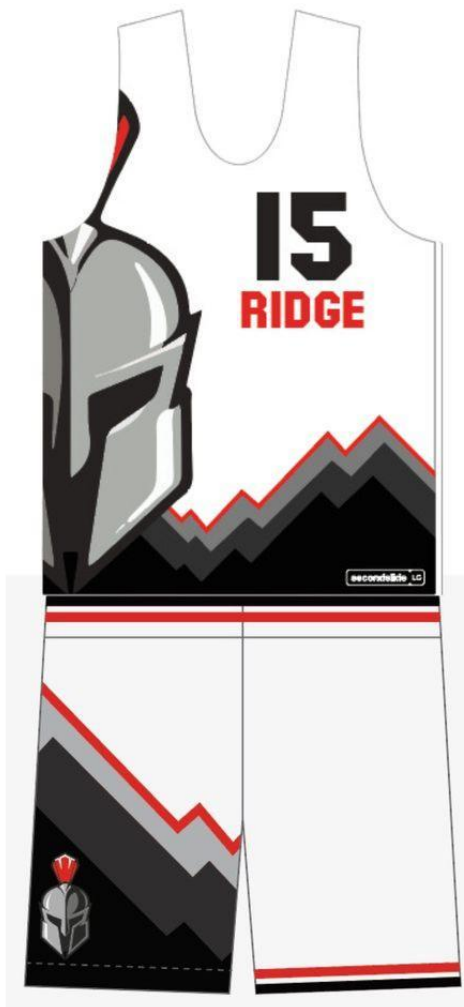
- Logistics (web hosting, registration banners, field striping, etc.)

- Equipment (goals, nets, balls, etc.)



2024-2025 Uniform Design

Home Jersey – Reversible Top

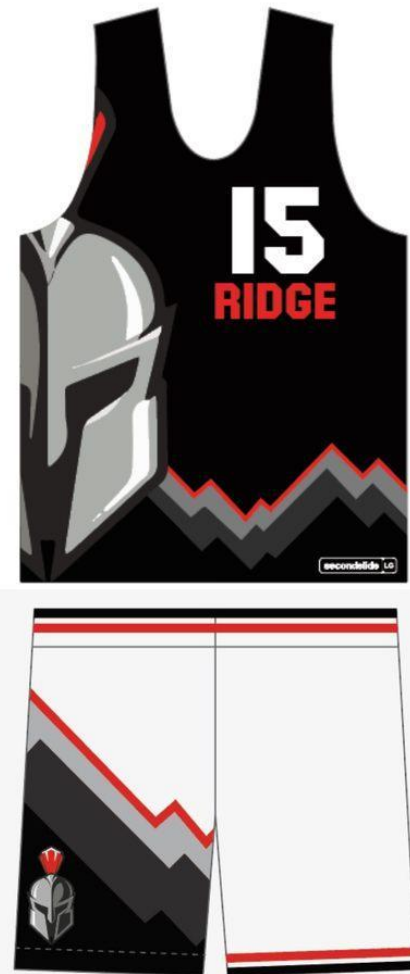


NEW Uniform Design
for Spring 2024

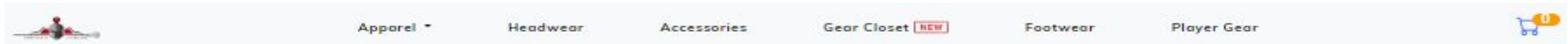
Away Jersey – Reversible Top



Uniform Package includes
Black Shooter Shirt



https://mountainridge.secondslide.io/



Apparel →



Headwear →



Accessories →



Equipment →

Featured Products:



Player Warmups & Gear Bags

<https://mountainridge.secondslide.io/products/Player%2520Gear/player-gear>



Mountain Ridge Lacrosse Hoodie [Order by 2/17/24]
\$45.00



Mountain Ridge Lacrosse Sweatpants [Order by 2/17/24]
\$35.00



Mountain Ridge LaxGear Lax Pack [Order by 2/17/24]
\$145.00



Mountain Ridge Lacrosse Gear Bag [Order by 2/17/24]
\$65.00

Bulk Order & Limited Offer
Must Order by February 17th



SCAN ME!!!

Problem Resolution



- **Injury/Accident**

- Contact Board President – Ralph Blood
 - Phone: 801-361-3847
 - Email: president@mountainridgelacrosse.org
- All incidents must be reported to IMLAX.

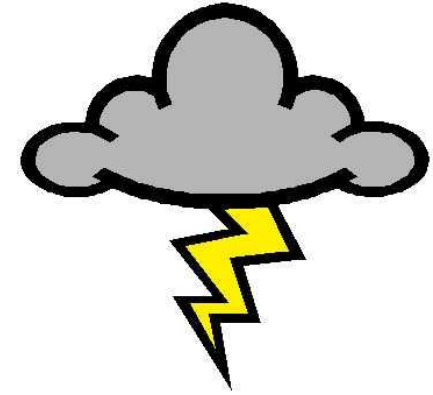
- **Playing Time/Coaching Methods**

- Discuss with coach 24 hours AFTER practice - NEVER directly after a game.
- Sportsmanship - Good Sportsmanship is required of all.
- Getting “heated” – turn around, go for a quick walk.
- Clap instead of yelling.
- Remember that the referee’s primary concern is for the SAFETY of your athlete.

- **Hardship Scholarships**

- Intermountain Lacrosse and Mountain Ridge Youth Lacrosse provide a limited number of scholarships to players in need.
- If you, or someone you know, would benefit from a scholarship due to hardship or other unforeseen circumstances, please contact a board member.

Important Policies



Concussion

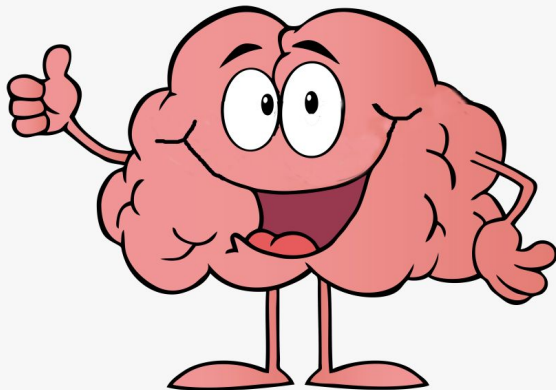
- Medical Release/Concussion Form
 - Coach / Program responsible to report
 - League will follow-up with family
 - Player cannot return until cleared by medical professional and the league

Conduct

- Players Contract
- Parents Contract
- Coaches Contract
 - Background Checks
 - Bronze Level Certification (All Coaches)

Weather/Lightning

- Field Lacrosse is played in harsh conditions. However, Lightning is a serious hazard and storms can move quickly into the region.
- If you observe a lightning flash that is followed by a thunder bang in less than 30 seconds, suspend the practice / game and instruct teams to seek shelter off the field. Warn spectators as well.
- Wait a minimum of 30 minutes for the storm to pass then consult with the coaches.
- Game is complete when any time has elapsed in the 2nd half.
- With the agreement of both coaches, and the official, you can then resume the game.
- Remember “clear the field” means “clear the field” no one is to be on the field for any reason.



LAX Board Nominations



- Vice President
- At Large Board Positions
- Elections will be held at the **March Board Meeting**
- **March 5th at 7:00pm** at Riverton MV Harmon's - cafe area upstairs

MRYL Bylaws Excerpt

2.4. Executive Board Members must reside within Mountain Ridge boundaries.

2.5. Those that are elected to the Executive Board may begin to transition following the vote. However, their term or service will officially begin at the conclusion of Spring Season.

Volunteer Options

Get Involved!!!

- Coaching
- Board Member
- Team Parent
- Recruitment
- Statistician
 - Games and Scrimmages
- Photographer
- Website Administration
- Field Management
- Equipment Management



Due to the growth of the sport in our area, we need parents to volunteer for positions on the parent-driven committee.

Please let us know if you are interested in getting involved and what you would like to do to help. Email our Youth Board at info@mountainridgelacrosse.org

Volunteer Coaches



- We love to have our parents get involved as coaches.
- This is a great way to learn the game and to get involved with your kids.
- USL, IMLAX & MRYL Certifications, Clinics, Training



COACH DEVELOPMENT PROGRAM

LEARNING PATHWAYS

USA Lacrosse is expanding the resources available in our Coach Development Program to enhance educational opportunities and increase safety for both coaches and players. These new Learning Pathways provide educational options for every level of coach.

Certification Pathways These offer coaches the opportunity to advance their learning through structured levels and to achieve nationally recognized certifications. All coach members also gain access to the USA Lacrosse Mobile Coach App.

BRONZE

INCLUDED WITH COACH MEMBERSHIP

Entry Level Coach Certification

Requirements:

- » Valid Membership
- » Background Check
- » Abuse Prevention
- » Cardiac Care
- » Concussion
- » Cultural Competency
- » Annual Rules Test

SILVER

\$35

Foundational Level Coach Certification

Requirements:

- » Valid Bronze Level
- » Proper Contact Course
- » 4 additional Silver Level courses

Other Benefits

- » Full access to all Silver level courses
- » Discounts on Educational Academies

GOLD

\$35

Intermediate Level Coach Certification

Requirements:

- » Bronze & Silver Levels
- » 5 Gold Level courses

Other Benefits

- » Full access to Silver & Gold level courses
- » Discounts on Educational Academies

PLATINUM

\$35

Advanced Level Coach Certification

Requirements:

- » Bronze, Silver, & Gold Levels
- » 5 Platinum Level courses

Other Benefits

- » Full access to entire library of courses
- » Discounts on Educational Academies
- » Eligible for Coach Camps

Mountain Ridge Youth Lacrosse

Coaches Handbook



Volunteer Team Parents

- Each team needs a “**Team Parent**” – Please Volunteer!!!
- Team Parent duties include:
 - Organize Team Pizza Parties/BBQ’s, etc.
 - Facilitate Post Game Treat Schedule
 - Create Lanyards/Roster Cards



2024 Spring Thaw LAX Festival

REGISTER: 2024 SPRING
THAW LAX FESTIVAL →

BOYS AND GIRLS DIVISIONS

3 Games guaranteed.

7/8(14U), 5/6 (12U), 3/4 (10U)

*USL Membership Required

Saturday

MARCH 9, 2024

USU Bastian Polo Fields

South Jordan, UT

REGISTRATION

Official team registration and
payment opens January 1,
2023

Limited spots. Register early.

Team Fees:

- \$550 January 1st
- \$650 February 1st



Spring Thaw Volunteers Needed

Saturday March 9, 2024

SPRING THAW Lacrosse Festival

USU Bastian Polo Fields,
South Jordan

BOYS & GIRLS DIVISIONS

7/8 (14U), 5/6 (12U), 3/4 (10U)

*USL Membership Required

TEAM FEES:

- \$550 before February 1st
- \$650 after February 1st

**Three Games
Guaranteed!**

Spots are limited

SPONSORED BY:



Mountain Ridge Youth Lacrosse
www.mountainridgelacrosse.org



HERRIMAN
Mustangs Lacrosse

Herriman Youth Lacrosse
www.herrimanboyslacrosse.com

Herriman Girls Youth Lacrosse

Registration Opens January 1st, 2024

















www.herrimanboyslacrosse.com/2024springthaw

- Tournament Setup
 - Setup fields/equipment
 - Friday afternoon
- Parking
 - Direct Cars in Lot
- Table Work
 - Keep Score, Penalty Time
- Registration/Info Tent
 - Q&A, Team Check-in
- Snack Bar
 - Packaged treats & drinks
- Trash Pickup
 - Sweep fields for trash
- Event Clean Up
 - Tear down fields/equipment
 - Saturday Evening

High School Connection



- **Flag Bearers at Varsity Games**
 - Patriotic opportunities for youth to support high school Varsity games this season
- **Fall Golf Fundraiser Tournament**
 - Thanksgiving Point
 - October 5, 2024

3/13	@		Cedar Valley	7:00pm
3/15	@		Ridgeline	7:00pm
3/19	vs		Herriman*	5:30pm
3/21	@		Bingham*	5:30pm
4/2	vs		Wasatch	7:30pm
4/9	vs		Corner Canyon*	5:30pm
4/11	@		Copper Hills*	5:30pm
4/12	vs		Bountiful	5:30pm
4/16	vs		Riverton*	5:30pm
4/18	@		Herriman*	5:30pm
4/23	vs		Bingham*	5:30pm
4/25	@		Corner Canyon*	7:00pm
4/30	vs		Copper Hills*	7:30pm
5/2	@		Riverton*	5:30pm
5/7	vs		Alta	7:30pm
5/9	@		Westlake	7:00pm

Spring 2024 Important Dates

EVENT	DATE
MRYL Parents Meeting	February 13 th @ 7:00-8:00pm <i>Cove at Herriman Springs Clubhouse</i>
Practices May Start	February 21 st
Game Schedules Released to Teams	March 8 th
Spring Thaw LAX Festival (HYL & MRYL Fundraising Event)	March 9 th (All Day) USU Bastion Polo Fields in South Jordan
Daylight Savings Time Begins (<i>Practice times adjusted</i>)	March 10 th
All Youth Rosters Set & Locked for Spring Season	March 15 th
Youth Games Begin	March 16 th
Spring Break (<i>No Scheduled Games for MRYL</i>)	March 30th
Weekday Games Could Begin	April 15 th
2024 IMLAX Laxfest – Last Day of Games	May 11 th
IMLAX Championship Games (<i>ALL Grades 5-8 Divisions Only</i>)	May 15 th
Team Photos	TBD



Questions?

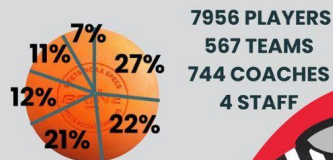
Club Lacrosse: Life other than Recreation Lacrosse



IMLAX & MRYL Fees Breakdown



REGISTRATION DOLLARS



7956 PLAYERS
567 TEAMS
744 COACHES
4 STAFF

1. OFFICIALS AND TRAINERS 27%

2. IMLAX STAFF 22%

- Organize and Adminstrate League Operations
- Customer Service
- Coordinate Officials
- Collect and Distribute Team Fees
- Organize and Promote TryLax and Laxival Events
- Manage Day-to-Day Office Activities
- Gear Rentals
- Financial Reporting

3. FIELD SETUP AND PROGRAM EQUIPMENT 21%

- Balls
- Goalie Gear
- Field Reservation Fees For Games
- Field Lining For Game
- Field Set Up and Table Crew
- K-2 Goals, Hectors
- New Program Equipment

4. PLAYER USAL MEMBERSHIPS 12%

5. SCHOLARSHIPS/COACH RESOURCES 11%

- Player Scholarships
- Coaches Player Fees
- Coach Training
- Coach USA Lacrosse Membership
- Coach Badges
- Coach Background Check

6. OFFICE SPACE 7%

Player fee estimates

	Per team	10 players	15 players	20 players
Team party/ picture/Coach Reimb etc	\$200.00	\$20.00	\$13.33	\$10.00
Logistics	\$100.00	\$10.00	\$6.67	\$5.00
Fields	\$300.00	\$30.00	\$20.00	\$15.00
Equipment	\$50.00	\$5.00	\$3.33	\$2.50
TOTALS	\$650.00	\$65.00	\$43.33	\$32.50

- Team party/picture/Coach Reimb etc
- Logistics
- Fields
- Equipment

