

WSLA June League Meeting Sign  
In



June League Meeting  
June 3, 2026

# THANK YOU!

- WSLA Board Members
- Volunteers; especially host programs for the jamborees & Rainier Cup
  - Northshore
  - Sumner Bonney Lake
  - Roosevelt
  - Bellevue
  - Lakeside
  - Mercer Island
- All of you: Program Board Members & Coaches



# MISCELLANEOUS

---

High School: Illegal Uniforms – Check NFHS Rule Book and make sure they are in compliance

---

Helmets... It was an April Fool's Joke. They are not being mandated.

**USA<sup>®</sup>**  
**LACROSSE**



**USA LACROSSE – STATE OF THE SPORT**

**SPRING 2026**

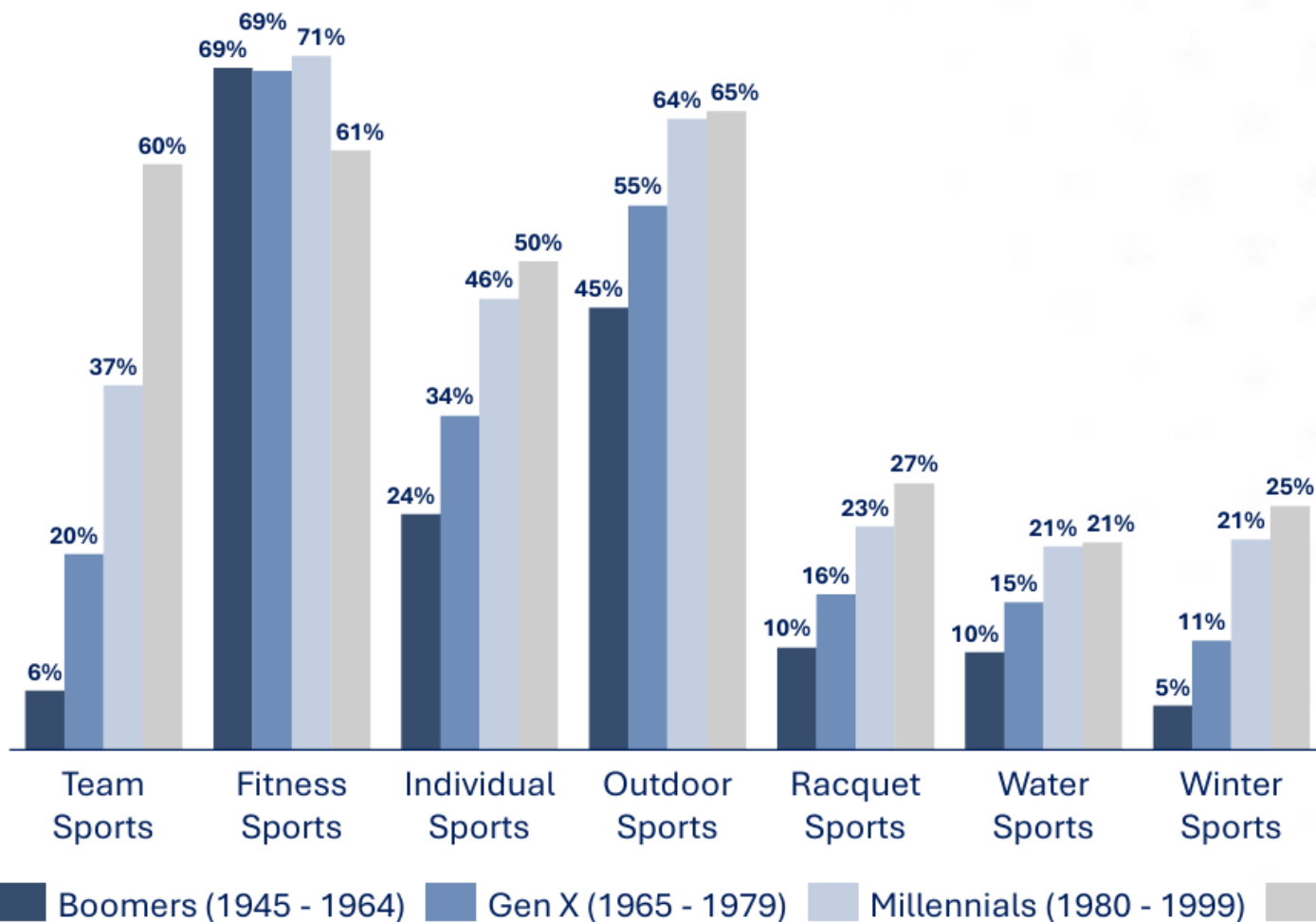


**RECOGNIZED SPORT  
ORGANIZATION**

# US ACTIVITY TRENDS IMPACTED BY AGE



## Activity Driven By Fitness & Outdoor Sports



### TAKEAWAYS:

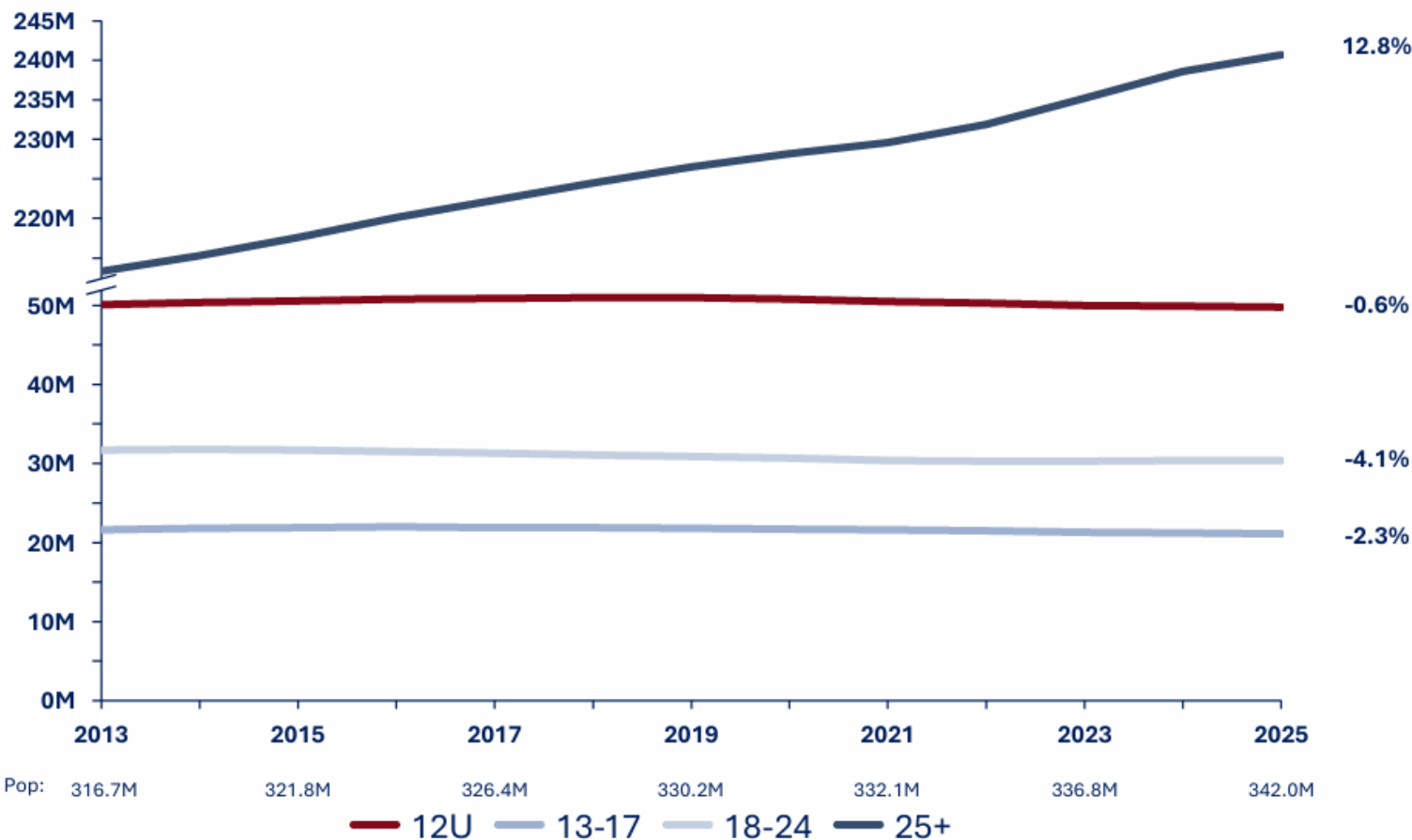
- ★ Fitness sports & Outdoor sports have highest participation rates
- ★ Team sports participation driven by Gen Z
- ★ Fitness sports skews older

# US YOUTH POPULATION IN DECLINE

+8% Since '2013, But All Age Groups Under Age 25 Are In Decline

US Population

'13 - '25  
8.0% pop growth



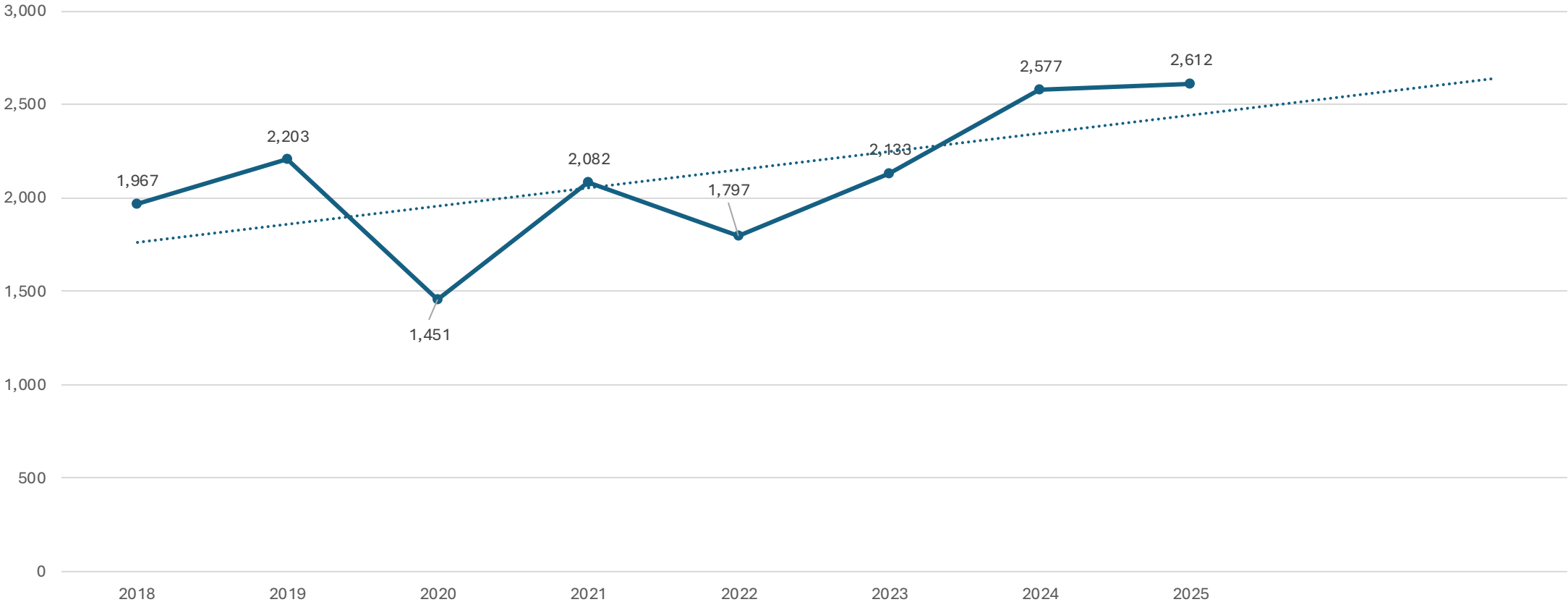
## TAKEAWAYS:

- ★ There are ~1.6M less kids ages 6 – 17 in 2025 than in 2015 [3.2% decrease]
- ★ Challenge to grow lacrosse participation with primary demographic in decline

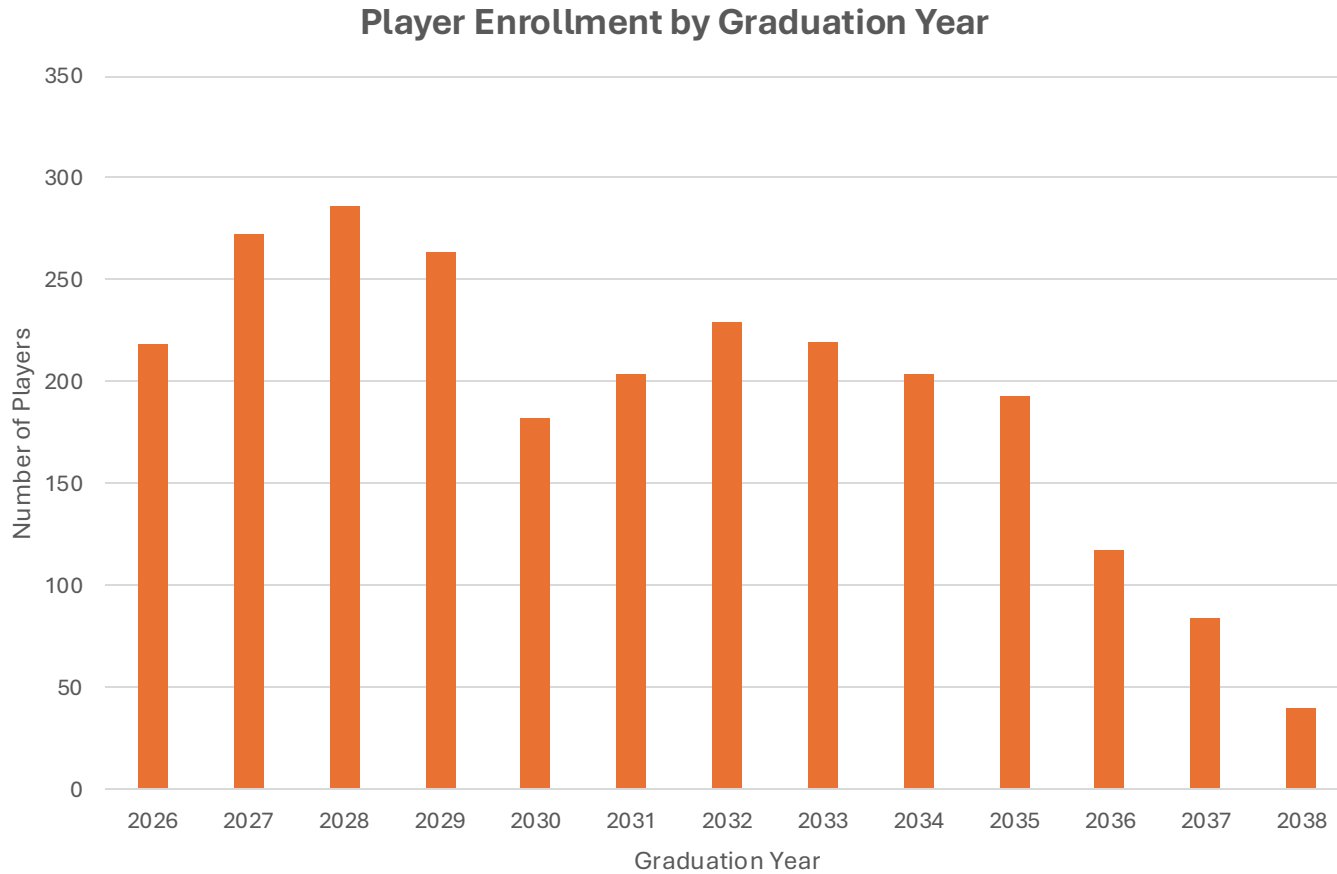


# WSLA Historical

WSLA Historical USAL Membership Transactions



# WSLA – Key Metrics



- Based off rosters submitted to WSLA
- 2026 to 2038
- Biggest group is 2028s at 286
- Large drop off at 2030s

# What this means for the future...

WSLA to start developing Strategic Plan in the off-season & partnering with USA Lacrosse

More conversations around sanctioning – opportunity this weekend to hear more about it! Information at the end

WSLA to have calls this summer with programs who have gaps – reach out either way if you need support

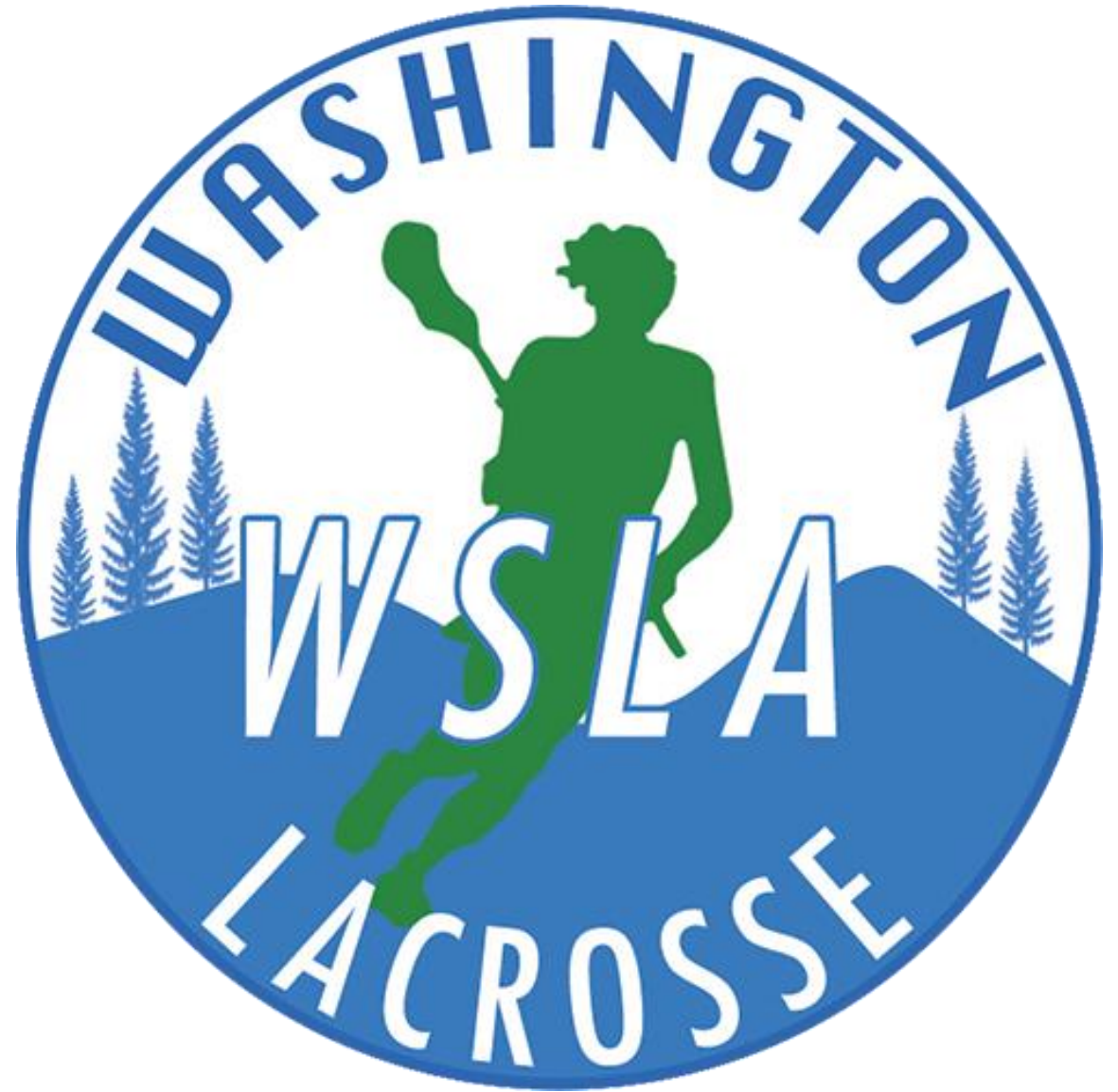
Working with various organizations to increase lacrosse exposure (i.e. King County Play Coalition, Boys and Girls Club "Field Day," etc)

(Long Term) Target lacrosse "deserts" for growth

...more to come!



# 2026 Season Recap



# 2026 Season Recap

- Youth Teams
  - 14U 24 (24 LY)
  - 12U 30 (30 LY)
  - 10U 29 (32 LY)
  - 8U 21 (20 LY)
- HS Teams
  - Varsity 41 (45 LY)
  - JV 22 – 12 had provisional schedules (20 LY)
- Eastside Catholic wins State Championship
- Woodinville wins Rainier Cup
- Claire Monsaas (Lakeside) Coach of Year



# 2026 Season Recap

---

## **Successes**

---

WWLOA MBO Program (Youth)

---

Increased Coach Education Opportunities

---

## **Neutral**

---

Conduct Feedback

---

Sportsmanship

---

## **Challenges**

---

Awards Process (HS)

---

Scorer/Timer (HS)

---

10U/12U

# Recruitment & Retention

- 2027 Goal Youth: Put two officials on all 10U games WITHOUT increasing costs to programs (WSLA to seek fundraising/sponsors) ~\$4,000
- Long term HS Goal: Three officials on all games

| # Officials who did games in 2026                 |      |
|---|------|
| 137 Certified Officials                           |      |
| 83 Junior Officials                               |      |
| 25 New Juniors                                    |      |
| 58 Returning Juniors                              |      |
| 54 Adult Officials                                |      |
| 7 New Adults                                      |      |
| 1 former Junior                                   |      |
| 47 Returning Adults                               |      |
| 20 Adult Officials did 5 or fewer games           |      |
| 2 Adult Officials did predominantly College games |      |
| Games 2026  |      |
| Played  | 768  |
| Solo games  | 5    |
| HS Cancelled due to officials                     | 1 JV |
| Youth MBO games                                   | 46   |

| # Officials who did games in 2025       |      |
|---|------|
| 155 Certified Officials                 |      |
| 97 Junior Officials                     |      |
| 46 New Juniors                          |      |
| 51 Returning Juniors                    |      |
| 58 Adult Officials                      |      |
| 11 New Adults                           |      |
| 2 former Junior                         |      |
| 47 Returning Adults                     |      |
| 16 Adult Officials did 5 or fewer games |      |
| 3 Adult Officials did only rating games |      |
| Games 2025                              |      |
| Played                                  | 838  |
| Solo games                              | 13   |
| Cancelled due to officials              | 1 HS |

# Officials & Scheduling



## OFFICIALS

- Games Cancelled due to refs
  - 0 Varsity Games, 1 JV
    - 3 solo games
  - 2 Youth games (*due to Rainier Cup & junior officials playing in it*)
    - 2 solo games at 12U & 14U

## SCHEDULING

- Youth
  - Need to give more availability on schedule forms INCLUDING Sunday's. Request more than 4 days of home fields
- HS
  - Wednesday & Friday consistently overloaded with games

# Improving League Culture

---

- Misconduct Yellow Card protocol
  - NO RED
    - 7 yellows
- Youth Game Reports
  - Just under 100 responses
    - Mostly very positive
    - Ability to utilize MBOs based on reports – either for coach misconduct or further official training
- Parent/Player/Coach Code of Conduct
  - Outlined consequences for misbehavior by fans



# Off-Season Focus

WSLA Strategic Plans

Working with Programs on Growth/Best Practices – Upcoming event!

Education Opportunities & Resources  
(Coaches, Program Leaders, etc)

Way for Feedback/Submission Process  
for changes from the community

10U/12U - Survey

# Reminder of Off-Season – SUMMER

---

Summer Season shall be from the end of In-Season until Labor Day.

---

B. During Summer Season, coaches may conduct lacrosse activities on their own, as individuals, or as part of a lacrosse program.

---

C. During Summer Season, coaches may conduct lacrosse activities with players from their In-Season team and with players from other teams and programs.

---

D. Participation by players in Summer Season activities or on a Summer Season team shall not be a requirement or condition of participation on a WSLA In-Season team.

# Reminder of Off-Season – Fall/Winter

Out-of-Season shall be from the day after Labor Day until the beginning of In-Season.

B. During Out-of-Season, coaches may coach players that participate on teams that do not feed directly to the In-Season team they coach.

C. During Out-of-Season, High School coaches, may coach, conduct practices or instructional clinics for youth players that feed directly into the In-Season team they coach as long as all out of season opportunities are concluded no later than MLK Holiday of any given year.

D. During Out-of-Season, coaches, paid or volunteer, may coach or conduct practices or conduct instructional clinics for present In-Season team members **ONLY** under the following conditions:

- Any Out of Season team, skill clinic or other lacrosse opportunity is open to all players in WSLA and is published on the WSLA website;
- Any Out of Season team, skill clinic or other lacrosse opportunity is published on the WSLA website at least 7 days before the event date
- All Out of Season High School Opportunities are concluded no later than the Martin Luther King Holiday of any given year. Youth activities for the purpose of team recruitment may be held if approved by WSLA.

# THIS SATURDAY AT STAFIRE!

- Please register for the workshop(s) so we know how many to expect!
  - *Link sent out previously via email: [Workshop Registration – Fill out form](#)*
- Saturday, June 6 @ Starfire (In the Classroom)
  - **10am-11:30am: Healthy board practices:** With the spring season behind us, now is the perfect time to reflect and start planning for 2027. Join former WSLA Executive Director Erin Massena and USAL Regional Director Lyn Porterfield for a discussion on best practices to set your program up for long-term success. We'll cover topics such as board and volunteer recruitment, effective board structure, and strategies to grow your organization while sharing the workload in a sustainable way.
  - **1pm - 2:30pm: State of the Region/Youth growth update:** Join Erin and Lyn for a follow-up session focused on participation trends across the state, USA Lacrosse's emphasis on state sanctioning, and best practices and ideas for growing the game at the youth level.

Thanks for a  
great season!

