



Go Stingers!

Sacramento

Lacrosse Association

Parents Orientation Meeting – January 27th, 2026



Agenda

- Introductions
- Equipment
- Board Introductions
- Mission/Priorities
- Opportunities to Volunteer
- Vision
- Teams' Location
- Parent Resources
- Questions & Answers
- Meet Your Coaches





Equipment

8u – Sticks Provided, mouthguard required

10u/12u/14u girls – Goggles, stick, and Mouthguard

10u/12u/14u boys – Helmet, shoulder pads, arm pads, gloves, mouthguard, and protective cup

Girls Equipment

GIRLS' FIELD PLAYER EQUIPMENT

Required Equipment

1. GOGGLES

- » Meets the current ASTM standard for women's lacrosse eyewear;
- » SEI certified and bears the SEI mark.
- » SEI Website seinet.org/search.htm#§ion=hidden-us_lacrosse



2. CROSSE

- » Must adhere to Rule 2 Section 2 and meet the manufacturers specifications (Appendix B)
- » Legal Sticks- usalacrosse.com/legal-womens-sticks

3. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)



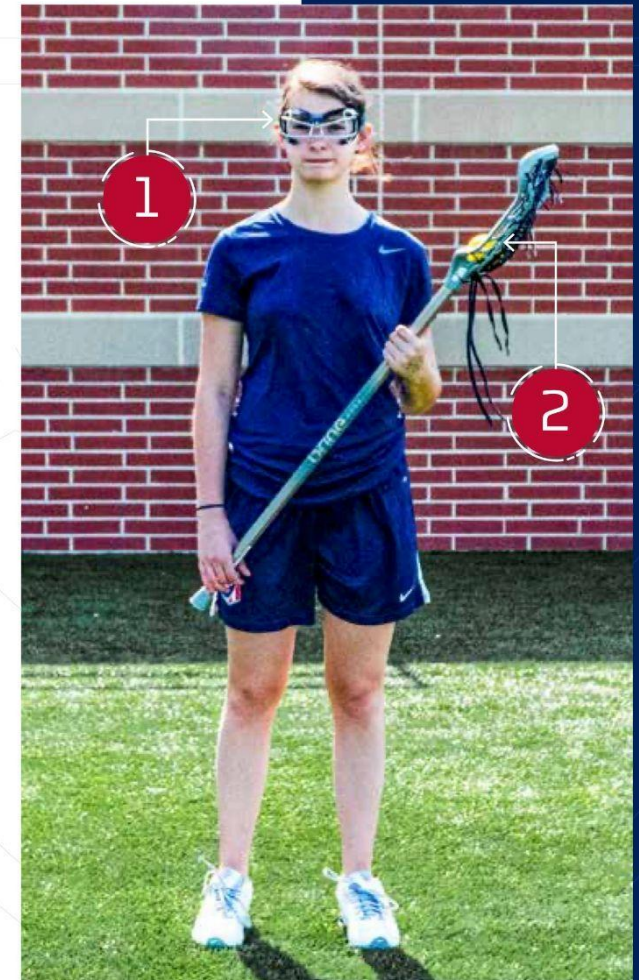
Optional Equipment

4. GLOVES

- » Must be close-fitting & should be comfortable for player while holding a stick.

5. HEADGEAR

- » Meets current ASTM standard for women's lacrosse headgear and has permanent SEI certification mark.
- » If it includes integrated eyewear, it must also meet that current ASTM standard.



Boys Equipment

BOYS' FIELD PLAYER EQUIPMENT

Required Equipment

1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified



2. FIELD PLAYERS CROSSE (Stick)

- » Short Crosse – 40-42"
- » Long Crosse – 52-72"
- » 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).

3. GLOVES

- » Hand must be fully inserted in glove

4. SHOES

- » Athletic cleats or athletic shoes

5. PROTECTIVE CUP

- » Fitted for comfort & protection
- » Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

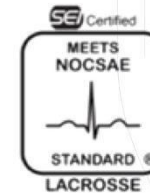


6. ARM PADS

- » Elbow should be properly & completely covered

7. SHOULDER PADS

- » Covers top of shoulder, collarbone & sternum
- » Should fit comfortably; adjust by loosening/tightening straps
- » NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022



8. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)



Optional Equipment

9. RIB PADS (NOT SHOWN)

- » Covers the ribs and kidneys; adjust by loosening/tightening straps
- » Should fit comfortably, not restricting breathing





Where to get Equipment

10u/12u/14u boys – Lacrosse Fanatic (9500 Micro Ave, Sacramento, CA 95827). Also has a lease to own program. Sacramento Lacrosse has a limited amount of equipment we can loan.

10u/12u/14u girls – Goggles at Lacrosse Fanatic

Mouthguards – Lacrosse Fanatic, Big 5

Sticks – We have a limited number of loaners for 10u/12u/14u boys and girls. Get one your kid is excited to play with.



Uniforms

Will be distributed during practice. Date TBD.

If you still need to order one, we purchased extras and will work through finding one for your player.

If you have retired uniform, we are happy to take it as a donation.

Board Members



	2023/24
President	Colin Middleton
Vice President	Matt Dudderar
Secretary	Mercy Zeleski
Treasure	Larry Wong
Registrar	vacant
Fundraising	vacant
Uniforms	Jenny Read
At Large	Sonny Downer, Gabe Belsky
At Large	Jenna Koekemoer, Tiffany Rinard
At Large	Benny Ng, Erin Gabel, Lee Hamm

Email:
president@sacramentolacrosse.org

Volunteers Needed!



- Coaching – every team needs an assistant coach!
 - We don't expect lax experience, just a willingness to help
- Picture Day Coordinator
 - Help picture day run smoothly (March 18th & 19th)
- Boys/Girls Junior Ref Coordinator
 - Help find 14u players who will ref that Friday's 10u game
- End of Season Coordinator
 - Help organize end of season party (May 17th or 18th)
- Fundraising Board Member
- 3 or 4 hours of volunteering or \$100 payment to club
- Game day help – setup, cleanup, scoring, timing
- Team Parent



Club Priorities

- Safety
- Create a learning environment that fosters respect for players, coaches, and referees
- Player Skill and Fitness Progression
- Positive Communication between Coaches and Parents
- Players will have well trained coaches
- Fiscal Responsibilities
- Building a strong lacrosse community in Sacramento

Sacramento Lacrosse History

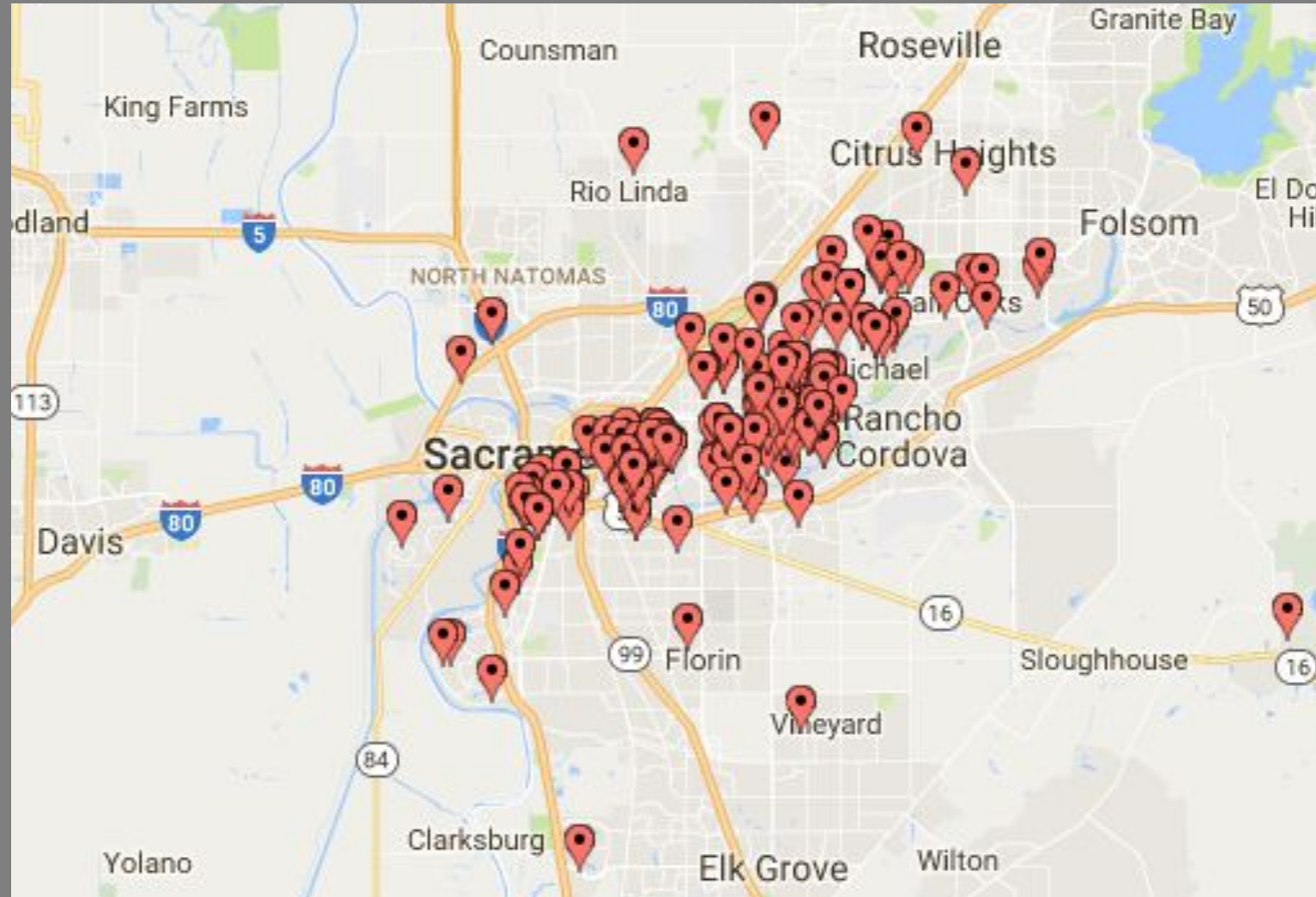


Vision - Sacramento Lacrosse Association

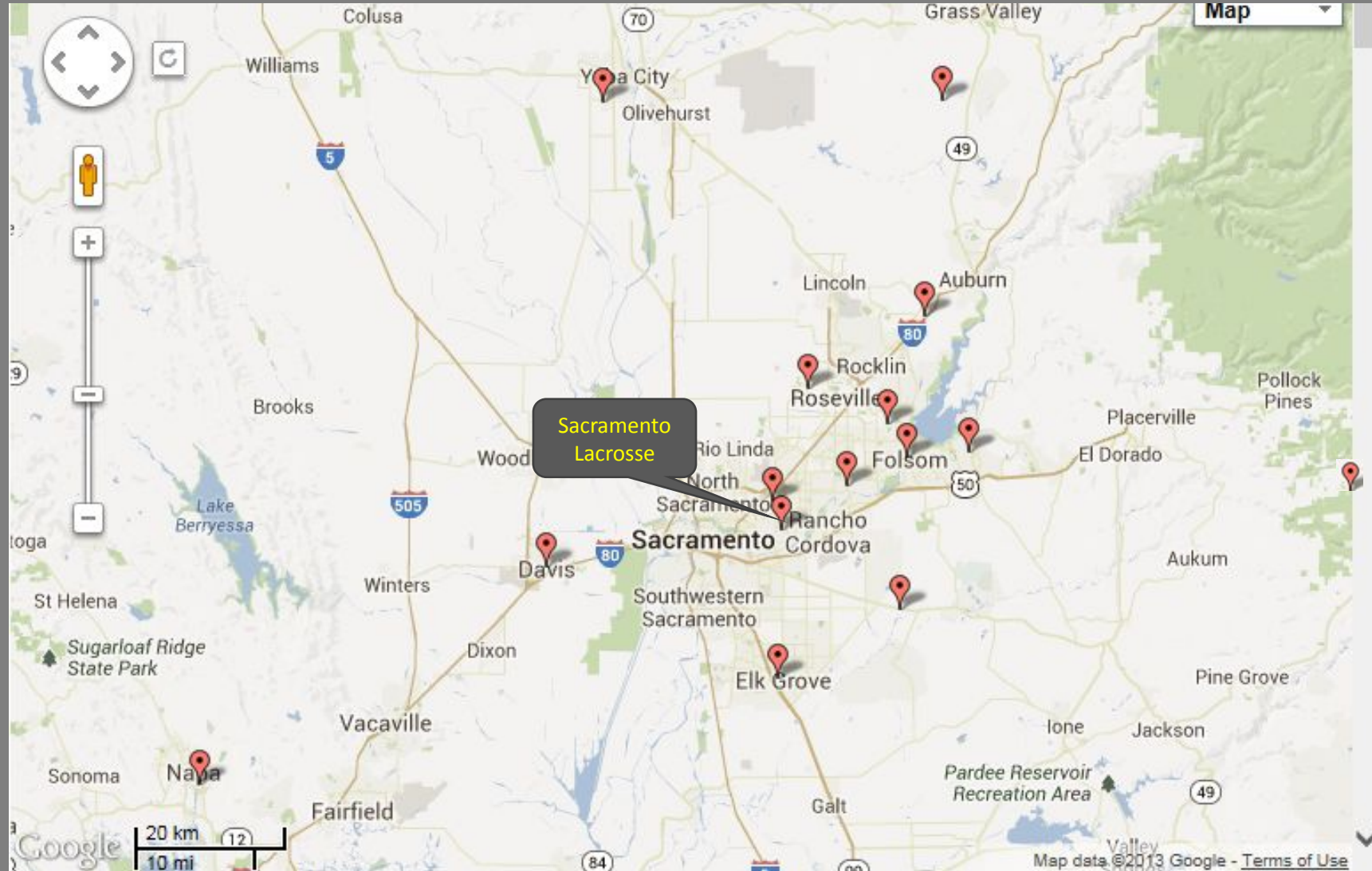
Player Distribution:

- Carmichael
- Landpark
- SacMetro
- Natomas
- Greenhaven

Vision is to have 8U-12U teams in all communities we service



Youth Lacrosse Clubs & Game Locations





Future priorities

- Establish a public HS team in the Sac City USD
- Better communicate with other local clubs to better administer local lacrosse season
- Develop teams in the surrounding neighborhoods
Land Park/Greenhaven, Natomas, West Sacramento, Rosemont/La Riviera, etc.
- Try to get lacrosse added as a PAL sport

Parent Resources- Serious Injury or Concussions

- Report any injury to the Coaching Staff
- Follow the CDC.gov Return to Play Protocol
- Provide written documentation from a licensed medical provider on office letterhead
- Document in the Crossbar App as a message or via email message to the coach
- Coach will send a copy to president@sacramentolacrosse.com



ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's health care provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - Be back to doing their regular school activities.
 - Not have any symptoms from the injury when doing normal activities.
 - Have the green-light from their health care provider to begin the return to play process.

Parent Resources- USA Lacrosse Athlete Safety

- Report any suspected abuse or at risk behavior to a member of Sacramento Lacrosse
 - 1st tier Head Coach
 - 2nd tier Admin@sacramentolacrosse.org
 - 3rd tier USA Lacrosse
- Limit potential at risk situations
- All Coaches and SAC leadership are mandated reporters
- SLA complies with State of CA Youth Coach Training requirements

REPORTING ABUSE

USA Lacrosse policy requires that all staff members, volunteers, and members of USA Lacrosse must report all allegations of abuse or neglect (including child sexual abuse) to law enforcement and child protective services. USA Lacrosse Abuse Prevention Program. For issues with any of the following, please file a report with USA Lacrosse: sexual harassment, grooming, emotional misconduct, bullying, hazing, physical misconduct, and retaliation.

FILE A REPORT

Any suspicion must be reported to state and local child protective services and law enforcement. If you do not understand where to report in a specific location, check www.childwelfare.gov or call the National Child Abuse Hotline at 800-843-5678.

USA LACROSSE RESOURCE DOCUMENTS

1. **Abuse Prevention Response & Appeal Process**
2. **Response Process for USA Lacrosse National Teams Staff & Athletes**
3. **When USA Lacrosse Receives an Abuse Prevention Report**

For questions related to creating a safer sport, please contact abuseprevention@usalacrosse.com.

Referees

12u/14u Boys Game Referees: nclra.us

12u/14u Girls Game Referees: www.ncwlo.org

10u Refs: email president@sacramentolacrosse.org

We do not tolerate poor behavior directed at referees from any member of SLA!



Coaches

Team	Arden	East Sac
6u Coed	No team this season	
8u Coed	Colin Middleton, Jon Morgan, Aaron Ross	Matt Dudderar
10u Girls	Dominic Porrino, Mercy Zeleski	
10u Boys	Gabriel and Stefan Granados	Matt Dudderar, Dave Voigt
12u Girls	Colin Middleton, Steve Hatch	
12u Boys	Brooke Wells	Gabe Belsky, Ivan Marrs, Fred Sanchez, Megan Tosney
14u Girls	Jessica Fox, Benny Ng, Tim Peterson	
14u Boys	Jon Bruner, Nehemiah Declaw	



Thank you!

Q&As?

