



2026 Parent/Guardian Meeting

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Agenda

- Oregon Lacrosse Club
- Welcome and Introductions
- About us / OLC Board / Contacts
- Makeup of Teams
- Parent/Player Expectations
- Player Development
- Practices and Games
- Health and Safety
- Q& A / Closing



Introduction

- Rob Carlon – [Boys Youth Director](#)
- Justin U'Ren – [Girls Youth Director](#)

Boys Coaches

- 8U: Maren, Andrew, Mike
- 10U: Alberto with help from Jim, and others.
 - Need more volunteers
- 12U: Adam – May need parent helpers
- 14U: Hunter and Aiden – May need more help

*Girls Coaches

- Jenna Hodges
- Emily Podgorni



About Us

Mission Statement

To provide an inclusive, equitable, and empowering lacrosse experience for all athletes—regardless of background or skill level—through focused player development, teamwork, and community support. We are committed to fostering a lifelong love for the sport while building strong character, respectful sportsmanship, and a supportive environment for players, families, and coaches alike.

Vision Statement

To be a leading force in growing the game of lacrosse throughout Oregon, Stoughton, McFarland, Evansville, and surrounding communities. by developing well-rounded athletes, nurturing diverse and inclusive teams, and inspiring the next generation through outreach, education, and passion for the sport.



Oregon Youth Lacrosse

- We are a program made up of players, coaches, volunteers, parent/guardians
- Designed to create consistent experience for everyone in the program
- Developmental program emphasis, more than winning or losing
- Players participate for various reasons
 - Learn lacrosse
 - Love lacrosse
 - Want to hang out with friends
 - Favorite new spring sport

Oregon Lacrosse Club Board

- President – Joel Malak
- Vice President – Adam Mikkelson
- Secretary – Angie Wenninger
- Treasurer – Tom Grice
- Boys Youth Director – Rob Carlon
- Girls Youth Director – Justin U'Ren
- Communications Coordinator – Andrew Clunn



Important Links

- Oregon Lacrosse Club:
<https://www.oregonlacrosseclub.com/>
- Club Facebook Page:
<https://www.facebook.com/oregonyouthlacrosse/>
- Badgerland Lacrosse:
<https://www.badgerlandlacrosse.com/>

Current Makeup of OLC Teams

Boys

- U8 – 8 registered players
- U10 – 21 registered players
- U12 – 13 registered players
- U14 – 16 registered players

Girls

*More to come regarding co-op with neighboring associations. Families will be emailed in the coming weeks.

- U10 – 9 registered players
- U12 – 6 projected players
- U14 – 7 registered players

Parent/Player Expectations

Parent Code of Conduct

For your child to get the most out of playing lacrosse, it is important that you do the following:

- 1) Be supportive of your child
- 2) Attend games whenever possible
- 3) Be a positive role model
- 4) Let your child set his own goals
- 5) Let the coach be the coach. If you want to coach, volunteer!
- 6) Respect the decisions of the referee
- 7) Read the rule book
- 8) Get to know who is in charge
- 9) Get involved!
- 10) Sit back and enjoy the game



Player Expectations

- Players are representing OLC – respect those around you in buildings, gyms, and at events.
 - Officials, coaches, parents, spectators, and opponents
- Support all your teammates, encourage
- Someone talks, everyone listens, eye contact
- Listen, learn, & work hard
- Practice like you play!
- Have fun!!!

Player development

The best 8-year-old doesn't always become the best 12-year-old & the best 12-year-old doesn't always become the best 18-year-old. Kids develop at diff times & can only control what they can. As a parent you need to keep it fun, take the focus off performance, & let them DEVELOP.



Best practices for developing youth athletes



Player development is non-linear. Trust and enjoy the process.



Model the behavior you would expect from your child.



Listen to your child's thoughts and feelings on basketball.



Encourage creativity.



Don't use the car ride home to highlight mistakes.



Encourage your child to play multiple sports.



Encourage informal play when at home.



Allow your child to think and make their own decisions.



Ask your child about the game rather than tell them about it.



Engage with live or local games and events.



Gain knowledge of the development philosophy of the organization.



Develop resilience by allowing your child to embrace the challenges on their own.



Playing Time

- Coaches work to maintain equitable playing time
 - Equal opportunity doesn't always mean equal outcomes
- Four main factors
 - Show up to practice
 - Work hard and listen at practice
 - Understand offense, defense, out of bounds, etc.
 - Quality of play in games, game situations
- 24-hour rule – timing of communication or questions for coaches

Practice/Game Conduct

Three Strike Rule

- 1) Coach talks with parent/player and sends a note via email.
- 2) Oregon Lacrosse Club President talks with parent/player and sends a note via email.
- 3) Parent/player will be told they are no longer welcome to attend any OLC events for the year, school district will be notified.

Additional help needed

Coaches

- Selected from parent/guardian showing interest as well as non-parent/guardian applicants
- Reviewed/approved by OLC Board
- Lacrosse coaching experience and past performance is reviewed
- Background checks are required/performed
- Additional training is required

Managers

- Selected from parent/guardian applicants as well as non-parent/guardian applicants.
- The role is to be the primary organizer of daily operations:
 - Collaborate with coaches to send out a weekly email that contains important information for the upcoming week
 - Also, send last-minute communications (such as time changes or rainouts)
 - Help facilitate volunteer hours, opportunities, and schedules.

Culture Keeper

- Badgerland Lacrosse has a renewed focus on sportsmanship, as there has been a noticeable lapse in fan behavior.
- Both teams will assign a Culture Keeper for each game to ensure their team fans act in accordance with our Code of Conduct and represent our team respectably and appropriately for a youth sporting event.

Other Volunteers

- Home games require extra help, and every family is expected to help by serving in at least one of these volunteer roles during the season
- These roles include Field prep and set up, field tear down and ball chaser, Score keeper, Game timer, Penalty box timer, Culture keeper, and Equipment manager

Practice schedules

Boys Practice Schedule

- Brooklyn Fields M-F 4:30-7:30
- Goal of March 17th start week, we cannot start earlier per conference and state rules
- Coaches are volunteers and set schedules
 - 8U: 2 days a week, 1 hour each
 - Tues and Thur
 - 10U: 2 days a week, 1-1.5 hours a week
 - 12U: 2-3 days a week, 1-1.5 hours a week.
 - 14U: 3-4 days a week 1.5-2 hours a day
- Indoor practices vary based on gym availability
- Currently waiting on Basketball to end so we can secure indoor space

Girls Practice Schedule

- Practices expected to begin
Monday, March 16*
 - U14 M/Th at OMS from 6-730, Fri 6-7
 - U10 M/Th at OMS from 6-7
 - U12 tbd
 - Once weather permits (mid-April?) we anticipate moving outdoors to Oregon Jaycee Park

Season Schedule

Boys Schedule

- Goal of three tournaments for 10,12,14. Two tournaments for 8U. Those are still being finalized, but likely contenders are
 - Sat 4/25: Badger Spring Invite (Wis Dells)
 - 5/9 & 5/10: Top Cheese (Kettle Moraine)
 - Sat 5/30 & Sun 5/31 Deforest Norski Tournament
 - 6/6 & 6/7 WLF State Tournaments
 - 6/10 Badgerland 14U Boys & Girls All-Star Games
- Badgerland Games
 - Schedule drafted by 3/30, Finalized by 4/7
 - 8U/10U on Saturdays
 - 12U/14U on Sundays
 - First weekend of Badgerland league games 4/18 & 4/19
 - Schedule will be added to Crossbar as we finalize it

Girls Schedule

- Potential tournaments
 - Sun 4/26 Badger Spring Invite (WI Dells)
 - Sat 5/2 Top Cheese (Kettle Moraine)
 - 5/30 & 5/31: Norski Invite (DeForest)
 - 6/6 & 6/7 WLF State Tournaments
 - 6/10 Badgerland 14U Boys & Girls All-Star Games
- Badgerland Conference Games
 - Schedule drafted by 3/30, Finalized by 4/7
 - 10U/12U/14U Saturdays & Sundays
 - First weekend of Badgerland league games 4/18 & 4/19
 - The schedule will be added to Crossbar when finalized

Game day procedures and expectations

- Games - Watch Crossbar app for changes - [Crossbar link](#)
- Tournaments - Look for the tournament bracket board for the time/location of games

Before the game:

1. Arrive at least 30 minutes before game time to meet & warm-up unless otherwise directed by coaching staff
2. Equipment check to ensure all gear is on and adjusted as needed
3. Look around to help coach and players with gear, left behind gear

Equipment and rules vary by
gender and age

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

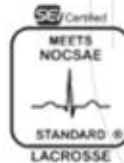
- Fitted for comfort & protection
- Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

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



Boys rules

Category	8U	10U	12U	14U
Ages / Grades	7-8 yrs (1-2)	9-10 yrs (3-4)	11-12 yrs (5-6)	13-14 yrs (7-8)
Players	4v4	7v7	10v10	10v10
Field Size	Half	Half	Full	Full
Goalie / Goal Size	No, 3x3 or 6x6 flipped	Yes, 6x6	Yes, 6x6	Yes, 6x6
Ball	Soft	Hard	Hard	Hard
Gear Req.	Full			
Face Off / Offsides	No/No	Yes/modified	Yes/Yes	Yes/Yes
Body Checking	No	No	limited	limited
Long Pole	No	No	Yes	Yes
Officials	Coach	1	2	2
Man Down	No	No	Yes	Yes
On-The-Fly Substitution	No	No	Yes	Yes
Mercy Rule	Yes – 6+	Yes – 6+, awarded face-off	Yes – 12+ goal difference; only in 2nd half-running clock	Yes – 12+ goal difference; only in 2nd half-running clock
Time	2 x 12 minute running quarters	4 x 10 minute running quarters	4 x 10 minute stop quarters	4 x 10 minute stop quarters
Slow Whistle	Yes	Yes	Yes	Yes
Misc.		1 Pass before shooting following face-off win	No 1 arm swinging checks	No 1 arm swinging checks

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- uslacrosse.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.



Girls Equipment, cont.

GIRLS' GOALIE EQUIPMENT

Required Equipment

1. HELMET

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

2. THROAT GUARD

- Separate from helmet & required for goalies
- Attach with straps/screws/other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

3. CHEST PROTECTOR **

- Covers front torso, neckline to below navel
- Body straps must be secured to the front of pad
- adjust for a snug, comfortable fit
- SEI WEBSITE

4. GOALIE GLOVES

- Hand must be fully inserted in glove
- Includes goalie specific additional thumb protection

5. LEG PADS

- Must protect shins and thighs
- May not use field hockey goalie pads

6. PELVIC and ABDOMINAL PROTECTION

- Generally incorporated as a part of thigh padding

7. CROSSE

- Must adhere to Rule 2 Section 3, Appendix D
- Legal Stick List - uslacrosse.com/legal-womens-sticks

8. MOUTHGUARD

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

Optional Equipment

9. SHOULDER PADS

- Covers top of shoulder, collarbone & sternum
- Should fit comfortably; adjust by loosening/tightening straps



**Starting with the 2019 season, goalies MUST wear goalie upper chest protectors which meet the NOCSAE NOC10 lacrosse standards at the time of manufacture.



Girls rules

Category	10U	12U	14U
Grade Level	3rd-4th	5th-6th	7th-8th
Number of Players	8v8 w/goalkeeper; 7v7 w/o goalkeeper	12v12 w/goalkeeper	12v12 w/goalkeeper; (deputy permitted) (1)
Goal Size	Full, flipped if no goalkeeper	Full	Full
Field Size	Half	Full	Full
Length of Game (2)	10min quarters, 5min half time, 2min between quarters	10min quarters, 5min half time, 2min between quarters	12min quarters, 5min half time, 2min between quarters
Timeouts (3)	1 (60sec)	2 (60 sec ea)	2 (60 sec ea)
Start of Game and Quarters	Draw at center	Draw at center	Draw at center
Start After Goal	Goalkeeper: Goalkeeper clears, all players outside of 8M; No Goalkeeper: Ball to defender at side of goal, all players 4M away, player self starts	Draw at center, unless Mercy Rule is in play	Draw at center, unless Mercy Rule is in play
Offsides(4)	Not Enforced, 2 behind restraining line	Enforced, 3 behind restraining line	Enforced, 3 behind restraining line
Covering	Not allowed	Not allowed if another player is within a sticks distance	Not allowed if another player is within a sticks distance
Checking	No Checking	Modified Checking (below the shoulder, away from the body)	Transitional Checking (away from body, below shoulder if from behind)
3sec 8M rule	Not applicable	Yes	Yes
3sec Closely Guarded (5)	Yes	Yes	Not Applicable
Officials	1 Required	2 (1 Required)	2 Required

Health and Safety

Injury Prevention

1. Proper Warm-Up and Conditioning:

- Structured warm-up routine with dynamic stretching

2. Protective Gear:

- All players must wear all appropriate protective equipment at all times when on the field. Ensure your gear is certified and within expiration dates.

3. Technique Training:

- Athletes will be taught proper checking, shooting, and passing techniques to reduce the risk of injury.

4. Hydration and Nutrition:

- Coaches encourage players to stay hydrated

Injury Management

1. Concussion Management:

- Coaches receive specific concussion training that includes education on signs and symptoms, removal from play, and a return-to-play protocol.

2. Heat Illness Prevention:

- Coaches receive guidelines for practice and game modifications during extreme heat conditions.

3. Incident Reporting:

- Coaches will discuss identified injuries and incidents with parents

Concussion Form

- Wisconsin State Law
 - Recognize signs, symptoms, and behaviors of concussions
 - Player is removed for practice/play if concussion is suspected
 - Parent/guardian's responsibility to seek medical treatment if a suspected concussion is reported
 - Player can return only after a written clearance from a health care provider is submitted to coach
 - Coaches are not qualified to make medical decisions to return athlete to the game
- Coaches, parent/guardian and players need to review and acknowledge concussion awareness document

Clothing Orders

- Merchandise orders are fulfilled locally and offer local pickup
- <https://rge-store.com/collections/oregon-lacrosse>
- Portion of profits go back to the club
- Preseason sale going on now. Use code **OLAXPreseason10**



Oregon Lacrosse Digital Print Tee
Orange, Black or Gray v1

From \$19.99 USD



Oregon Lacrosse Sublimated
Hoodie, Unisex, Youth V5

From \$39.99 USD



Glitter Digital Print Pullover
Hoodie-Orange Glitter Flake Unisex,
Youth, Women V4

From \$35.99 USD



Oregon Lacrosse Athletic Shorts
Unisex/ Youth V5

From \$19.99 USD



Oregon Lacrosse Sport Tek Color
Block Embroidered Polo v1

From \$37.99 USD



Oregon Panthers Golf Umbrella V1

\$22.99 USD



Oregon Lacrosse 2 Stripe Trucker
Hat V1

\$22.99 USD



Oregon Lacrosse Twill Cap V2

\$19.99 USD



Oregon Lacrosse Racer Mesh Ball
Cap v1

\$19.99 USD

ducts/oregon-panthers-eye-black-stickers

Upcoming Fundraiser



Meat raffle, prize baskets, and 50/50 raffle to benefit the Oregon Lacrosse Programs. Call now to reserve your table. Reservations will fill up fast and participants must be at their table by 1:30. Bring your cash and excitement for the upcoming season!

Questions/Comments



**THANK
YOU**