



2023 PRE-SEASON INFORMATION

ST. MARY'S GIRLS' LACROSSE LEAGUE

Mission:

“To encourage and promote the sport of girls’ lacrosse for the benefit of emotional maturity and athletic development”

ST. MARY'S GIRLS' LACROSSE LEAGUE

SMGLL is a recreational league that believes in a positive experience for all athletes, regardless of experience or ability!



CODE OF CONDUCT

As a reminder, during the registration process you agreed to the following Code of Conduct. All spectators, volunteers and athletes are expected to follow the Code of Conduct. There is ZERO tolerance for violations and infractions will be addressed as soon as possible. Thank you for your support!

ST. MARY'S GIRLS' LACROSSE LEAGUE

• **CODE OF CONDUCT**

Players, coaches, officials, parents and spectators are to conduct themselves in a manner that demonstrates respect to other players, coaches, officials, parents, spectators and fans. In becoming a member of this organization, an individual assumes certain obligations and responsibilities to the organization and its participants. The essential elements in this Code of Conduct are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to themselves, their team and their organization. It is only through such conduct that our organization can continue to earn and maintain a positive image and make its full contribution to our sport and community.

The following essential elements of the Code of Conduct must be followed:

1. Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
2. The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
3. The safety and welfare of the players are of primary importance.
4. Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
5. Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates.
6. Grievances or misunderstandings between coaches, officials or any other parties involved with the organization should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
7. Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.
8. Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc, have been established to encourage and maximize participation, fair play and to promote safety. I/We agree to the above*



WOULD LIKE TO REMIND YOU:

These are **KIDS**

This is a **GAME**

Coaches are **VOLUNTEERS**

Officials are **HUMAN**

NO College Scholarships
will be handed out today

Board Members

President – Cynthia Lisa

Vice President – Kristen Haley

Secretary – Stacie Roy

Treasurer – Michelle Cox

Board Member-at-Large (Coach Coordinator): Renae Redmond

Board Member-at-Large (Lax-A-Daisy Coordinator): Kristen Haley

ST. MARY'S GIRLS' LACROSSE LEAGUE

SMGLL is an entirely volunteer run organization

We Need YOU

Fundraising – Swag sales, spirit nights, Lax A Daisy

Team Parent – Support the coaches, distribute swag, communicate,
coordinate

Lax A Daisy – Support Coordinator

Field Assistant – Keep time, score, sideline management, line fields

Team Photographer

Uniforms – Distribution

Other – GEAR, Fields

COACHES

Have a special talent? See a need you can fill? SMGLL is an entirely volunteer run organization and we would LOVE your help! Let your coaches or a Board Member know you are ready to help!

Spring 2023 - Important Dates

2/22 - 14U OPTIONAL MEET & GREET

2/27 - 14U FIRST PRACTICE DATE, ALL OTHERS OPTIONAL MEET & GREET

3/17-18 - OPENING WEEKEND

TBD - ICEBREAKER TOURNAMENT (LOCATED IN CHARLES COUNTY - OPTIONAL)

4/8 - NO GAMES, EASTER WEEKEND

4/15 - ST. MARY'S COLLEGE YOUTH DAY (WOMEN'S GAME @ 3 PM)

TBD - HIGH SCHOOL YOUTH DAYS

5/6- FINAL GAME WEEKEND

5/13 - LAX-A-DAISY (LANCASTER PARK)

Spring 2023 - Overview

PRACTICES:

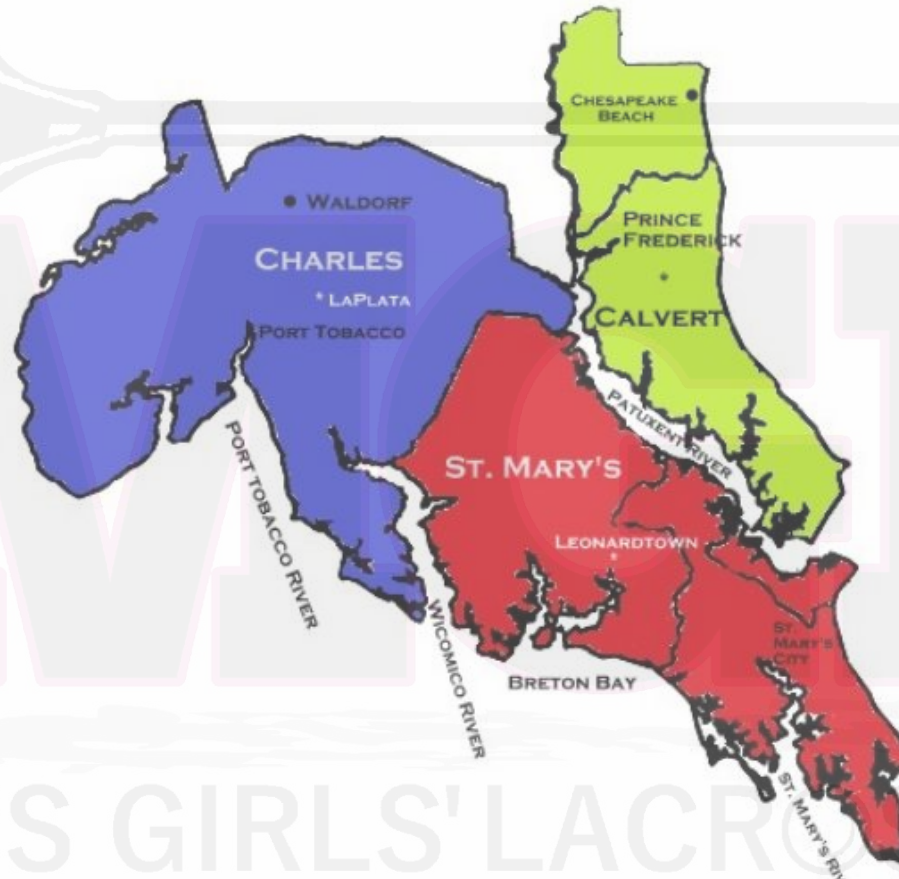
- BEGIN 2/27 & 3/1

GAMES:

- SCHEDULE EXPECTED EARLY MARCH
- BEGIN 3/17-18
- PRIMARILY SATURDAYS, BUT POSSIBLY FRIDAYS & SATURDAY NIGHT
- HOME GAMES WILL BE PLAYED AT DORSEY FIELD AND LANCASTER PARK
- AWAY GAMES: TURKEY HILL PARK (CHARLES), HALLOWING POINT PARK (HUNTINGTOWN), POTENTIAL ADDITIONAL LOCATIONS

TRI COUNTY LAX

CHARLES
COUNTY
LACROSSE
CLUB (CCLC)



HUNTINGTOWN
YOUTH CLUB
(HYC)

ST. MARY'S GIRLS' LACROSSE LEAGUE
THREE DIFFERENT ORGANIZATIONS WITH COMMON RULES,
REGULATIONS & ENFORCEMENT

Spring 2023 - What's New

RULES & EQUIPMENT

- **Jerseys**
 - Either re-use from last year or purchase a new one!
- **Reminder that players wear a black kilt as part of the uniform! Please purchase asap!**
- **USA Lacrosse 2022 Rules Information:**
 - <https://www.usalacrosse.com/girls-and-womens-rules>
 - www.smgl.org → Documents →

ST. MARY'S GIRLS' LACROSSE LEAGUE



SPIRIT STORE
OPEN

KNIT GLOVES

SUMMER TANK TOPS

STICKERS

MAGNETS

To purchase any of these items, please
email cynthia.lisa@smgll.org

To visit our SquadLocker store, go to:
<https://teamlocker.squadlocker.com/#/lockers/st-marys-girls-lacrosse-league>

LACROSSE LEAGUE

LAX A DAISY

COORDINATOR: KRISTEN HALEY



May 13th @ Lancaster Park (May 22 Rain Date)
2023 Information On the website and VOLUNTEERS needed!!



Is your player interested in taking her lacrosse game to the next level?



- Purpose:
 - Develop the skill and talent level of players in a highly competitive atmosphere while encouraging a passion for the game of lacrosse
- Fall season
 - End of September- End of November
 - Practice: Typically on Sunday
 - Tournaments: 2-3 in November
- Summer season
 - End of May - End of June.
 - Practice: 2 - 3 weekdays
 - Tournaments: 3-4 in June

We hope to have an SMGLL/Jets Info Night sometime during the month of April and will send out more information when we have details!



2023 Fall/2024 Summer Season Tryouts

HS graduation years 2025/26/27/28/29/30/31/32
2023 - 2024 school year grades: 4 - 11



Tryout Dates are TBD (expect July!)



HS Graduation Year	Approximate Player Fee	Approximate Player Fee + Uniform and Pinnie
2025/26/27	\$960.00	\$1,045.00
28/29/30/31	\$560.00	\$645.00

For more information go to
www.jetslax.com or contact
somdjetslax@gmail.com



**Have an amazing and fun season of
lacrosse!!**

**We can't wait to see everyone out
on the fields!!!**

ST. MARY'S GIRLS LACROSSE LEAGUE

QUESTIONS?

Ask your coaches, any Board Member or email

cynthia.lisa@smgll.org