

(Q) How much will it cost to play Mustang Lacrosse this year?

Our spring season player registration for 2017 is \$500 for the boys' teams, and \$350 for the girls' team. It includes the cost of coaches, referees, player uniform, and use of municipal and school athletic fields.

Players are required to supply their own individual equipment including stick(s), helmet, gloves, shoulder pads, elbow pads, cleats, and protective cup. Additionally goalies are required to provide their own equipment such as throat guards or specialty gloves and sticks. All helmets must be certified by the National Operating Committee on Standards for Athletic Equipment (NOCSAE) to participate in Mustang Lacrosse; therefore "hand me down" helmets are not recommended.

For insurance reasons, all Mustang players are required to be members of US Lacrosse. This year an annual youth membership in US Lacrosse cost \$35.00. In addition to on the field insurance coverage, the membership also provides a monthly newsletter, discounted purchase options for equipment, as well as other resources and services to specific to lacrosse players and coaches. For more information refer to: <http://www.uslacrosse.org/membership/member-discounts>

(Q) My child plays other sports in the spring. What kind of time commitment is involved to play Mustang Lacrosse?

Our teams typically practice 3 days a week, and have a game on Saturday. Occasionally there are weekday afternoon games towards the end of the season. The season generally runs from the middle of February until the middle/end of May. The practice schedule is set officially by each team coach as a function of their availability as well as the availability of athletic fields. The Mustangs offer both competitive and developmental (i.e. recreationally focused) teams. Participation in other sports by those intending to play on competitive Mustang teams is highly discouraged and generally not allowed.

(Q) If something unforeseen happens or I change my mind before the season starts, is my registration fee refundable?

Each season Mustang Lacrosse incurs significant cost to purchase uniforms, hire coaches, and reserve athletic fields - the quantity and extent of which are all based upon the number of registrants. For this reason, no refunds will be granted after registration.

(Q) My child wants to play lacrosse but has no experience. Is that problematic in terms of participation this year?

*Every year Mustang Lacrosse has boys and girls that participate that are new to the sport, and we welcome **all** experience levels. Player development is usually faster for those with natural athletic ability; however we have found that a positive attitude and a "best effort" approach at each and every practice is the **most important** factor to rapidly close the gap with those that are more experienced.*

(Q) Who and Where do the Mustangs play? Is there travel involved?

The primary Mustang home field is the recently completed Encinitas Community Park, just south of Santa Fe Drive and west of I-5. Practices and home games in recent years have also occurred at other

schoolyard athletic fields located in close proximity. Due to extremely high public demand for field use, these locations can (and do) vary from year to year.

Our teams play in SDCLA (San Diego County Lacrosse Association). Last year our league consisted of over 90 teams in two divisions. Division I is for players in grades 6-8 and Division III is for players in grades 5-6. Regular season league play for 2016 lasted from March 5 through May 14. Playoffs and an All Star game followed at the end of the season. Travel throughout San Diego County should be expected, including occasional weekday afternoon travel. No travel outside of San Diego County is required.

(Q) Mustang Lacrosse seems like a terrific organization. How can I get involved?

Mustang Lacrosse is a 501(c) not for profit entity – therefore volunteers are the life blood of our organization. Each season volunteers are needed to assist with items such as field preparation, stat books, scoring tables, fund raising, and host of other functions necessary to put on the show each Saturday from February to May. No lacrosse experience is required. If you would like to get involved please contact info@encinitaslax.org.