

Dear LAX Families,

Well, ready or not, here we go! Welcome to the 2018 lacrosse season. I want to begin by thanking all of you in advance for all the help and support that so many of you provide for the team. I want to thank coach Ruben for all of his time and effort leading up to this first day and for everything we are about to undertake. I want to thank the board members: Shawn Palicke, DD McCollom and Renee Wise for all the extra things you do to help this program thrive. Finally I want to thank Mr. Vigus and the sports boosters for all of the help and support they provide for our sport.

As the person who tries to keep everything organized, communication is always my number one concern. These emails, uticalax.org, and Remind texts are the three ways we keep everyone in the loop, but they don't work very well unless everyone is "signed up" or knows about them. All players will be getting an "information page" tomorrow at practice highlighting these methods of communication. If you are getting these emails, and you are not going to be involved with the team this season, please reply back so that I can remove you. If you are able to receive text messages, please make sure you sign up for Remind texts by texting "@uhslax" to 81010. Lastly, all team information will always be listed on the the team website - uticalax.org. Schedules are never printed, but always update here with the date the changes were made.

Coach Ruben has classes on Thursday nights so there will not be any practices on this night of the week. All other practices will be M, T, W and F from 4:00 to 6:30 behind the high school and the kids will meet at the building that houses the bathrooms. Please make sure your child dresses for the weather. The beginning (middle and sometimes end) of the season is always cold and we do practice no matter the temperature. In fact, we are off to a pretty good start considering three years ago we spent the whole first week shoveling the practice field so the kids could actually do something the second week.

Please remember the club's two main rules. All paperwork is to be turned in before a player can practice and game jerseys are only provided once payment is made in full. The required packet is attached to this email, will be handed out tomorrow at practice and has been listed on the web site. Our first game is March 27th, so final payment (of \$300.00, down from 380.00) is due by then.

More information will come home shortly regarding apparel orders, fan shirts, helmet stickers, and I'm sure a host of other things that will need to be taken care of. The last thing coach Ruben wanted me to stress is to make sure parents check the web site BEFORE buying any new sticks. There are new requirements for this year and he just wants to make sure no one wastes any money by purchasing a stick that is not "college ready". Here is the information you need to know about...

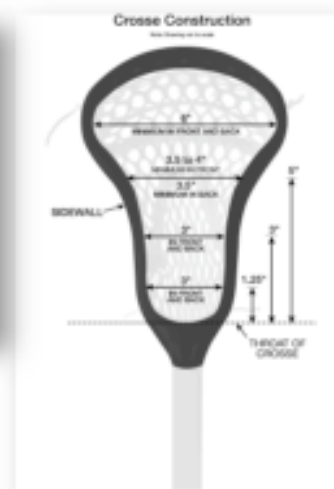
CROSSE DIMENSIONS 2018

RULE 1-6-1

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- Beginning in 2018, minimum stick specifications shall be as follows:

Measurement from throat (inches)	Minimum distance between narrowest point of head (inches)
1.25	3 (all measurements)
3.0	3 (all measurements)
5.0	3.5 to 4 on front, 3.5 on back
Widest point	6 (all measurements)



Good luck tomorrow boys, here's to a great season,