

## Player Eligibility

- **PLAYER ELIGIBILITY**  
Students in grades 8 through 12 who will be or currently enrolled at Hickman High School
- Students in grades 8 through 12 who are home schooled or attend a private school and live in Hickman district.
- Students in grades 8 through 12 who attend a school that does not offer lacrosse, and Hickman is the nearest school to them.
- *Students must academically be passing at least five classes (grade cards are required prior to game participation.)*

## Family Involvement

- All parents are encouraged to participate in one or more club committees.
- All players are required to participate in fund raising events.
- All players (and parents) are expected to support coaches and all members of the Hickman Lacrosse Club at all times.
- Player/parent meetings are held the second Wednesday of each month beginning in September and ending in March.

## Lacrosse Websites

- MSLA/Missouri Lacrosse - [www.molax.org](http://www.molax.org)
- Inside Lacrosse - [www.insidelacrosse.com](http://www.insidelacrosse.com)
- Lacrosse Tips - [www.laxtips.com](http://www.laxtips.com)
- Lacrosse links - [www.laxlinks.com](http://www.laxlinks.com)
- Online lacrosse magazine and superstore - [www.e-lacrosse.com](http://www.e-lacrosse.com)
- **TO SHOP**  
Great Atlantic Lacrosse Company - [www.lacrosse.com](http://www.lacrosse.com)
- Lax World- [www.laxworld.com](http://www.laxworld.com)
- QC Lax - [www.qclax.com](http://www.qclax.com)

**Hickman Lacrosse**

**P.O. Box 10301**

**Columbia, MO 65205-0301**

**Hickmanlacrosse.org**

**"OUT WORK, OUT PLAY,  
OUT HUSTLE!"**

# Hickman Boy's Lacrosse Club



**Established  
2002**

HICKMANLACROSSE.ORG

## The Game

Lacrosse is a ball and stick game that uses two, 10-player teams. Each team has four positions:

- Attack—Offensive/scoring position
- Defense—Responsible for defending the goal
- Mid-field—Cover the entire field and play both offense and defense
- Goalkeeper—Responsible for keeping the opposing team from scoring

There are three attack, three defense, three mid-fielders, and one goalkeeper. Players in each position must master the basic skills of catching, throwing, cradling, and scooping the ball while in motion. The object of the game is to shoot a five-ounce rubber ball into your opponents net while preventing them from doing the same.

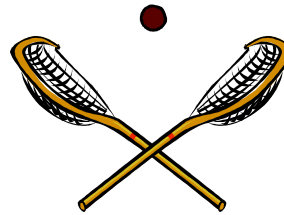
### Teams: Based on skill level/ability

- Freshman/Developmental— For players who are developing basic skills.
- Junior Varsity
- Varsity

## The Club

Hickman Lacrosse is a club sport governed and financed solely by its members. There is a governing board comprised of four elected officials and five committee chairs (all are team parents) each serving a one-year term.

Operational expenses financed through registration dues and club fund raising include, (but not limited to) coaching staff and their expenses, referee fees, field fees, MSLA dues, tournament fees, team equipment, (balls, nets, etc.) and awards banquet.



## Practice/Games

- Pre-season conditioning begins in February 2-3 times a week.
- Mandatory daily practices begin March 1 at the open field behind the ARC.
- Games begin mid-March and run through May.
- Home games hosted at Cosmo Park.
- Away games will be played within a three-hour radius of Columbia and usually on weekends. Car-pools/caravans will be arranged for all away games.

## Cost

- A Registration Fee is required per player.
- Each player is required to be a member of US Lacrosse.
- **Full payment due on or before the December meeting.**
- **All fees must be paid in full before a player will be permitted to participate in practices and games.**
- The club will provide each player with the team uniform, which consists of one home jersey and shorts, one away jersey and shorts, and one mouth piece. A uniform deposit is required at the beginning of the season. Players are responsible for misplaced or damaged uniform pieces.
- New players are required to purchase a team helmet.
- New players will also need to purchase gloves, arm pads, and shoulder pads. Items can be purchased through the club or on your own.
- Players also need to purchase a stick on their own. The coaches can help determine which one would be best for each player depending on position.
- Lacrosse equipment may be purchased locally from MC Sports or online.
- For current costs and information, check our website at [hickmanlacrosse.org](http://hickmanlacrosse.org)