

Player Eligibility

PLAYER ELIGIBILITY

- Students in grades 9 through 12 who will be or currently enrolled at Hickman High School
- *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.

Lacrosse Websites

- MSLA/Missouri Lacrosse - www.molax.org
- Inside Lacrosse - www.insidelacrosse.com
- Lacrosse Tips - www.laxtips.com
- Lacrosse links - www.laxlinks.com
- Online lacrosse magazine and superstore - www.e-lacrosse.com
- **TO SHOP**
Great Atlantic Lacrosse Company - www.lacrosse.com
- Lax World- www.laxworld.com
- QC Lax - 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 played by 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

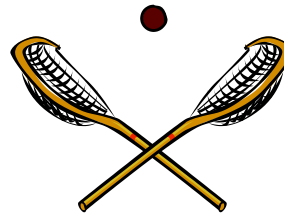
There are three attack, three defense, three mid-fielders, and one goal-keeper. Players in each position must master the basic skills of catching, throwing, cradling, and scooping the ball while in motion. The object of the game is to shoot a five-ounce rubber ball into your opponents net while preventing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

Teams: Based on skill level/ability

- 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 elected officials and 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

- Off-season conditioning conducted
- Mandatory daily practices begin in late February at the practice field behind the ARC.
- In mid-March, we travel to Louisville, KY for the annual Ice Breaker Tournament.
- Regular season games begin mid-March and run through May.
- Home games hosted at Hickman Stadium or 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.
- **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 or rent 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 Play It Again Sports, Dick's Sporting Goods or MC Sports. Team discounts available.
- For current costs and information, check our website at hickmanlacrosse.org