



Monthly Newsletter, February 2021

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March Registration Is Live!

- Registration for March 8U-14U can be found here:
https://lamorinda-lightning-lacrosse.leaguemanagement.uslacrosse.org/usl_users/usl_users/login
- Registration for March High School can be found here:
<http://www.lamorindalacrosse.com/Registration/Default.asp?n=92618&org=lamorindalacrosse.com>

Practice Times TBD

- We have received our field allocations for March thru May and will communicate practice times shortly.

We Need Your Help!

- We are looking for (at least) one Parent/ Guardian coach to be teamed up with one high school/ college age coach. Please let Molly or Colin know if you are interested in helping coach.

The Coaching Clinic was a Success!

- On Saturday Feb 20, Coach Molly and Coach Colin hosted a clinic for parents and players to teach technique and concepts for u10 and u8 age groups. It was a great time for parents and great reps for kids. Stay tuned for more parent and player clinics!

Lamorinda Lacrosse High School Programs

- We are excited to announce that Lamorinda Lacrosse will be offering Spring and Summer programs for high school boys and girls in 2021. Our goal is to provide practices, host friendly games, and participate in local tournaments. Please help us spread the word! Spring registration is now open.

THIS MONTH'S
Letters From Directors



From the Girls' Director

Hi Lamorinda Families!

I hope everyone is staying safe and healthy. We are excited to be transitioning from a clinic setting to a team setting in March. I hope the girls have enjoyed the clinics as much as we have, but I'm sure they will be equally as excited as to start playing on a team again!

As you can all imagine, the team format will be different than it has been in the past. March will have its own registration and will consist of practices only. Then we will offer a separate registration for April and May. Games will be scheduled for April and May. Additionally, there will be no tryouts and no A or B team. Teams will be broken up by age group and girls can request to be placed on a team with their friends. More details to come!

Please do not hesitate to reach out with any questions. I look forward to seeing you all out on the field! Thank you for your continued support of our program!

Best,

Molly Kuptz

From the Boys' Director

Exciting News from CDPH!

The California Department of Public Health has updated its guidance on youth sports. The new guidance allows both boys and girls lacrosse to be played in any tier, as long as the adjusted case rate is lower or equal to 14 per 100,000. These rules will go into effect Feb 26, 2021. What does this mean? It means we can play “lacrosse as we know it” starting in March.

Official documentation from the CDPH can be found here:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

The rules and guidance are changing rapidly and we expect more information in the next 7 days. Because this information is so new, we will only hold practices in March and look to schedule games in April and May. Start sharpening those stick skills and get ready for contact. Lacrosse is a go!

Colin Knightly


Congratulations Gracie Mccauley on committing to Albany!!!



From Lamorinda Lacrosse to Division 1, Way to Go Girls!



L to R: Emmerson Bohlig- Miramonte, Northwestern
Grace Gebhardt- Acalanes, UC Davis
Gracie McCauley- Campo, Albany

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