

Criteria of Content Form

1. Time Requirement

Duluth will field a Varsity, 2 Junior Varsity, and U15, U13 and U11 teams in the Spring of 2013. At the high school level, we anticipate approximately 60 kids participating between 9th through 12th grade, with approximately 65% of these kids coming from the Duluth School District.

The Duluth Varsity boys will play a 13 game schedule plus playoffs and a tournament in Grand Rapids. The Junior Varsity squads will play 17 games between the two teams, plus playoffs and the Grand Rapids tournament. More games are being scheduled for the JV squads as well. Practice will be approximately 2 hours per night, at least 4 days per week starting March 11 and extending until early June depending on how far the team goes in playoffs.

The girls team will also practice at least 4 days per week for 1.5 hours and play a schedule that includes 10 games plus playoffs. **Including practice and game times for three high school boys teams, in addition to the girls team, Duluth lacrosse will exceed the 150 hour time requirement criteria.**

2. Requirement for public contests, performances, and/or competitions

The Duluth Chargers participate in the Minnesota Boys Scholastic Lacrosse Association (MBSLA). The MBSLA is the oldest lacrosse league in Minnesota, in existence prior to lacrosse becoming a MSHSL sport. Prior to the MSHSL, all lacrosse teams in the State of Minnesota were club teams that participated in the MBSLA. Teams in the MBSLA compete in organized playoffs for a state championship for both Varsity and JV. Players in the MBSLA can be recognized as all-conference, all-state and all-american.

In 2013, this league is composed of 4 Divisions (North, South, East and West) and 21 teams. Duluth competes in the MBSLA North with Proctor, Grand Rapids, Brainerd, Fargo and Grand Cities (Grand Forks, ND).

The girls lacrosse team competes in the Northcentral Schoolgirls Lacrosse Association (NSLA). Only 9 teams still compete as club lacrosse teams in the State of Minnesota. The remaining girls lacrosse teams (64) compete on school sponsored varsity level teams in the MSHSL. Teams in the NSLA compete in organized playoffs for a state championship for Varsity level lacrosse teams.

The Duluth Nighthawks will compete against Brainerd, St. Cloud North, Rocori, Grand Rapids, Mankato, Monticello, Shakopee and St. Paul in 2013.

Playing in established leagues with set schedules and publicly competing with other teams in their respective leagues for Division and State Championships satisfies the criteria for public contests, performances and/or competition and level of performance.

3. Level of Performance and Lettering Requirements

Players competing at the Varsity level in both boys and girls lacrosse will qualify for **Varsity letters** if they meet the following requirements:

1. Play in at least **50%** of scheduled Varsity games. "Play" in that sentence means that they must be in the game for more than one shift.
2. Attend all practices and games unless excused by the coach. This means that the coach needs to be contacted (preferably by e-mail or text) prior to the practice, the sooner the better.
3. Honor the game by exhibiting a positive attitude, good sportsmanship, commitment and effort toward team goals.
4. Participate in team fundraising.
5. Return all assigned equipment.
6. If a player does not finish the season for medical reasons, the coaches will determine if a letter should be awarded.
7. The coaches reserve the right to withhold letters from players who display conduct and attitudes detrimental to the team, regardless of participation.
8. All lettering decisions are at the discretion of the coaching staff and athletic department.
9. Players who begin the season on JV can receive Varsity letters if they are moved up during the season. Moving players up will be based on the Coach's discretion.
10. Any player dedicating himself for 4 years of participation in high school lacrosse but does not meet the playing time requirement will be issued a letter at the end of the season.

We are requesting that both boys and girls lacrosse athletes receive letters when they meet the above lettering requirements.

Background Checks for Coaches

US Lacrosse, the governing body for the sport of lacrosse in the United States, requires background checks for all coaches and people working with kids on the lacrosse field and conducts those checks for every team. The Duluth Chargers and Duluth Nighthawks have background checks conducted by US Lacrosse that are available upon request.

Duluth Chargers Game Schedule:

JV1 and JV2 Schedule

4/14 Away Montiquois
4/17 Proctor
4/20 Away-St. Paul
4/20 Host Anoka (2 Games)
4/21 Away - Hudson
4/27 Away Chisago (2 Games)
5/4 RAPIDS TOURNEY both teams (3-5 games)
5/9 Away Grand Rapids
5/11 Brainerd Varsity
5/12 Chisago Lakes (2 games)
5/16 Grand Rapids
5/22 Proctor Varsity

April 13 at STMA
April 14 at Montiquois
April 20 at St. Paul
April 21 at Hudson
April 24 at Proctor
April 26 Brainerd
April 27 Fargo
April 28 at St. Cloud
May 4&5 GRAND RAPIDS TOURNEY
May 9 at Grand Rapids
May 18 at Grand Cities
May 19 at Fargo
May 25 Conference Tournament
May 29 MBSLA playoffs begin
June 8 STATE CHAMPIONSHIP

Practices for all high school teams begin March 11

Duluth Nighthawks Game Schedule:

Varsity and JV Schedule:

April 13 at Monticello
April 13 vs. St. Paul at Monticello
April 14 vs. St. Cloud North at Monticello
April 14 vs. Shakopee at Monticello
April 14 vs. River Lakes at Monticello
April 20 Brainerd
May 5 vs. Monticello at Grand Rapids
May 12 vs. Mankato at Shakopee
May 12 at Shakopee
May 17-19 State Tournament

Practices begin April 1

