North Attleboro Youth Lacrosse (NAYL) - Frequently Asked Questions

When does the season start for practices and games?
Our season begins in late March/early April and runs into early/mid June.
See additional information about Winter Skills and Drills!

What league does NAYL participate in?
NAYL (aka Big Red Lax) participates in the Southeastern Region of Mass Youth Lax. Check out their website here: Mass Youth Lax

Who can take part in North Attleboro Youth Lacrosse?
Boys and Girls who live in North Attleboro in grades Kindergarten through 8th grade.

What is the difference between Classic teams and Select teams?
Classic teams are for boys and girls in Kindergarten through 8th grade that want to learn lacrosse in a fun yet slightly competitive environment. All registered players are placed on evenly balanced Classic teams, with no tryouts required. There are no game standings and scores do not count. Classic is about learning the sport in a supportive & fun atmosphere.

NAYL Select teams are competitive teams for boys and girls in grades 5–8 that compete against other town Select teams. Players must be selected through tryouts and are required to also participate on a Classic team. For more information on Select teams see the following link: MYL Select Program Info

How are Classic Lacrosse teams organized?
Boys and Girls Classic teams are grouped into grade level cohorts as follows:
- Grade K, 1 & 2 (referred as Under 9 or U9)
- Grade 3 & 4 (U11)
- Grade 5 & 6 (U13)
- Grade 7 & 8 (U15)

What day of the week are practices and games?
During the season (April through mid-June) our Classic teams take part in 2 weekly practices. The days of the week and times will vary per team but will be consistent for the season. Boys Classic teams will likely have one weeknight practice and one Saturday morning practice. Girls Classic teams normally have two weekday practices.

Classic boys and girls games are always on Sundays. There are usually 8 games per season, however there could be an extra game added. Normally there are 4 home games (located at North High School) and 4 away games in nearby towns.

When does registration begin and end?
For the 2026 season we are aiming to open registration on October 26th. Registration is done via our website: North Attleboro Youth Lacrosse. We aim to complete registration by early December to ensure that any players who need a new uniform or a size upgrade receive it in time for the start of the season.

When will my player learn who their coach and teammates are?
In early to mid-March, prior to the start of the season, your players' head coach will reach out to introduce themselves and the players on the team.

What is Winter Skills and Drills?
Winter Skills and Drills are weekly indoor lacrosse training sessions run by NAYL coaches at Fore Kicks in Taunton. They take place from January through March. There is no additional cost for these sessions as they are included in the registration fee. These are optional sessions for players to attend as we know many kids have other winter sports obligations. However we recommend players take part in Winter Skills and Drills as much as possible to prepare for the lacrosse season.

How can I support NAYL or get involved as a parent?
NAYL is entirely run by volunteer parents. There are numerous ways to get involved.

- Team Parent: support the coaches with tasks such as field setups, communications, raffle ticket collections, etc
- Head/Assistant Coach: Most of our coaches have come with little to no experience coaching or playing lacrosse and learn as they go.These are usually people who love youth sports and enjoy seeing kids grow and develop as lacrosse players. NAYL supports their coaches with multiple trainings, certifications and providing practice drills etc. We have a dedicated Coaching Development board member. Coaches also work as great resources for each other by sharing practice drills. Have more questions on coaching? Feel free to reach out to our Boys and Girls Coordinators listed at the end of the FAQ.
- Board Membership: Our board members turnover usually when their player ages out after 8th grade. So there are often positions available. For more information contact info@nayouthlacrosse.com.
- Financial Support: When registering your player there is an option donate to North Attleboro Youth Lacrosse.

What is the cost per player per season?

- The cost per player for grades 3 - 8 is $290. For Kindergarten through 2nd grade it is $190. A $20 discount is provided for any additional siblings that register for the season. The tuition includes a required $45 fee for Mass Youth Lax registration. The registration fee covers the cost of field rentals, lacrosse balls, referee fees, goalie equipment, field maintenance, etc.
- Payment plans are available as an option when paying via credit card only. For financial aid with registration please e-mail a request to info@NAYouthLacrosse.com.

Is there a separate cost for Select?
Yes. If your player tries out for the Select team and is invited to join, the cost is $200 per player. Select tryouts are free for all participants in grades 5th through 8th. Athletes that play on a Select team, are additionally required to participate on an NAYL Classic team per MYL guidelines.

Generally how many coaches are there per team?
Usually there is one head coach and 2 or 3 assistant coaches per team.

What equipment does my player need?
Boys and Girls have different safety equipment requirements. See below.

Boys

- Boys Stick (crosse) *Note: Boy's sticks and girls' sticks are different. Boys stick requirements can change depending on the grade level, For any specific questions or concerns please reach out to info@nayouthlacrosse.com
- Lacrosse Helmet
- Mouthpiece/Mouthguard - must be a highly visible color. Players with braces can ask their orthodontist for a mouthguard.
- Boys Lacrosse Gloves *Note: Boys' lax gloves and girls' lax gloves are different.
- Lacrosse Shoulder Pads (Effective 01/01/2022 must comply with ND200 Requirements)
- Lacrosse Arm Pads
- Protective Cup
- Rib Pads (optional)
- Lacrosse Equipment Bag/Backpack (optional)

Girls

- Girls Lacrosse Stick (crosse) *Note: Girls' sticks and boys' sticks are different.
- Girls Lacrosse Eyewear/Goggles
- Mouthpiece/Mouthguard - must be a highly visible color. Players with braces can ask their orthodontist for a mouthguard.
- Girls Lacrosse Gloves (optional) *Note: Girls' lax gloves and boys' lax gloves are different.
- Girls Protective Helmet or Soft Headgear (optional)
- Lacrosse Equipment Bag/Backpack (optional)

Is any equipment provided?
No. Families are required to obtain protective gear and a lacrosse stick for their player. Listed below are locations where this equipment can be purchased. On occasion some vendors may have discounted starter kits. NAYL provides extra equipment required to play goalie.

- Dick’s Sporting Goods in North Attleboro
- Play It Again Sports in North Attleboro
- Lacrosse Unlimited in Franklin
- Monkey Sports in Norwood

What app is used for team communication?
NAYL utilizes the Demosphere app which ties in with the NAYL and MYL websites. The app is used for communications and contains game and practice schedules once added.

How far is travel for away games generally?
On average, a family will drive 20-30 minutes to the furthest away games. Most away games however are against surrounding towns such as Mansfield, Foxboro, Attleboro, Canton, King Philip etc.

What is the MYL Devens Jamboree?
The MYL Jamboree is the culminating annual festival for youth lacrosse in Massachusetts, hosted by Massachusetts Youth Lacrosse (MYL) at Rogers Field in Devens, MA.

It takes place over two weekends in early to mid-June, with teams divided by grade levels: older divisions (Grades 5-8) on the first weekend ("Legacy Weekend") and younger divisions (Grades 1-4) on the second ("Futures Weekend").

Each participating team plays three abbreviated games during their assigned weekend. The event draws hundreds of teams, many visitors, and is a festive, community-oriented wrap-up to the spring season.

Additional features include maps, schedules, rules of play modified for different levels (boys/girls), parking & logistics info, and venue rules (e.g. no grills, restrictions on tents, pet rules, etc.)

Our NAYL players and families love attending and participating in the MYL Devens Jamboree each year. Information on the exact dates and times comes out in early Spring.

Do uniforms need to be purchased each year?
No. They only need to be purchased if the player is new or the player has grown out of their current uniform. However, they MUST be purchased during registration in October/November.

Are costs for uniforms separate from registration and what is the cost? Uniforms are $84 (plus shipping @ $15). The uniforms include a top and shorts. They are purchased via Lax.com. The link to order the uniform can be found during the registration process. In order to receive the uniform timely please ensure it is ordered prior to 12/1.

Can parents select their player's number?
New players have the option of choosing a number that has not been claimed. Returning players are asked to keep the same number throughout their NAYL career. Please take notice when ordering uniforms if the athlete is ***NEW*** and the age group is correct. The website will provide a drop down with the available numbers.

Can I just buy a jersey or just shorts?
YES - Jersey only $42 | Shorts only $42 (plus shipping @ $15)

If a uniform is ordered by the deadline when is it expected to arrive?
Mid February

Can I change my players number if they prefer a different one?
No, we encourage all athletes to keep their number until they age out of the program. We do understand there may be circumstances that might come up so don't hesitate to reach out to ask.

Where can I buy apparel to wear?
We will be holding our first Apparel store on-line starting October 24th - November 7th. The information will go out via email and on socials. You can order right from the virtual store and can choose to pick it up at Impact (Cumberland RI) or have it delivered at a cost.

I missed ordering for the first NA LAX Apparel store, will there be another one?
Yes, we will hold two or more Swag stores during a season. We will be holding our first store October 24th - November 7th. The second store will be held in March or April.

Can I follow NAYL on Social Media?
Yes, we can be followed on Facebook and Instagram.
Instagram: northattleborolacrosse
Facebook: NA Big Red Lax

Who do I contact if I have additional questions?
Please e-mail us at Info@NAYouthLacrosse.com