



Prospective Player FAQs- Cedarburg High School (Boys)

Q: What is lacrosse?

A: Lacrosse is often called the fastest game on two feet, and is one of the fastest growing sports in the country from youth to professional levels. Often referred to as a Medicine Game, or Creator's game, lacrosse can be traced back as far back as the 12th Century to various Indigenous tribes in North America.

Modern lacrosse combines the strategy, speed, and skills found in sports like hockey, basketball, and soccer. There are 10 players on the field at a time (9 + 1 Goalie). Players use sticks to pass and shoot a ball into the goal of the opposing team. Games are typically played on a football field (or similar sized fields) that are lined specifically for lacrosse. Games are 4 quarters of regulation, plus any necessary overtime periods.

Q: Is lacrosse a Varsity sport at Cedarburg High School?

A: Yes it is. In addition, boys and girls lacrosse became a WIAA-sanctioned sport in 2024.

Q: When is the high school lacrosse season in Wisconsin?

A: The 2025 WIAA lacrosse season begins on March 17 (first official practice) and can go as late as June 14, which is when the State Championship is held.

Prior to the season, players will organize optional practices (or "Open gyms") typically on a Saturday or Sunday starting in December or January.

Q: When are practices during the season? When are games?

A: The Cedarburg Bulldog boys program practices Monday through Friday from 7pm - 9pm starting on March 17. Practices are typically held on the Cedarburg Football turf field. Sometimes practice times and locations will change if the football field is occupied for a different event.

The boys program currently has 15 games scheduled for the 2025 season, which include 6 conference games and 9 non-conference games. These games are typically set to be played on a Monday, Wednesday, or Friday, with the occasional Saturday game. We do a

double-header with other programs, where the JV team plays the earlier game around 5:30pm and Varsity plays around 7:15pm.

Q: How many Cedarburg lacrosse boys teams are there?

A: In 2024, the boys program had 32 players in our program and were able to field a JV team and Varsity team. Hopefully we can have that many players (or more!) in 2025.

Q: Is boys lacrosse a cut sport at CHS?

A: Boys lacrosse *is* a cut sport, but we have never needed to cut due to limited roster space, nor have we cut anyone due to skill level. We hold tryouts for the varsity team the first few days of the season. We will identify the players who give us the best chance to succeed at the varsity level.

Other players who we feel may require additional time to develop skills are given a spot on the JV team, where they will see more playing time and get more in-game experience.

In other words, do not worry if you've never played before. Do not worry if you are still learning how to play. Everyone is new to the sport at one point in their life. Come try out, have fun, and we'll find the best spot for you to succeed.

Q: I am a new player and am interested in lessons. Who can I contact?

A: You can contact Tip Kress, the Boys Varsity Head Coach (tkress@cedarburg.k12.wi.us) or Shannen Larsen Van Alstine, Girls Varsity head coach (slarsenvanalstine@cedarburg.k12.wi.us).

Q: What costs are involved to play?

A: Registration

Registration for a CHS sport is \$100.

Equipment

Players are responsible for providing their own lacrosse equipment. The school provides practice jerseys and game uniforms.

Below is a list of required equipment for boys lacrosse and average cost range for NEW equipment:

- *Full Stick- \$80 - \$200
- Helmet - \$300
- *Shoulder/chest pads - \$115 - \$180
- *Gloves - \$100-\$200
- *Elbow pads- \$50 - \$150
- Cleats - \$50-\$150
- *Cup - \$17 - \$30
- Mouthguard - \$2 - \$25
- Throat guard (Goalies only) - \$40

**Equipment price may vary depending on position played*

Optional safety equipment

- Rib guards - \$40 - \$80
- Q-Collar - \$200

Team-specific gear

- Warm-ups (sweatshirt, sweatpants, t-shirt) - TBD
- Team Jacket - \$122

**Used equipment can be found at places like Play It Again Sports, or online on Facebook marketplace, Sidelineswap.com, and other sites. It also might be worth reaching out to a graduating or non-returning player to inquire about a helmet or other equipment.