



# Best Practices for CCSD Field Usage: Lacrosse

Sports like lacrosse, where activity is concentrated in a small area, can cause excessive field damage in those specific areas. In lacrosse, the crease area around the goal is a highly used area where the field gets excessive wear. To keep our fields in the best condition for your use and others', we have developed these "Best Practices for Field Usage". We request that you utilize these and other techniques for your practices so that fields do not get excessively damaged, which then can cause field closures for repair. Your help is important.

- 1) Please rotate high usage areas, if possible, by locating the goals in different parts of the field on different practice days.
- 2) Plan drills and activities to use all areas of the field. Run different drills in different parts of the field so that the field usage is spread out and not concentrated in high usage areas. For example, the area behind the goal is usually in good shape and can be used for passing drills. In addition, avoid high usage areas during conditioning.
- 3) If you can, practice on half of the field - one half for your first weekly practice and the other half for your second weekly practice.
- 4) Do not extend your time on the fields. Your permit shows your approved time; please do not extend before or after this time.
- 5) If you have suggestions to help keep the fields in good working order, please share that information with us and we will work with our Ground department. Our goal is to have playable fields for all users.

Thank you for your assistance.