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February 2, 2026

Dear Coach,

Thank you for volunteering your time to coach Sticklets / Little Laxers lacrosse this spring. Adult involvement is extremely important to all participants in youth programs. Volunteers are what help keep our Rec. programs successful. Sticklets and Little Laxers are 6-week long programs where practices and mini games against ourselves are held on Wednesdays; Sticklets @ 3:30 - 4:15pm and Little Laxer @ 4:30 - 5:30pm at the Rec. Park on 9A. (412 Brach Road, Wells)

Sticklets and Little Laxers are scheduled to begin on **Wednesday, April 30<sup>th</sup>** and go until **June 4<sup>th</sup>**. During this program all the kids will work on basic skills such as throwing, catching, cradling, and ground balls. We will split into teams on week 2, doing activities such as relays and team challenges; the Little Laxers will learn how to play small-sided games. Each week there will be a written practice plan for referencing drills and activities for coaches to follow. Most of the large group basic skill activities will be directed by me; coaches will be making sure their team is on task during challenges and games.

The Little Laxers group will be playing 1 or 2 games against other town's grade 1-2 teams ☺. The games will be against teams such as North Berwick, Kennebunk, Sanford, and York. These games maybe all girls, all boys, or co-ed; played on additional dates. We encourage everyone to try and participate in these games but do understand some people will have conflicts as these are extra dates outside of our posted program dates. Once I get our older team's schedules finalized, I will be working on these fun playday dates. More information to follow.

If you have not coached for Wells Rec. this year, please fill out the coach's application, and background check. You can either email them to me or drop them off at the Rec. office. If you have any questions, please feel free to contact me at Wells Recreation 646-5826.

Sincerely,  
Marilyn Wallace  
Assistant Director  
Wells Parks & Recreation