

OAKLAND ATHLETIC LEAGUE POLICY COMMITTEE

OLC PROPOSAL





Mission: Through lacrosse we support Oakland Public School students in becoming healthy, confident, and self-empowered youth who effectively navigate systems, overcome challenges, and achieve their education and life goals.

Vision: Founded in 2012, Oakland Lacrosse Club believes youth from Oakland Public Schools have unlimited potential — and lacrosse can unleash it. Everything we do is about breaking down the barriers that keep kids from Oakland Public Schools playing sports and reaching their potential. Our vision is to expand our program to every Oakland Public school from elementary to high school creating healthy, confident, empowered youth.



A SPECIAL
PROPOSAL FOR

**OAKLAND ATHLETIC LEAGUE
POLICY COMMITTEE**



MEET CESAR '24

MIDDLE SCHOOL TO HIGH SCHOOL TIMELINE



2018

7th-grade Cesar is introduced to lacrosse through Fall P.E. Outreach at West Oakland Middle School.

2019

He joins the BU14 team in the spring.

2020

He begins 8th grade and attends OLC's Fall Ball Clinics.

2021-
2022

Cesar translates documents to his aunt so that his cousin, Daniel, can join the OLC Family too.

The Spring Team Experience gets impacted by COVID-19 but Cesar opts into high school pod play and the fall academic mentorship program.

2023-
2024

Cesar continues his commitment to playing lacrosse and bettering himself. His leadership stands out on the JV team. He also applies to OLC's paid work opportunity through Summer Ambassadors and is hired.

Beyond the lacrosse field, Cesar seizes every opportunity. He returns to the Summer Ambassadors Program, attends the San Diego World Games, participates in Summer Play Days, and visits the Accel-KKR with OLC.

Cesar will graduate from Oakland Technical High School and play his final season with Oakland Lacrosse in Spring 2024. Cesar hopes to continuing to play lacrosse next year in college. He applied to several schools as a business major and is waiting to receive decision letters. He has already received a \$112,000 scholarship to St. Mary's College of California.

OLC YEAR-ROUND MODEL

FALL/WINTER

- P.E. & after-school outreach
- Clinics & Local Tournaments
- TAG Mentoring Program-Ten-week intensive one-on-one mentorship program for 30 returning players

SPRING

- OAL Spring Season. 8 Middle School Teams and 5 Girls High School Teams
- Enrichment workshops focusing on mental health and wellness as an athlete

SUMMER

- Drop-in Clinics from June to August
- Travel Tournaments
- Summer Ambassadors
 - Coaches training program for high school players in partnership with 21 sites through AIM High and Oakland Parks & Recreation

YEAR-ROUND

- Mentoring and wellness with OLC Staff
- College counseling through ESM Prep for 11th & 12th graders
- Opportunities for players to partake in supportive relationships, sense of belonging, and self-efficacy



over **260** hours of leadership academic, wellness, and programming per player

over **40** hours of 1-on-1 mentorship with dedicated program coordinator

6,000+ youth exposed to the sport of lacrosse from grades 3-12

2,000+ OUSD
students exposed to lacrosse
each year through P.E.
classes

223 players from
grades 6-12 across 14 teams

11,700 hours
of programming in 2023

9 OUSD partner schools

98% of players
claim they feel more confident
about their future

92% of players reported having
better overall well-being because of
relationships with their peers and coaches

70% year-to-year retention rate



OLC'S SUCCESS IS ACHIEVED THROUGH OUR YEAR-ROUND PROGRAM OPTIONS. THESE RELATIONSHIPS SPECIFICALLY DEVELOP THROUGH THE SPRING TEAM EXPERIENCE, 1-ON-1 MENTORING, SUMMER AMBASSADORS, AND OUTREACH.

OLC HISTORY WITH OUSD AND OAL

2012 OLC offers lacrosse in middle school PE classes and after school programs.

2013 OLC funds and supports club teams at Oakland Tech and Skyline High School. Builds middle school program, students from multiple schools and based at Laney College.

2014 OLC becomes an official community partner with OUSD.

2017 In collaboration with Oakland Athletic League, OLC establishes Oakland Tech Girls Lacrosse program as an official varsity team (OAL/CIF Sanctioned).

2021 In partnership with OUSD and the Oakland Athletic League collaborate to address Title IX challenges by building an OAL Girls Varsity Lacrosse League.

**Inaugural teams include Oakland Tech, Skyline and Oakland High)*

2022 OLC adds Castlemont High School to Girls Varsity Lacrosse League.

2023 OLC adds McClymonds High School to Girls Varsity Lacrosse League. The first-ever OAL Lacrosse Championship Game is hosted at McClymonds High School.

2024 OLC deepens the partnership with the Oakland Athletic League and expand access and opportunity to OUSD youth by building OAL middle school league for boys and girls.

**Inaugural league included four schools: Bret Harte, Brewer, Elmhurst, and Roosevelt*

OLC, OUSD, AND OAL PARTNERSHIP

OLC	SCHOOLS	OAL
<ul style="list-style-type: none"> - Funds player and field equipment costs - Recruits and Trains coaches - Introduces lacrosse in PE classes - Establishes rules and coordinates schedules with officials - Creates practice and games schedule - Recruit players and their families to try and join lacrosse activities - Supports participants in OAL registration process - Supports players in their lacrosse, academic, wellness, and leadership development 	<ul style="list-style-type: none"> - Provide field access during spring season - Collaborate with OLC staff on identifying players for the program and create pipelines for OLC to recruit players (e.g. from winter sports or other groups on campus) - Communicate lacrosse opportunities for their students to participate in via school channels - Provide secure storage for equipment on site - Coordinate with OLC to get fields painted with lacrosse lines each season 	<ul style="list-style-type: none"> - Oversees league requirements - Provides transportation support - Creates and maintains player registration system and checks - Provides connections and consultation to OLC for starting new teams and new schools - Partners with OLC to ensure Coaching compliance and alignment of values and practices amongst all teams



SCHOOLS AND PARTICIPANTS

School	Boys	Girls	Total
Brewer MS	18	15	33
Bret Harte MS	12	12	24
Elmhurst United MS	14	10	24
Roosevelt MS	20	10	30
Castlemont HS	N/A	11	11
McClymonds HS	N/A	6	5
Oakland HS	N/A	22	21
Oakland Tech HS	N/A	20	20
Skyline HS	n/a	20	20
*High School Spring Boys Club team	30	0	30
OAL Total Numbers	64	126	190
Total Numbers	94	126	220

**OVER 90% OF PLAYERS ON CURRENT TEAM ARE FROM OAKLAND PUBLIC SCHOOLS*



WHEN PARTNERING WITH SCHOOLS, OAKLAND LACROSSE PROVIDES THE FOLLOWING:

Financial Support:

- Provision of start-up funding for teams, encompassing player equipment, field gear, and uniforms.
- Deployment of coaches to conduct introductory lacrosse sessions during Physical Education classes and weekend clinics.
- Implementation of coaches training focused on trauma-informed sports-based youth development practices.

Player Recruitment:

- Organization of introductory lacrosse sessions at schools.
- Promotion of the program by OLC coaches at school fairs and events.
- Assistance provided to players and families throughout the OAL registration process.

Coach Recruitment:

- Joint efforts with Athletic Directors to recruit two coaches per team.
- Collaboration with OAL to assist coaches in the registration process.
- Provision of year-round training opportunities for coaches, ensuring consistent support during the OAL season.

Administration:

- Collaborative work with OAL to establish game schedules and playoff arrangements.
- Agreement on game rules for the spring season, conforming to OAL/CIF regulations and developed in conjunction with Officials organization before the season commences.
- Uploading of game schedules to Arbiter for Officials, along with continuous communication and coordination with Officials Assignors to adjust game schedules as necessary, ensuring seamless game day operations.
- Oversight of game day operations, including field setup, recruitment and management of scorekeepers, hosting visiting teams and officials, tracking and reporting game results, addressing scheduling issues, and managing field cleanup.
- Maintenance of inventory for all equipment and uniforms.



Growth Plan: Oakland Lacrosse and the OAL will strategically partner to grow lacrosse participation **from 190 players on 13 teams at 9 schools to over 500 players from 17 schools on 34 teams.** On an annual basis, new schools will be selected based on Title IX challenges, participation data, and school interest.

OAL Division	2024	2025	2026	2027	2028
Girls Middle School League	4 GMS Teams	5 GMS Teams	6 GMS Teams	8 GMS Teams	10 GMS Teams
Boys Middle School League	4 BMS Teams	5 BMS Teams	6 BMS Teams	8 BMS Teams	10 BMS Teams
Girls High School Varsity League	5 GHS Teams	5 GHS Teams	6 GHS Teams	8 GHS Teams	8 GHS Teams
Boys High School Varsity League	N/A	2 BHS Teams	3 BHS Teams	4 BHS Teams	6 BHS Teams
Total Number of players	190 players	260 players	330 players	445 players	540 players



THE PROPOSAL

PROPOSAL: Oakland Lacrosse respectfully requests from the OAL Policy Committee to approve Boys Lacrosse as an official OAL Varsity High School Sport, commencing in the 2024-2025 school year.

Benefits of adding boys lacrosse at high school level:

- Provides access to a sport **traditionally not accessible** to Oakland Public School students due to exposure and expensive start up costs.
- Lacrosse is new to most students so players **at any skill level** can join our program increasing accessibility and drawing new players into sports (**Over 70%** of OAL lacrosse players are new to sport)
- Adding boys high school lacrosse will allow current OAL boys middle school players to **continue to playing in high school** in Oakland Public Schools.
- Retention of OUSD students within the district is promoted, as several families associated with OLC **have left the district** due to the absence of lacrosse in their respective schools and not being able to continue building confidence through that space.
- Opens up **scholarship and admissions** to colleges. Currently, over ten alumni playing college lacrosse.
- All Players would have access to Oakland Lacrosse year round program-which includes **leadership** development, **academic** counseling, **wellness** education, and lacrosse tournaments.



To support the launching and long-term sustainability of boys high school programming, Oakland Lacrosse commits to the following:

- Funding start up equipment and uniform costs. Estimated at \$14,725 per boys high school team
- Continue strategically collaborating with the OAL to address Title IX challenges and prioritize growth of girls game
- As outlined on page 7, continue to provide player recruitment, coach recruitment, and administrative support to support growth OAL spring lacrosse league



BREAKDOWN OF START UP COSTS PER SCHOOL- FUNDED BY OLC

ITEM	COST	NOTE
Player Equipment	\$11,250	Includes helmet, gloves, shoulder pads and arm pads for 25 players
Field Equipment	\$1,600	One goal per school, balls, cones, goalie equipment first aid kits, etc
Uniforms	\$1875	Uniforms and practice reversibles
OLC Outreach Clinics/Recruiting Players	\$7,250	PE outreach classes, attending events, weekend clinics
TOTAL	\$21,795	

ANNUAL DISTRICT COSTS PER SCHOOL

ITEM	COST	NOTE
Transportation	\$4,800	6 away games per year
Field Lining	\$1,500	Painting lines on field
Referee Fees	\$1,900	\$275 per game
TOTAL	\$8,200	



OAL POLICY COMMITTEE

Oakland Lacrosse is grateful and humbled for your ongoing support of our organization. Together, we will continue to break down barriers for Oakland youth. **Thank you for believing with us.**

