

Booster Club



- Kjirsten Wallace- President
- Michelle Bourne- Vice President/Fundraising
- Suzanne Johnson- Treasurer
- Open- Secretary
- Ken Berridge- At-Large Member
- Elizabeth Draper- At-Large Member
- Kimberly Penrose- At-Large Member
- Holly Swanson-At-Large Member
- Chris Williams- At-Large Member

Booster Club



VOLUNTEERS welcome: Sunrise Scrimmage, Senior Night, End of Season Banquet, etc.

GMHS BOYS LAX: GMLax.LeagueApps.com

Team Registration, communications, and more!



****TIP - Physicals \$30 @Denver Sports Medicine, near Frontroom Pizza**

LAX APPAREL site – SquadLocker



Booster Club



SPONSORSHIP

If you or someone you know is interested in sponsorship, let me know! michellebourne@comcast.net

FUNDRAISING

- King Soopers Cards - create digital account, link card to GMHS Boys' Lacrosse Booster Club
- January - AHA Heart Saver First Aid with CPR and AED Class with Lieutenant Chris Williams of Black Hawk Fire Department.
- February – Mammoth Game, Qdoba Night
- March – Play it Again Sports, Chipotle Night

Booster Club



Register: www.GMLax.LeagueApps.com
SPRING 2022 High School Boys Lacrosse



Sign up if you need a Helmet **(Helmet Order Form)**

Sign up for Leagues **(League Roster Form)**
*Complete a [waiver](#) **(Foothills Waiver)**

PARENTS sign up to help **(Volunteer Form)**



Rams Lacrosse 2022

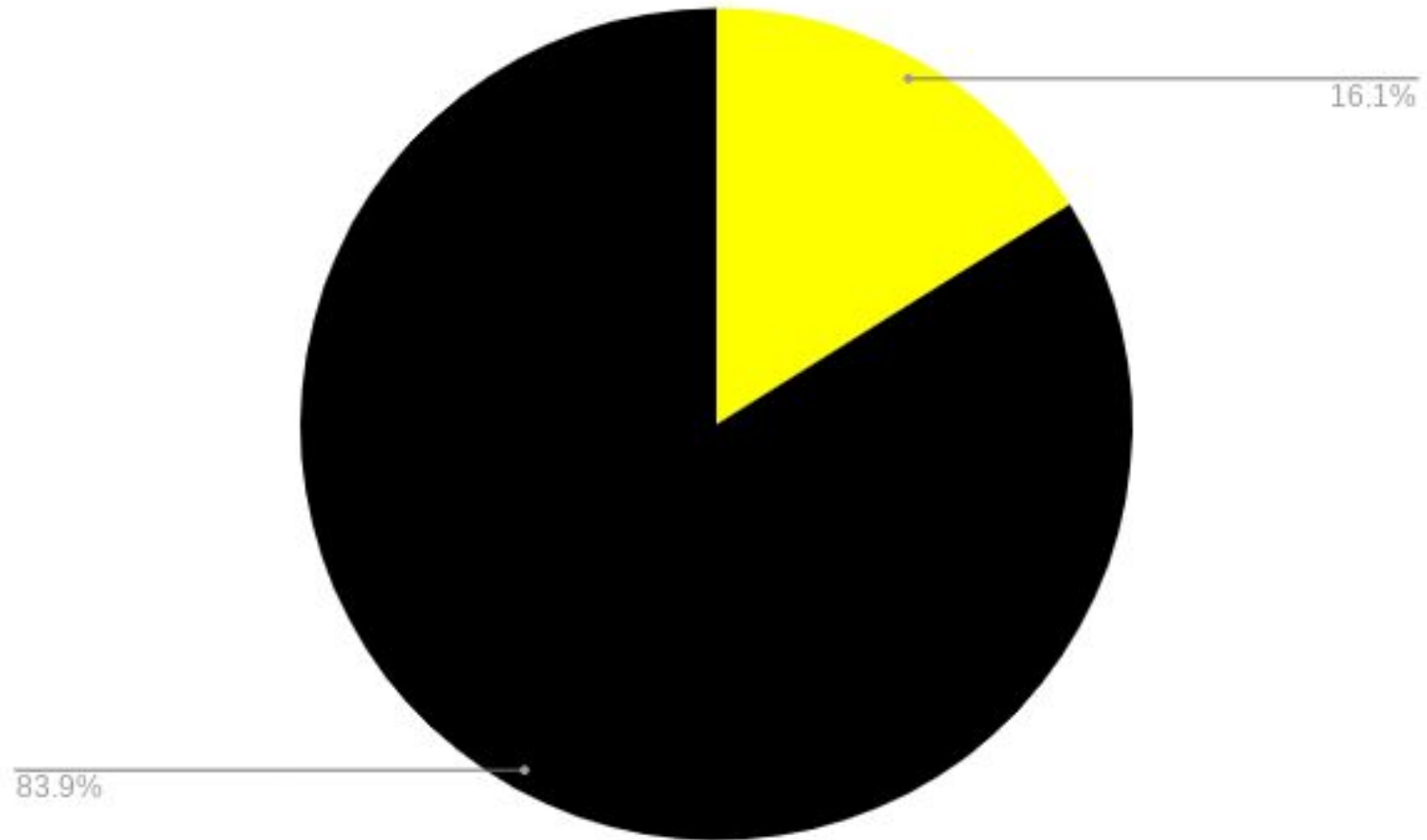
“Relentless Pursuit”

"The Year"



- "Offseason": Summer and outdoor fall leagues.
- "Preseason": Indoor Practices (November-February), Indoor Fall league (Nov-Dec), and Indoor Winter league (Jan-February)
- Spring season: CHSAA sanctioned school sport (February 28th-May 7th, then varsity playoffs)

Lacrosse Calendar





Multiple sports?

- YES!
- WHY?
 - You are learning to compete.
 - You are avoiding burn-out.
 - You are developing more well-rounded athletic abilities.



Offseason (July-Oct)

- DLC Fall League in the Tech Center.

WHY?

- To give our guys an opportunity to keep a stick in their hands.
- To begin to develop leadership skills in our Seniors/upperclassmen.



Preseason (Nov-Feb)

- Speed/Weight Room on Mondays
- Indoor practices at FFieldhouse and FSA on Wednesdays & Fridays
- Saturday league games at FSA
- WHY?
 - To develop individual skills and basic team concepts.
 - To allow players to develop team relationships prior to the spring.

Foothills Fieldhouse



Indoor practices: November-February
Secondary weather backup during the Spring.



Foothills Sports Arena (FSA)



Indoor League games (Saturdays): November-February.
Friday indoor practices in January-February
Primary weather back-up during the spring.





Preseason Leagues

- Saturday league games at FSA
 - Expected for those who aren't playing a winter sport at school.
- Games start **NEXT SATURDAY!**



Helmet order- Payment due by Dec 1st

\$240 per helmet. (Retail \$309+)



February- The Paperwork Month



School items (Due to GMHS, NOT Coach Nate or Boosters)

- Spring Sports Registration OPENS Feb 7th. (Online)
- Spring Sports Registration DUE Feb 21st.
- Must have a CURRENT SPORTS PHYSICAL (<365 days from the END of our season- May 7th)

Coach Nate/Booster Items

- Team Paperwork due to Coach Nate before our 1st Practice (Feb 28th)
- Team Fee due BY Feb 28th.

March



- Normal practice location/times (weather permitting): GM Elementary School, M-F 4-6pm, and Saturday 9-11am. OR Turf Field at GMHS (times TBD)
- SUNRISE SCRIMMAGE IS SATURDAY MARCH 5TH PLAYERS WILL BE BUSY ALL DAY (6am-3pm).
- GMHS Spring Break: March 19th-March 27th. **Our team will be off March 19th-23rd.**
 - **ALL PLAYERS WILL PRACTICE Thursday-Friday, March 24th-25th.**

WE CURRENTLY HAVE A GAME SCHEDULED FRIDAY MARCH 18th!!

Spring Break



WHY?

- We take the 1st half of break off to allow everyone to get some rest and recharge.
- We cannot afford to lose an entire 10 day period in the middle of our 70 day season, so we get together for 2 practices at the end of the break.
- Being together in this time allows our players a chance to grow as a team, and encourages our guys to be back in town to get some rest before school restarts.

April



- Normal practice location/time (weather permitting): GME, M-F 4-6pm, and Saturday 9-11am OR Turf at GMHS (times TBD).
- Prom is Saturday April 16th
 - Varsity Practice is TBD for that morning.

May- PLAYOFFS



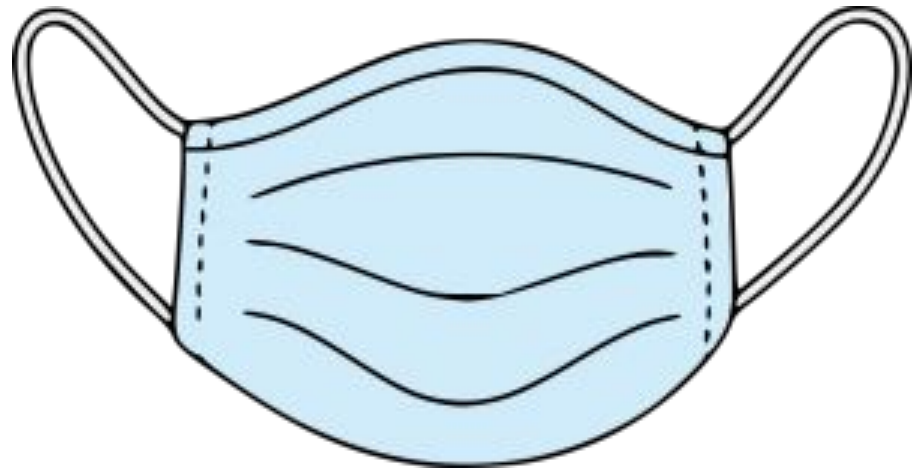
- Normal practice location/time (weather permitting): GME, M-F 4-6pm, and Saturday 9-11am OR Turf at GMHS (times TBD).
- **Regular season ends on Saturday May 7th.**
- Exit interviews- 1st practice date following our final Varsity game.
- Uniform return- @ Exit Interviews.
- End of season banquet- TBD @ Baldoria on the Water.

June



- The primary month for summer lacrosse tournaments and camps/clinics.

Return to Play





Concussion RTP

- Any player who sustains a concussion will be held out from practices/games until they are cleared by an MD and then complete a return-to-play protocol with our athletic trainer.
- This process is managed by our school nurse and athletic trainer.



COVID

1. Masks are required in the building.
2. If you get or have had COVID, you will need to complete a 5 day return-to-play prior to being allowed to resume sports.
 - a. This is being managed by our Athletic Trainer-Catherine Ortiz.
3. Players need to submit proof of vaccination to the school, or perform a *weekly* test (and get a negative result) in order to participate in OFFSEASON AND SPRING SEASON activities.

As a program, we are going to do everything we can to be supportive to the people at school who are now managing these rules.



Nuts and Bolts





CO HS lacrosse

- 71 total teams
- 4A/5A (34 teams in 4A)
- Foothills Conference
 - Air Academy
 - Bear Creek
 - Conifer
 - Denver South
 - Evergreen
 - Golden
 - Green Mountain
- Spring season- February 28th-May 7th.

Program structure



- GMHS Principal- Josh Shellard
- Athletic Director- Autumn Sereno
- Athletics Secretary- Kimberly Koontz
- Players
- Coaches
- Parents/Booster club



Mission Statement

- To create a fun competitive environment for the learning of lacrosse and character skills.
- WHY?
 - So we all know what we are trying to do.
 - **Person (Character)->Athlete->Lacrosse player**



Our Program Goal

- Be perfect in our process, every day.

What is our process?

1. Be on time.
 2. Try as hard as you can.
 3. Own what you do, and move on.
 4. Coach and be coached.
- WHY?
 - Because we can control everything above.



Our Values

If you're asking me, I'll say things like:

Honesty

Hard work (not talent)

Attention to detail

Fun

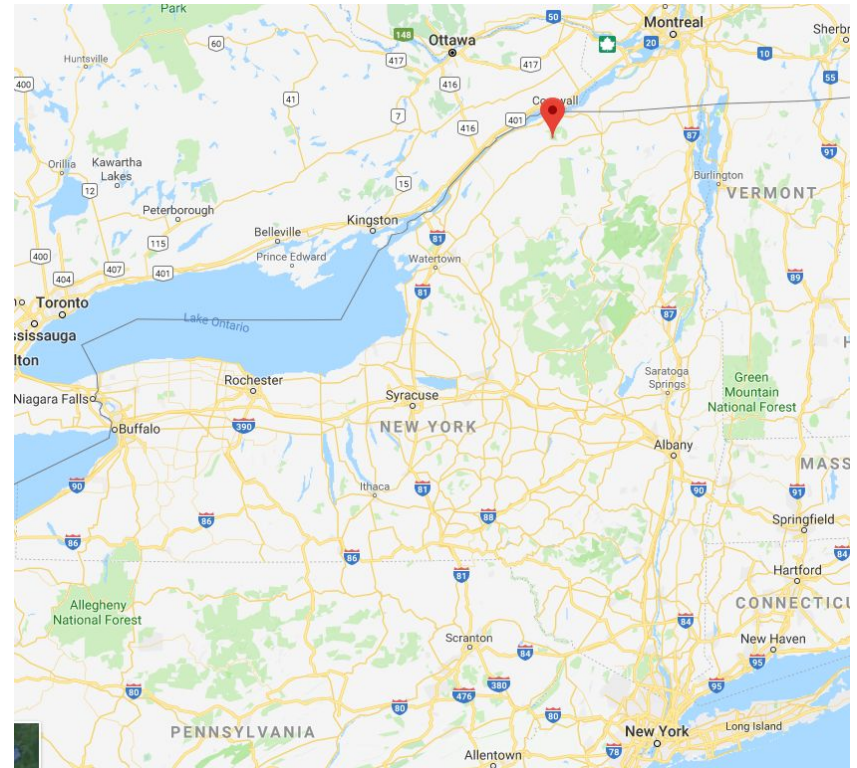
Player-led

Great Teammates/People

Significance (not success)

I'll be challenging our guys to decide what they value (what we want people to say about us when they see us play)

Coach Nate



WHY?

- I think what we are doing matters.
- I enjoy it.
- It is an incredible learning experience.



Coach Nate

Non-negotiable responsibilities

- 1) I will start and end on time.
- 2) I will have a plan for practices, games and the direction of the program.
- 3) I will coach to teach. I will seek feedback and learning experiences.
- 4) I will do some things right and many things wrong, and I will try to be an example on how to own these things and move on.

The program comes first.



Coach Nate

Non-negotiable expectations

- 1) Be on time.
- 2) Try as hard as you can.
- 3) Own what you do, and move on.
- 4) Coach and be coached.

Players are allowed to make mistakes at full attention and full effort.

"Be where your feet are."

"Someday/one-day starts today"

Academic Policy



- We follow the JeffCo Academic Policy, but parents (and our players) are encouraged to set a higher standard as they deem appropriate.
 - Grades are reported Wed/Thursday, players have until Friday to improve F grades and **get signed confirmation from their TEACHER AND THE A.D.**



Team Selection

- Team selection will occur over the first 3 practices in the spring (Feb 28th - March 2nd).
- Generally speaking:
 - JV=9-10th,
 - Varsity= 11-12th, and we will adjust up/down as appropriate.

Why?

- Trust us.
- If you can't, just tell me what team you want your kid on, and I'll let you know how much he will/won't play.



Practice

- Practice is the most important thing you do in the spring aside from going to school.
 - M-F 4-6pm, and Saturday 9-11am (Varsity)
 - Will share short-notice changes with players via Remind/text/email.
- WHY?
 - This is the time when we improve.

Sunrise Scrimmage



- SUNRISE SCRIMMAGE: Saturday March 5th
 - Players will be busy from 6am-3pm.
- WHY?
 - A day to focus on building team relationships and setting a direction for our Spring season.

Game Schedules



- Varsity is nearly complete (14 of 15 games confirmed)
- JV will be completed shortly (Scheduling meeting in mid-November)



Dress Codes

- Dress Codes:
 - **Practice-** Black/Gold/White/Grey or no undershirt, GM pinny, Black/Gold/White/Grey practice shorts, Black/Gold/White/Grey or no socks.
 - **Game days-** Shirt, tie, khaki/dress pants, and dress shoes. These are worn **to school AND the location of the game.**
- WHY?
 - Because we care about what we're doing, and we want our appearance to reflect that.



Buses

- Buses: (A fluid situation)
 - **Varsity**- No bus for any games at Trailblazer/NAAC, will bus to/from other away games.
 - **JV**- No bus for home games. Will bus to/from *all* away games.
- Why?
 - Varsity- Fewer bus trips helps us save budget \$.
 - JV- Makes sure that everyone can get to/from all games.
 - Return trips- Important team time.

Senior Leadership Project



RONALD MCDONALD
HOUSE CHARITIES

Why?: Provides our Seniors an opportunity to lead outside of sports.



Team Dinners

- Will happen on several dates during the spring season, after practice on days before games.
- Why?
 - It is important for our guys to spend time together away from competition.



End of season

- JV will be done following their final game.
 - Some players will be asked to join varsity for the remainder of our season.
- ALL PLAYERS will participate in Exit interviews and uniform return on the practice date following their last game.
- Team Banquet- TBD @ Baldoria on the Water.
- Why?
 - Great opportunity for players to get valuable experience.
 - Feedback is important
 - Important to celebrate our season and our players!



Roles

Coaches

Teach and demand

Players

Prepare and perform

Parents

Love and Support.



Parents

The Parent role is incredibly important.

- WHY? – You still matter to them!
 - Love and Support
 - Cheer for our team without using verbs.
 - Postgame- “I love watching you compete with your friends”
 - Modeling character skills
 - Especially toward officials and our opponents.
 - Encouraging your son to “own” their lacrosse skills, and their character skills.
 - Believe/teach that these can be learned.
 - Providing for/participating in what you can
 - Offseason/Preseason activities
 - Fundraising
 - Booster Club functions

TONIGHT



- Are you registered on the website?
(gmlax.leagueapps.com)
- Are you signed up for Indoor Fall league?
(NO SENIORS)
- Do you need to be on our helmet order?
 - Signup sheet tonight- Payment by Dec 1st.

What questions do you all have?



Contact Info

Nate Hallahan

hallahan22@yahoo.com

315-250-3835

Text me your full name (and player affiliation)
tonight, if you haven't already.