

2018-19 GMHS Boys Lacrosse Reminders

October

- 1) Attend our preseason player/parent meeting.
- 2) Register on our team website (gmlax.leagueapps.com). You will need to register for Indoor Practices, Fall/Winter leagues, as well as Spring 2019.
- 3) **Details:** Pre-season fall and winter leagues, and indoor practices:
 - We will field a Sub Varsity and Varsity B level teams in the Fall (Nov-Dec), and the Winter (Jan-Feb). Some players will be invited to "swing" and play on both teams for these leagues; I will contact you if that is the case.
 - Complete waivers for EACH LEAGUE and TEAM.
 - Pay \$85 per league via the website or by check to "GM foundation- Boys lacrosse" ("Player name- 'reason' " on the memo line)

November

- 1) Indoor practices at the Foothills Fieldhouse begin on Tuesdays and Fridays. We have 23 sessions from Nov-Feb. **The cost is \$150 per player, payable on the website or by check written to "GM foundation- Boys lacrosse".**

Fall/winter league players MUST participate in our Preseason practices.

- Fieldhouse practice dates/times- November 2, 6, 9, 13, 16, 27, and 30th. (Tuesdays 3:45-6pm, Fridays 4-5pm)
- 2) Weight Room/conditioning at GMHS- November 8, 15, and 29th (Thursdays 3-4:30pm)
 - 3) Fall league begins Nov 3rd at Foothills Sports Arena (FSA)- Games are on Saturdays for 7 weeks. (www.teamsideline.com/ifoothills)
 - 4) Helmet order- \$185 (check to "GM Foundation- Boys Lacrosse" and "Player name- helmet" in memo). **Payment due by 12/1/18.**

December

- 1) Fieldhouse practice dates/times- December 4, 7, 11, and 14th. (Tuesdays 3:45-6pm, Fridays 4-5pm)
- 2) Weight Room/conditioning at GMHS- December 6 and 13th (Thursdays 3-4:30pm)
- 3) Fall league continues on Saturdays.

January

- 1) Fieldhouse/FSA practice dates/times- January 11, 15, 18, 22, 25, and 29th. (Tuesdays 3:45-6pm @Fieldhouse, **Fridays 4-5pm at FSA**)
- 2) Weight Room/conditioning at GMHS- January 10, 17, 24 and 31st (Thursdays 3-4:30pm)
- 3) Winter league begins January 12th at FSA- Games are on Saturdays for 7 weeks. (www.teamsideline.com/ifoothills)

February

- 1) Fieldhouse/FSA practice dates/times- February 1, 5, 8, 12, 19 and 22nd. (Tuesdays 3:45-6pm @Fieldhouse, **Fridays 4-5pm at FSA**)
- 2) Weight Room/conditioning at GMHS- February 7, 14 and 21st (Thursdays 3-4:30pm)
- 3) Winter league continues on Saturdays.
- 4) **SCHOOL PAPERWORK, Due by Friday, Feb 8th.** These items must be on file with GMHS *before* an athlete may begin in-season practice:
 - a. This process is completed online through the GMHS website. ("athletic registration" tab once you are on the Athletics page)
 - b. **Athletic Fee paid in full TO THE SCHOOL: \$175 (paid online in JeffCo Connect).**
 - c. Physical must be complete in order to register.

****Fall/winter sport athletes- Still need to register/pay for lacrosse!**

****Non-attending students- you do have a non-attending form that needs to be scan-emailed or handed-in to the athletics office.**

- 5) **First day of Spring Practice is Monday February 25th.**

- **TEAM PAPERWORK-** Must be completed and given to Coach Nate *prior* to the first official spring practice.
 - a. **Player self-assessment.**
 - b. **Player/parent contract.**
- **SPRING TEAM FEE- \$200,** is due by Feb 25th and can be paid on our team website or by check to "GM foundation- Boys lacrosse"
 - Fee covers: Equipment bags or pullover/sweats, helmet decals, pinnies, shooter shirt, and shorts for each player, coaches apparel, sunrise scrimmage costs, team meals, practice equipment (balls, goals, etc.), video costs, etc.
- We will have indoor practices at FSA the first week of the season due to historically poor weather. (Times TBD)

March

- 1) **SUNRISE SCRIMMAGE IS SATURDAY MARCH 2ND- PLAYERS WILL BE BUSY ALL DAY (6am-5pm).**
- 2) Normal practice location/times (weather permitting): Green Mountain Elementary School, M-F 4-6pm, and Saturday 9-11am.
- 3) **GMHS Spring Break: March 23rd- March 31st. All players will be off March 22nd -26th. ALL PLAYERS WILL PRACTICE Wed-Friday, March 27th-29th**

April

- 1) Normal practice location/time (weather permitting): GME, M-F 4-6pm, and Saturday 9-11am.
 - Prom is Saturday April 27th. Practice is TBD for that morning.

May

- 1) Normal practice location/time (weather permitting): GME, M-F 4-6pm, and Saturday 9-11am.
 - Regular season ends on Saturday May 4th.
 - 4A State Championship game is Friday May 17th.
- 2) Exit interviews- 1st practice date following our final Varsity game.
- 3) Uniform return- At Exit Interviews.
- 4) End of season banquet- Monday May 13th @6pm at Baldoria on the Water.

June

- 1) Primary month for summer lacrosse tournaments and camps/clinics.
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OTHER NOTES

- 1) Get good grades and be nice to your teachers.
- 2) Go on college visits and get your dentist/doctor appointments taken care of before the season starts.
- 3) Do Outdoor Lab outside of lacrosse season.
- 4) Convince good athletes (9-10th grade) to join us. Preseason practices are a great way for new players to try our game!
- 5) If you have younger brothers (or sisters) who might enjoy lacrosse, please have them get ahold of me so I can help them get in touch with area youth lacrosse programs.
- 6) **Parents:** Volunteer to assist the board during the season.
I need your help- you will enjoy it- your kid will benefit.

TEAM INFORMATION/RULES

1. Academic policy:
 - Grades are reported to coaches on Wednesday/Thursday. Players have until Friday to improve F's and get signed proof by their teacher and the AD.
 - Players are ineligible for the following week (Monday-Saturday) if they have >1 F at the end of school on Friday.
 - Ineligible players must attend ALL PRACTICES AND GAMES despite being unable to play in games.
- *Note- I do encourage parents to set a higher academic standard for their son. You have my absolute support.**
2. Team selection will take place over the first 3 practices (February 25th-27th).
 - Generally speaking (JV=9-10, Var 11-12) and will adjust players up/down as appropriate.
3. **Practice- The most important thing you do every day besides go to school.**
 - Players must inform their head coach if they need to miss practice.
 - If a player has an unexcused absence- the player, parents, and head coach will meet to discuss further involvement with the team.
4. Game day dress code- Shirt, tie, khaki/dress pants, dress shoes (TO THE LOCATION OF ALL GAMES, except JV games at GME).
 - Players that fail to meet the dress code will sit the first half of that game.

SENIOR LEADERSHIP PROJECT

A community service/volunteer project that is completed by our team, but is selected, organized and led by our senior players. This project is traditionally done very early in the season. I would appreciate 1-2 parent volunteers to help by hosting a meeting at your house and providing minimal "adult guidance" (this really is a small time commitment).

UNIFORMS/EQUIPMENT

- 1) Players must have a matte-black lacrosse helmet, colored mouth guard, shoulder pads, elbow pads, gloves and **at least** one stick. (Rib pads and a cup are HIGHLY recommended).
- 2) Jerseys are owned by the booster club, will be checked out at the start of the season and returned at the end. Players are responsible for the cost of any lost or significantly damaged jerseys.
- 3) JV players will use their team-issued practice shorts as their game shorts.

PRACTICE/GAME DETAILS

- 1) Practice and JV games at Green Mountain Elementary School, (M-F) 4-6 pm, (S) 9-11am.
 - Will contact all players via text message in the event of any short-notice changes to practice/game times and locations.
 - Backup for weather is the parking lot/gym @ GMHS, or Foothills Fieldhouse/FSA (depending on our budget).
- 2) Varsity games at Trailblazer Stadium/NAAC (no bus).
- 3) Varsity and JV will ride a bus to/from games that are not at Trailblazer/NAAC.