

# 2017-18 GMHS Boys Lacrosse Reminders

## October

- 1) Attend our preseason player/parent meeting.
- 2) Register on our website (gmhslax.leagueapps.com). You will need to register for Indoor Practices, Fall/Winter leagues, as well as Spring 2018.
- 3) Sign up for Offseason fall and winter leagues, and indoor practices:
  - We will field a Varsity B level team in the Fall (Nov-Dec), and both Sub-Varsity and Var B teams in the Winter (Jan-Feb). Some players will be invited to “swing” and play on both teams for winter league; 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 (formerly RMRR) begin on Tuesdays and Fridays. We have 24 sessions from Nov-Feb. **The cost is \$150 per player, payable on the website or by check to “GM foundation- Boys lacrosse”.** Fall/winter league players MUST participate in our Offseason practices.
  - Fieldhouse practice dates/times- November 3, 7, 10, 14, 17 and 28<sup>th</sup>. (Tuesdays 7-9pm, Fridays 4-5pm)
- 2) Fall league begins Nov 4<sup>th</sup> at Foothills Sports Arena (FSA)- Games are on Saturdays for 7 weeks.
- 3) Helmet order- TBD.

## December

- 1) Fieldhouse practice dates/times- December 1, 5, 8, 12, and 15<sup>th</sup>. (Tuesdays 5-7pm, Fridays 4-5pm)
- 2) Fall league continues on Saturdays.

## January

- 1) Fieldhouse/FSA practice dates/times- January 9, 12, 16, 19, 23, 26, and 30<sup>th</sup>. (Tuesdays 5-7pm @Fieldhouse, **Fridays 4-5pm at FSA**)
- 2) Winter league begins January 13<sup>th</sup> at FSA- Games are on Saturdays for 7 weeks.

## February

- 1) Fieldhouse/FSA practice dates/times- February 2, 6, 9, 13, 20, 23<sup>rd</sup>. (Tuesdays 5-7pm @Fieldhouse, **Fridays 4-5pm at FSA**)
- 2) Winter league continues on Saturdays.
- 3) **SCHOOL PAPERWORK, Due to the Athletics secretary by Friday, Feb 9<sup>th</sup>.** These items must be on file with GMHS *before* an athlete may begin in-season practice:
  - a. Athletic Information Sheet
  - b. Signed Jefferson County Participation Contract.
  - c. A current sports physical within the past 365 calendar days.
  - d. Signed Athletic Emergency Card.
  - e. Parent/Student Pledge
  - f. Athletic Fee paid in full **TO THE SCHOOL: \$175** for each sport.  
(\*\*Fall/winter sport athletes- Just need to pay \$175 fee, fill out a 2<sup>nd</sup>/3<sup>rd</sup> sport form, and complete an emergency card)
- 4) **First day of Spring Practice is Monday February 26<sup>th</sup>.**
  - **TEAM PAPERWORK-** Must be completed and given to Coach Nate *prior* to the first official spring practice.
    - o a. Player self-assessment.
    - o b. Player/parent contract.
  - **SPRING TEAM FEE- \$200,** is due by Feb 26<sup>th</sup> and can be paid on the website or by check to “GM foundation- Boys lacrosse”
    - o Fee covers: Equipment bags or pullover/sweats, helmet decals, pinnies, shooter shirt, long sleeve 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 3<sup>RD</sup>-** 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 24<sup>th</sup>- April 1<sup>st</sup>. All players will be off March 23<sup>rd</sup> -27<sup>th</sup>. ALL PLAYERS WILL PRACTICE Wednesday-Friday, March 28<sup>th</sup>-30<sup>th</sup>, and on Monday April 2<sup>nd</sup>.**

## April

- 1) Normal practice location/time (weather permitting): GME, M-F 4-6pm, and Saturday 9-11am.
  - Prom is Saturday April 14<sup>th</sup>. 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 5<sup>th</sup>.
  - 4A State Championship game is Friday May 18<sup>th</sup>.
- 2) Exit interviews- 1<sup>st</sup> practice date following our final Varsity game.
- 3) Uniform return- Date/time TBD.
- 4) End of season banquet- Date/time/location TBD.

## June

- 1) Primary month for summer lacrosse tournaments and camps/clinics.
  - 2) GMHS youth lacrosse camps- Will need player and parent volunteers to assist with these.
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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 (9-10<sup>th</sup> grade) to join us. Winter league is 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 or help with volunteer opportunities 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 and get signed proof by 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 2 practices.
  - 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 as a whole, but 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 lacrosse helmet, colored mouth guard, shoulder pads, elbow pads, gloves and *at least* one stick. (Rib pads and a cup are 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 unreturned/significantly damaged jerseys.
- 3) Players will buy their game shorts- THESE ARE TO BE WORN FOR GAMES ONLY.

### 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 home games at Trailblazer stadium/NAAC (no bus).
- 3) Varsity and JV will ride a bus to/from away games that are not at Trailblazer/NAAC.