

Booster Club



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

Booster Club



- Coordinate **Team Events**: Sunrise Scrimmage, Team photos, Senior night, Team dinners, end of season Banquet, etc.
- **Feed** the team - bus snacks, after-game dinners
- Coordinate **FUNdraisers**
- Manage the **Team website** - gmlax.leagueapps.com
- Manage **LAX APPAREL** site - SquadLocker



Feedback and Members Welcome! How can we help?

****TIP - Physicals \$30 @Denver Sports Medicine, near Roca's**

Booster Club



SPONSORSHIP

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

FUNDRAISING

- NOW: King Soopers Cards - create digital account, link card to GMHS Boys' Lacrosse Booster Club
- November - Butterbraids
- January - Play it Again Sports
- February - Mammoth Game, Qdoba Night
- March - Chipotle Night
- April - Pancake Dinner

Booster Club



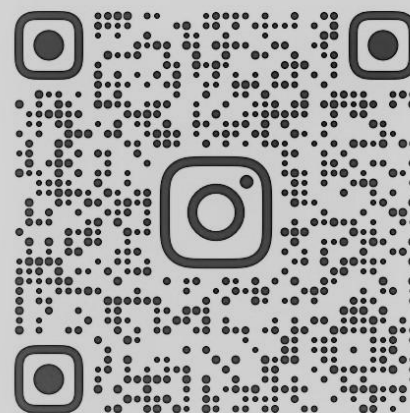
Social Media

FACEBOOK

Green Mountain Boys Lax

INSTAGRAM

gmhsboyslax



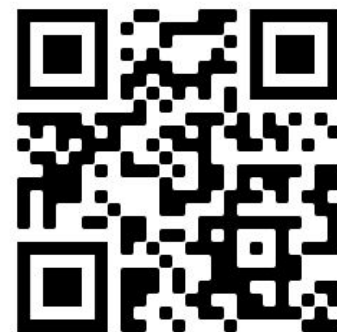
GMHSBOYSLAX

Booster Club

Register Players:

www.GMLax.LeagueApps.com

**GMHS Boys LACROSSE - Register
to receive updates for SPRING 2023**



Families:

Volunteer Form



Contact Info

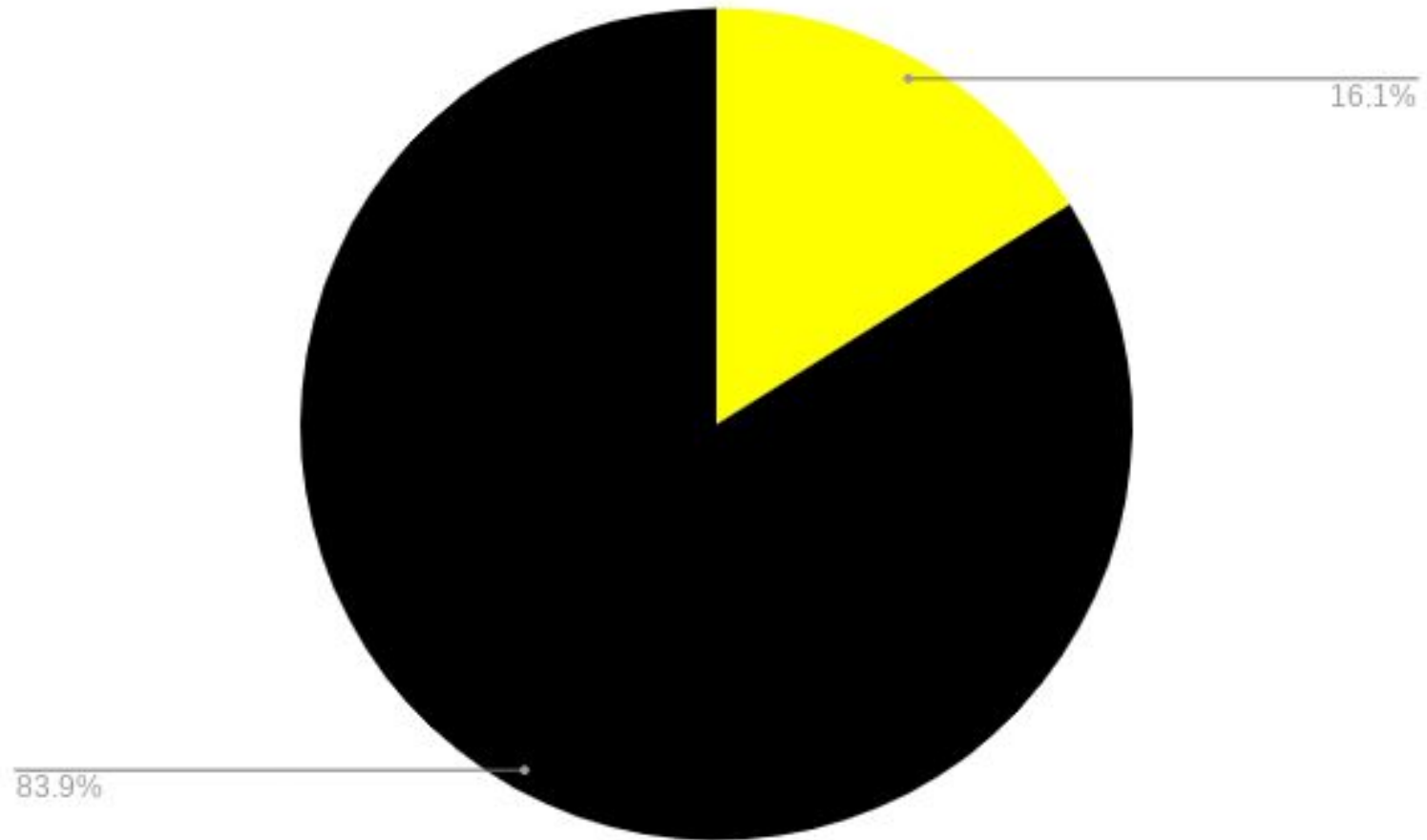




Rams Lacrosse 2023

“Relentless Pursuit”

Lacrosse Calendar



"The Year"



- "Offseason": Summer, Fall workouts, and Outdoor "DLC" Fall League.
- "Preseason": Indoor Practices (November-February), "Foothills" Indoor Fall league (Nov-Dec), and "Foothills" Indoor Winter league (Jan-February)
- Spring season: CHSAA sanctioned school sport (February 27th-May 6th, then varsity playoffs)



Offseason (Aug-Oct)

- DLC Fall League in the Tech Center.
- Monday Sprint/Weight Room.

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)

- Sprinting/Weight Room on Mondays
- Indoor practices at FFieldhouse and FSA on Wednesdays & Fridays
- Wall-ball on Thursday mornings.
- 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.



Preseason Leagues

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

POLL 9-11th grade families (non-football)

February- The Paperwork Month



School Items

(Due to GMHS, NOT Coach Nate or Boosters)

- Spring Sports Registration OPENS Jan 30th. (Online)
- Spring Sports Registration DUE Feb 16th.
- Must have a CURRENT SPORTS PHYSICAL (<365 days from the END of our season- May 6th/May 22nd)

Booster Items

- Team Fee due BY Feb 27th.

March



- Normal practice location/times (weather permitting): JV @ 4pm on GMHS Grass Field. Varsity on GMHS Turf Field @ 4pm/5pm depending on the week (alternates with GLax)
- SUNRISE SCRIMMAGE IS SATURDAY MARCH 4TH PLAYERS WILL BE BUSY ALL DAY (6am-3pm).
- GMHS Spring Break: March 18th-March 26th. **Our team will be off March 18th-22nd.**
 - ALL PLAYERS WILL PRACTICE Thursday-Friday, March 23rd-24th.

WE HAVE GAMES SCHEDULED THURSDAY & FRIDAY BEFORE BREAK!

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/times (weather permitting):
JV @ 4pm on GMHS Grass Field. Varsity on GMHS
Turf Field @ 4pm/5pm depending on the week
(alternates with GLax).
- Prom is Saturday April 22nd.
 - Varsity Practice is very tentative for that morning.

May- PLAYOFFS



- Normal practice location/times (weather permitting):
JV @ 4pm on GMHS Grass Field. Varsity on GMHS Turf Field @ 4pm/5pm depending on the week (alternates with GLax)
- **Regular season ends on Saturday May 6th.**
- End of season banquet
 - Sunday May 7th, 5:30pm @ Baldoria on the Water.
- Exit interviews- 1st practice date following each team's final game.
- Uniform return- @ Exit Interviews.

June/July



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

Get on a club team!



Random FAQ's



Multiple sports?

- **YES!**

WHY?

- You are learning to compete.
- You are avoiding single-sport burnout.
- You are developing more well-rounded athletic abilities.



Helmet order- Payment due by Nov 11th

\$255 per helmet. (Retail \$380)



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.





**Any
Questions?**

Nuts and Bolts





CO HS lacrosse

- 72 total teams, split into 4A/5A.
- 36 teams in 4A (Schools with enrollment 1-1521)
- Foothills Conference
 - Conifer
 - Dakota Ridge
 - Evergreen
 - Golden
 - Green Mountain
 - Mullen
- Spring season- February 27th-May 6th. Then Varsity Playoffs.

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.
- **Great People -> Great Teammates -> Great Athletes -> Great Lacrosse players**



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

Trust

Great Teammates/People

Player-led

Hard work (not talent)

Significance (not success)

Attention to detail

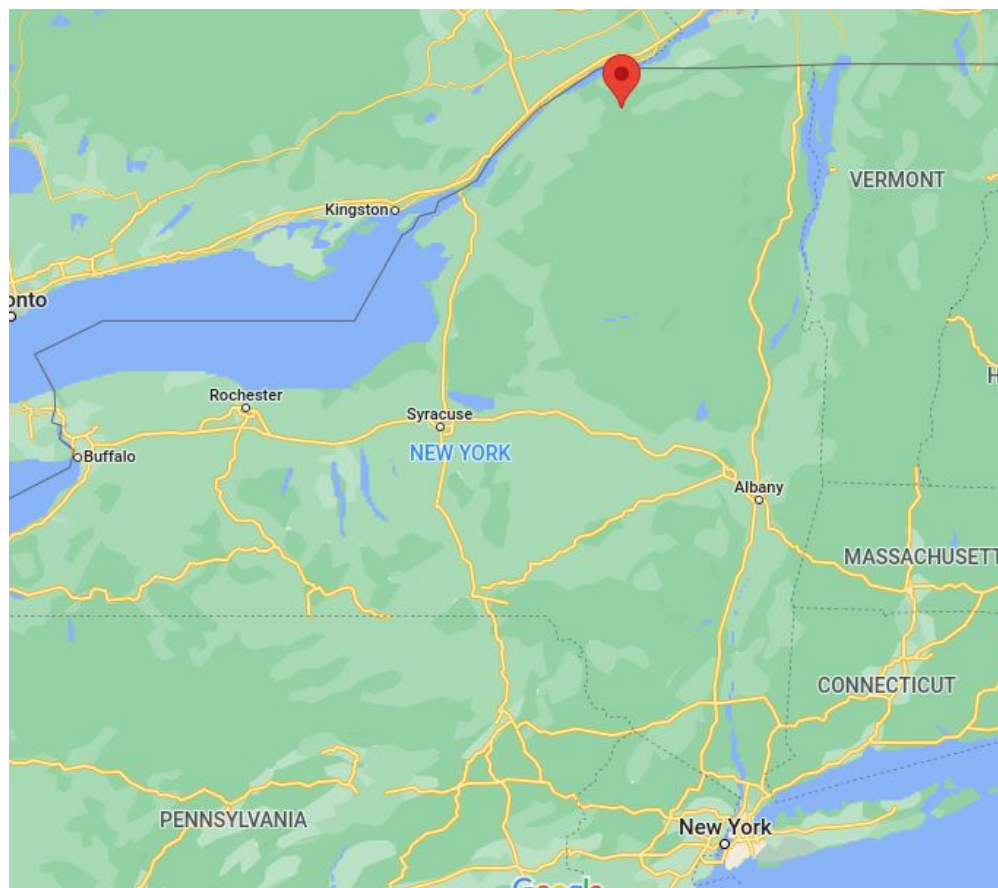
I'll be challenging our guys to decide what they value. Defined as what we want people to say about us when they see us play.

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 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.
- 4) I will coach to teach. I will seek feedback and learning experiences.

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.

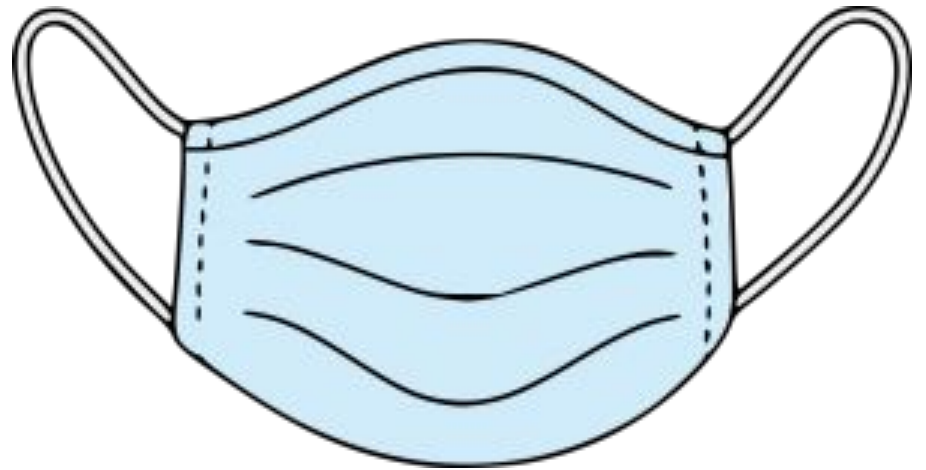
Players are allowed to make mistakes at full attention and full effort.

"Be where your feet are."

"Someday/one-day starts today"

"Not for school, but for life we learn"

Return to Play



Concussion/COVID 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.
- Any Player who gets COVID will need to complete a 5 day return-to-play prior to being allowed to resume sports.
 - These processes are being managed by our school nurse and our athletic trainer (Catherine Ortiz)



Academic Policy

- No F's. 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.**

****NEW THIS YEAR****

"The Squeeze"

Players who have an F on the first day of the season (February 25th), will not be allowed to practice until all F's are improved.



Team Selection

- Team selection will occur over the first 3 practices in the Spring (Feb 27th - March 1st).
- Generally speaking:
 - JV=9-10th,
 - Varsity= 11-12th, and we will adjust up/down as appropriate.
 - Issues with Grades/Standards= Out.

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.
 - Plan to be busy M-F 4-6:30pm, and Saturday 9-11am (Varsity)
 - Will share short-notice changes with players via Remind/Text/Email.

WHY?

- This is the time when our team is formed.

Sunrise Scrimmage



- SUNRISE SCRIMMAGE: Saturday March 4th
 - 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



GM Boys Lacrosse Schedule Sheet 2023-24 Cycle

| <u>Season Week</u> | <u>Dates</u> | <u>Tues or Wed</u> | <u>Friday</u> |
|--------------------|--------------|--|---|
| Week 1 | 2/27-3/4 | No games allowed | No games allowed |
| Week 2 | 3/6-3/11 | No games allowed | 3/10 vs Jefferson Academy (6-9) |
| Week 3 | 3/13-3/18 | 3/16 @ Thomas Jefferson (7-9) | 3/17 vs Rangeview (10-6) |
| Week 4 | 3/20-3/25 | SPRING BREAK- NO GAMES | |
| Week 5 | 3/27-4/1 | 3/29 @ Lutheran (12-5) | 3/31 @ Ralston Valley (10-6, 5A) |
| Week 6 | 4/3-4/8 | 4/4 @ Mountain Range (8-8, 5A) | 4/7 vs Grand Junction (9-7, 5A) |
| Week 7 | 4/10-4/15 | 4/12 vs Dawson (12-6) | 4/14 @ Resurrection Christian (7-8) |
| Week 8 | 4/17-4/22 | 4/19 vs Conifer* (9-6) | 4/21 @ Golden* (5-12) |
| Week 9 | 4/24-4/29 | 4/26 @ Evergreen* (6-11) | 4/28 vs Mullen* (8-8, 5A) |
| Week 10 | 5/1-5/6 | <u>Monday</u> 5/1 @ Air Academy (15-4) | <u>Wednesday</u> 5/3 vs Dakota Ridge* (9-7, 5A) |

* The schedule is available on Maxpreps, and will be entered in Rschools when dates/times are finalized.



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**. Shooter shirt under your uniform. White for home games, Black for away games.

WHY?

- Because we care about what we're doing, and we want our appearance to reflect that.



Buses

- Buses:
 - **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



the action center
pathways to self-sufficiency



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 practices 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.
- Players will participate in Exit interviews and uniform return on the practice date following their team's last game.
- Team Banquet
 - Sunday May 7th, 5:30pm @ 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

Players

Prepare and Perform

Coaches

Teach and Demand

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.

<https://www.nfhs.org/articles/nfhs-launches-campaign-against-bad-behavior-at-events-enough-is-enough/>

- 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?
(Young/New Guys)
- Do you need to be on our helmet order?
 - Signup sheet tonight- Payment by Nov 11th

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.