

Green Mountain Boys Lacrosse 2022-23

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October

- 1) Attend our preseason player/parent meeting.
- 2) Register on our team website (gmlax.leagueapps.com). You will need to register for Spring 2023 (EVERYONE, ASAP!).

Preseason League/Practice Details: Foothills Fall (SubV only) and Winter leagues, and Indoor Practices:

- We will field 1 Sub-Varsity team in the Fall (Nov-Dec), and 2 teams- SubV and Varsity, in the Winter (Jan-Feb). Some players will be invited to play on both teams for the Winter League; I will contact you if that is the case.
- Players MUST Register online with Foothills for each league (This is a new process for this year that we are still figuring out).
- Cost for Leagues is \$100 per league. Paid by Zelle or check to "GM foundation" ("Boys Lacrosse, Player name- 'reason'" on the memo line).
- Offseason Practice cost is \$200. (Covers S&C Coach on 9 Mondays, 19 days at FFieldhouse and 7 days at FSA).

November

- 1) Foothills Fall League begins November 5th at FSA- Games are on Saturdays. (Schedule: www.teamsideline.com/ifoothills)
- 2) Helmet order- \$255, Paid by Zelle or check to "GM foundation" ("Boys Lacrosse, Player name- Helmet" on the memo line).

Payment due by 11/11/22.

December

- 1) Foothills Fall League ends December 17th.

January

- 1) Foothills Winter league begins January 7th at FSA- Games are on Saturdays. (Schedule: www.teamsideline.com/ifoothills)
- 2) **GMHS Spring Athletics Registration (SCHOOL PAPERWORK/PAYMENT). Opens Monday Jan 30th, and is DUE BY Thursday Feb 16th.**

This process is completed online through the GMHS website. ("athletic registration" tab once you are on the Athletics page)

The following items must be on file with GMHS before an athlete may begin in-season practice:

- a. **Athletic Fee paid in full TO THE SCHOOL: \$175 (paid online in JeffCo Connect).**
- b. Physical must be complete in order to register.

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

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

February

- 1) Foothills Winter League ends February 25th.
- 2) **First day of Spring Practice is Monday February 27th.**

- **SPRING TEAM FEE- \$225.** is due by February 27th and can be paid by Zelle or by check to "GM foundation"
 - 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.
- Week 1 we will have indoor practices at FSA due to historically poor weather. (Times TBD).
- Weeks 2-12 we will practice at GMHS 4-5:30p or 5-6:30p depending on the week (Alternating with GLax). Varsity will practice some Saturdays (between 9-11a)

March

- 1) **SUNRISE SCRIMMAGE IS SATURDAY MARCH 4TH- PLAYERS WILL BE BUSY ALL DAY (6am-3pm).**
- 2) **GMHS Spring Break: March 18th- March 26th. We will be off March 18th -22nd. ALL PLAYERS WILL PRACTICE Thursday-Friday, March 23rd-24th.**

****WE HAVE GAMES SCHEDULED ON THURSDAY & FRIDAY MARCH 16th & 17th****

April

- 1) Prom is Saturday April 22nd. Varsity practice is very tentative for that morning.

May

- 1) Regular season ends on Saturday May 6th. Varsity Playoffs begin May 9th.
- 2) End of season banquet- At Baldoria on the Water, Sunday May 7th, 5:30pm.
- 3) 4A/5A State Championship games are on May 22nd.
- 4) Exit interviews- 1st practice date following your team's (JV or Varsity) final game.
- 5) Uniform return- At Exit Interviews.

June/July

- 1) Primary months for summer lacrosse tournaments and camps/clinics. GET ON A CLUB TEAM!!

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 an F at the end of school on Friday.

-Ineligible players must attend ALL PRACTICES AND GAMES despite being unable to play in games/ride on buses.

***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 (Feb 27th- March 1st).

-Generally speaking (JV=9-10th, Var= 11-12th) and will adjust players up/down as appropriate.

3. Practice- The most important thing you do in the Spring besides going to school.

-Players must inform their head coach if they need to miss practice (Text or Email BEFORE practice starts).

-If a player has an unexcused absence- the player, parent(s), and Coach Nate will meet to discuss further involvement with the program.

4. Game day dress code- Shirt, tie, khaki/dress pants, dress shoes (to school AND the location of the game).

-Players that fail to meet the dress code may not play, based on their coach's discretion.

SENIOR LEADERSHIP PROJECT

A community service/volunteer project that is completed by our team. The project is selected, organized, and led by our senior players. This project is traditionally done very early in the season. I would appreciate a parent volunteer 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 (NOCSAE CERTIFIED), elbow pads, gloves, A CUP, and **at least** one stick. (Rib pads, and a second stick are HIGHLY recommended).

2) Game Uniforms are owned by the booster club and 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 uniforms.

PRACTICE/GAME DETAILS

1) Practices are at GMHS (M-F) 4-5:30pm or 5-6:30pm depending on the week, and (S) 9-11am for Varsity.

- Backup for weather is Foothills Fieldhouse/FSA or the Parking Lot/Gym at GMHS (depending on availability/cost).
- We will contact all players via Remind/Text Message in the event of any short-notice changes to practice/game times and locations.

2) Home Varsity games are at Trailblazer Stadium or NAAC (no bus). Our official schedule can be found on the school calendar.

3) Home JV games are on the Turf Field at GMHS.

4) Varsity and JV will ride a bus to/from games that are not at Trailblazer/NAAC/GMHS.

OTHER NOTES

1) Show up to your classes ON TIME. Turn in your work ON TIME. Be nice to your teachers and classmates.

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) Find good athletes (9-10th grade) to join us FOR OUR PRESEASON PRACTICES/LEAGUES.

5) If you have younger brothers (or sisters) who might enjoy lacrosse, please have them get in touch with me so I can help connect them with our area youth lacrosse programs.

6) **Parents:** Volunteer to assist the board during the season.

We need your help- you will enjoy it- your kid will benefit.

Booster Fees:

Team Helmet Order (if needed)-	\$255
DLC Fall League (Sept-Oct)-	\$100
Offseason Practices (Sept-Feb)-	\$200
Foothills Fall League (Nov-Dec)-	\$100
Foothills Winter League (Jan-Feb)-	\$100
Spring Team Fee-	\$225

JeffCo Sports Fee (PAYMENT DUE TO GMHS, NOT THE BOOSTERS):

2022-23 Athletics Fee-	\$175
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<u>Week #</u>	<u>Dates</u>	<u>Monday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Notes</u>
Week -17	Oct 24-29	<u>Sprint/Weight Room</u> 3:15-5:15pm		School <u>2 Hour Delay</u>	<u>Offseason Practice</u> 3:30-4:30p		*Preseason Player/ Parent Meeting 10/26
Week -16	Oct 31- Nov 5	OFF (Halloween)	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FFieldhouse</u> 4-5p	Foothills Fall League <u>Begins</u>	
Week -15	Nov 7-12	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FFieldhouse</u> 4-5p	Foothills Fall League	
Week -14	Nov 14-19	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	OFF	Foothills Fall League	
Week -13	Nov 21-26	OFF (Thanksgiving)	OFF (Thanksgiving)	OFF (Thanksgiving)	OFF (Thanksgiving)	OFF (Thanksgiving)	**Thanksgiving Break (no school)
Week -12	Nov 28- Dec 3	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FFieldhouse</u> 4-5p	Foothills Fall League	
Week -11	Dec 5-10	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FFieldhouse</u> 4-5p	Foothills Fall League	
Week -10	Dec 12-17	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FFieldhouse</u> 4-5p	Foothills Fall League <u>Ends</u>	*Finals 12/16
Week -9	Dec 19-24	OFF (Finals)	OFF (Finals)	OFF (Winter Break)	OFF (Winter Break)	OFF (Winter Break)	*Finals 12/19 and 12/20. **Winter Break 12/21-1/4
Week -8	Dec 26-31	OFF (Winter Break)	OFF (Winter Break)	OFF (Winter Break)	OFF (Winter Break)	OFF (Winter Break)	**Winter Break (no school)
Week -7	Jan 2-7	OFF (Winter Break)	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FSA</u> 4-5p	Foothills Winter League <u>Begins</u>	*Return to School 1/5.
Week -6	Jan 9-14	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FSA</u> 4-5p	Foothills Winter League	
Week -5	Jan 16-21	OFF (MLK Day)	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FSA</u> 4-5p	Foothills Winter League	**MLK Day 1/16
Week -4	Jan 23-28	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FSA</u> 4-5p	Foothills Winter League	
Week -3	Jan 30- Feb 4	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	School <u>2 Hour Delay</u>	<u>FSA</u> 4-5p	Foothills Winter League	*Spring Sport Registration OPENS 1/30
Week -2	Feb 6-11	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FSA</u> 4-5p	Foothills Winter League	
Week -1	Feb 13-18	<u>Sprint/Weight Room</u> 3:15-5:15pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	OFF (Pres. Day)	Foothills Winter League	*Spring Sport Registration DUE 2/16 **No School 2/17.
Zero Week	Feb 20-25	OFF (Pres. Day)	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball (Aux Gym)</u> 7:30-7:50a	<u>FSA</u> 4-5p	Foothills Winter League <u>Ends</u>	**Presidents Day 2/20

Week 1	Feb 27- March 4	WEEK 1 PRACTICE SCHEDULE (TBD @FSA, Monday-Friday)		<u>Thursday</u> <u>Wall-ball</u> (Aux Gym) 7:30-7:50a		<u>Notes</u> *Spring Season begins 2/27 * Sunrise Scrimmage 3/4
Week 2	March 6-11	WEEK 2-12 PRACTICE SCHEDULE (Monday-Friday @GMHS)		<u>Wall-ball</u> (Aux Gym) 7:30-7:50a		
Week 3	March 13-18			<u>Wall-ball</u> (Aux Gym) 7:30-7:50a		
Week 4	March 20-25					**Spring Break (No School) WE WILL PRACTICE 3/23-24
Week 5	March 27 - April 1					
Week 6	April 3-8					
Week 7	April 10-15					
Week 8	April 17-22					*PROM 4/22
Week 9	April 24-29					**No School 4/28
Week 10	May 1-6			<u>School</u> <u>2 Hour Delay</u>		*End of Regular Season, Saturday 5/6 *Team Banquet Sunday, 5/7
Week 11	May 8-13					*Playoffs begin 5/9 *Senior Finals 5/10-11th
Week 12	May 15-20					**Graduation 5/18
Week 12+1	May 22-27					*State Championship game 5/22 **Last day of school 5/26