



**Welcome
to 2024
Lacrosse**

LAX Booster Club



Christie Myers - President
Kimberly Penrose - Vice President
Deanne Schiele - Treasurer
Elizabeth Draper- Secretary
Terri Daniels - Fundraising
Holly Swanson - Apparel & Fundraising
Michelle Bourne - At-Large Member

New Members Welcome!

Looking for new members to assist & grow our group.
Fill out Booster Volunteer form to join & help out this year.

Contact Christie Myers with questions & feedback.

- All booster contact emails on gmlax.leagueapps.com/pages/Contacts under "The Booster Team" tab.

Volunteer Form



LAX Booster Club



What does the Booster Club do?

- Manage the **Team Website** - gmlax.leagueapps.com
 - Check it out for new additions - Calendar & Apparel pages.
- Collect & Budget **Money** for team
- Coordinate **Team Events** including
 - Sunrise Scrimmage
 - Team Photos
 - Team Dinners
 - Senior Night
 - End of season Banquet
- **Feed** the team with bus snacks & after-game dinners
- Coordinate **Fundraisers** for team
- Manage **LAX APPAREL** site
- Manage **LAX Social Media**

LAX Booster Club



We have a NEW apparel site this year.

Direct Link:

<https://gmfalllax23.itemorder.com/shop/home/>

SITE OPEN NOW - Order quickly!!

- Site closes on November 15, 2023.
- All orders are shipped directly to you and will arrive before Christmas.

QUESTIONS? Contact Holly Swanson



- Information on team website

<https://gmlax.leagueapps.com/pages/apparel>

LAX Booster Club



FUNDRAISING

NOW:

- King Soopers Cards
 - Create account & link to GMHS Boys' Lacrosse Booster Club
 - Butter Braids - Oct 25 - Nov 9 (Delivery on 14th)
- November 6th - Qdoba 4:00-8:00 p.m.

CORPORATE SPONSORSHIP

If you or someone you know is interested in sponsoring our team, let **Terri Daniels** know!

LAX Booster Club



GREEN MOUNTAIN BOY'S LACROSSE YOUTH ACCELERATOR CLINIC

**FRIDAYS
FROM
5:30- 6:30PM**

DATES

OCTOBER 27TH
NOVEMBER 3RD
NOVEMBER 10TH
NOVEMBER 17TH
DECEMBER 1ST
DECEMBER 8TH
DECEMBER 15TH

Join us for a skills focused boys lacrosse clinic, to help develop your play in the offseason in a fun and competitive setting.

Players will need their own equipment.



LACROSSE

Admission **\$100**
Due at first session

Boys 1st - 8th grade

Experienced and wanting to get an edge AND Brand new players who want a headstart before playing this coming spring.

Camp Venue

Foothills FieldHouse

3606 S Independence St. Denver, CO 80235

Registration Link

<https://gmlax.leagueapps.com/>

Please share with family & friends the details of our upcoming clinic this Fall.

Register on our website:

<https://gmlax.leagueapps.com/camps/4063974-lacrosse-youth-camp---fall-2023>

Or use this QR Code



Questions? Or need help finding equipment contact Head Coach Nate Hallahan at hallahan22@yahoo.com

LAX Booster Club



Follow us on Social Media

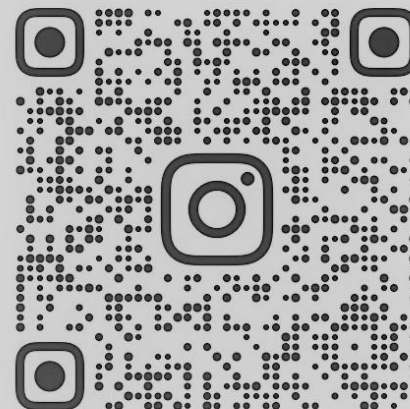
FACEBOOK

Green Mountain Boys LAX



INSTAGRAM

gmhsboyslax



GMHSBOYSLAX

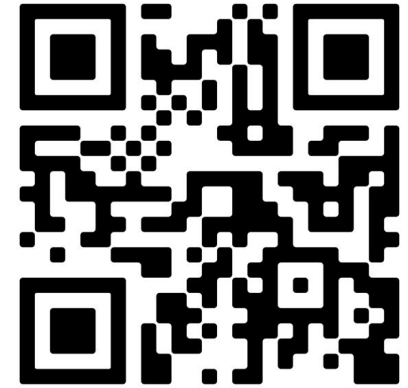
LAX Booster Club



Register Players NOW:

www.GMLax.LeagueApps.com

GMHS Boys LACROSSE - Register
to receive updates for SPRING 2024



Payment Reminders:

Payments for ALL Lacrosse fees, outside of Jeffco, can be made either by:

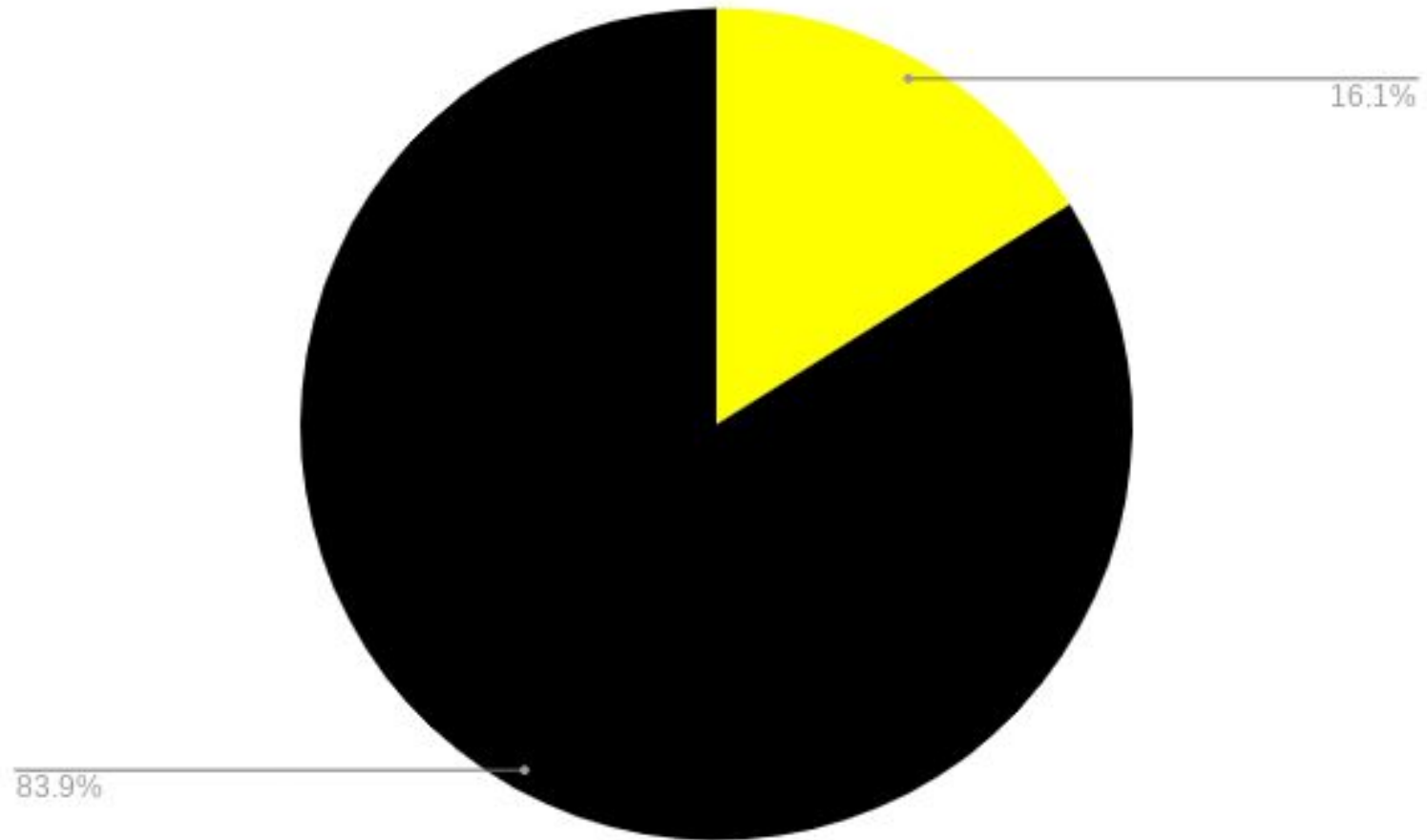
- Zelle to “gmboyslaxtreasurer@gmail.com”
- Check to GMHS Foundation, memo: Boys LAX - Player Name.



Rams Lacrosse 2024

“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 26th-May 4th, then varsity playoffs)



Offseason (Aug-Oct)

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

WHY?

- To give our guys an opportunity to keep a stick in their hands.
- To begin to develop leadership/followership skills in our players.
- Set a starting point/foundation for our skills, principles, and systems.



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!**

February- The Paperwork Month



School Items

(Due to GMHS, NOT Coach Nate or Boosters)

- Spring Sports Registration OPENS Jan 29th. (Online)
 - **DUE Feb 15th.**
- Must have a CURRENT SPORTS PHYSICAL (<365 days from the END of our season- May 4th/May 20th)

Booster Items

- Team Fee due BY Feb 26th.

March



- Normal practice location/times (weather permitting): JV @ 4pm on GMHS Grass Field. Varsity on GMHS Turf Field between 4-7pm depending on the week (Coordinated with GLax & GSoccer)
- SUNRISE SCRIMMAGE IS SATURDAY MARCH 2ND
PLAYERS WILL BE BUSY ALL DAY (6am-3pm).
- GMHS Spring Break: March 16th-March 24th.
Our team will be off March 16th-20th.
 - ALL PLAYERS WILL PRACTICE Thursday-Friday, March 21st-22nd.

WE HAVE GAMES SCHEDULED ON 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 between 4-7pm depending on the week (Coordinated with GLax & GSoccer)
- Prom is Saturday April 13th.
 - 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 between 4-7pm depending on the week (Coordinated with GLax & GSoccer)
- **Regular season ends on Saturday May 4th.**
- End of season banquet
 - Monday May 6th, 6:30pm @ Applewood Golf Course.
- Exit interviews- 1st practice date following each team's final game.
- Uniform return- @ Exit Interviews.

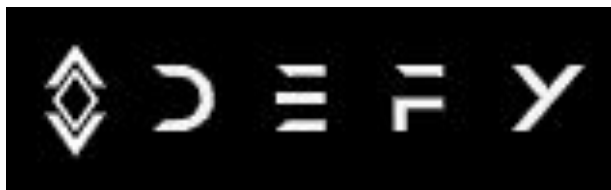
June/July



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

Get on a club team!

(Summer tryouts for all are in mid-December)





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 10th



Cascade XRS Pro, Matte Black:
\$245 per helmet. (Retail \$370)



Foothills Fieldhouse



“FFieldhouse”

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 other
Questions?**

Nuts and Bolts





CO HS lacrosse

- 75 total teams, split into 4A/5A.
- 41 teams in 4A (Schools with enrollment 1-1630)
- Foothills Conference
 - Conifer
 - Dakota Ridge
 - Evergreen
 - Golden
 - Green Mountain
 - Mullen
- Spring season- February 26th-May 4th. 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

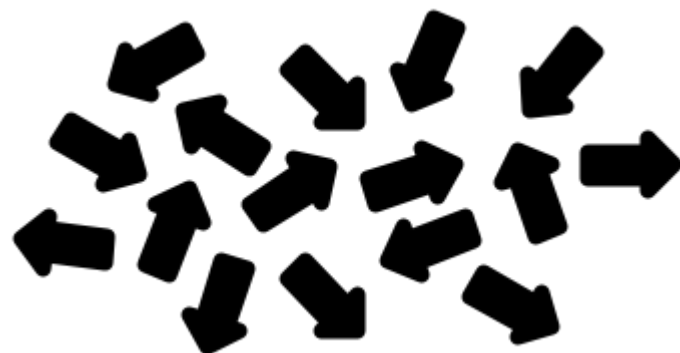
- Be perfect in our process, every day.

What is our process?

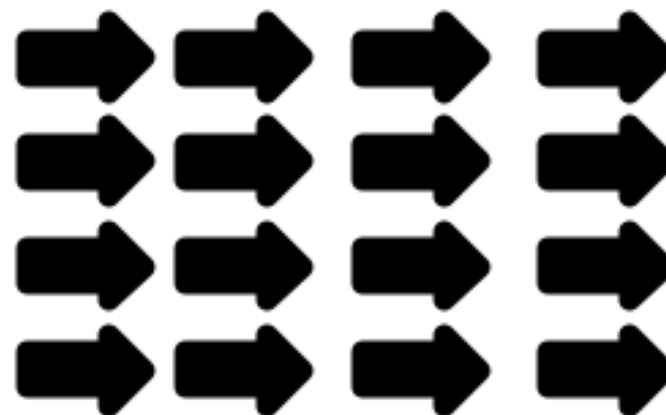
1. Be on time.
2. Try as hard as you can.
3. Own what you do, and move on.
4. Coach and be coached.

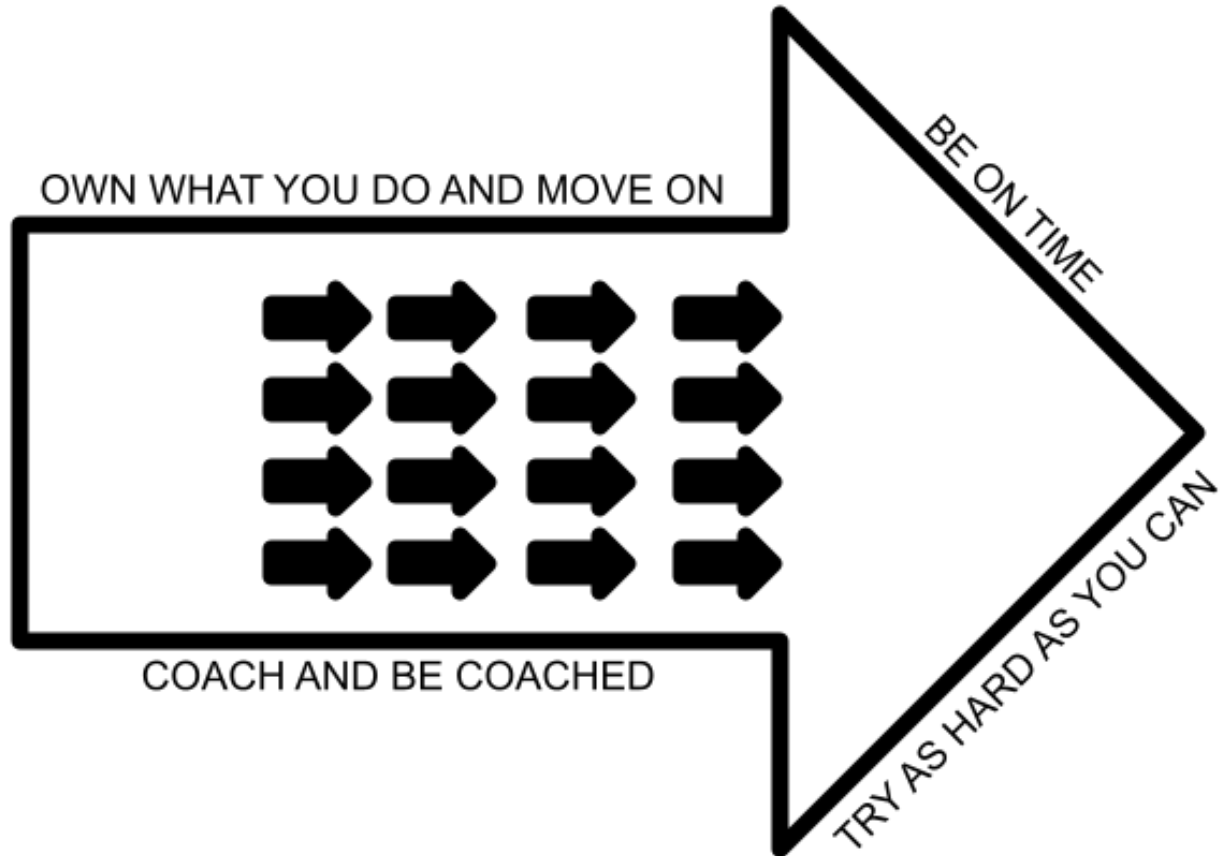
WHY?

- Because we can control everything above.
- It is more fun when we have shared expectations



VS.







vs.



Team Standards



What?

- 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?

Respect for others.
Respect for yourself.
Have fun! (and be fun to be around!)
Be a great teammate.



BEST IS THE STANDARD

You have no chance to be THE BEST until you are YOUR BEST.

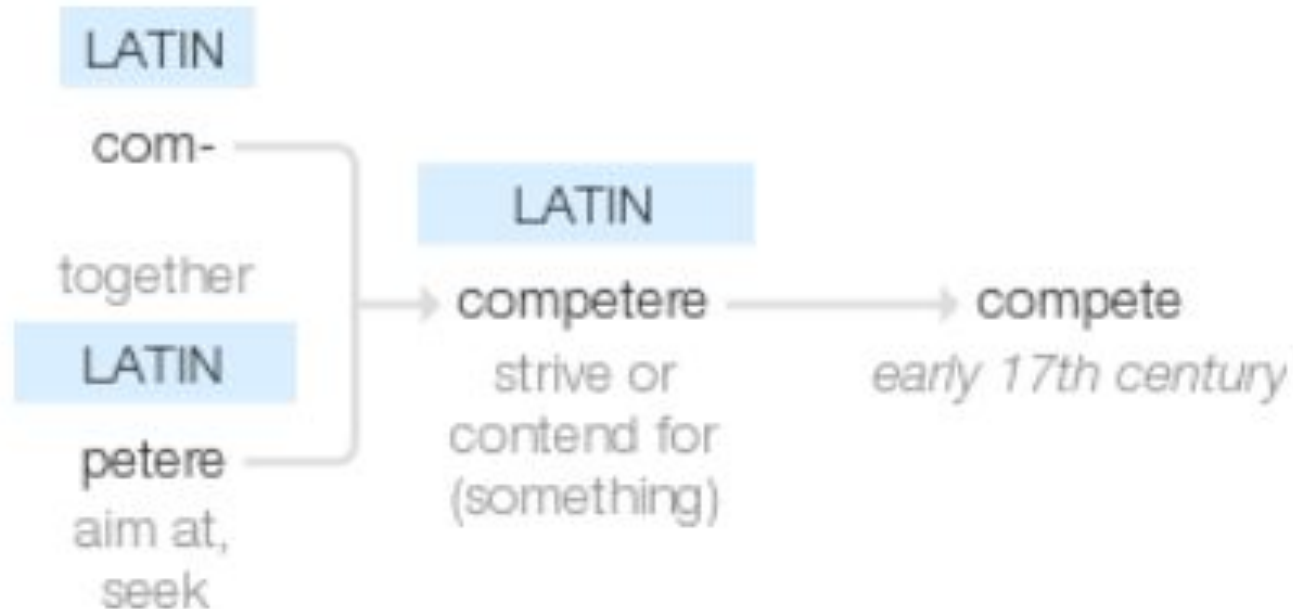


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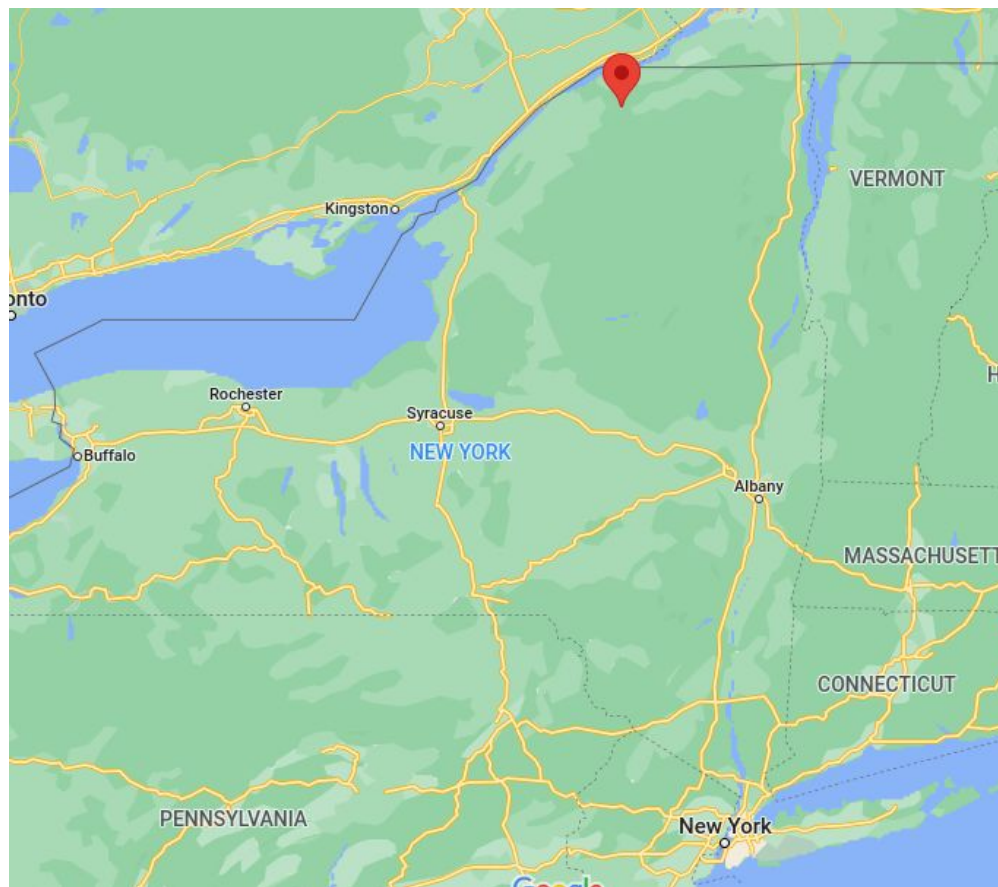


Coach Nate



WHY?

- I think what we are doing matters.
- It is an incredible learning experience.
- I love to compete.





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

BEST IS THE STANDARD

- 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 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.
 - These processes are managed by our school nurse and our athletic trainer (Catherine Ortiz)



Academic Policy

"The chief function of the body is to carry the brain. around."

Thomas A. Edison

- 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.**

"The Squeeze"

Players who have an F on the first day of the season (February 26th), 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 26th - 28th).
- 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 (trust us), 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 4-7pm (all), 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 2nd
 - 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) |

Games will flip HOME/AWAY from what we had in 2023. STILL A WORK IN PROGRESS.



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 select away games.
 - **JV-** No bus for home games. Will bus to/from select away games. Parents, please help coordinate rides!

Why?

- Limited Buses- Due to Budget and Driver limitations.
- 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 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
 - Monday May 6th, 6:30pm @ Applewood Golf Course.

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”
- Model excellent Character Skills
 - Especially toward officials and our opponents.
 - \$63.67 and \$46.16
- Encourage your son to “own” their Lacrosse Skills *and* their Character Skills.
 - Believe/teach that these can be learned.
 - BEST is the standard
- Provide-for & participate-in everything you can
 - Offseason/Preseason activities
 - Fundraising
 - Booster Club functions

TONIGHT



- Are you registered for SPRING 2024 on the website? (gmlax.leagueapps.com)
- Have you completed ALL ACTION ITEMS FROM WEEK -17 EMAIL?
- Do you need to be on our Helmet Order?
 - Signup sheet tonight- Payment by Nov 10th

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.