

Green Mountain Boys Lacrosse 2023-24

Head Coach: Nate Hallahan | hallahan22@yahoo.com | 315.250.3835

Booster President: Christie Myers | myersfamily527@gmail.com

Treasurer: Deanne Schiele | GMBoysLaxTreasurer@gmail.com



October

- 1) Attend our preseason player/parent meeting.
- 2) Register on our team website (gmlax.leagueapps.com). You will need to register for Spring 2024 (ALREADY OVERDUE).
- 3) **SHARE OUR YOUTH CLINIC INFO with any young athletes who might be interested!**

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.
- 2 Steps to be placed on these rosters:
 - 1- Fill out the Preseason Workouts/Practice/Leagues Form (See Weekly emails)
 - 2- Players MUST Register online with Foothills for each league (Instructions will be sent when it is time).
- Cost 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 \$225. (Covers S&C Coach on 18 Mondays, 22 days at FFieldhouse and 8 days at FSA).

November

- 1) Foothills Fall League begins November 4th at FSA- Games are on Saturdays. (Schedule: www.teamsideline.com/ifoothills)
- 2) Helmet order- \$245, Paid by **Zelle** or check to "GM foundation" ("Boys Lacrosse, Player name- Helmet" on the memo line).

Payment due by 11/10/23 or you will NOT be on this order.

December

- 1) Foothills Fall League ends December 16th.

January

- 1) Foothills Winter league begins January 6th at FSA- Games are on Saturdays. (Schedule: www.teamsideline.com/ifoothills)
- 2) **GMHS Spring Athletics Registration (SCHOOL PAPERWORK/PAYMENT), Opens Monday Jan 29th, and is DUE BY Thursday Feb 15th.**

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 24th.
- 2) **First day of Spring Practice is Monday February 26th.**
 - **SPRING TEAM FEE- \$250.** is due by February 26th 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 between 4-7p depending on the week (Coordinating with GLax/Soccer). Varsity will practice Saturdays (between 9-11a)

March

- 1) **SUNRISE SCRIMMAGE IS SATURDAY MARCH 2ND- PLAYERS WILL BE BUSY ALL DAY (6am-3pm).**
- 2) **GMHS Spring Break: March 16th- March 24th. We will be off March 16th- 20th. ALL PLAYERS WILL PRACTICE Thursday-Friday, March 21st-22nd.**

****WE HAVE GAMES SCHEDULED ON FRIDAY MARCH 15th****

April

- 1) Prom is Saturday April 13th. Varsity practice is very tentative for that morning.

May

- 1) Regular season ends on Saturday May 4th. Varsity Playoffs begin May 7th.
- 2) End of season banquet- At Applewood Golf Course, Monday May 6th, 6:30pm.
- 3) 4A/5A State Championship games are on May 20th.
- 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 26th- 28th).

-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 very 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) between 4pm and 7pm 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 selected games that are not at Trailblazer/NAAC/GMHS. This is dependent on availability.

OTHER NOTES

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

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 Boosters during the season.

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

23-24 Booster Fees:

Team Helmet Order (if needed)-	\$245
DLC Fall League (Sept-Oct)-	\$100
Offseason Practices (Sept-Feb)-	\$225
Foothills Fall League (Nov-Dec)-	\$100
Foothills Winter League (Jan-Feb)-	\$100
Spring Team Fee-	\$250

JeffCo Sports Fee (PAYMENT DUE TO GMHS, NOT THE BOOSTERS): \$175

2023-24

<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 23-28	<u>Sprint/Weight Room</u> 3:45-5:45pm	Player/Parent Meeting @6:30pm	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FFieldhouse</u> 4:30-5:30p (Youth 5:30-6:30)		*Preseason Player/Parent Meeting 10/25
Week -16	Oct 30-Nov 4	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FFieldhouse</u> 4:30-5:30p (Youth 5:30-6:30)	Foothills Fall League Begins	*Foothills Fall League Begins (SubV only)
Week -15	Nov 6-11	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FFieldhouse</u> 4:30-5:30p (Youth 5:30-6:30)	Foothills Fall League	
Week -14	Nov 13-18	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	OFF	Foothills Fall League	
Week -13	Nov 20-25	OFF (Thanksgiving)	OFF (Thanksgiving)	OFF (Thanksgiving)	OFF (Thanksgiving)	OFF (Thanksgiving)	
Week -12	Nov 27-Dec 2	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FFieldhouse</u> 4:30-5:30p (Youth 5:30-6:30)	Foothills Fall League	
Week -11	Dec 4-9	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FFieldhouse</u> 4:30-5:30p (Youth 5:30-6:30)	NO FOOTHILLS FALL LEAGUE	*No Fall league games , facility in use.
Week -10	Dec 11-16	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FFieldhouse</u> 4:30-5:30p (Youth 5:30-6:30)	Foothills Fall League Ends	
Week -9	Dec 18-23	OFF (Finals)	OFF (Finals)	OFF (Winter Break)	OFF (Winter Break)	OFF (Winter Break)	
Week -8	Dec 25-30	OFF (Winter Break)	OFF (Winter Break)	OFF (Winter Break)	OFF (Winter Break)	OFF (Winter Break)	
Week -7	Jan 1-6	OFF (Winter Break)	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FSA</u> 4:15-5:15p	Foothills Winter League Begins	*Foothills Winter League Begins
Week -6	Jan 8-13	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FSA</u> 4:15-5:15p	Foothills Winter League	
Week -5	Jan 15-20	OFF (MLK Day)	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FSA</u> 4:15-5:15p	Foothills Winter League	
Week -4	Jan 22-27	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FSA</u> 4:15-5:15p	Foothills Winter League	
Week -3	Jan 29-Feb 3	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FSA</u> 4:15-5:15p	Foothills Winter League	*Spring Sport Athlete Registration OPENS 1/29
Week -2	Feb 5-10	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FSA</u> 4:15-5:15p	Foothills Winter League	
Week -1	Feb 12-17	<u>Sprint/Weight Room</u> 3:45-5:45pm	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FSA</u> 4:15-5:15p	Foothills Winter League	*Spring Sport Athlete Registration DUE 2/15
Zero Week	Feb 19-24	OFF (Pres. Day)	<u>FFieldhouse</u> 4:30-6p	<u>Wall-ball</u> 8:45-9:10a (Aux Gym)	<u>FSA</u> 4:15-5:15p	Foothills Winter League Ends	*Spring Sport Google Meet with AD 2/22.

<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 1	Feb 26-Mar 2	WEEK 1 PRACTICE SCHEDULE: TBD @FSA, Monday-Friday.				SUNRISE SCRIMMAGE 6a-3p (FSA 6-7:30am)	* Spring Season begins 2/26. (Sunrise Scrimmage 3/2)
Week 2	Mar 4-9	Week 2- Tuesday and Thursday Practice, 4:30-6pm at FSA (JV and Varsity). Monday/Wednesday Practices at GMHS. <u>Games Friday.</u>					*Eligibility regain date 3/4 *First Allowed Game Date 3/7
Week 3	Mar 11-16	WEEK 3-12 PRACTICE SCHEDULE: Monday-Friday, 4-7pm @GMHS (Coordinating early/late start times <i>BY THE WEEK</i> to cooperate with GLax & GSoccer)					
Week 4	Mar 18-23						* Spring Break (We will practice 3/21-22)
Week 5	Mar 25-30						
Week 6	Apr 1-6						
Week 7	Apr 8-13						* Prom April 13th
Week 8	Apr 15-20						
Week 9	Apr 22-27						*No School, teacher work day, 4/26.
Week 10	Apr 29-May 4						* End of Regular Season 5/4
Week 11	May 6-11						* 4A Playoffs Begin 5/7. *Senior Finals 5/8-9. TOM Awards for Seniors 5/9
Week 12	May 13-18						* No School, Graduation 5/17@2pm.
Week 12+1	May 20-25	*State Championship games May 20th.					*Finals 5/23-24. Last day of school 5/24