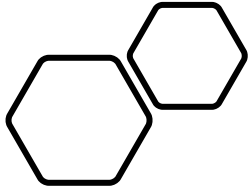


SLPCR
Lacrosse
PreSeason
Meeting

Spring 2022





Introductions

Coaches

- Ian Pollard – Head Varsity Coach
- Chris Taute – Assistant Varsity Coach
- Matt Ferry – JV Coach
- Terri Kromvig – JV Coach





Captains

- Owen Spencer (2022)
- Walker Ziemann (2022)
- Blake Lueck (2022)
- Henry Leff (2023)



Captains Practice / Open Gym

SLPHS Aux Gym (8:30-9:30pm)

- 2/15
- 2/16
- 3/2
- 3/9

NSC – Field hall C (4pm-5pm)

- 3/1
- 3/8
- 3/29
- More pending schedule approval

Team Culture & Coaching Philosophy

I. Team Culture

- I. Panther players will hold themselves and their teammates to **the highest** standard of play and attitude.
- II. Players are expected to demonstrate respect, tenacity, and a drive for success for themselves as well as the team **on AND off the field.**
- III. **NO toxicity tolerance** – towards self or other players

II. Coaching Philosophy

- I. We as coaches will support and build a positive, hard working, and respectful group of student athletes who are committed to honesty, integrity, sportsmanship and development.

Player Expectations - Character

- Commitments
 1. Family
 2. School
 3. Lacrosse
- Ability to balance being a student athlete
 - Not showing up to practice due to schoolwork shows poor time management and is *not an excuse*
- Commitment to being ~~on time~~ **EARLY** to every practice/game
 - Early is on time, on time is late
- Maintaining Player Conduct Contract
- Positive attitude in the face of adversity
 - “Hard times create strong men”
- Respect
 - If you give it you will receive it
- Work ethic
 - When on the field you are ready to grind
- Eat your veggies!

Attendance Policy

- All players are expected to attend all practices, weightlifting sessions, and games for their teams that they are assigned to.
 - Extra events and outings are strongly encouraged!
 - **Practice: arrive 15 minutes before start time**
 - **Home Games: Arrive 60 minutes before start time**
 - **Away Games: Arrive to bus pick up 15 minutes before**
- Players must **directly** notify the head coach at least 48 hours ahead of any expected absence.
 - Excused absences are determined at the discretion of coaches.
- Penalties for missing mandatory attendance events:
 - Practices / Weightlifting– sit one full quarter of next game
 - Game – Sit half of next game
 - *Penalties may be waived depending on circumstances (coaches' discretion)*

Grades and Eligibility

- When a student is in danger of failing a class that student will miss any future games until that student earns a passing grade.
 - Extenuating circumstances will be evaluated at the discretion of the head coach.
- Students are expected to attend all of their classes and will miss $\frac{1}{4}$ of a game for each unexcused class absence and will still be expected to attend all practices and games.
- Players who receive school discipline for disrespectful conduct (in or out of school) will miss one or more games (coaches discretion). This includes the below conduct:
 - Bullying
 - Harassment
 - Substance use (including vaping)
- Illegal conduct will result in **immediate** player suspension
- If a player wishes to become re-eligible he must have a meeting with his head coach before resuming play.

Lettering

- All players who participate in 12 Varsity quarters (3 full games) will receive a letter through the school.
- All seniors who are in good standing with the team will receive an automatic letter.
- Players may be eligible for a letter if they fall just short of 12 quarters and are in good standing with the team (at the coach's discretion).
- Team managers receive an automatic letter.

Scheduling

- V/JV Practices

- Mondays through Saturdays
- M-F: 3:30pm – 5:30pm
- Sat: 10:00am-12:00pm (Panther stadium)
- SLPHS North Practice Turf

- Weightlifting

- Mondays through Saturdays
- M-F: 5:45pm – 6:45pm
- Sat: 12:15pm – 1:15pm

- B squad determination based on registration numbers

- Games

- JV: 5:30pm – 6:30pm
- V: 7:00pm – 9:00pm
- See SportsYou and NWS conference website for full details
- Transportation for away games provided by school.
- Players are allowed to drive themselves to/from away games.

Duluth Trip 4/23-24

- Team building trip for JV and Varsity players
- B squad will have separate team building activity
- Depart: April 23rd at 8am
- JV game: 2:30pm
- V game: 4:00pm
- Team building events and dinner: 6pm
- Return: April 24th
- Activities, transportation, lodging, and April 23rd dinner provided at no cost to players.
- Additional food/meals purchased by players

Player Expectations - Skills

- **Coachable**
 - Ability to adapt and change
- Well conditioned
 - Long distance running
 - Agility
 - Physicality
- Stick skills
 - Both hands
 - Proper fundamentals (overhand shots, two hand scoops, etc)
 - Wall ball
- High lacrosse IQ
 - Ability to learn and adhere to set plays
 - Team play vs. “me” play
- Adequately equipped
 - Properly strung stick

Coach Expectations

- Constructive criticisms
 - Two wins and an opportunity
- Respectful
- Patient
- Knowledgeable
- Provide an engaging learning environment
- Early to practices/games
- Focus on player development

Parent Expectations

- Active participant in child's development
- Respect coaches, parents, players, referees, opponents
 - 24 hour rule for communications after games
- Positive support
- Drive success of child
- All parents are strongly encouraged to volunteer with the booster club, every little bit helps
- Cheer loudly!



Team Structure

•Junior Varsity

- Competitive team at the State and Conference Level
- Development of player's skill, strength, knowledge and team dynamic
- Commitment of 6 days per week of practices, games, weight training, film study and fundraising
- Playing time will be broken down as evenly and fairly as possible
- Varsity prep will be the primary focus



Team Structure

•Varsity

- Competitive team at the State and Conference Levels
- Highest level of skill, athletic ability, knowledge of lacrosse in the program
- Players will be hardest working individuals and will be leaders on their team and community
- Commitment of 6 days per week of practices, games, weight training, film study and fundraising
- **Effort and skill** will determine playing time

Play-Up Policy

- 8th graders will be allowed to tryout for the high school team
- Placement will be determined by skill level and physicality
- High school players will not be cut to make room for 8th graders
- There is no set number of 8th graders that will be placed

Equipment

- Helmet (required) –
 - All teams: White Cascade XRS (or S) /White cage
 - \$220 cash or check (LAXRS)
 - Helmet order form at school website
 - SLP has a small inventory for loan if needed
- Helmet Decal (required)
- Practice Pinnie (required) - \$15
- Gloves, elbow pads, chest pads, etc.
 - We have a small inventory of protective gear available for loan for new/players in financial hardships.
 - Reach out to Coach Ian for details
 - Colors must be either neutral or school colors
 - No need to replace if you already have functioning equipment
 - All shoulder pads must meet NOCSAE ND200 standard

NEW FOR 2022

- NOCSAE certified chest protectors (ND 200 Standard)
- See US Lacrosse for additional details

Stick/Head Requirements:

- Legal per current year NFHS rules
- Backup **STRONGLY** recommended
- Re-string prior to start of each season

Apparel

ITEM #7 UNDER ARMOUR TECH POLO
FRONT: 13.5" 13.4"
EMBROIDERY



ITEM #8 UNDER ARMOUR LOCKER 2.0 LS TEE
FRONT: 11" 9.8"
SCREEN PRINT



ITEM #9 SPORT-TEK POSICHARGE TRI-BLEND FLEECE HOOD
FRONT: 10.5" 3.7"
SCREEN PRINT **PERSONALIZE IT!**
*Additional charges may apply.



ITEM #10 JERZEES LADIES SNOW HEATHER JERSEY TEE
FRONT: 10.5" 3.7"
SCREEN PRINT



ITEM #11 NEW ERA SHADOW STRETCH HEATHER CAP
FRONT: 2.3" 2.25"
EMBROIDERY



ITEM #12 PACIFIC LOW-PRO TRUCKER CAP
FRONT: 1.5" 1.5"
EMBROIDERY



SLPCR LACROSSE 22

ITEM #1 UNDER ARMOUR HUSTLE FLEECE HOOD
FRONT: 10" 9.8"
EMBROIDERY **PERSONALIZE IT!**
*Additional charges may apply.



ITEM #2 UNDER ARMOUR SPORTSTYLE JOGGER
FRONT: 3.5" 3.4"
EMBROIDERY **PERSONALIZE IT!**
*Additional charges may apply.



ITEM #3 HOLLOWAY BLUE CHIP HOODIE
FRONT: 10" 9.8"
EMBROIDERY **PERSONALIZE IT!**
*Additional charges may apply.



Booster Club

- Cheryl Richardson – President
cheryl.34.Richardson@gmail.com
- Vice President - Vacant
- Amy Skramstad - Treasurer
askramstad5619@gmail.com
- Jennifer Lueck - Secretary
jenniferlueck@hotmail.com
- Equipment Coordinator - Vacant
- Fundraising Coordinator - Vacant
- Carb Load Coordinator - Vacant
- Duluth Trip Coordinator - Vacant
- Special Events Coordinator - Vacant
- Social Media Coordinator - Vacant

Fundraisers/Events (Save the Dates)

Fundraisers

- Snap-raise – Email will be sent out with details
- Cub bagging (4/9/22 & 4/16/22)
- Chipotle/Pot Belly/Chili's/Jersey Mike's (potential opportunities)
- Employer match program
- Local business donations

Events

- Overnight trip to Duluth (4/23-4/24/22)
- End of the year celebration
- Senior/youth night

Communication

- Fill out Lax contact and volunteer sheet **before** leaving
- Twitter (follow us) - @SLP_LAXRS
- Instagram - @SpringLakeParkLacrosse
- SportsYou
 - Download SportsYou app and input your contact information.
 - Primary communication to players and parents from coaches.
 - Export calendar to your personal calendar for ease of access.
- Email from slplacrossebooster@gmail.com
- Shutterfly Website (old photos)
 - pantherlacrosse.shutterfly.com
 - Volunteer signup tab
- Flickr (new photos) [link](#)
- Sign-up Genius
(<https://www.signupgenius.com/go/10C0F4CAEA92DA6FA7-2022>)

Parent Volunteers Needed

Please register via [Sign Up Genius](#) or contact a booster member for more information

- Chaperones for Duluth trip
- Carb loads – donated food/drink and/or supervision
- Coordinate or supervise Cub bagging
- Supervise open gym practices
- Equipment manager
- Fundraising
- Bus treat coordinator
- End of the year celebration
- Senior/youth night
- Photographer for JV/Varsity home and away games
- Facebook live stream
- Social media manager

Registration

- SLP spring sports registration is open through April 1st
- CR registration opens soon
- Make sure you are up to date on your physicals prior to registering! DON'T WAIT TILL THE LAST MINUTE
- Registration questions:
 - SLP: Noreen Johnson (njohns@district16.org)
 - CR: Jacque Lacy (jacqueline.lacy@ahschools.us)

Other Information

- Communication
 - Email: ipolla@district16.org
- Follow @SLP_Lacrosse on Twitter for updates, news, etc.
 - @SLP_LAXRS for booster club updates
- SLP Charges Admission for JV and Varsity Lacrosse Games
- Sign up for SportsYou (primary communication from coaches to players/parents)
- Season Schedule
 - See SportsYou

Questions?

