

# Parent Player Meeting

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2022 Girls Lacrosse



2022

CALENDAR YEAR

APRIL

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02 Practice will be held on Stadium Turf
03	04 Try-outs 5:30-7:30pm	05 Weights 4:45-5:15pm Try-outs 5:30-7:30pm	06 Try-outs 5:30-7:30pm (Recive Teams after practice)	07 Weights 4:45-5:15pm Practice 5:30-7:30pm	08 Practice 5:30-7:30pm	09 Scrimmage VS Forest Lake and Chisago Lake Away at Forest Lake HS
10	11 Practice 5:30-7:30pm	12 Weights 4:45-5:15pm Practice 5:30-7:30pm	13 Practice 5:30-7:30pm	14 AWAY Vs Anoka JV: 5:30pm. Varsity: 7pm	15 Pictuer Day 5:30-6pm. Practice 6-7:30pm	16 Film/Journal 9-9:30am. Agility 9:30-10am. Field 10-10:45am
17	18 HOME VS Coon Rapids. JV: 5:30pm. Varsity 7pm	19 Weights 4:45-5:15pm Practice 5:30-7:30pm	20 AWAY Vs Andover. JV: 5:30pm. Varsity: 7pm	21 Weights 4:45-5:15pm Practice 5:30-7:30pm	22 Film 5:30-6pm. Field 6-7:30pm	23 Film/Journal 9-9:30am. Agility 9:30-10am. Field 10-10:45am
24	25 HOME Vs Osseo PC. JV: 5:30pm. Varsity: 7pm	26 Weights 4:45-5:15pm Practice 5:30-7:30pm	27 AWAY Vs Maple Grove JV: 5:30pm. Varsity 7pm	28 Weights 4:45-5:15pm Practice 5:30-7:30pm	29 Film 5:30-6pm. Field 6-7:30pm	30 Film/Journal 9-9:30am. Agility 9:30-10am. Field 10-10:45am
01	02	03	04	05	06	07

2022

CALENDAR YEAR

MAY

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 HOME Vs Elk River JV: 5:30pm. Varsity 7pm	03 Weights 4:45-5:15pm Practice 5:30-7:30pm	04 Practice 5:30-7:30pm	05 Weights 4:45-5:15pm Practice 5:30-7:30pm	06 HOME Vs Chisago Lakes JV: 4:30pm. Varsity 6pm	07 PROM NO Practice
08	09 AWAY Vs Rogers. JV: 5:30pm. Varsity 7pm	10 Weights 4:45-5:15pm Practice 5:30-7:30pm	11 HOME Vs Centennial. JV 5:30pm. Varsity 7pm	12 Weights 4:45-5:15pm Practice 5:30-7:30pm	13 Film 5:30-6pm. Field 6-7:30pm	14 Film/Journal 9-9:30am. Agility 9:30-10am. Field 10-10:45am
15	16 AWAY Vs Blaine. JV: 5:30pm. Varsity 7pm	17 Weights 4:45-5:15pm Practice 5:30-7:30pm	18 HOME Vs TG. JV: 7pm. Varsity 5pm. Scholarship Night	19 Weights 4:45-5:15pm Practice 5:30-7:30pm	20 Film 5:30-6pm. Field 6-7:30pm	21 Film/Journal 9-9:30am. Agility 9:30-10am. Field 10-10:45am
22	23 AWAY Vs Armstrong. JV: 5:30pm. Varsity 7pm	24 Weights 4:45-5:15pm Practice 5:30-7:30pm	25 HOME Vs Champlin. JV: 5:30pm. Varsity 7pm	26 Weights 4:45-5:15pm Practice 5:30-7:30pm	27 Film 5:30-6pm. Field 6-7:30pm	28
29	30 Post Season Begins	31	01	02	03	04
05	06	07	08	09	10	11

# April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 TRYOUTS 5:30 - 7:30p @ SLPHS	5 TRYOUTS 5:30 - 7:30p @ SLPHS	6 TRYOUTS 5:30 - 7:30p @ SLPHS	7 5:30 - 7:30 @ SLPHS	8 5:30 - 7:30 @ SLPHS	9
10	11 3:30 - 5p @ Centerview	12 Weight Room 4:45-5:15p Practice 5:30-7:30p	13 3:30 - 5p @ Centerview	14 GAMEDAY 4:30p @ Anoka	15 Picture Day - No Practice	16
17	18 GAMEDAY 4:30p vs Coon Rapids (North Turf)	19 Weight Room 4:45-5:15p Practice 5:30-7:30p	20 GAMEDAY 4:30p @ Andover	21 4:45 - 6:15p @ Centerview	22 3:30 - 5p @ Centerview	23
24	25 GAMEDAY 4:30p vs OPC (North Turf)	26 Weight Room 4:45-5:15p Practice 5:30-7:30p	27 GAMEDAY 4:30p @ Maple Grove	28 4:45 - 6:15p @ Centerview	29 3:30 - 5p @ Centerview	30

# May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 GAMEDAY 4:30p vs Elk River (North Turf)	3 Weight Room 4:45-5:15p Practice 5:30-7:30p	4 3:30 - 5p @ Centerview	5 3:30 - 5p @ Centerview	6 No Practice - support V/JV games vs Chisago	7 Prom
8	9 GAMEDAY 4:30p @ Rogers	10 Weight Room 4:45-5:15p Practice 5:30-7:30p	11 GAMEDAY 4:30p vs Centennial (North Turf)	12 3:30 - 5p @ Centerview	13 3:30 - 5p @ Centerview	14
15	16 GAMEDAY 4:30p @ Blaine	17 Weight Room 4:45-5:15p Practice 5:30-7:30p	18 GAMEDAY 4:30p vs TG (North Turf)	19 3:30 - 5p @ Centerview	20	21
22	23	24	25	26	27	28
29	30	31				

# Scrimmage: Saturday, April 9<sup>th</sup>



- At Forest Lake High School
- Time TBD
- Varsity Only
- VS Forest Lake, Chisago Lake and Anoka
- 45 min games
- Lax for a Cause: Every player brings \$1 fans can participate as well. Each team chooses a Non Profit or organization to donate their winnings. Whichever team wins the scrimmage fest will win the money and donate money to their organization.





# Coaches Introductions

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- Jovany Lopez – Head Coach  
[jlopez@district16.org](mailto:jlopez@district16.org)
- Steve Mahoney – Varsity Assistant  
[smahon@district16.org](mailto:smahon@district16.org)
- Sam Hasbrouck - B Team Head Coach  
[shasbr@district16.org](mailto:shasbr@district16.org)

# Core Values

- **Be Driven:** Come to practice with a can-do attitude and attention to the game.
- **Accountability:** Show the person next to you that they can count on you on and off the field by *motivating* each other to succeed, using positive talk and uplifting each other through adversity.
- **Unity:** Unity is strength in numbers. A bond that's unbreakable, trust without borders and *vison* toward shared goals!
- **Team First:** Show up for your team. On and off the field, you *represent* this team and our *values*.



# Team Rules

- Show up to practice with a positive attitude to succeed. I GET TO vs I HAVE TO **(BE DRIVEN)**
- On time is not on time. Practice starts at 5:30pm, meaning we are suited up and ready to go by that time - NOT getting ready. **(ACCOUNTABILITY)**
- If you miss a practice the day before a game, without letting a coach know, expect not to play.
- If you need to miss practice a day before a game for any family, medical, educational, religious, etc. reasons, please let a coach know *at least* a day before hand. Expect to not play a full game or start.
- **Bullying will no be tolerated**: Any bullying will be reported to athletic department. Investigation and consequences will come from athletic department and coaches. **(UNITY)**
- Treat this sport like your first sport **(TEAM FIRST)**

# Athletic Trainer/Injury Rules

- Sarah Boo: [sboo@district16.org](mailto:sboo@district16.org)
- Please see Sarah for any injuries
- If injured, please let me know in person not over text (unless directed otherwise by Sarah or Doctor).
- Boo Boo`s vs Injuries
- If injured, you are still **expected** to be at practice and games (unless directed other wise by Sarah or Doctor).
- If injured/sick and unable to practice a day before a game, you will not play in game the next day (circumstance based).

# Equipment Changes & New Uniforms

- New goggles must be SEI Certified (However, does not need to have the SIE marking until 2025)
- Goalie Chest pads must now meet NOCSAE standards
- For any questions, refer to [seinet.org](http://seinet.org) for a list of NOCSAE goalie chest pads and girl's lacrosse eye wear
- New Uniforms: Home (Blue), Away (Grey)
- Blue spandex to be worn under skorts

# Practice Equipment

Make sure to always have the following:

1. Goggles
2. Lacrosse stick
3. Mouth guard
4. Practice jersey
5. Cleats & indoor shoes
6. A gallon of water
7. Warm clothes, dry clothes (incase of rain), clothes for when warm or cold
8. Blue spandex for games (away & home uniforms)
9. We will continue to focus a lot on mind And body this year so part of your equipment is your journal (please bring a journal you will use for lacrosse only)



# Team Practice

- First day & Try-outs April 4<sup>th</sup> – 6<sup>th</sup> 5:30pm-7:30pm on SLPHS Stadium Turf (ALL PLAYERS).
- Players will receive their teams on Wednesday after practice (posted on team website @ 9pm)
- Bubble players will play JV time but not guaranteed varsity time.
- First week of practice April 4<sup>th</sup> – April 8<sup>th</sup> 5:30-7:30pm at SLPHS (ALL TEAMS).
- Weight room Tuesdays and Thursdays 4:45pm-5:15pm
- Monday, April 11<sup>th</sup>, varsity and JV will practice at SLPHS 5:30-7:30pm. B team will practice at Centerview 3:30-5pm with Coach Sam.
- Players will receive practice and game schedules for their perspective teams on Friday, April 8<sup>th</sup> to bring home to parents.

# B-Team Practice & Games

- B team will practice at Centerview 3:30-5:00pm(Starting April 11th) except...
  - Tuesdays: B team will practice with JV 5:30-7:30 at SLPHS
  - Thursdays: Practice will be at 4:45-6:15p at Centerview
- B team will play home games at SLPHS North Turf at 4:30pm
- For middle school athletes, a shuttle will bring you to the high school after school.
- From the High School a shuttle will bring b-team players to Centerview. There is no shuttle back to SLPHS after practice.
- B-team will ride bus to away games. Once b-team games are over bus will bring them back to SLPHS.
- Any player that stays to suit up with JV or watch games will ride with varsity bus back after away games.
- Any questions please contact Coach Sam
  - Preferred email: [hasbr032@umn.edu](mailto:hasbr032@umn.edu)
  - District email: [shasbr@district16.org](mailto:shasbr@district16.org)
  - Or call/text at 763-232-0017





# Picture Day

- Picture day is on Friday, April 15<sup>th</sup> at 5:30pm at SLPHS Stadium Turf (all teams will meet at the high school).
- Pictures will only be 30 min long so minimize retakes.
- B-team, No practice after photos. Can be picked up at high school
- Varsity/ JV practice 6-7:30pm after picture on Stadium Turf
- To order pictures, text **90738** our **custom code: PGHN65442**
- Text to receive information and opt-in. You will be notified via text once photos are ready.
- Please opt-in (via text) prior to picture day.
- Jersey Color for pictures
  - Varsity: Grey
  - B-team: White

# Apparel Site & Instagram Page



Apparel: Go to -> [bigteamstore.com](http://bigteamstore.com)

- Password: SLPGLAX22

Deadline for Apparel is March 15 at 8am

Deliver is 5 weeks after site shuts down!

Instagram Page – [@slpladylaxers](https://www.instagram.com/slpladylaxers)

# Booster Club

- Communications: [slpgirlslaxbooster@gmail.com](mailto:slpgirlslaxbooster@gmail.com)
- Facebook: SLP Girls Lacrosse Booster Club
- Please send the following to the email above to be added to our Email communications. Any changes made to practice will also come from this email. It will be posted on our Instagram page and team website as well.
- What to include on email:
  1. Player name & grade
  2. Player shirt size
  3. Player email
  4. Parent name & email

# Our Boosters this year:

- Heather Solorzano
- Angie Holm
- Sheryl Menz
- This could be you – Contact Heather, Sheryl or Angie if YOU CAN HELP!

# Booster Club

## **Volunteers Needed**

- ☐ Booster Club Board
- ☐ Booster Club Involvement (carbo loads, senior night)
- ☐ Volunteer to take pictures at games

# Booster Club

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This year we will start out using Snap Raise

- Goal of raising \$7,000 for the season
- Players will need to collect 20 email addresses
- Each player will have a \$200 goal in donations
- Incentives for players who collect the most donations
- Other Fundraising TBD
- Funds will be used for t-shirts, snacks, senior night, team events, banquet etc.



# Booster Club

## **Planning:**

- ☐ We will have the first booster club meeting the first week of practice.
- ☐ Keep an eye out for an announcement on Instagram with details.
- ☐ Fundraising meeting with players will be on April 8<sup>th</sup> after practice.

# Where to Find Information & Registration Link

- ❑ On our school website at <https://springlakeparkschools.org>
- ❑ Our Girls Lacrosse website at <https://springlakeparkgirlslacrosse.weebly.com>  
(you can also find this link on our school website and Instagram bio)
- ❑ Instagram: @SLPLadyLaxers
- ❑ Any last-minute changes to practice will be posted on Instagram, our website and emailed out.
- ❑ Registration link can be found on the school website under Athletic/Activities Page
  - ❑ (Make sure to get physicals done!)

# Questions?

