

## Gig Harbor Lacrosse Association (GHLA)

### 2018/2019 Boys High School Team

#### PRE-SEASON LETTER

Parents & Players, I know it seems early, but we have been working all summer on plans for the 2018/2019 lacrosse season, and it's about time to "gear up"!

**Please read the following carefully. Questions can be directed to [MarcKemp@cbbain.com](mailto:MarcKemp@cbbain.com).**

#### **Eligibility:**

- In order to be eligible to play for the Gig Harbor Boys High School Lacrosse Team, the player must attend Gig Harbor High School or live within the Gig Harbor High School District and attend a high school that does not have a lacrosse team.
- In order to participate in any field activity, players must have a US Lacrosse membership that is valid through at least 5/31/2019. Player memberships cost \$35/year. Membership can be obtained and renewed through [USLacrosse.org](http://USLacrosse.org).
- In order to participate in any field activity, players must complete the GHLA registration process. Players can register through our website [GigHarborLacrosse.com](http://GigHarborLacrosse.com)
- In order to participate in any field activity, players must be fully equipped (helmet, mouth guard, shoulder pads, arm pads, gloves, protective cup).

#### **Varsity & JV Teams**

- We field two teams in the Spring Season, a Varsity team and a JV team. Ours is not a recreational program; both teams are competitive. Playing time is not guaranteed. The line-up and playing time will be based on the players' demonstrated skill level and game IQ.

#### **Registration & Fees:**

- *Fall Ball:* There is no fee for Fall Ball, but in order to participate, players must be fully registered with GHLA and have a valid US Lacrosse membership. Fall Ball is optional but strongly encouraged.
- *Spring Season:* The registration fee for the 2018-2019 season is \$425. Players can register without paying, but the registration fee must be paid in full prior to the first day of Spring practice.

### **Key Dates:**

- 10/1/18: Online registration & online team store opens.
- 10/13/18: Orders & payment are due for Team Helmets & Team Gloves, as well as optional Team Arm Pads & Gear Bags. Items will be sold through our online store on our website.
- 11/2/18: Fall Ball begins. Dates, times, and location(s) TBD, but expect 3 evenings/week (maybe Saturday mornings). Fall Ball is optional but strongly encouraged. Emphasis will be on developing the player and basic team concepts.
- 12/2/18: Fall Ball ends.
- 12/1/19: Orders & payments due for Team Uniforms & optional Team Jackets.
- 1/28/19: After-School Conditioning Program begins. This is optional but strongly encouraged. Coordinated by team captains.
- 2/12/19: Pre-season team meeting.
- 2/24/19: Last day to pay registration fee.
- 2/25/19: Spring season begins. Spring is our official season. Practices are usually Monday through Friday, 7-9 pm at either Gig Harbor High School or Peninsula High School. Games are usually weekday nights, coordinated through the [Washington High School Boys Lacrosse Association](#). There may be an occasional Saturday practice/game.
- 5/24/18: Spring season ends.
- **NOTE Regarding Spring Break:** Our league is not a “school” league. There is no Spring Break in our league, and we do not take a break. Players are expected to participate during their school’s Spring Break (we have students attending a few different schools). Absent players are subject to the team’s attendance policy.

### **Required Equipment & Apparel:**

- Players are responsible for purchasing their own equipment and uniforms. Purchases of helmets, gloves, uniforms, and some other items will be made through an online store on the GHLA website.
- *Sticks:* Shafts & Heads must meet current NFHS standards. Players may use any brand, model, or color (we encourage head colors to be consistent with our team colors: White, Navy Blue, Carolina Blue).

- *Helmets:* Beginning in the 2019 season, **there is an official team helmet** and all players are strongly encouraged to wear this helmet. The team helmet is a Cascade S, white shell, white face mask, white chin strap, custom team decals. The Cascade S is the state of the art in lacrosse helmets. The price of the helmet will be \$205 (retails for \$320). Helmets will be purchased through our online store.
  - Alternatively, if a player already has a serviceable white helmet, he may use that helmet and purchase the team decals for \$10, available through our online store. The chin strap will need to be white. Replacement chin straps can be purchased separately through online vendors, such as Lax.com.
  - Seniors *only* may opt to purchase a helmet wrap designed to make their current black helmet look similar to the new team helmet. The cost of the helmet wrap will be \$45 and will be available through our online store.
- *Gloves:* Beginning in the 2019 season, **there is an official team glove**, and all players are expected to wear this glove. It is a custom Maverick Max glove, and the price will be \$110 (retail is \$160). Players can have their number printed on their gloves for an additional \$10. Gloves will be purchased through our online store. (Players are welcome to wear any glove during practices.)
- *Uniforms:* We are not making any changes to the 2019 uniform, so if a player already has his uniform, no additional purchase is necessary. Incoming players will need to purchase their uniforms through our online store. The uniforms consist of Home & Away jerseys, Home & Away shorts, practice pinny, shooter shirt. The price will be \$165. Returning players who need to replace or add pieces of their uniform will be able to do so through the online stores at a la carte prices.
- *Arm pads:* Players are required to wear arm pads. Players may choose any arm pad they want; there are no official team arm pads. However, we will be offering 3 styles of custom (team colors and logo) Maverick Rome arm pads through our online store. These are optional. Prices range from \$43 to \$80.
- *Shoulder pads:* Players are required to wear shoulder pads. There is no official team shoulder pad, so players may choose any brand, model, color.
- *Mouth guards & protective cups.* Players must wear mouth guards and protective cups. Mouth guards may NOT be white or clear.

**Optional Apparel:**

- *Team bag:* For 2019, we will be offering the Maverick Kastle bag in Navy Blue with the team logo and the player's number. They will be available through our online store. The price will be \$66. (Players are not required to buy these bags.)

- Team jacket: We will be offering the same team jacket as we did last year. They will be available through our online store. The price will be \$90. (Players are not required to buy the team jacket.)
- Gig Harbor Lacrosse Apparel: There will be a separate opportunity, through a different online store, for players, parents, and fans to purchase a variety of GH Lacrosse apparel: Hats, T shirts, Hoodies, etc.

### **Communication:**

- *Website:* Our primary source for sharing information and communicating to our parents and players is our website: [GigHarborLacrosse.com](http://GigHarborLacrosse.com). When you register, please make sure to include emails and phone numbers for all players and parents.
- *Calendar:* The Boys High School team page on the website will provide a calendar for all team events (meetings, practices, games, etc.) If you have a question about when or where an event is, it should be on our team calendar.
- *Remind.com:* I also use an app called “Remind” that allows me to send out text messages to the team (since I have found that most players don’t use email consistently). All players are encouraged to join our “class,” GH Lacrosse. Parents are also welcome to join. You can use this link to join our “class”: [remind.com/join/ghlac](http://remind.com/join/ghlac)
- *Team App:* Our website provider also has an app that you can use; however, I have had mixed results. Search your phone’s app store for “SI Play.”
- *Social Media:* We have a Facebook Page and a Twitter feed:
  - [Facebook.com/GigHarborLacrosse](https://www.facebook.com/GigHarborLacrosse)
  - [@GigHarborLax](https://twitter.com/GigHarborLax)

### **Resources:**

- [Club website](#)
- [Attendance and Conduct Policies](#)
- [Team Documents](#)
- US Lacrosse: <https://USLacrosse.org>
- League: [Washington Boys High School Lacrosse Association](#)
- Team helmet: <https://www.lax.com/lacrosse-equipment/cascade-s-white-out-in-stock-1>
- Team Glove: <https://www.lax.com/lacrosse-equipment/maverik-max-gloves>
- Lacrosse glove sizing chart: <https://www.lax.com/stories/wp-content/uploads/2016/08/GLOVESIZING21.pdf>
- Choosing arm protection: <https://www.lax.com/stories/lax-video/arm-protection-breakdown/>

- Maverick Rome Arm guards: <https://www.lax.com/lacrosse-equipment/maverik-rome-rx3-arm-guards>
- Maverick Rome Arm pads: <https://www.lax.com/lacrosse-equipment/maverik-rome-rx3-arm-pads>
- Maverick Rome Elbow pads: <https://www.lax.com/lacrosse-equipment/maverik-rome-rx3-elbow-pads>
- Lax.com (our vendor for helmets, gloves, arm pads, bag): <https://Lax.com>

**To Do List:**

- ✓ Register beginning October 1<sup>st</sup>. (No payment is required at time of registration.)
- ✓ Order team helmet & team gloves (and optional team bag) by 10/13/18.
- ✓ Show up for Fall Ball, 11/2/18
- ✓ Order uniform and optional team jacket by 12/1/18.
- ✓ Ensure that player has a valid US Lacrosse membership by 11/1/18.
- ✓ Ensure final payment for registration has been made by 2/24/19.
- ✓ Show up for Spring practice, 2/25/19.

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