



## West Linn Girls Lacrosse 2018 Info Meeting

### Communications:

- Freshmen: Update [www.westlinngirlslax.com](http://www.westlinngirlslax.com) with YOUR info, not parents.
- Newbies: Sign In Sheet
- GroupMe: West Linn Girls Lax
- Twitter & Instagram: @wlgirlslax Facebook: facebook.com/wlladylions
- Coach Ben (Varsity): [ben@finklea.net](mailto:ben@finklea.net) or 503-473-6688
- Coach Lauren (JV): [laurenhill71@yahoo.com](mailto:laurenhill71@yahoo.com) or 503-975-9933

### Offseason Ground Rules

- Go play your other sports! ***We love multi-sport athletes.***
- Not in a Fall or Winter sport, you are encouraged to be getting ready for spring season.

### Expectations: Varsity, JV & JV2

1. Student-Athletes
2. Advocate for yourself
3. Not parents job to keep track of your commitments
4. Communicate
5. We are a lacrosse family...ALL teams

### 2018 Season

Seniors: All returning SENIOR players (8) will be on Varsity unless they opt to go to JV.

JV2 Option: Great for returning or brand-new players who want a fun experience with no pressure.

### Offseason Schedule

September: ***No lax.***

October: Captains Practices



November: Captains Practices

December: Captains Practices, LaxNW Indoor League and items below.

### **Bigfoot/Twist Workouts**

- December 19<sup>th</sup> through February 22<sup>nd</sup>
- Tuesday and Thursday from 4:30 PM to 6 PM
- Speed/Agility/Strength/Stick
- 24 slots only, register on [www.westlinngirlslax.com](http://www.westlinngirlslax.com)
- \$250 per person

### **December to Remember 6 v 6 Tournament**

- December 2<sup>th</sup> (Saturday)
- Max of ten players per team
- \$35 per person
- register on [www.westlinngirlslax.com](http://www.westlinngirlslax.com)

**UO 7v7:** Saturday, February 17<sup>th</sup>

**Syracuse vs. Oregon:** Sunday, February 18<sup>th</sup> (SAVE THE DATE)

### **To Make Varsity:**

Attitude & Leadership

*Stamina and Fitness*

Both Hands

Lacrosse IQ

Best players play...it is a competition

### **2018 Areas of Emphasis**

1. Speed of the ball (passes), offense, defense and transition
2. Determined Defense
3. Ground Balls
4. Ability to pass and catch ON THE RUN in transition
5. Shot fakes