



PRIOR LAKE LACROSSE

**PLAYER PARENT MEETING
SEPTEMBER 10, 2017**

WELCOME!!!



- Coach Introductions
 - Coach Fleck, Head Coach
- Captain Introductions
 - Max Valek
 - Tyler Wiederhoeft
 - Preston Jelen
 - John Leffler

FALL MEETING OBJECTIVES

- **Welcome new players into the program.**
- Establish lines of communication.
- Distribute important information.
 - Equipment
 - Off-season training
- Start preparing for the season.
 - Expectation reminders

COMMUNICATING WITH COACHES/ GETTING INFORMATION

- Coaches' Contact Info
- Website – www.priorlakelacrosse.com
 - Go to website and register ASAP!
 - Please tell parents to register also
 - Calendar reminders sent to registered users
- Twitter - @lakerslax
- Activities Office
- Captains

COACHES' GOALS



- Provide support for PLAY Lacrosse program.
- Raise competitive level of the HS program.
- Raise player expectations.
- Organize more off-season opportunities.
 - Fall Events – Sunday Clinics and Tournament
 - Strength Team – Laker Performance
 - Captains' Practices
 - Winter League and Clinics

FALL OPPORTUNITIES



- Captains' Practices

- Fall Registration Open
 - Sunday Evening Clinics
 - October Tournament

- Weight Lifting

- Laker Performance - after school strength training

- Fall Opportunities

EQUIPMENT REQUIREMENTS

• Helmet

- All **NAVY** shell (including visor and jaw)
- Facemask-Black
- Chinstrap-Yellow

• Gloves

- Primarily **NAVY/WHITE**

• Elbow pads

- School or neutral colors – white, black, grey, navy

• Stick

- School or neutral colors (head, shaft or pocket)

EQUIPMENT ORDER



•OPTIONAL!!!

- Excellent savings!
- www.LavinLacrosse.com
- Click on TEAM STORES
- Click on PL logo

Sept 10-18th open

Helmet

New Cascade S

Single sized adult helmet with interchangeable pads for best fit

Team Order **\$180** Retail **\$290**



Any style of helmet with NAVY shell, NAVY Jaw, BLACK Facemask, and ATHLETIC GOLD chin strap only

Glove

PL Lax = **\$125** Retail = **\$160**

**EPOCH INTEGRA GLOVE
AVAILABLE IN PLAYER AND GOALIE
MEDIUM (12"), LARGE (13"), AND XLARGE (14")**



Any neutral colored gloves work for PL (Black, White, Navy)

TEAM PRACTICE APPAREL

REQUIRED!

***Team shorts
Shooter shirt
Reversible***

***Previous years
are the same and
can be used every
year***



IMPORTANT DATES

- Start of Season – **TODAY!**
- Official Tryouts/Practices Begin – April 2nd
- Spring Break
 - March 12-16th
 - We are **NOT** practicing
- State Tournament
 - June 12-16

2017 SCHEDULE

SOUTH SUBURBAN CONFERENCE OPPONENTS

- LAKEVILLE SOUTH
- Jefferson
- Mahtomedi
- EASTVIEW
- ROSEMOUNT
- LAKEVILLE NORTH
- BURNSVILLE
- FARMINGTON
- Blake
- APPLE VALLEY
- EAGAN
- SHAKOPEE

OFF-SEASON EXPECTATIONS

Either **PARTICIPATE IN A SPORT**, and/or:

- Fall Weight Lifting – Check w/ captains
- Winter Strength Team – Info will be sent out
- Captains' Practices/Workouts – **SUNDAYS** and **TUESDAYS**
- Winter League – **Sundays** starting in January
- Camps
- Wall Ball

If you are a **junior or senior new to the program**, please make arrangements to meet individually with Coach Fleck

PLAYER CONDUCT



- Excellence in the classroom.
 - Grades – ***too many players on academic warning list last year!***
 - Behavior
- Respectful and courteous behavior in public.
- Positive role models for younger lacrosse players.

CHEMICAL VIOLATION POLICY

1st violation = **6 WEEKS**

2nd and subsequent violations =
1 CALENDAR YEAR!!!

- There is **NO ROOM** for illegal substance use and lacrosse.
- If you choose to play, you need to remember the commitment you make to your **TEAMMATES**.
 - We **DEPEND** on you, and we **EXPECT** you to make good choices.
 - Don't make a choice that will cost you this great opportunity!

HAZING

- Hazing is **DEGRADING** and is considered a form of **HARASSMENT** and **VIOLENCE**.
- Hazing = Bullying
- We are excited to have new players in our program and want to make them feel **WELCOME** and show them what it means to be a **LAKER LACROSSE PLAYER!**

THINGS TO DO



1. Register on PL Lacrosse website.
2. Complete and turn-in helmet and/or equipment order form – ***OPTIONAL!***
3. Physically prepare for the season – ***EXPECTED!***
4. Help motivate your teammates to get ready!
5. Have an active physical on file with activities office.

Man-Up Club- Booster Club Update

2017/2018 Board Positions:

- President/Communications (emails, website and social media) – Greg Valek
- Off-field Operations – Lori Penton
- Treasurer – Scott Bloedow
- Off-season Coordinator – Tom Whittier
- LABC Rep – Tom Penton
- PLAY Rep – Wayne Wiederhoeft

Off-Field Activities

We are family - PL Lacrosse!

- We need everyone's help to make this a great season for your player and your family
- Volunteer Hour Expectations: 10 hours/family
- More details will be shared on the website this Spring (PL Lacrosse - Volunteer Tab)
- Sign-ups available during parents/coaches meeting – April 8th
- PLHSLaxVolunteers@gmail.com

Off-Field Activities

Volunteer Opportunities:

- Team Parent
- Pictures/Jersey Distribution
- Socials
- Pasta Dinners
- Concessions
- Winter League Score Table
- Game Promotions
- 9th Grade Liaison
- Senior Night Coordinator
- Spring Jam Coordinator
- Spring Clean-up
- Fundraising Events
- Banquet Coordinator

Registration Fee/Fundraising

Registration Fee

- Covers base coaches
- Officials
- Transportation

Fundraising

- Uniforms
- Additional coaches
- Coaches Gear, Game Analysis, Website Fee, Senior Night, End of Season Banquet

Fundraising

Fundraising Events:

- Heggies Pizza Sale
- Grocery Bagging
- Park Clean-up
- MYAS Basketball
- MusicFest Ticket Sales/Volunteering

\$150 Fundraising Goal per Player

Key Activities and Dates

- Fall Development - Now
- Cub Grocery Bagging – Dec 31st (10am-5pm)
- Winter Clinics – Nov/Dec
- Laker Performance – Fall/Winter
- Winter League and Clinics - Jan/March
- Heggies Fundraiser – Feb/March
- Spring Break - March 12th – 16th
- Tryouts - April 2nd – April 6th
- Spring Jam - April 7th (JV and Varsity)
- Parent/Coaches Meeting – April 8th
- Team Photos – April 13th
- End of Season Banquet – June 18th