



PRIOR LAKE LACROSSE

**PLAYER & PARENT MEETING
SEPTEMBER 23, 2018**



WELCOME!!!

- Coach Introduction
 - Coach Mithun, Head Coach
- Captain Introductions
 - Luke Bloedow
 - Brian Kallberg
 - Lucas Gratz
 - Ben Jung

FALL MEETING OBJECTIVES



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

COMMUNICATING WITH COACHES/ GETTING INFORMATION

- Coaches' Contact Info
- Website – www.priorlakelacrosse.com
 - Go to website and register ASAP!
 - Parents and players should register.
- 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
 - Strength Team
 - Captains' Practices
 - Winter League

PLAYER CONDUCT



- Excellence in the classroom.
 - Grades
 - Behavior
- Respectful and courteous behavior in public.
- Positive role models for younger lacrosse players.

CHEMICAL VIOLATION POLICY

1st violation = 2 WEEKS

**2nd and subsequent violations =
6 weeks**

- 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!**

PARENTS

The background of the slide features two tennis rackets, one on the left and one on the right, positioned diagonally. In the center, there is a large, stylized letter 'P' in a light blue color with a yellow outline. The overall aesthetic is clean and sports-oriented.

- It's not your job to raise a professional athlete, raise a great teammate.
- Focus on your child's work ethic, character, and respect.
- Teach them passion, hard work, how to be a great teammate, and how to own their mistakes and not to point fingers.
- Teach them how to overcome challenges, and understand that nothing in life is handed to them.
- Support your program, all in.

EQUIPMENT REQUIREMENTS

•Helmet

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

•Stick

- School colors,
- White, Navy, Black, or Athletic Gold

•Gloves/Arms/Cleats

- Primarily **WHITE, NAVY, or BLACK**

EQUIPMENT/APPAREL ORDER

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

Ordering Window SEP 23-30th

Helmet

New Cascade S

Single sized adult helmet with interchangeable pads for best fit

Team Order **\$195** Retail **\$290**



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

Optional Glove

Team Order **\$100** Retail **\$130**

**EPOCH INTEGRA LE 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 Practices/Team Selection – April 8th
- Spring Break
 - First week of April
 - We are **NOT** practicing!

2019 SCHEDULE

- April 18 Minnetonka
- April 23 Shakopee
- April 25 @ Lakeville North
- April 30 Eastview
- May 2 @ Burnsville
- May 6 Rosemount
- May 9 Apple Valley
- May 14 Farmington
- May 16 @ Lakeville South
- May 21 @ Eagan

Sections May 29-June 6

State Tournament June 11-15

OFF-SEASON EXPECTATIONS

- Either **PARTICIPATE IN A SPORT**, and/or:
 - Weight Lifting/Winter Strength Team
 - Off-season activities through PL Boys Lacrosse
 - Do what you can to get a stick in you hands!
 - Camps
 - Wall Ball
 - Savage Dome
- If you are a **junior or senior new to the program**, please make arrangements to meet individually with Coach Mithun

MAN UP CLUB



- Scott Bloedow – President
- Corky Stremel – Operations Director
- Tom Whittier – Dir of Off-season Activities
- Linda Herubin – Communications Director
- Jan Gilbert – Finance Director
- Matt Nauertz – LABC Rep/Dir at Large
- It takes a village... many, many opportunities to help throughout the year!

FALL OPPORTUNITIES



- South of the River Shootout
 - Completed
- Fall Skills and /Boundary Waters tourney
 - In progress
- BSM scrimmages – V/JV level
 - Next weekend

WINTER OPPORTUNITIES

- Winter Captains 1

- Tuesdays from 5-6 PM at the dome
- From 11/16 through 12/18

- Winter Captains 2

- Tuesdays from 6-7 PM at the dome
- From 1/2 through 2/26

- Winter League

- Sundays from 10 AM-4PM at the dome
- From 1/6 through 3/3
- Prep is usually at 10am and V/JV is at 3pm

PRE-SEASON OPPORTUNITIES

- Pre-season Scrimmages
 - Four weekend dates
 - Scrimmage outside teams
 - Full dome
 - Expanded to two prep sessions this year
- Pre-season Captains
 - Five dates at the dome
 - From 3/25 through 4/4
 - Likely include speed and agility sessions
 - Includes sessions over Spring Break

FUNDRAISING

\$150 fundraising goal per player

- Cub Food bagging – Nov 18th
- MYAS Basketball Tournaments
- Heggie's Pizza Sale
- Music Fest

VOLUNTEERING

Every family is expected to pitch in
(currently estimating 8 hours per season)

- Today we are looking for volunteers interested in working with Corky to **plan and lead/coordinate major activities**
- Individual volunteering sign-ups will be done through sign-up genius during the season (concessions, clock, etc.)

THINGS TO DO

1. Register at www.priorlakelacrosse.com.
2. Follow us on Twitter @LakersLax
3. Order Team helmet and optional custom equipment/apparel by Sunday, September 30th
4. Physically prepare for the season – ***EXPECTED!***
5. Help motivate your teammates to get ready!
6. Have an sports physical on file with activities office. Must be within the last three years.
7. Let us know if you are interested in helping out!



Q & A