

## FALL 2018 TO DO LIST

1. Register at [www.priorlakelacrosse.com](http://www.priorlakelacrosse.com).
2. Follow us on Twitter @LakersLax
3. Order Team helmet and optional custom equipment/apparel by Sunday, September 30<sup>th</sup>
4. Physically prepare for the season – **EXPECTED!**
5. Help motivate your teammates to get ready!
6. Have a 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!

## PRIOR LAKE LACROSSE REQUIREMENTS

- Equipment – each player must have:
  - Helmet - all **NAVY** shell (including visor and jaw), facemask-black, chinstrap-yellow)
  - Gloves/Arms/Cleats (primarily **WHITE, NAVY, or BLACK**)
  - Stick (school colors - white, navy, black, or athletic gold)
  - Practice uniform - pinnie, shorts and shooter shirt
- Sports Physical on file with activities office – every 3 years
- Current US Lacrosse membership
- Registration for the high school season through High School Activities website (PLHS Fee Pay) – in the spring

## COMMUNICATION

- What's going on? Website – [www.priorlakelacrosse.com](http://www.priorlakelacrosse.com)
- Parents and players will have to register through the website EACH YEAR
- Players are responsible for communicating absences with coaches and captains
- Captains will be doing a lot of the communication directly with the players
- Coaches' Contact Info will be on the website
- FYI - We will have team meetings in the spring

## FUNDRAISING

Each family is asked to contribute \$150 per season – which can be earned through the many fundraising opportunities throughout the year:

- Cub Food Bagging – November 18th (sign-ups will be done through sign-up genius on a first come basis – these spots fill up fast)
- MYAS Basketball Tournaments (working on finding and coordinating opportunities this winter)
- Heggie's Pizza Sale (February/March-ish)
- Music Fest ticket sales (early summer)



## 2018-2019 PARENT MEETING OVERVIEW

## BIG DATES

- Official practices start April 8th (no official practices during spring break the first week of April)
- JV/V season games start April 18th
- Sections May 29th – June 6th
- State Tournament June 11th – 15th

## WINTER LAX 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

*Schedules will be FINALIZED as the dates get closer  
– please always check the website!*

## VOLUNTEERING

Each family will be asked to volunteer 8 hours throughout the school year – most volunteer opportunities are done through sign-up genius. *Emails will be sent and links will be placed on the website.*