



Parent/Player Information

CONTACT INFORMATION

Coaching Staff:

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Board Members:

Joyce Day, Team Manager
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Kelly Ray, Treasurer
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COSTS

Team Fees due Saturday, December 5th, 2009

\$125	Team Fee (Payable by check to Cougars Lacrosse)
\$ 35	US Lacrosse
\$ 155	Southern Nevada Lacrosse Fee
\$ 20	Physical (if needed. School sports physicals may be used)
\$200	New Players – Equipment (if needed)
\$107	Uniform Fee (New players only) Returning players can purchase if needed

The team fee is \$125 this year. The fee includes the cost of miscellaneous team equipment (balls, nets, field lining), pre-season clinic, pre-season team BBQ, pre-season High School Jamboree, Best of the West Tournament fees and expenses, and end of the season party. We will hold a fundraiser if the team decides to travel out of state for tournament competition. If that is the case we will seek corporate sponsorships and will ask parents to assist in soliciting potential donors. **TEAM FEES ARE NON-REFUNDABLE after January 4th**. All checks should be made payable to *Cougars Lacrosse*. You can pay your fees at the Parents' meeting on October 20th, or you can mail your check to the Team Treasurer. Checks can be mailed to: Kelly Ray, 724 Sandy Hook Terrace, Henderson, NV 89052.

US Lacrosse Registration is required prior to the first team practice. This fee includes one year of registration, player insurance, and a monthly magazine subscription. Please register and pay this fee on line at www.uslacrosse.org. Bring proof of renewal/ membership to

practice or on Dec 5th at Lax Fest. You must have this to participate in practice-**no exceptions!**

The Southern Nevada Lacrosse Association registration must be completed by December 5th. This fee covers the league's cost for referees, fields, and paramedic assistance at all high school games. Please register on-line, utilizing the link on www.lasvegaslacrosse.org. You can either pay the fee on-line with a credit card or mail a check to the League. You don't need to provide proof of this registration as we can access it on-line.

A Sports Physical is required prior to participation. Please use the physical form provided at the parents' meeting. You may go to any doctor or Quick Care facility for this physical. The usual charge is \$20 to \$25. Crovetti Orthopaedics, 2779 W Horizon Ridge, Suite 200, located near Coronado High School, will be giving sports physicals for \$20 on Nov. 4th from 6:00pm to 8:00pm. If a player has participated in a school sport earlier in the school year, he can obtain a copy of the physical form from the school's athletic director's office, in lieu of paying for another physical.

EXPECTATIONS

Coaches:

1. To teach the game of lacrosse to the best of their ability.
2. Present a winning attitude in a positive, fair, trustworthy, and considerate way.
3. Maintain good communication and build player self confidence.
4. Have fun!

Players:

1. Actively participate in all required team practices – Monday, Wednesday, Thursday and Saturday.
2. Abide by the team, club, and league rules.
3. Play, practice, and improve your game of lacrosse to the best of your ability.
4. Be present, prepared, reliable, and on time, to all team functions with a positive attitude.
5. Playing time is the result of effort, attendance, skill, and performance. How much you play during games, will be the decision of the coaching staff.
6. Actions, gestures, and behavior that will embarrass our team, our club, or ourselves are prohibited.
7. Use of illicit drugs, alcohol or tobacco while participating in any team activity is prohibited.
8. Failure to abide by these rules will result in loss of playing time, position or roster spot.
9. Have fun!

Parents:

1. Volunteer to help the team by driving, scoring, timing, helping with picnics.
2. Reinforce the coaches with positive comments to players, fans, and referees.
3. Attend team games, functions, and tournaments.
4. Set a good example of how fans should behave at sporting events.
5. Have fun!

PRESEASON PLAYER PREPARATION

This is a new year. We have high hopes for the coming year. In order to do achieve our potential, we need your commitment to improving yourselves in the following areas:

Conditioning:

The coaching staff expects each player to be in excellent physical condition by the time games start .

We will have fitness testing for all players during the first week of practice. We want to see where you are in terms of your conditioning. If you want to be a contributor to this team, you will start your personal conditioning work TODAY. Get your running shoes out of the closet and get out on the roads and jogging paths. This is a critical success factor for the year.

Conditioning Expectations:

- 1) Run for distance
- 2) Run for speed
- 3) Move with agility and quickness

Intangibles:

This year we will win or lose based on three key elements: Teamwork, Dedication, and Preparedness. Most importantly – preparedness. And being prepared means being in good physical shape for the season. I don't want to sound repetitive, but we will only be as good as the shape we are in this year. Being successful this year will require dedication from each and every player. Our goals are very attainable. In order to achieve them, players MUST:

- 1) Attend practice regularly. If you miss a mandatory practice without an excuse, you will miss a quarter of the next game. All players should do their best to adjust their work schedules now as they get ready for the season.
- 2) Treat each other with respect.
- 3) Improve our skills and knowledge of the game each and every day.
- 4) Listen to the coaching staff.
- 5) BE IN EXCELLENT PHYSICAL CONDITION.

Lacrosse Skills:

If you are out on the fields practicing your skills, here's a list of things each player can and should be working on.

- 1) Learn to catch, throw, and shoot with both hands. (Advanced players do all of the above on the move).
- 2) Learn to play with your stick perpendicular to the ground instead of parallel to the ground. (The better you can perfect this skill the more you will possess the ball).
- 3) Move the ball. Don't stand still, pass before you are covered, catch on the run, and zig zag as you move to lessen the opportunities to be checked.
- 4) Win the ground balls. (The team that dominates on the ground is the team that wins).
- 5) Move away from the ball. (After you make a pass, don't watch how pretty it was, move to where you need to be to support your teammate and advance the ball).
- 6) Move to the ball. (This means move to the ball when it is thrown to close the distance, move when your defender is not looking at you, and move to support the ball carrier).
- 7) Look at a spot behind the goalie when you shoot. (Good shooters see the spaces that are open, not the spaces filled by the goal tender).
- 8) A quick accurate release is better than a hard shot.
- 9) When you defend, you need to have better stick work than the attacker. (Even D-men with their long sticks and goalies must have great stick work).
- 10) Play D like a boxer boxes. (Stay on your toes, don't over commit, use many more jabs and pokes than big hits and takeout checks. Stay in control by resetting and moving your feet).
- 11) You don't have to steal the ball to be a good defender. Play position and deny the attacker his objectives or at the very least make it harder for him to do his job.

Your coaches can't wait to take on this challenge. We hope you feel the same way.

See you soon!!!!!!

GAME SCHEDULE

The League attempts to schedule one home game and one away game for each opponent. There is travel involved to the northwest end of town – players are responsible for their own transportation. There are generally games on Saturdays and one or two weekday nights. The schedule will probably come out in mid to late February. League play will begin the first week of March and runs through mid-May, with championship games played prior to the Memorial Day holiday.

HIGH SCHOOL CALENDAR OF EVENTS:

November 14th: Christmas Merchandise Orders Due

Please mail to: Joyce Day
26 Desert Dawn Lane, Henderson, NV 89074

Checks Payable to Cougar Lacrosse. Orders can be picked up on December 5th at the lax fest at russel road.

December 5th: *Lax Fest* 9:00-1:00pm Russell Road Fields

This kicks off the high school season and is required for all Cougars. This is also the deadline for the payment of team fees and registration with Southern Nevada Lacrosse Association. Registration paperwork and physicals must be complete and turned in.

January 2009 Practice begins the first week in January with more information to follow as we receive our field assignments.