

**Boy's Lacrosse Preseason**  
**Meeting before Tryouts.**

- Important Dates:**     **February 10th-** The Athletic Department requires all of your forms in this day- {meaning check with Mrs. Harrington to see if you owe anything- Permission slip, up-to-date physical (anyone that has an expired one during season will sit out until an up to date one is in and anyone that does not have one for tryouts will be cut), Impact testing and completed payment(this is refunded if you are cut).}
- March 16-20-** Tryouts- 4:45- 7 Tryouts will begin Mon and go through Thursday with a two mile at 4:45 everyday- anyone late will have extra opportunity (for tardiness to practice) - anyone that misses a two mile will not be allowed on the practice field until the amount of running equals that of your teammates. Be sure to bring all equipment and sneakers to the field.
- Youth:                     Our team will begin giving back to our youth program this year, by every member of varsity mentoring an assigned youth team and adding the coaches in at least in two practices by **Wednesday May 15<sup>th</sup>**- each Varsity member will be given a specific team to be helping not one of their choice, Any member that does not follow this will be down for two games (meaning the last game of the season which is Franklin which would also make you ineligible for tourney roster).
- Water:                    Be sure to check the board everyday on who has water- this is not where older players make younger players get the water for them- this is a team pull your weight!
- On Field:                Any athlete that wants to engage someone other than a lacrosse player from THEIR team during a game or practice will be asked to leave our field and have a sit down conversation with your head coach and in some cases maybe even with Athletic Director Russo before allowed on field to play.
- Equipment:             Lacrosse equipment is made to protect the athlete- if it is not on you cannot be protected- Therefore anyone not properly suited up will be asked once to get into compliance then after that will have physical exercise to help remind you- so that you, as the athlete stay safe.
- Practice:                Players when on a lacrosse field should NEVER be walking- always MOVE WITH A PURPOSE- thus any players walking, sitting down or with a helmet off on field will be unkindly reminded with physical activity that on a sideline is where these actions take place not on the field of play.
- Games:                  All players are required to be at their field assignments during a game- anyone that is not at that assignment will lose either playing time or be taken off their position on the depth chart- Be good teammates and support your whole team- no one wins championships by being selfish!

Jrs. Have a pass for your college visits- any athlete that does not get a letter from the admissions office for official visit, will be treated as if it was a skipped practice so plan accordingly to obtain that letter.

Anyone asked to leave because of behavior from the practice field will be down at least a half of the next game.

**\*\*Realize in the spring season the schedule could change based on rain, lightening, and other sporting events getting shifted during original times- plan on Mon-Friday even if reschedule you should be out by 7:30pm everyday. On Saturday Practices you will be out by 930am except on game day and keep Mans. Beautiful. Check the athletic website under Boy's Lacrosse for the up to date practice schedule.**