

Costs

- Participation Fee: \$228 Checks to FLHS
- Equipment Deposit: \$100 Checks to FLHS
- Uniform: \$90 Checks to FLHS
- Fundraising Deposit: \$100 Checks to FLLBC

Coaching Staff

- Head Coach: Jon Loo
 - Email: jonathan.loo@anoka.k12.mn.us
 - ➤ Cell phone: 763-227-1656
- Assistant Coach: Greg Sowden
- More TBD

Defining Success

- SMART practice makes you better
- Team emphasis makes you better
- Always Undefeated
- Winning is fun
- Keep Playing

Expectations - Coaches

- Ensure Fairness
- Put players in positions to succeed
- Listen
- Make final decisions
- Keep focus on success

Expectations - Players

- Communication
 - > the bell rings on time
 - Phone or e-mail before or at the scheduled time
- Attitude (Ben Franklin)
 - > Pressure
 - > Time
- Fundraising

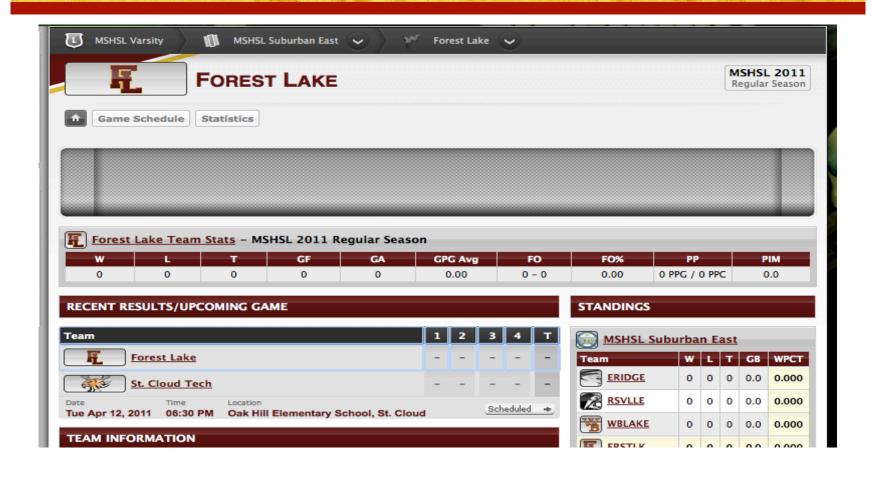
Expectations - Parents

- **■** Communication
 - > Voice concerns/needs with Coach Loo
 - > Check Website for information
 - ➤ Use e-mail as primary means of communication

Website

- Mnlaxhub.com
- Link: http://www.mnlaxhub.com/page/show/291600?subseason=41285
- Schedule, Stats, Announcements, Other teams info

Website



School

- School is **more important** than Lacrosse
- Any school violation will be taken very seriously **no matter how small**

Schedule

- Practice @ FLCLC 3:30 5:30
 - > Players are encouraged to use time before practice to finish homework or get to the field and work on individual skills
- There will be two busses to each game: JV and Varsity
- There will be no busses to prep team games
- Every event will be posted on the website

Support

- Need stats and scoreboard volunteers
- Need people to join the booster club
- Fundraising: April 4th

Adidas

- All orders must be done through the website:
- Link will be on the website and the Facebook page
- Website will close on March 13th
- All orders will be delivered to your home
- http://bigteamsales.impactgroup.us/

























