

San Juan Hills High School Girls Lacrosse – 2024



11/29/23



SJHHS Girls Lacrosse

Agenda

- **Introductions**
- **Mission Statement & Guiding Principles**
- **General Housekeeping**
 - **Two-sport athletes**
 - **SJHHS Website**
 - **7th period PE class**
 - **Taxi Squad**
- **Calendar/Schedules/Expectations**
- **Communication**
- **Uniforms/Numbers/Spiritwear**
- **Parent Committee**
- **Booster Presentation**
- **Budgets & Costs**
- **Next Steps**



Michael Welter – Head Varsity Coach/Director

College: Cal Poly Pomona

Coaching Experience:

Girls Lacrosse at SJHHS (2013-current)

Fillies Girls Lacrosse

Baseball (HS & Youth) – 15 years

Certifications

- US Lacrosse – Level 1, 2 & 3
- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP
- Safesport

Playing Experience:

Cal Poly Pomona & Orange Coast College – Baseball

Claire Welter – Assistant Varsity Coach

College: Kent State University

Coaching Experience:

Fillies Girls Lacrosse

Certifications

- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

Kent State University: Lacrosse

SJHHS – Four years

Tim Cassi – Goalie Coach

College: King’s College (PA)

Coaching Experience:

Corona del Mar HS, Focus Lacrosse,

French National team, Whittier & Chapman Colleges

Mark Gabelsberg – Head JV Coach

College: UCLA

Coaching Experience:

Girls JV Lacrosse at SJHHS (2014-current)

Fillies Girls Lacrosse

Certifications

- US Lacrosse – Level 1 & 2
- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

UCLA – Rugby

Nina Barker – Asst. JV Coach

College: CSU Long Beach

Coaching Experience:

Girls JV Lacrosse at SJHHS (2020-current)

Fillies Girls Lacrosse

Certifications

- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

SJHHS – Four years

Farrell Moore – Athletic Director

Rob Frith – Athletic Director

Your Influence Is Never Neutral!



Stallion Girls Lacrosse Guiding Principles

TEAM

Team is first! No individual, player or coach, is more important than the team. An assist, ground ball, defensive stop, take-away, etc., is just as important as scoring a goal. **Make your teammates look good!**

GRIT

Hustling & finishing, with purpose, throughout practice & games is a **core expectation**. It is a primary discipline of playing any sport and *speaks to an athlete's desire, perseverance and passion* to succeed. **Go get me that ball!**

INTEGRITY

Respect for teammates, opponents, coaches, officials, fans on both sides and ONESELF is a requirement and **paramount** of all SJHHS Girls Lacrosse players and parent-members in our community. **Win with CLASS & lose with GRACE.**

FUNDAMENTALS

Fundamental skillsets are a **necessity** in improving individually as well as a team. As an athlete improves fundamentally, she is also gaining self-confidence which allows her to take her game to the next level. **You can't advance if you can't catch & throw.**

CHARACTER

Winning is simply a by-product of hard work, discipline and a relentless pursuit to constantly be the best version of oneself.

Your Influence Is Never Neutral!



Athletic Seasons

Fall

- Cross Country
- Volleyball
- Tennis

Winter

- Soccer
- Water Polo
- Basketball

Spring

- **LACROSSE**
- Softball
- Track & Field

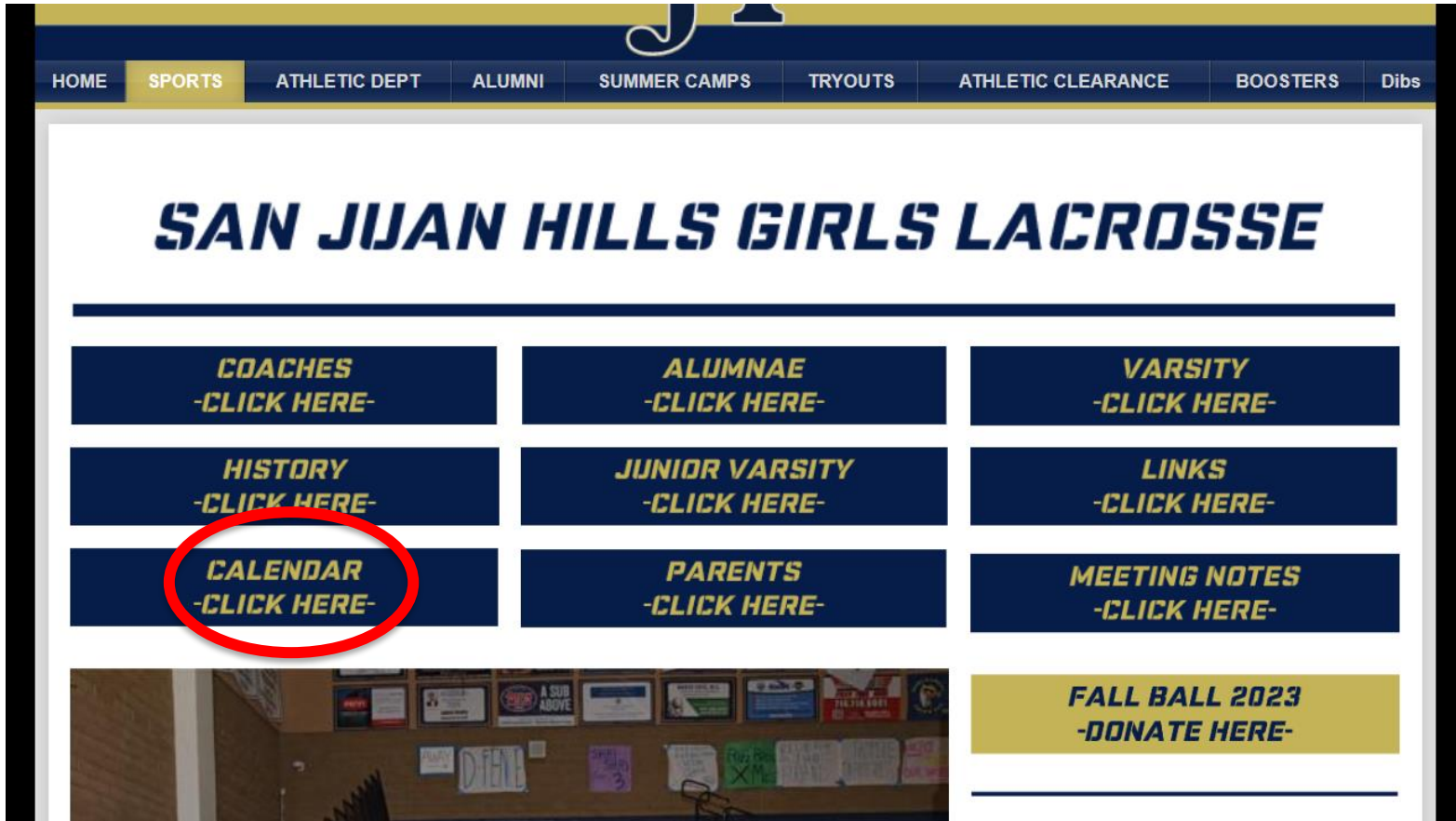
→ **Music/Band/Choir/Theater**

- Welcomed & encouraged to 'share' workouts with BOTH commitments
- Please communicate your wishes to the coaches



SJHHS Website

<https://www.sjhstallions.com/>



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7th Period PE

Currently enrolled athletes must continue to attend through end of semester

- ***Mandatory for PE credit***

Starting on January 8th

Every athlete will be enrolled

NO weightlifting

PRE-SEASON PRACTICE

- ***Monday through Thursday – 4:30pm to 6:30pm on turf***
- ***Sticks/Goggles/Cleats/Mouthguards/Pinnies/Water***
 - ***Be READY to warm-up by 4:30pm!!!!!!!***

BOOK/WEEKLY HOMEWORK

- ***Weekly reading and lacrosse journal checks***



Playing Time

- The best players play
- Playing time is earned, not given.
- If you are hungry for playing time, you must find ways to separate yourself from the pack. Your GRIT or HUSTLE (one of our pillars) must be off the charts. Your coachability, lacrosse IQ and dedication to your FUNDAMENTAL skills (one of our pillars) must be unmatched.
- The following qualities are evaluated when making playing time decisions.

ATTITUDE

ATHLETICISM

DECISION
MAKING

PRODUCTION

IMPACT

RESULTS

CONSISTENCY

DEDICATION

BODY
LANGUAGE



Taxi Squad

- A few players who were close to varsity material but would benefit from more playing time than they might get from being on varsity only.
- They would practice a few days a week with the varsity team and possibly play in the varsity game but may end up playing in the junior varsity game.
- We've done this for the past two years and it really helped set up the program for future success.
- The athletes will be assessed each week, along with the status of all varsity players plus our opponents and these Taxi athletes will be asked to play either in the varsity game or the JV game, depending on the situation.
- I view this as the best of both worlds as they practice at varsity-level speed but could get a lot of minutes in a JV game.
- This is also a ***fluid squad*** as athletes could move up and down depending on their progression, position injuries, absences, etc.



Stanley vs Stella

- A fun way to close out the first semester and it also gives us coaches some more looks at all of the players. We have a pretty good idea of who we think should go where but we're not announcing VARSITY, JV & Taxi Squad until January.

2024 Stanley vs Stella							
11/16/2023							
STANLEY				STELLA			
A Melissa Warner	A Kate Donaldson	M Natalie Chapman	M Natalie Chen	A Caitlyn Enright	A Riley Kutnyak	A Katelyn Johnson	A Kenna Maguire
D Sydney Beatty	D Ainsley Smith	D Chloe Villicana	D Arianna Negrete	M Cate Kugel	A Maddie Okumura	D Ezra Carraway	D Lucia Mastrangelo
M Victoria Hernandez	A Sadie Duff	D Teagan Acevedo	A Jade Yates	A Avi Geckeler	D Sierra Chen	D Shreya Konidana	M Olivia Jarvis
M Brenna Land	A Aleena Ali	D Zoe Campbell	M Katie Hallbeck	M Kylie Vaughn	D Olivia Biacchi	M Madi Beatty	M Sovo vonKaenel
M Isabella Soria	D Kate Billington	D/G Hailey Ward	G Lacy Duckwitz	D MJ Chapman	G Kayley Prada	G Kailani Kingsbury	D/M Noelle Thompson
			M Ella Albee				
			Inj Eden Aimer	Inj Hannah Hoogendyk			


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Tentative Calendar

SJHGLAX - Varsity

Today ◀ ▶ November 2023 ▼

 Print Week **Month** Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
29 4:30pm Weightlifting (PE	30 4pm Optional shooting v	31	Nov 1	2 4pm Conditioning/Sticky 4:30pm GOALIES	3	4 7:30am StickWork Satur	
5 4:30pm Weightlifting (PE	6 4pm Conditioning/Sticky	7	8	9 4pm Conditioning/Sticky 4:30pm GOALIES	10	11 7:30am StickWork Satur	
12 4:30pm Weightlifting (PE	13 6pm TRYOUTS - Day 1 (14 5pm TRYOUTS - Day 2 (15 4pm TRYOUTS - Day 3 (16	17	18	
19	20-24 Thanksgiving Holiday						25
26 4:30pm Weightlifting (PE	27 4pm Conditioning/Sticky	28 4:30pm Weightlifting (PE 6pm TEAM Meeting	29 4pm Conditioning/Sticky 4pm GOALIES	30	Dec 1	2	



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Tentative Calendar

SJHGLAX - Varsity

Today ◀ ▶ December 2023 ▾

Print Week Month Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	Dec 1	2
	4:30pm Weightlifting (PE	4pm Conditioning/Stick	4:30pm Weightlifting (PE 6pm TEAM Meeting	4pm Conditioning/Stick 4pm GOALIES		
3	4	5	6	7	8	9
	4:30pm Weightlifting (PE	4pm Conditioning/Stick	4:30pm Conditioning/Sti	4:30pm Conditioning/Sti 4:30pm GOALIES	5pm Tentative Condior	
10	11	12	13	14	15	16
	4:30pm Weightlifting (PE	4pm Conditioning/Stick	4:30pm Weightlifting (PE	4:30pm Conditioning/Sti 4:30pm GOALIES	4pm Tentative Condior	
17	18	19	20	21	22	23
FINALS - San Juan Hills High School, 29211 Stallion Ridge, San Juan Capistrano, CA 92675, USA						
24	25	26	27	28	29	30
WINTER BREAK						
		5pm ALUMNI GAME				
31	Jan 1	2	3	4	5	6
WINTER BREAK						

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Tentative Calendar

SJHGLAX - Varsity

Today ◀ ▶ January 2024 ▾

Print Week Month Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	Jan 1	2	3	4	5	6
WINTER BREAK						
7	8	9	10	11	12	13
4:30pm Practice (ALL tea						
14	15	16	17	18	19	20
No school						
4:30pm Practice (ALL tea						
WINTER FORMAL						
21	22	23	24	25	26	27
4:30pm Practice (ALL tea						
ZebraFest tournament						
28	29	30	31	Feb 1	2	3
4:30pm Practice (ALL tea						
Surf City Tournament						

Events shown in time zone: Pacific Time - Los Angeles

+ Google Calendar

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Game Schedule

- **South Coast League** (Home/Away)

- Aliso Niguel (2x)
- El Toro (2x)
- San Clemente (2x)
- Trabuco Hills (2x)

- **Non-league**

Home - Santa Margarita Catholic, Beckman, West Ranch, Tesoro, Chaparral

Away - Redondo Union, Mira Costa, Canyon, JSerra, Corona del Mar, Orange Lutheran

- **Tournaments**

- Varsity – Zebrafest & Surf City
- JV – Sticks N Stones & Lax-A-Palooza



Communication

PLAYERS

- We encourage YOU to communicate w/ your coaches because we are YOUR coaches, not your parents’.
- Text – TBD (I haven’t decided yet)
- Email – Copy at least one parent

10 Things That Require ZERO Talent

1. *Being On Time*
2. *Work Ethic*
3. *Effort*
4. *Energy*
5. *Body Language*
6. *Passion*
7. *Doing Extra Work*
8. *Being Prepared*
9. *Being Coachable*
10. *Attitude*

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Communication

PARENTS – Encourage your daughters to communicate with the coaches – this is a step towards independence and personal responsibility.

“Players play, coaches coach & parents cheer”

PARENTS -

Your daughter’s success or lack of success in sports does NOT indicate what kind of parent you are.

But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries her best IS a direct reflection of your parenting.

Open door policy, however:

- Allow 24 hours
- Don’t communicate feelings/emotions/etc. through email or text
- Not on the field in front of players or during practice time
- Any topic except *playing time & positioning*

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Communication

10 Things For Parents From A High-Profile Coach

1. It's heartbreaking to watch your kids fail but it's good to let them fail.
2. Instead of dwelling on results, embrace the power of play.
3. The power of play prolongs careers.
4. We parent out of love, but coaching our kids may be doing them a disservice.
5. Being too involved in your kid's sports actually hurts her performance.
6. Hall of Famers are late bloomers.
7. The best athletes play more than one sport.
8. Sleep matters, whatever your age is. In fact, the best sleep occurs before midnight.
9. Goals are important but so are other aspects of the game - learn the complete game of lacrosse.
10. Adjust your expectations.

“Some parents miss the chance to teach their kids the life lesson of *resilience* and are NOT helping their child develop a mindset of GROWTH. By protecting their kid from any potential difficulty, parents are NOT preparing their child for what may lay ahead in life” - Excerpt from *Mindset* by Carol Dweck




Uniforms/Practicewear

- **Player packs – *Estimated to be \$80.00***
 - Practice shorts
 - Game Day shirts
 - Shooter shirts (white & navy)
- **Spiritwear for players & parents**
 - <https://dogaingear.com/collections/san-juan-hills-high-school-girls-lacrosse>
 - <https://sanjuanhillsgirlslacrosse.itemorder.com/shop>
- **Lacrosse gear – Mark Gabelsberg**
- **Practice pinnies not passed out yet**
 - **Wash COLD & HANG DRY**
- **Uniform sizing needed TONIGHT**
 - **Tops & shorts**



Must turn this form in to get your PINNIE!



ATHLETIC CONTRIBUTION FORM
Girls Lacrosse

Player Name _____ Date _____

Athletes are asked to make the suggested donation amount for EACH sport they participate in during the school year.

This donation will help cover the cost of the following:

- Uniforms & practice gear
- Equipment & Supplies
- Coaches
- Officials
- Conditioning & training program
- Transportation

Parents are not required to make donations and all students may participate in extracurricular activities regardless of whether a donation is made.

If our program does not raise enough money in donations, we will be forced to eliminate items from the budget to reduce costs. This will be at the discretion of the Head Coach & Athletic Director.

Single Payment – 11/29 - \$525.00

Two Payments – 11/29 - \$262.50
3/1 - \$262.50

Three Payments – 11/29 - \$175.00
2/1 - \$175.00
4/1 - \$175.00

I cannot pay but can do something else

**Matching Gifts: Many companies offer matching gifts programs by matching a donation to non-profit groups. The above donation qualifies as a gift that your company will match to double your donation. Note company and enclose matching gifts form with your donation.*

These athletic program donations are considered a charitable donation under Tax ID # 68-0647904.

Paying by Cash Amount enclosed \$ _____

Paying by Check Make checks payable to **SAN JUAN HILLS BOOSTERS** Check # _____
*Please notate "Girls Lacrosse" and player's name on the memo line.

Paying by Credit Card Card Holder Signature _____
CC # | _____ Exp Date _____ CVV _____

Donations and Contribution Form can be mailed to SJHS Attn: Station Boosters/Girls Lacrosse at 29211 Station Ridge, San Juan Capistrano, CA 92675.

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GLAX Parent Committee

2023-2024 Parent Board

Booster Representative/Fundraising - Lou Biacchi

Spiritwear/Uniforms – Cheryl Warner

Snack Bar - OPEN

Awards Banquet – OPEN

Team Dinners – Laranne Enright & OPEN

Senior Night - Jennifer Kutnyak

Social Media – Claire Welter & Natalie Chapman

Webmaster - OPEN

Team Treasurer - Mark Gabelsberg

Photographers – Allison Smith & OPEN

Varsity Game announcer – Mark Chapman

Varsity Stats – OPEN

Varsity Clock - OPEN

JV Stats - OPEN

JV Clock - OPEN

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Budget



EXPENSES	
Coaching (Assistant stipends, Goalie Coach, Alumni)	\$16,980
Equipment/Uniforms/Etc.	\$2,032
Senior Night & Awards Banquet	\$4,125
General Support (Game Film/HUDL/MaxPreps/Tournaments)	<u>\$6,666</u>
	\$29,803
INCOME	
Fundraisers (Christmas Tree/Wrapping Paper/Cornhole/Dinners/Etc.)	\$1,200
Reserve money	\$5,000
Snack Bar	<u>\$1,000</u>
	\$7,200
SHORTFALL	
TOTAL	\$22,603
Average Per Player	\$526

- Includes varsity tournament in February
- Includes two JV tournaments (March & April)

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Booster Presentation

Blake Kubel

- Membership Levels

\$30 - Solo - Car Decal

\$60 - Society - Car Decal, Booster T-Shirt

\$450 - Sideline Banner (stays in stadium for 12 months)

Fundraisers

Booster-led

- Christmas Trees – **need update**
- Charleston Wrap- \$412 profit
- Company Match programs

Team-led (Lou Biacchi)

- Krispy Kreme Donuts
- Other food fund raisers
- Cornhole Tournament in January

50 Minutes of Intensity!



What Happens Next?

- **Pay for Spring season**
 - Payment plans available
- **Place all important dates on your family/personal calendars**
- **Please ensure we have your most current contact info, including parents' info**
- **Pass out books, journals & profile forms**
 - **HOMEWORK**
 - **Page 6 is the Athletics Oath that I need you and your parents to read together and then both sign**
 - **Page 39 is a cell phone and Social Media Use Quiz (be honest)**
 - **Page IV is my WHY..... Think about YOUR WHY.... Why are you here?**



Q&A



50 Minutes of Intensity!

Thank You!

GRIT

tral!



SJHHS Athletic Mission Statement

It is our commitment to help each student realize her potential as a responsible and contributing member of the community. We work to stimulate the spirit of inquiry, the acquisition of knowledge and understanding, and the thoughtful formulation of worthy goals.

Where is the word SPORTS?

