



Welcome to the 2024-25 Girls Lacrosse Season South Coast League

Congratulations! Welcome to the Tesoro Girls Lacrosse Program. We are excited for your daughter's participation in the Tesoro High School Girls Lacrosse Program. This 2024-2025 season is going to be great, not just for your athlete, but for us as parents!

The Lacrosse program got its start in the early 2000s. Keeping this incredible program going for these girls over the years requires so many parents, student-athletes, and coaches to unite towards a common goal, to volunteer a great deal of time, to raise funds to keep it going, and to support these players fully.

Because the lacrosse program is largely self-funded, we will have to raise most of the money needed to support the coaching, equipment needs and operating costs we anticipate for the Varsity team this school year. In order for our program to be a success, your participation is paramount. Some of the details of this commitment are outlined below.

Our program offers:

- Experienced coaches
- Uniforms
- Field equipment
- Nets & balls
- Player banquet & recognition gifts
- Player/team patches and awards
- Senior night and other team events

Coaching Staff:

- Head Coach: Bella Ostheimer
- Assistant Coach: Abbie Doody

Girls Lacrosse Booster Board:

Girls Vice Presidents- Larry Meltzer/Lynette Burnside

Board Treasurer- Becca Zierhut

Board Secretary- Lynette Burnside

Parliamentarian- Bill McKay

Communications- Sonya Bokano

Fundraising- Sonya Bokano

Activities - Shannon Allen

Board President- Michelle McKay

Player Registration:

All players must register for the team to be considered a member of the team.

Roster will be submitted to administration for PE credits and grades.

The same link is used for both registration and to submit your voluntary team donation. Link on our website - tesorolacrosse.org or click below.



2025 Girls Registration

Player Donation: \$800

Register and pay before Sunday 11/10 and get \$50 off registration donation!

- Includes yard sign
- Player banner
- Practice shirt
- Team socks
- Car Decal

Calendar of Events Overview:

Fall Semester

- Fall Practices:
 - 11/7, 11/8, 11/14, 11/21, 12/5, 12/6 @ 5:00-7:00 pm
 - 12/12 @ 7:00-9:00 pm
- Team Tailgate: Saturday, 11/16 at noon
- Scrimmages TBD
- Alumni Game- Friday, January 3, 5:30-6:30
 - Warm-ups: 5:00pm
 - Game: 5:30pm - 6:30pm
- Picture Day- TBD
 - Picture packages will be sent out as soon as date scheduled

Spring Semester

Lacrosse Season begins

January

- Field practices- 1-4 days/week, dates TBD from 5:00pm - 7:00pm
- Attendance mandatory

February - May

- Field practices - 4 days/week 5:00-7:00
- Attendance mandatory
- Most games on Tuesdays/Thursdays

Team building activities:

- Team dinners (e.g., pasta parties)
- Team bonding get-togethers

Games and activities:

- Pre-season games, TBD
- League games, TBD
- LAXTown Rivals Jamboree
 - Tournament, guaranteed 2 games
 - Murrieta Valley High School
 - Saturday, February 8 (plan full day)
- Senior Night Game - TBD
- End of Year Banquet - May 22, 2025

***Tentative Schedule will be distributed as soon as it is published

Summer - (requires enough player commitment)

- Summer program/league

Player Gear & Spirit Wear- Sponsored by TYR

- Player Apparel:
 - Practice shirt (provided with donation)
 - Practice shorts (mandatory)
 - Sweatshirt (mandatory)
 - Sweat pants (optional, but recommended; must be school colors, can be purchased through TYR)
 - Backpack (optional, but recommended; can be purchased through TYR)
- Player Gear (Mandatory, can be purchased from Dick's Sporting Goods or Monkey Sports)
 - Goggles
 - Lacrosse Stick
 - Mouthguard
 - Cleats

- Players and fans can purchase additional gear and apparel from TYR using team link. The link will be provided once its

Player Uniform Policy!

** Students will keep uniforms & pinnies during lacrosse season. Students will return clean uniforms & pinnies at the end of the lacrosse season. Failure to return uniforms will result in an indebted notice generated by THS against the student account.

Uniforms will be distributed in December after athlete has registered for the team and submitted a signed Code of Conduct form.

Communication:

- Players will receive information and instruction from coach Bella
 - Communication will be through Sports Engine
- Parents:
 - Email updates will be sent periodically. Please make sure to check your emails
 - Email girlssvp@tesorolacrosse.org
 - Follow the team on Instagram at: tesoroglacrosse
 - Visit the girls lacrosse website: [Girls \(tesorolacrosse.org\)](http://Girls(tesorolacrosse.org))
 - Join our WhatsApp group for ongoing communication amongst us parents



- Calendar:
 - Your player's Sports Engine will have the latest calendar of practices and games
 - We will do our best to send a parent link to Sports Engine
 - We will send parents a calendar of practices and games
 - Note: Schedules are subject to change and updates will be sent via WhatsApp and Sports Engine

Volunteers NEEDED

- 1) Scorekeeping for Game Days
 - a) Tally marks some basic stats (e.g., goals, shots on goals)
- 2) Spotter to Assist the Scorekeeper
- 3) Manage Clock for Home Games
 - a) Will shadow and be back-up when needed
- 4) Fundraising committee (see Larry Meltzer)
- 5) Game Day Photographer

Fundraising

- **PLEDGESTAR:** Individual Online Fundraising Campaign
 - Individual Online campaign. Offset your team participation contribution by requesting donations from family, friends, neighbors, and co-workers. This fundraiser is scheduled to kick off 10/25 and will run through 2/28. A portion of the funds raised (90 %) will go towards your athlete's participation for the season.
 - Benefit: Direct to the individual player (90% of donations received will go towards the individual player's participation contribution)
- **Super Bowl Squares**
 - Our annual fundraising event where we raise funds by selling Super Bowl Squares. We use an online platform. 4 winners are declared for each grid with all receiving a cash prize. Squares are \$20 each. Payouts up to \$1000 cash. Super Bowl Squares will be sold 2 weeks prior to the big game.
- **Corporate Banners**
 - Corporate Banner Sponsorship- Banners are hung along the stadium fence.
 - New Banners \$250/ Renewal \$150
- **Monthly Dine & Donate**
 - Our Dine & Donate program is held approximately monthly at various local eateries
 - 15-20% of our meals & takeouts go to our lacrosse program
 - Keep an eye out for emails that share more information
- **Corporate Matching**
 - Corporate matching of participation contribution - Check with your employer
- **Legacy Bricks**
 - See flyer at the end of this packet
- **Other possible fundraising events:**
 - PickleBall Tournament
 - Corn Hole Tournament
 - Ideas?

*Do YOU (parents) have any connections that could help with fundraising?
The more money we are able to raise, the more fun team events we can host!*

PLEDGESTAR CONTRIBUTION CAMPAIGN

Tesoro Lacrosse Booster Club is launching its 4th Annual CONTRIBUTION CAMPAIGN, where your daughter will receive donation pledges towards their personal 2023 Season participation contribution.

For our **Contribution Campaign** this year, we're using a cool website that makes it easier for you to request pledges from your family and friends and for them to make secure credit card donations online. It's fun, it's easy and people who use it typically raise twice as much as those who don't.


Remember, our Contribution Campaign is from Pledgestar, so please register now to help your daughter raise as much as they can for their Participation Contribution. All proceeds donated less a minimal service charge of 9% will be given to your daughter via check from the Tesoro Lacrosse Booster Club by 12/20/2024.

Using your computer's browser:



- Go to <http://pledgestar.com/tesoro>
- Click "Not Registered for this Year's Event"
- Enter your name and email address, then click "Submit"
- Follow instructions on-screen to register Participant(s) and add family and friends
 - Note: More than one sibling may be registered under the same family registration.

Using your Apple or Android phone or tablet:

- Go to Apple App Store or Google Play store and search for "PLEDGESTAR" to download the family app: 
- On the Home Screen enter your event code: "tesoro" to locate your event.
- Click "Not registered for this Year's Event"
- Enter your name and email address then click "Submit"
- Follow the instructions on-screen to register Participant(s) and add family and friends
 - Note: More than one sibling may be registered under the same family registration

When you finish registration, the system will send email pledge requests to your family and friends, allowing them to make secure credit card donations online. You will get notified each time a pledge is made and you can track your pledge progress online.

Chain of Communication & Code of Conduct

If a player has a concern with practices and games, she should first address the issue with Coach Bella. This should be accomplished in a timely manner. Being able to communicate effectively with adults is part of becoming a successful young woman. If after meeting the coach, and the issue is still unresolved, then a parent meeting should be scheduled with the Coach. Any issues with the lacrosse program should be discussed with the VP of Girls Lacrosse.

Lacrosse is a game of high emotion and physicality. It is likely that during the season all parties involved- players, parents, and/or coaches will have concerns about something. When you find yourself in this position it is recommended to hold off for 48 hours in order to evaluate the situation. If after 48 hours you still have concerns, then it is time to talk. Most situations will be resolved themselves after adhering to the 48 hour policy.

Player/Coach Contract:

Player's Name: _____

I, _____, want to play lacrosse for the Tesoro Lacrosse Program. In exchange for the privilege of being on the team, I promise to do the following:

ACADEMICS WILL BE FIRST. Your grades and class work come before lacrosse. Do your homework when you should. Directly after school is best. Our practices will be late so there is more than enough time to get your work done.

DO NOT WAIT UNTIL "THE DAY BEFORE" TO DO YOU HOMEWORK OR STUDYING, and school will rarely interfere with your lacrosse. You never wait the day before a game to start working out.

NO EXCEPTIONS:

- Bullying, hazing, and put downs of any sort will not be tolerated and will result in loss of playing time. 2nd offense will be removal from the team.
- The use of ANY smoking device will result in removal from the team. Please do not start bad habits in high school.
- NO excuse policy with alcohol. 1st offense you will be removed from the team.
- ATTENDANCE. BE ON TIME FOR ALL PRACTICES. Be properly dressed in team gear, no jewelry, no long or acrylic nails. We know there are circumstances that will arise when you must miss a practice (illness, etc). When this occurs, the player is to inform their coach in advance when possible.
- Being grounded by your parents will be treated as an unexcused absence. **Remember lacrosse is also a class and you will receive a grade so attendance is mandatory.**
- Attitude: Our goal is to field a team of players that consistently demand more of themselves, Be positive, coachable, hustle and display mental toughness.
- All bags must be lined up straight at all games.

- We do not leave a facility until all trash is picked up. Tournaments, scrimmages, league games, etc.
- WE WILL WORK HARD - Work hard to develop good habits by practicing with good form and appropriate effort. Use game effort during all practices.
- Respect teammates, referees, opponents, and coaches.
- Come to the coach first if you have a problem with the team. Complaining and excuses will not help the direction of the team. Let's focus on doing our best!

PARENTS

As a parent of the above-named player, I promise to do the following:

- Influence my child to abide by the contract signed
- If your child is having problems, such as academics or bad attitude, please contact the coach
- Be an example of good sportsmanship
- Be patient with coaches who are not giving your child playing time you feel she deserves. Playing time is based off of _____
- Leave coaches to coach
- Inform other family members of these rules
- If an issue presents itself, set up a meeting to be the next board meeting with the board and head coach so we can professionally handle the issue after the 48 hour period.

COACHES

We, the coach(es), promise to do the following:

- Treat each player as if we want our child to be treated
- Attempt to play each player every game. In close games, the time may be less (even no playing time) and in blowouts, the starters will probably play less than substitutes
- Be example of good sportsmanship and character
- Teach your child the skills to become the best player they can be
- Discuss anything with parents or players
- Address concerns after 48 hour period
- Prepare all players for college/adulthood

I understand that by being on this team, I will agree to abide by these expectations described on this sheet. I promise to return uniforms to Tesoro High School after the season is over.

Player's Name: _____

Player's Signature: _____

My child has shared with me these expectations, and I agree to give her all possible help to meet them successfully.

Parent Signature: _____

PLEASE PDF OR TAKE PICTURE OF SIGNED CONTRACT AND SEND TO GIRLSVP@TESOROLACROSSE.ORG BY 12/02/24

Tesoro Lacrosse is a registered 501(c)(3) organization which may make your contribution a tax-deductible donation. Tesoro Lacrosse Booster Club Tax ID: _____



TITAN BRICKS

Leave a Legacy

Support a Program

Engrave your student's name in the foundation of Tesoro High School. Your personalized brick purchase not only leaves a legacy on campus, but all proceeds directly support your program of choice. Titan Bricks are \$127 and nearly \$100 goes directly back to your program of choice.

Orders will be accepted until Friday, November 15 and installed over Winter Break 2024.

TWO WAYS TO ORDER | BEFORE NOVEMBER 15, 2024

1 Visit <https://titan-bricks.cheddarup.com> or **SCAN QR CODE** to order online with credit card* or ACH* debit. *Small transaction fee applies.



2 Order by form. Complete & return this form with your check:

Purchaser's Name: _____

Name of student: _____

Purchaser's address: _____

City: _____

State: _____ Zip: _____

Purchaser's email: _____

Purchaser's phone: _____

Program to benefit: _____

Brick Personalization: Bricks have *three lines maximum*. Personalized lines usually include name (based on length), sport, phrase, etc. and will be centered. *Each line is 14 characters (including spaces) max.*

LINE ONE: _____

LINE TWO: _____

LINE THREE: _____

Please make check payable to *Tesoro Football Boosters*. **

Mail check and this completed form to:
Tesoro Football Boosters
The Postal Center
28562 Oso Parkway Letter "D" / Box 221
RSM, CA 92688

****IMPORTANT NOTE:** The Tesoro Football Boosters or the Tesoro Football Program *does not directly benefit* from this program in any way, unless "Titan Football" is chosen as "program to benefit."

Questions? Email Tamara Sauer at tamaralsauer@gmail.com

