

Common Questions About Archer GLAX

1. Do I have to know how to play lacrosse to try-out?

The answer to this has a few sides to it. Our GLAX program is a varsity high school sport. You have to be athletic to play the sport. If you have never played before and can pick up the game quickly with minimum instruction and can keep up athletically with the fast pace, then the answer is no. But, keep in mind, lacrosse involves a lot of running, throwing and catching the ball with a lacrosse stick and keeping up with the rules of the game. You will be playing with other players that do know the sport and are competitive and passionate about the game so prior knowledge and experience with the game increases your chances of making the team.

2. Does lacrosse involve running?

Yes. You should be in good physical shape to play lacrosse. Part of the try-out, practice and high speed game includes running. Conditioning is very important in the game of lacrosse.

3. Do I need to buy equipment to play lacrosse?

In order to play lacrosse, you will need a lacrosse stick, cleats, lacrosse goggles or helmet, and a mouthpiece - must be colored and not white or clear. These items are not provided by the school and you must have them to try out. Please keep in mind, you are not guaranteed to make a team. If you do not have the equipment, it might be a good idea to borrow equipment from a seasoned lacrosse player rather than purchasing them in case you do not make the team. This would need to be arranged prior to tryouts since you will need the equipment on day one of tryouts.

4. How many girls are on the lacrosse team?

An ideal team would have 18-22 players. Archer will be fielding only a varsity team for the 2022-2023 school year.

5. Does everyone make the team?

Unfortunately the answer to this is no. We want to be competitive on the field so players make the team if they can make a valuable contribution to the team. No player is guaranteed a spot on the team from year to year. Nor are players guaranteed play time, a starting position, or a specific position on the team. Yearly tryouts are mandatory and are based on stick skills, physical fitness, attitude, lacrosse IQ, coachability, team interaction on and off the field, mental toughness, etc.

6. When are practices?

At this time, practice locations and times are TBD. In years past, we have had practices at different locations, before school, after school, in the evening, etc. It is important to know that if you make the Archer GLAX team, you are committing to be at every practice and game. Absences hurt the team. Teacher meetings, school clubs, work, homework, appointments, ect should be scheduled before school or during lunch or anytime that does not interfere with practice or games. You as a player should let teachers and parents know when you are not available. Time management is very important in being a varsity athlete. Once you commit to the team, you are acknowledging that Archer GLAX is the season sport you are committing to and you are acknowledging that you will be at practice everyday and all games and all other activities are in line after lacrosse. Missing practice will result in loss of playing time in the game.

7. When are games?

You will be given a schedule at the beginning of the season. It is subject to change. Flexibility is the key. Games might be scheduled during the week, the weekends, or even over school breaks.

8. How much does lacrosse cost?

The price of each season is determined by the amount of players on the team. The price can range from \$600 to \$700. It will be stated during the preseason meeting and listed on the website. It is important to know that there is a no refund policy regardless of injury, dismissal from the team, or any other reason. The price will include all costs for the season including 18 pregame meals from local restaurants and player packs. The only additional cost will be additional spiritwear you purchase and pictures.

9. Do I get my money back if I decide lacrosse is not for me?

No. All costs for the season are paid within the first few weeks of the season so there is no way to refund money. Players are expected to be paid in full prior to the first game and no player packs will be ordered until player fees are collected.

10. Will coaches set their expectations prior to the season?

Yes. During the preseason meeting, the coaches will explain their expectations. It is important to remember that you are a varsity athlete representing Archer High School at all times. Not only will there be lacrosse rules, but you are expected to follow all school and county rules at all times. You must always exemplify high character within the school, practice, games, on social media, and in the community. Any inappropriateness can result in loss of playing time, losing

a starting position, or dismissal from the team with no refund. Rules are in place to help the team grow and unite. All athletes are expected to show respect for their teammates and coaches at all times. As a varsity athlete you are taking on the responsibility to be at practice on time with proper gear and apparel (pinnie, short sleeve shirts under pinnie, loose fitting running shorts or sweatpants - no volleyball shorts or nike pros, cleats, and running shoes), to be present at all games with proper equipment and uniform, and to keep up with all your academics to remain eligible to play lacrosse.