

# Woodbury Girls Lacrosse Program

2023-2024 Preseason Player/Parent Meeting



# Activities Department:

## ▶ Jodi Loeblien-Lecker - Activities Director

▶ [jloeblei@sowashco.org](mailto:jloeblei@sowashco.org)

▶ 651-425-4421

## ▶ Susan Garcia- Department Assistant

▶ [sgarcia1@sowashco.org](mailto:sgarcia1@sowashco.org)

▶ 651-425-4420

## ▶ Mickayla Springer - Athletic Trainer

▶ 612-720-6825

- The student-athlete must be registered to tryout/practice.
- [Online registration](#) is required!
- A physical must be on file prior to registering.
- Fax, turn in, or email front page of physical form to Activities Office.
- Transportation Waiver is apart of registration
- Transfer students new to WHS will require additional paperwork, please reach out to the Activities Office if you have not already done so.

# ELIGIBILITY:

- ▶ STUDENT-Athlete
- ▶ Must be in school 50% of the school day to practice or compete in a game
  - ▶ An excused absence means parents have *proactively* called before the missed class
  - ▶ No unexcused absences during the course of the school day
- ▶ Academically passing and meet grade credit requirements or meeting program requirements
- ▶ Must have doctors note to return to play if sidelined or work with trainer for return to play in the case of injury
- ▶ No Youth Association/Club participation until after the completion of the season - cannot double dip seasons!

# Registration:

- ▶ Players **MUST** be registered with the Activities Office before tryouts!
  - Players who show up and are not registered will not be allowed to stay at tryouts
- ▶ All players **MUST** have an updated sports physical on file with the Activities Office prior to tryouts
- ▶ Registration fee: \$190 (WHS Activities Office fee)
- ▶ Contact Jodi or Susan with any questions!

**\*\*Registration opens on 02/15!**

# MN High School League:

## ▶ Student Code of Conduct

- ▶ Academic, Chemical/Substance, Social Media, Harassment, Hazing
- ▶ As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:
- ▶ I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- ▶ I will be fully responsible for my own actions and the consequences of my actions
- ▶ I will respect the property of others.
- ▶ I will respect and obey the rules of my school and the laws of my community, state and country.
- ▶ I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country

# MSHSL Substance Policy:

- ▶ Twelve months of the year, a student shall not at any time, regardless of the quantity:
  - use or consume, have in possession a beverage containing alcohol;
  - use or consume, have in possession tobacco;
  - use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia,
  - use or consume, have in possession, buy, sell or give away products containing, or products used to deliver nicotine
- ▶ tobacco products and other chemicals.

**“Tobacco products” means:** any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product, (5) use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substance or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal law.

# MSHSL SUBSTANCE POLICY Violations:

- ▶ 1<sup>st</sup> Violation: lose eligibility for the next 2 contests or 2 weeks, whichever is greater & loss of captainship for 1 entire calendar year
- ▶ 2<sup>nd</sup> Violation: Lose eligibility for the next 6 contests or 3 weeks, whichever is greater; ineligible to be a captain for remainder of high school career
- ▶ 3<sup>rd</sup> Violation: lose eligibility for the next 12 contests or 4 weeks, whichever is greater
  - Considered to be chemically dependent at this point; student can become enrolled in a chemical dependency program and be officially reinstated by the MSHSL after 6 weeks and confirmation from a certified counselor of chemical dependency treatment upon completion of the program
- ▶ Penalties are progressive and consecutive!
- ▶ Additional Penalties will be enforced by the school, in addition to the MSHSL Policy Violations Progression

# ImPACT Baseline Testing:

- ▶ Free to all players and is provided by the school
  - Partnered with our athletic trainers from Summit Ortho (WHS Trainer - Mikayla Springer )
- ▶ What: An online program that will assess if a concussion is present within your player if a blow to the head or neck occurs. This is based on their performance in the baseline test.
- ▶ Highly recommended for athletes to do this!
  - Must go into trainer to complete! HIGHLY recommended for ALL PLAYERS!





# ETS & Nutrition:

- ▶ FREE for ALL WHS student athletes
- ▶ Provide structured strength and agility training with licenses coaches
- ▶ Occurs in the WHS Weight Room after school
  - ▶ Available for us in the off-season @ 3:30-4:45pm after school Tuesday/Thursday
  - ▶ HIGHLY recommended for preseason!
- ▶ Nutrition is important for health and performance!
  - ▶ Eating enough to get through the day and be fueled for practice
  - ▶ No deposit, no return! You get out of your workout and your body what you put into it.
  - ▶ Need help? Ask.



# Core Values and Coaching Philosophy:

- ▶ Coaching Philosophy: Double-goal coaching philosophy comprised of winning and developing the student-athlete as a whole.
- ▶ Core Values: Respect, Dedication, Preparedness, Positivity, Communication, Consistency, Competitiveness and Fun

\*Winning is fun, but it is not everything!

## Program Focus:

- ▶ Competitive skill growth and development at all levels
- ▶ Positive team culture and attitudes
- ▶ Inclusive environment
- ▶ Prioritize Core Values and Standards of Behavior

# Standards of Behavior:

**\*\*Players will sign an acknowledgment statement agreeing to uphold our program Standards of Behavior - refusal to sign will result in a meeting with coaches and AD!**

- ▶ No Excuses - No deposit, no return!
- ▶ Communication -
- ▶ Trust + Respect - we have each other's back and show each other respect
- ▶ Collective Responsibility - we are TEAM FIRST and We win TOGETHER!
- ▶ Flexibility - We can handle any situation and not complain or worry
- ▶ Mental Toughness - Our mistakes do not define us or our success
- ▶ Selflessness - We go the extra mile for each other
- ▶ Pride - You are proud to be a Royal and we are the best team in white and blue

# Chain of Communication:

- Players should speak directly to coaches about playing time before involving others
  - Trying to build good communication skills and ability to talk to authority figures/adults!
  - Coaches will not talk to parents about playing time until the player has talked to their coach(s) FIRST!
- Coaches will only have this discussion with parents once!
  - Any decision changes or adjustments will be communicated accordingly if needed
- **24 hour Rule:** Coaches will not discuss game strategies, concerns about player position or playing time, etc. until at least 24 hours after a game

# Coach-Player Communication:

- ▶ GROUPME will be the only platform for coach-player communication
  - Players will need to download the app to ensure you can receive messages and login properly
- ▶ We will provide players with info regarding games and practice, game day transportation, location & time, warm-up times, etc.



# Coach-Parent Communication:

- ▶ All parents should review the Guardian/Spectator Expectations PDF on the WHS Girls Lacrosse preseason page
- ▶ Families will receive weekly emails from the head coach outlining the upcoming games and important information
  - Coaches will try to get any immediate changes out to parents ASAP and will be communicated to players in the GroupMe as well!
- ▶ Please fill out the Player/Parent Contact Info Form on the WHS Girls Lacrosse athletics home page

# Booster Club:

- ▶ Booster Fee -\$150
  - ▶ Venmo @Gwhslax (WHS Girls Lacrosse Booster); add 2% convenience fee to total
- ▶ Goes towards game shirt, team meals, banquet, pictures, awards, senior gifts.
  - Uniform Skirts: New players will need to purchase a uniform skirt for \$30, and it is theirs to keep for future seasons!
- ▶ All parents are welcome to join and attend booster club meetings! If you would like to get involved, please let us know!
- ▶ Communications via email
- ▶ Parent Social: March 27<sup>th</sup> @ 7-9pm at Birdi Golf in Woodbury



# Volunteer/Fundraising Opportunities:

- ▶ Game Day Jobs: Field Table, Score Board & Clock (JV & Varsity)
- ▶ Booster Club: Specialty Nights set-up & take-down, team dinner's
- ▶ **Players: Net and Backstop Assembly - TBD**
- ▶ Papa Murphy's Cards Blitz Day - March 30<sup>th</sup> @ 10am at WHS
- ▶ Pancake Breakfast - March 16<sup>th</sup> @ 8am-10am at Applebee's
- ▶ Jerry's Bagging - April 27<sup>th</sup> @ 10am-6pm

# Sponsorships:

- ▶ We are actively looking for sponsorships for the season to grow the program
- ▶ If parents know of any leads, please reach out to Josh Miller - Booster Club President ([miller31j@msn.com](mailto:miller31j@msn.com))
- ▶ Sponsors will get mentioned at home game's, social media shoutouts, as well as potential printed advertisement
- ▶ Sponsorship form is on the WHS Girls Lacrosse Website!

# Approved SAFETY EQUIPMENT 2023-2024:

- ▶ NOCSAE Approved Eyewear List 2024 - Players are responsible for having legal goggles before the first game (April 6<sup>th</sup>)
- ▶ NOCSAE Approved Goalie equipment - Goalies **MUST** a legal chest protector before the first game (April 11th) → Chest protectors must have an SEI certification mark & have a heart protector (all SEI certified chest pads have this)
  - Any goalie using their personal equipment is responsible for having a legal chest guard!

\*Referred to as *Commotio Cordis* on the list!



# Approved SAFETY EQUIPMENT 2023-2024:

- ▶ **NOCSAE Approved Goalie equipment:** Goalie **MUST** wear shorts or pants manufactured with integrated protective padding
- ▶ Each player needs their own legal mouth guard (cannot have a strap nub/protruding feature) and own water bottle - **NO SHARING!**

# Preseason:

- ▶ Practices start February 19<sup>th</sup>!
- ▶ Full schedule is on the program calendar
- ▶ Register on our activities website page - \$100/players for 10 sessions *\*\*link on homepage\*\**
  - ▶ *Separate from Activities Office fee!*
  - ▶ NEW players try the first 2 practices for FREE!
- ▶ Led by captains - drills, games and conditioning to get ready for the season!
  - ▶ 2024: Ella Kodl, Kate Hooley, Bella Mishacoff

# Tryout information:

- ▶ Tryout Dates: April 1st & 2nd
- ▶ April 1<sup>st</sup> @ 7:30-9:30pm at WHS Turf
- ▶ April 2<sup>nd</sup> @ 4pm-6pm at MHealth Fairview Sports Center
  - April 1<sup>st</sup> may be subject to change due to weather! Updates will be sent via email and GroupMe if a changes occur!
  - Results will be listed by pinnie number and emailed to players after tryouts on April 2<sup>nd</sup> by 8pm
- ▶ Registration needs be completed before the start of tryouts on April 1st
  - \*No athlete will be allowed to tryout or stay at the tryouts if they are not registered

# Team Information:

- ▶ 2 teams: Varsity and Junior Varsity
  - We do our best to place players as accurately as possible. However, the team you start on may not be the team you end the season on.
- ▶ 7<sup>th</sup> & 8<sup>th</sup> graders: Only eligible for varsity roster if they show outstanding ability OR for JV team if we need players to complete a team roster
- ▶ Must attend WHS or attend WMS or LMS to be eligible for program!

# Playing Information:

- ▶ Swing Players: up to 5 per game (both ways) - will be notified at the beginning of each week by coaches
- ▶ Players will be placed based on skill level and ability, as well as attitude and behavior.
  - Placement is subject to change during the season, and will be communicated to the player by coaches
- ▶ If players have questions about their placement or playing time, they should discuss this at an appropriate time with their head coach
  - *Please wait until after practice on 04/03 to address questions regarding placement!*



# Lettering Information:

- ▶ Make the Varsity regular season roster **OR** be pulled up for sections roster
- ▶ Getting pulled up to Varsity 8+ times in regular season = Varsity Lacrosse Letter (at the discretion of the coaching staff)
  - *The withdrawing of a player's letter award is at the discretion of the coaching staff*
  - *Shifting between JV & Varsity roster placement after tryouts is at the discretion of coaches and can impact lettering decision*

# Attendance:

- ▶ Late for practice = 1 lap around track for every 5 minute of tardiness (1-5 minutes late = 1 lap, etc.)
- ▶ Failing to tell a coach in advance about missing practice will result in no playing time the first quarter of the next game
- ▶ Absences for school activities (tutoring, grades/homework), doctor appointments, family emergencies are considered excused with prior notice (minimum 48 hour advance is appreciated)
- ▶ Must be in school for the first 3 hours and absences must be excused prior to you leaving school!
- ▶ SET YOUR ALARMS FOR NAPS! 😊
- ▶ You chose to be here and your team is counting on you!

# Practice Information:

- ▶ Varsity & JV Practice Times: 5:30-7:15PM, 7:30-9PM; 2 wk. rotating schedule with the boys lacrosse team
  - Location: Woodbury High School Stadium
  - We will start with 7:30-9pm for the first 2 weeks
  - Players are expected to arrive early enough to be ready 10 minutes prior to the start of practice
- ▶ Practice pinnies and mouthguards need to be worn at every practice!

# Game-day Information:

- ▶ Departure time for away games will vary based on location
  - More instruction on this will be given closer to first away game & can change from game to game
- ▶ One bus for away games - departure time will be announced in the weekly email
  - ▶ Bus cancellation or changes will be announced ASAP by coaches via parent email and GroupMe message to players!
  - ▶ Reminder will be given the day before the game at practice/in the GroupMe
  - ▶ Players leaving away games with parents need to tell their head coach in-person prior to leaving!

## Game Warmups:

- ▶ Varsity: 30 min of off-field warmups (passing, stretching, etc.) at JV half time & 30 minute of on-field warmups after JV game
  - ▶ Varsity is required to be at the first half of the JV game
  - ▶ Captains will lead varsity warmups
- ▶ JV: 10 min of stretching/passing & 30 min of on-field warmup prior to game start time
- ▶ No personal earbuds/music after team stretching!

# Uniforms & Apparel Order:

- ▶ Apparel order through BSN closes on 2/16! *\*\*2<sup>nd</sup> order will start on April 1<sup>st</sup>! \*\*Link on the website\*\**
- ▶ Under Shirts & Socks:
  - Home Games/White Jerseys = White under shirt & Away Games/Blue Jerseys = Black under shirt
  - Black/White socks based on Home/Away
  - Black bottoms under skirt for inclement weather
  - Dark spandex for under uniform skirts - **MUST** wear spandex under skirt!
  - Dictated by the MSHSL for team uniforms → can suspend or forfeit games if team uniforms do not meet MSHSL standards for team uniform guidelines

# Player Expectations:

- ▶ View the PDF document on the WHS Girls Lacrosse Website to see full list of player expectations
- ▶ Failure to follow these expectations will result in a loss of playing time or potential dismissal from the team
- ▶ Points to highlight:
  - Prioritize your commitments as a student-athlete: Mental Health and School. Lacrosse comes second.
  - Maintain good academic standing to remain eligible
  - Be respectful to all coaches, players, officials, spectators and opponents
  - Hold yourself and teammates accountable for their actions on and off the field - be team conscious when making your decisions
  - Follow MSHSL and WHS rules prohibiting the use of drugs, alcohol, tobacco and nicotine products for the entire year
  - “Control the Controllable” - Effort, Attitude and Sportsmanship
  - **POSITIVE ATTITUDE & TEAM SUPPORT!**

# Spectator Expectations & Rights:

- ▶ View the PDF document on the WHS Girls Lacrosse Website to see full list of Parent/Spectator expectations
- ▶ Failure to follow these expectations can and will lead to the termination of spectator privileges
- ▶ Points to Highlight:
  - To know the guidelines and expectations of your player as a member of this program
  - To attend games without distracting the process
  - To discuss personal, academic, social issues regarding your daughter with coaching staff as needed in private and in-person
  - To take issues/concerns up through the chain of command: Player, Head Coach, Activities Director, Principal, etc.

**The ability to attend games is a privilege, not a right!**



# Responsibilities of Guardians:

- ▶ Let the coaches coach
- ▶ Provide a positive home and personal environment
- ▶ Deal with injuries properly - follow trainer and doctor instructions
- ▶ Balance family and lacrosse commitments accordingly
- ▶ Support the Royals Booster Club - Volunteering is not mandatory (but is highly encouraged!)
- ▶ Only players, officials, game personnel and coaches are allowed on the field/bench area
- ▶ If you have questions/concerns about lacrosse, ask your player first!
- ▶ 24 Hour Rule: Allow for 24 hour after games/event to ask questions - don't let emotions get the better of you

# Schedule:

- ▶ April 6<sup>th</sup> - Scrimmage day @ Centennial (JV & Varsity)
- ▶ We have 13 regular season games which begin on April 11<sup>TH</sup> and sections play begins on May 27<sup>th</sup>
- ▶ JV Games - 5:30pm
- ▶ Varsity Games - 7pm
- ▶ All game dates, times, and location can be found on the Suburban East Conference website & WHS Lacrosse Calendar

## Special Event Nights:

- ▶ April 19<sup>th</sup> - Youth Night vs. East Ridge
- ▶ May 1<sup>st</sup> - Morgan's Message Night (Mental Health Awareness)
- ▶ May 8<sup>th</sup> - Staff Night
- ▶ May 15<sup>th</sup> - SENIOR NIGHT!
- ▶ Team Dinners are on the calendar - booster club will send out any needed communications
- ▶ Special event nights will occur between JV and Varsity games

# Rules and Regulations Updates:

- ▶ Four, 12-minute quarters with 2 min transition and a 10 min half time (JV and Varsity)
  - ▶ Players must change ends between quarters
- ▶ Self-Start outside of the CSA: Players no longer need to come to a settled stance
- ▶ False Start outside of the CSA: Players will no longer receive a penalty for a false start outside of the CSA

# Coaching Staff:

Head Varsity Coach: Ivy Benner

▶ [bennerivy363@gmail.com](mailto:bennerivy363@gmail.com)

▶ 612-321-6725

Assistant Varsity: Eliza Boe

▶ 952-239-0598

▶ [lizalooxx@gmail.com](mailto:lizalooxx@gmail.com)

JV Head Coach: Maddie Althoff

▶ 612-751-3528

▶ [madalthoff@gmail.com](mailto:madalthoff@gmail.com)

## To-Do List:

- ▶ Register for preseason!
- ▶ Register with Activities Office by April 1<sup>st</sup> (need an updated sports physical on file!)
- ▶ Double check equipment
- ▶ Fill out Player/Parent Contact Form
- ▶ Fill out Game Day Shirt Size Form (due March 4<sup>th</sup> !)
- ▶ Booster fee, Volunteer Sign-up, Fundraising Items (Papa Murphy's & Pancake Breakfast)
- ▶ **Players: Notify employers about schedule ASAP!**

Questions?