

Welcome to the 2023-24 Girls Lacrosse Season

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 2023-2024 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 teams 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:

- An experienced coach
- 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

Girls Lacrosse Booster Board:

Girls Vice Presidents- Larry Meltzer/Isaac Bermudez
Board Treasurer- Michelle McKay
Board Secretary- Lynette Burnside
Parliamentarian- Tiffany La Pan
Communications- Nickie Bermudez

Fundraising- Larry Meltzer
Board President- Mark Kurnava

Player Registration:

Welcome
TO THE 2024
VARSITY TEAM

Tesoro
Lacrosse

\$800 Registration Includes:

- Team Practice Shirt
- Rose Bowl Tournament
- Personalized Yard Sign
- Personalized Stadium Banner
- End of Year Banquet

Registration Link:
<https://tesorolacrosse.sportngin.com/register/form/305837588>

Join our Parent Info Night to learn about the program, meet our Coach, GLAX Board, and learn how to get involved!

Monday, 11/27 @ 6:00pm
(Tesoro High School Room 701)

Player Donation: \$800

- Bring a player you get \$200 off donation
- Includes yard sign and player banner
- Practice shirt

Calendar of Events:

Program Overview

Winter- December-January

- Field Practice- TBD
- Alumni Game- Thursday, Dec 21st
 - Warm-ups: 4:00pm
 - Game: 4:30pm -5:30pm
- Picture Day- January 16, 2024 at 4pm
 - Picture packages will be sent out

Spring-February-May

Lacrosse Season begins

- Field practices- Dates TBD from 5:00pm - 7:00pm
- Team building activities:

- Team dinners (e.g., pasta parties)
- Team bonding get-togethers
- [Rose Bowl Tournament](#) - March 2, 2024
- Games - TBD
- Senior Game - TBD
- End of Year Banquet - May 2024

Summer - (requires enough player commitment)

- Summer program

Fall 2024 - September-November (requires enough player commitment)

- Strength training & conditioning
- Field practice

TENTATIVE SCHEDULE:

Opponent	Date	Locaton	Home / Away	Time
J Serra Catholic HS	02/13/2024	Tesoro High School	Home	5:30PM
Laguna Beach HS	2/15/2024	Tesoro High School	Home	5:30PM
Orange Lutheran HS	03/01/2024	Orange Lutheran HS	Away	5:00PM
San Juan Hills HS	03/07/2024	SJHHS	Away	5:30PM
El Toro HS - PNDG	03/12/2024	Tesoro High School	Home	5:30PM
Mission Viejo HS	03/21/2024	Mission Viejo HS	Away	5:30PM
Dana Hills	03/26/2024	Tesoro High School	Home	5:30PM
Capistrano Valley	03/28/2024	Tesoro High School	Home	5:30PM
Mission Viejo HS	04/09/2024	Mission Viejo HS	Away	5:30PM
Dana Hills	04/11/2024	Dana Hills	Away	5:30PM
Capistrano Valley	04/16/2024	Capistrano Valley	Away	5:30PM
Mission Viejo HS	04/19/2024	Tesoro High School	Home	5:30PM
Dana Hills	04/23/2024	Tesoro High School	Home	5:30PM
Capistrano Valley	04/25/2024	Tesoro High School	Home	5:30PM
Rose Bowl Tournament	03/02/2024	Rose Bowl	Away	TBD
Los Alamitos	03/19/2024	Los Alamitos HS	Away	PNDG
Heritage HS	02/27/2024 - PNDG			
Aliso Niguel HS	03/05/2024 - PNDG			

7/12

Player Gear & Spirit Wear- Sponsored by TYR

- Players and fans can purchase gear from TYR (*more information to come soon*)
- Player Apparel:
 - Practice shirt (provided with donation)
 - Practice shorts (mandatory)
 - Sweatshirt (mandatory)

- Sweat pants (optional)
- Backpack (optional)
- Player Gear (Mandatory) .
 - Goggles
 - Lacrosse Stick
 - Mouthguard
 - Cleats

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 and email girlsvp@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) Activities Coordinator
 - a) Team building activities
 - b) Helps lead Senior Night
 - c) Helps lead banquet
- 2) Scorekeeping for Game Days
 - a) Tally marks some basic stats (e.g., goals, shots on goals)
- 3) Spotter to Assist the Scorekeeper
- 4) Manage Clock for Home Games
 - a) Will shadow Nickie B and be back-up when needed
- 5) Fundraising committee (see Larry Meltzer)

Player Uniform Policy!

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

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 _____ and will run through _____. A portion of the funds raised (____ %) 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
- **Other possible fundraising events:**
 - PickleBall Tournament
 - Corn Hole Tournament
 - Ideas?

Do YOU (parents) have any connections that could help with fundraising?

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 12/09/2023.

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 YOUR 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 12/04/23

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