



2024 Player/Parent Meeting





Pre-Season

- Must be passing 5 classes and have a 1.75 cumulative GPA
- All forms must be completed in FinalForms before first practice (student, parent and physical)
- Conditioning Test is Wednesday, February 14th 2:45-3:15pm
- First practice is Monday, February 19th



Practice

- Practices will be Monday-Friday (possibility for a few Saturdays as well) on days we don't have games from 7-9pm. 7-8:30pm on days before games.
- Often have meetings/film before practice at 6pm
- Start time is when we start, be early
- Off-season lifting will be Monday and Wednesday 2:30-3:15pm

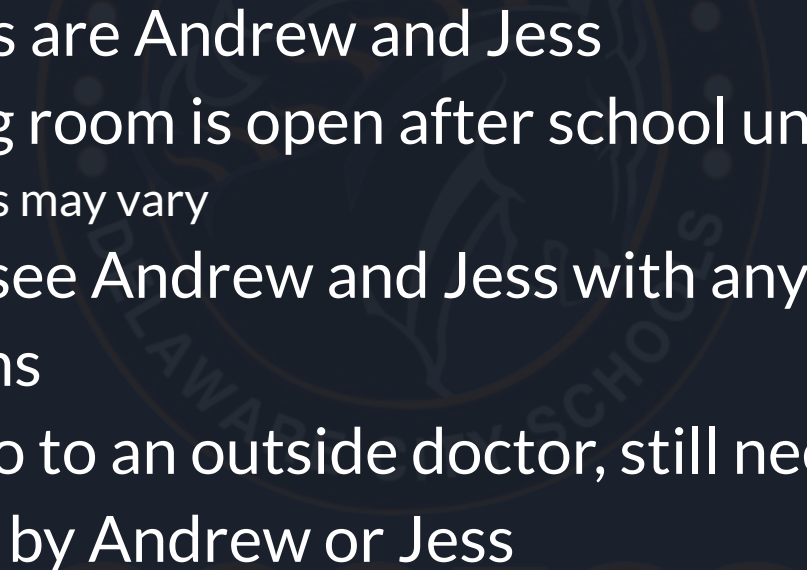


Practice (cont.)

- All players are expected to be at each practice and lifting. Must contact me if unable to attend (24 hours in advance)
- Black shorts, team color undershirt (orange, black, white or gray) at practice. Sweatpants can be black or gray.
- No gear from teams outside of high school teams (clubs, other schools, etc.)
- Practices are closed - no parents



Athletic Trainers

- Trainers are Andrew and Jess
 - Training room is open after school until 6:30ish.
 - Times may vary
 - Please see Andrew and Jess with any injury concerns
 - If you go to an outside doctor, still need to be cleared by Andrew or Jess
- 



Staff

Anthony Sanfillipo - Head Coach

Joseph Sanfillipo - Assistant Coach

Noah Alexander - Assistant Coach

Connor Shroyer - Assistant Coach

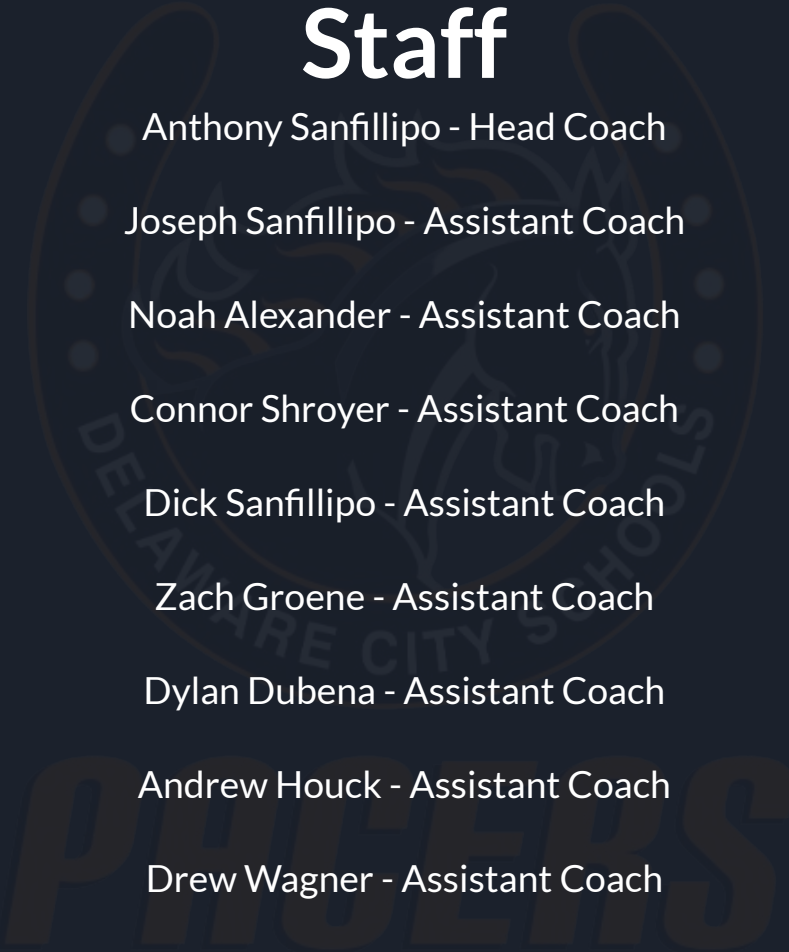
Dick Sanfillipo - Assistant Coach

Zach Groene - Assistant Coach

Dylan Dubena - Assistant Coach

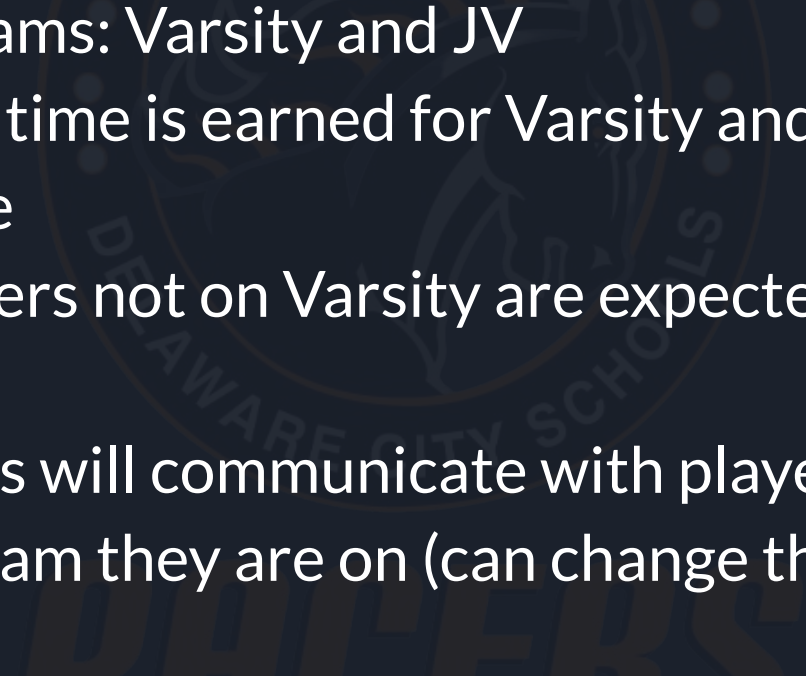
Andrew Houck - Assistant Coach

Drew Wagner - Assistant Coach





Coaches' Expectations

- Two Teams: Varsity and JV
 - Playing time is earned for Varsity and JV in practice
 - All players not on Varsity are expected to dress JV
 - Coaches will communicate with players as to what team they are on (can change throughout season)
- 



Coaches' Expectations (cont.)

- If there is a question about playing time, it should be a player/coach conversation first
- 24 hour rule
- Support the your player and the TEAM
- Trust that the coaches

PACERS



Scrimmages

Monday, March 4th @ St. Charles JV 6 V 7:30

Thursday, March 7th @ Pickerington North JV 5:30
V 7

Monday, March 11th vs. Jonathan Alder JV 5:30 V 7

PACERS

Schedule



DELAWARE HAYES BOYS LACROSSE

2024 SCHEDULE

BE YOUR BEST



BIG WALNUT
MAR. 15



OLENTANGY ORANGE
MAR. 20



WESTERVILLE CENTRAL
MAR. 22



CHAPEL HILL (N.C.)
MAR. 26



CARRBORO (N.C.)
MAR. 28



DUBLIN SCIOTO
APR. 4



AVON LAKE
APR. 6



WESTERVILLE NORTH
APR. 9



BISHOP WATTERSON
APR. 11



STRONGSVILLE
APR. 13



WESTERVILLE SOUTH
APR. 16



OLENTANGY BERLIN
APR. 18



WORTHINGTON KILBOURNE
APR. 22



MEDINA
APR. 27



CANAL WINCHESTER
APR. 30



DUBLIN COFFMAN
MAY 2



COLUMBUS ACADEMY
MAR. 7

HOME AWAY



Playing Time

Trust

- Coachability
- Understand our schemes
- Do their role in our schemes
- Consistently have great effort
- Consistently have great attitude
- Follow team rules

Skill

- Stick skills (passing, catching, cradling, ground balls)
- Position skills (dodging, shooting, approaches, stick discipline, etc.)
- Athleticism
- Physicality
- Decision-making
- Conditioning



Spring Break Trip

- Chapel Hill, NC
- Two games 3/26 & 3/28
- Forms need to be filled out and turned in by Friday, March 22nd
- Parents are responsible for their player's transportation and housing
- Players are expected to be at each event on the itinerary on time. Be an hour early to games.



Itinerary



Tuesday, March 26th

JV families need to leave by
8am

Varsity families need to
leave by 10am

Game @ Chapel Hill High
School 9217 Seawell School
Rd Chapel Hill, NC 27516

JV 5pm Varsity 7pm

Wednesday, March 27th

9-10:30am Practice
(location TBD)

Noon Watch UNC Practice

6pm Team Dinner

Thursday, March 28th

9-10:30am Practice
(location TBD)

Noon Watch Duke Practice

Game @ Carrboro High
School 201 Rock Haven Rd
Carrboro, NC 27510
JV 5pm Varsity 7pm



Transportation

- Have buses to and from games
- 2 buses to the game, one comes back
- Form is online
- Must be filled out 48 hours before/after designated game if riding home with parents
- Form will be emailed out prior to the beginning of the season
- Transportation Release Form



Code of Conduct

- You can read the entire code of conduct here: [DLC Code of Conduct.](#)
- Be respectful of players, refs, opponents, coaches, parents, etc.
- Violation of code of conduct for players may result in suspension
- Violation of code of conduct for parents may result in removal from game



Volunteers

- High School Team Meal Committee
- HS Banquet Committee
- Game Music volunteer needed
- Sign up Sheet

PACERS

Bourbon Raffle Reminder



What we are doing with it ...



Please Share On Social Media



**\$40 TICKETS TO SUPPORT THE
BOYS DELAWARE LACROSSE CLUB**



**REGISTRATION FROM 5-6PM
@ OLD BAG OF NAILS
SHOT GUN START AT 6PM**

PARTICIPATING BARS:

**BACKSTRETCH, BARLEY
HOPSTERS, SOLAR SALOON,
OAK & BRAZEN AND BUNS**

Early Bird ReLAXin' Tickets





Team Values

1. Be Your Best
 - Sets high expectations, competitiveness and focus on own actions
2. Work Hard
 - Best compliment you can receive, part of our town's identity. Starts in practice
3. Have Fun
 - Positivity, enthusiasm and enjoying the game



2024 Team Goals

1. Win Home Playoff Game
2. 4:1 Possession to Turnover Ratio Every 3 Games
3. Gain Confidence in Overall Play

PACERS



2024 Team Rules

1. Get Sum
2. Love Each Other
3. Punch the Clock

PACERS