

2025 Fall Player/Parent Meeting

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Off-Season

Lifting/Conditioning: Monday, Wednesday, Thursday & Saturday

Starts Monday, November 10th

- Monday 2:45-3:45pm (Hayes Weightroom)
- Wednesday 2:45-4:15pm (Hayes Weightroom)
- Thursday 3:15-4:45pm (Hayes Weightroom)
 - Running shoes, sticks, gloves, water, appropriate clothes for outside/inside
- Saturday 8:00-10am (Hayes Turf/Dempsey Gym, based on weather)
 - Running shoes/cleats, helmets, sticks, gloves, shoulder pads and elbow pads
 - Sprint Work 8:00-9:00am w/ Coach Jeremy Hoy
 - Field station work with high school coaches from 9-10am

Off-Season

- Box Lacrosse
 - Resolute, games Tuesday and Wednesday nights (between 5-8pm start times) at Resolute Athletic Complex in Easton. Starts Dec. 1st ends Feb. 2nd
 - Two teams, split will be determined by coaches
 - Teams may change as the season progresses
 - Sign ups through SportsEngine and League Apps
 - Cost is \$225/player
- Box Practice
 - Mondays 4-5pm starting 11/10-1/26 (no practice 12/22 & 12/29) at Mingo Rec Center. Anyone is welcome to come.
- Leadership Council
 - Every Monday from 5:30-6:30pm starting 11/10 in my room at Dempsey. All are welcome

Communication

- SportsEngine
 - Weekly emails sent out for the week through this platform
- GroupMe - team chat for quick communication
- Coach Anthony Phone Number - 740-815-2879

Fundraising

Christmas Cash Raffle

- Each player sells 45 tickets at \$10/ticket
- Tickets pay for cloth order & Spring Break trip
 - If a player only wants cloth, player must sell 20 tickets or \$200
 - If a player only wants the Spring Break trip, player must sell 25 tickets or \$250
- Can buy own tickets
- Players are encouraged to sell more tickets
- 3 winners: 1st prize \$1500, 2nd \$1000, 3rd \$500

Fundraising (cont.)

- Tag Day - Saturday, Oct. 25th 9am
- Relaxin'
- Cash Calendar
- Sponsorships
- Kroger Rewards

North Carolina Trip

- Games on Tuesday and Thursday - 3/31 @ Marvin Ridge & 4/2 @ Lake Norman
- Players will all travel down to North Carolina on Tuesday morning on a charter bus, we will leave Hayes at 5am
- Players will travel with the team on the charter bus Tuesday-Friday
- Players will stay as a team at the Four Points in Pineville, NC as a team
- Players are able to ride home with their parents on Friday, transportation release form must be completed
- Detailed itinerary will be provided at the preseason parent meeting (beginning of Feb.)

Questions?