

# 2019 Season Parent/Player Spring Meeting

February 5, 2019



# AGENDA



Welcome

Coaching Staff

Introduction of Booster Club – Board of Directors

Pre-Season Activities (Calibrate, Get Into Shape Camp )

Tryouts and Important Dates

Coaches Philosophy and Team Expectations

Team Communications

Financial Information and Fundraising

Website Information and Team Store

Wrap-up and Questions

# 2019 COACHING STAFF

## Varsity

- Sonorah Hunter – Head Coach
- Kiki Leyba – Assistant Coach
- Christen Neugebauer – Assistant Coach

## Junior Varsity

- Taylor Bailey – Head Coach
- Rennie Tankersley – Assistant Coach

## Level 3

- Kacy Bill – Head Coach
- TBD – Assistant Coach

COACHES  
have one of  
the biggest  
**IMPACTS**



# BOOSTER CLUB BOARD OF DIRECTORS 2018-19

President– Angel Weant

1<sup>st</sup> VP Volunteers – Michelle Noyes

2nd VP of Fundraising - Open

Secretary – Morgan Paxson

Secretary in Training – Peggy Jetter

Treasurer – Andrea Miner



# CALIBRATE (Get Into Shape Camp) - Coach Chris Nissler

**February 11th - 14th**  
**3:30-4:30pm MON-THURS**  
**February 19th-22nd**  
**3:30-4:30pm TUES-THURS**



*“Our final session of preseason conditioning is coming. This is your last chance to make sure you’re ready for tryouts and the season to come. So if you want to start your season off with your best foot forward, do not miss our last session!! This final session will focus on agility, footwork, injury prevention and conditioning.”*

Email Coach Niss [at chris@teamcalibrate.com](mailto:chris@teamcalibrate.com)  
if you have any questions.

Sign Up at [www.ladyrebellax.com](http://www.ladyrebellax.com)



# TRYOUTS

February 25th – February 27th  
3:30-5:30 P.M. at Governor's Ranch  
Elementary

**Final Team rosters will be POSTED TO  
THE WEBSITE BY FEBRUARY 27<sup>TH</sup> AT  
8:00 PM**

Conditioning and stick work tests for  
tryouts are located on the website  
([www.ladyrebellax.com](http://www.ladyrebellax.com)) under Players  
Corner.

# REQUIRED EQUIPMENT



Stick

- STX or Under Armour



Googles

- STX or Under Armour



Mouth Guard



Cleats – Under Armour



Water \*Gatorade bottles provided\*



Under Armour Cold Gear – Black leggings & white long sleeve

# OTHER IMPORTANT DATES


Online Team Store is open now through Feb. 8th.



**March 1st** – Uniform Handout Day after practice



**March 2nd** Varsity Playday: 7:30-12:00 pm at Regis Highschool. JV/L3 playday is 11:00-1:00 6v6 at Northfield Highschool



**March 4<sup>th</sup>** 3:00 B/U **March 5th** Team photos with Our Family Clicks (Bring or wear your uniform and your stick). **Watch TeamSnap for further information.**



# Team Dinners and Special Games

## Team Dinner Dates

- March 13th
- April 2nd
- April 26th



## Special Games

- **Rememberance Game** is April 18th for Varsity and April 19th for JV/L3
- **Cancer Game** is April 9th for Varsity and April 10th JV/L3
- **Senior Game** is April 23rd

Spirit Week is April 29th-May 3rd. Treats handed out week of April 22-26.

# COACHES PHILOSOPHY

*“Attitude  
Effort  
Fun.”*

## Expectations

- Find ways to make others around you better
- Serve as a role model—speaking with respect and acting courteously.
- Give 110% effort to all practices, games, and events understanding that your effort demonstrates your commitment to the team and respect for the players and coaches.
- Display good sportsmanship, encourage teammates, refrain from trash-talking or intimidating opponents, and win with humility and lose with honor.

## Practice Plans

- Fast pace, intensive, small game environments

# ACADEMIC REQUIREMENTS AND EXPECTATIONS

- It is a privilege to play for Columbine High School Lacrosse. Academics are a top priority of the program.
- In addition to the CHSAA eligibility rules that are reviewed by the athletic office to determine eligibility, any player with a D or an F in any class is expected to turn in a grade form to the coaches on a weekly basis with an improvement plan agreed upon by the player and teacher.
- Players with one F by 3pm on Friday are ineligible to participate in games for the following week of play.
- Players are students first and playing time will be dependent on the players grades.



# TEAM EXPECTATIONS

## Varsity, JV, Level 3

- Must remain eligible throughout the entire season (No F's in any classes).
- Are expected to participate at all practices
- No more than 3 unexcused absences during the season
- Can only be ineligible for two weeks of the season

**\*\*Any players who fail to follow these expectations during the season will be placed on a one week probation, prohibiting them from participating in practice for one week or until they bring their grades up.\*\***

# INJURIES & TRAINING ROOM RULES

## Concussions

- If you have been hit in the head or are experience any concussion symptoms you **MUST** see the Columbine trainer before returning to any physical activities!
- All concussions require both clearance from a doctor and our trainer before you will be allowed to return to play.

## Injuries

- If you have an injury please visit our trainer at the CHS Training room.
- No players are allowed to be in the training room if not being treated by the trainers. Please remember to sign in!

# TEAM COMMUNICATIONS

The Coaches and Lax Board use the following methods to communicate with our players and families:



## Team Snap

- Primary form of communication for all in season and off season practices, games and other scheduling information.



- Our Website [www.ladyrebellax.com](http://www.ladyrebellax.com)
- Our email: [chsgirlslax@outlook.com](mailto:chsgirlslax@outlook.com)



## Coach Sonorah's email

- [coachsonorahchslax@gmail.com](mailto:coachsonorahchslax@gmail.com) **\*\*Please Do NOT text the coaches for information – all information is available on the website, Team Snap or social media.\*\***

You can also follow us on social media:

- Facebook: Columbine Girls Lacrosse
- Twitter: @lady\_rebel\_lax
- Instagram: Lady\_Rebel\_Lax



# Team Communications



## TeamSnap – Mandatory for players

- This is the primary communication for our coaches
  - Games, practice reminders, all schedule changes will be communicated through TeamSnap.
- Players e-mail address will be the primary on TeamSnap for your invitation.
  - After you have completed your player profile you can add contact information for additional persons who should be listed with this player (such as Mom, Dad, etc.).
  - You can also update your profile with a photo, birthday date, and other details.
- Keep player cell phone information updated in your player profile.
- Any questions or assistance with TeamSnap can be sent to [chsgirlslax@outlook.com](mailto:chsgirlslax@outlook.com)

# TEAM COMMUNICATIONS

Throughout the year we will communicate with players and parents via e-mail.

E-mail: [chsgirlslax@outlook.com](mailto:chsgirlslax@outlook.com)

## Communications will include:

- Key dates and reminders
- Fundraising Opportunities
- Off season information and opportunities for players
- Volunteer opportunities for players and parents



**\*\*If you are not receiving e-mails from us or need to change your contact information, please provide us updated information before you leave tonight.\*\***



# REGISTER WITH COLUMBINE

## Registration with Columbine Athletics – Spring Sports

- Log into Columbine Athletics webpage and select Girls Lacrosse.
- Complete all their paperwork online.
- Upload current physical.
- After you have done those steps, you are approved by the Athletic Secretary and the \$175 district fee will be added to your Jeffco account.
- We are a no cut sport, so you can pay online in the Jeffco Student Fee section in Jeffco Connect.
- Fees are due to Athletic Office by February 25th, 2019.

**YOU MUST HAVE ALL OF THIS DONE BEFORE TRYOUTS!**


# 2019 FEES

## \$175 District Athletic Fee

- Fees are due to Athletic Office by February 25th, 2019

## \$250 Booster Club Fee

- Due to Booster Club by Feb 27th, 2019
- 2019 Booster Club fees include
  - Team & individual pictures(optional buttons for purchase)
  - Team spirit apparel,
  - Player's banquet admission,
  - Team meals for away games
  - Spirit week goodies
  - Shared team expenses including equipment & uniform purchases, indoor training facilities
  - Player with Individual Funding Accounts can direct funds to Athletic Fees or Booster Club Fees



Email us at  
[chsgirlslax@outlook.com](mailto:chsgirlslax@outlook.com)

# KING SOOPERS CARDS

- \$5 gets a \$5 card
- Pay for anything sold at King Soopers
  - Groceries
  - Pharmacy
  - Rockies Tickets
  - Stamps/Lottery Tickets
  - Gas
- Reloadable
  - Preload with any amount
  - Load as you go
  - 80% of rebate goes into your individual account



**\*\*Does not work at Starbucks or Loaf-N-Jug\*\***

# FUNDRAISING

## Team Fundraisers – Benefits team directly

- Summer Youth Camp – date TBD/usually early summer
- Le Peep – We had a great turnout to our Feb 2nd event (40% of your breakfast/lunch purchase goes to the team) Thank you!
- Lax and Lagers "Mid Season Mixer" March 21st @ Landmark Ales (20% will go back to the team)
- New this year, Sponsorships

## Individual Fundraisers

- King Sooper Cards - Ongoing



**FUNDRAISING**

# DAY OF SERVICE



**April 20, 2018**

**This is a Saturday this year**

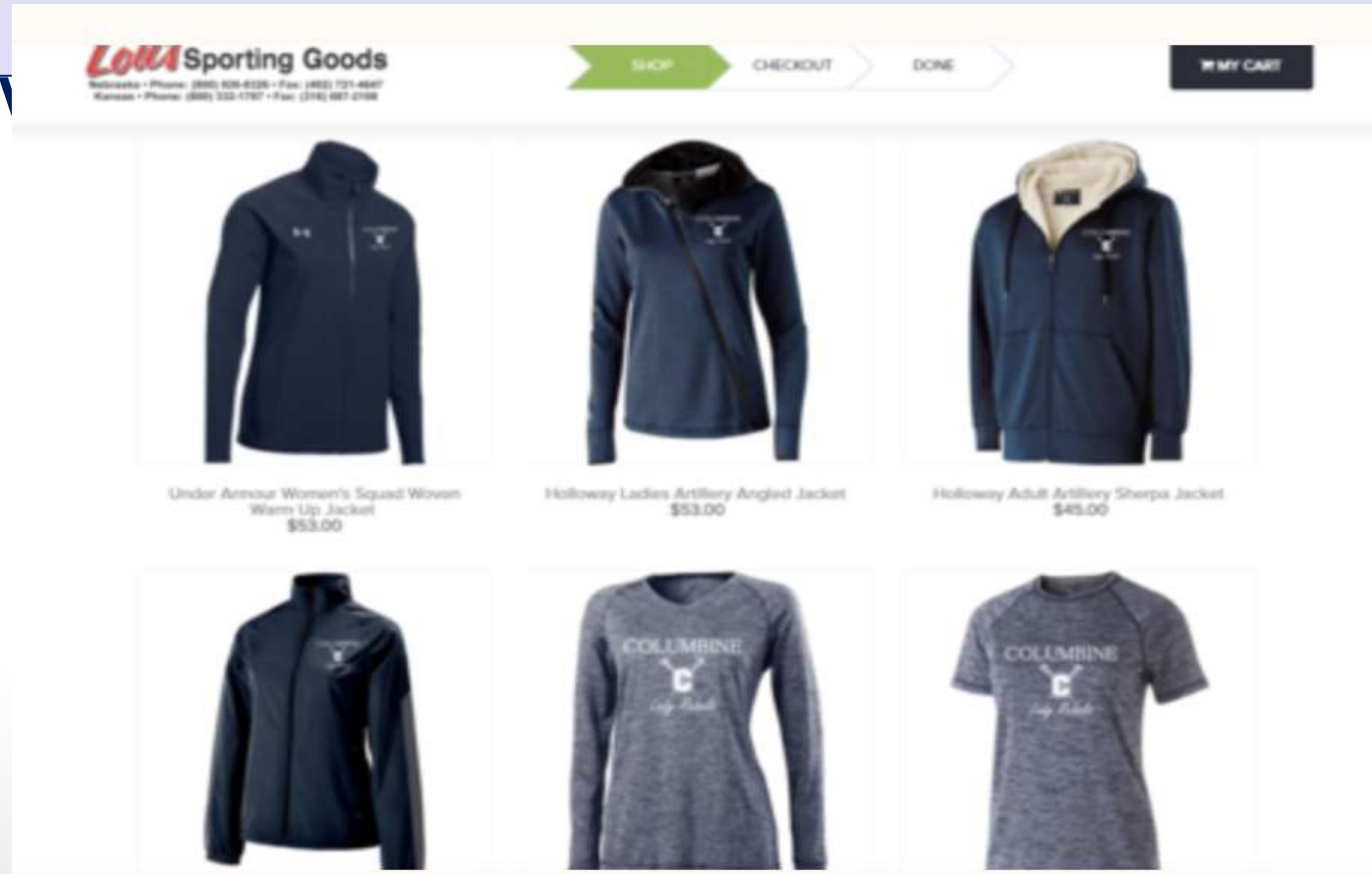
- This is our opportunity to give back to the community on this important day in our school's history.
- We will be participating in an event that will be giving back to our community.
- In years past we have participated in a sack lunch project to benefit women in an emergency overnight shelter.
- All players are encouraged to participate.

# TEAM STORE

Fan store is open now – Feb 8th

Delivered to practice 4-6 weeks after the close of the store-we are hoping before spring break.

Go to Swag at [ladyrebellax.com](http://ladyrebellax.com)



# WANT TO GET INVOLVED?

**\*\*We invite you to get involved during the season\*\***

- Reasons for volunteering
  - Fun!
  - Rewarding
  - Get to know the players
  - Get to know other parents
  - The Program depends on Parent support
- Opportunities Areas
  - Spirit Week
  - Team Stats
  - Day of Service
  - Banquet
  - Team Dinners
  - Special Events
  - Summer Camp



***HAVE A SPECIAL TALENT OR PASSION THAT COULD HELP OUR PROGRAM?***

Questions? Contact us at [chsgirlslax@outlook.com](mailto:chsgirlslax@outlook.com)



# WRAP UP AND QUESTIONS

## Thank You!

**\*Before you leave tonight make sure you have done the following\***

- Provided us with new or updated contact information.
- If interested in volunteering -Sign-up tonight or by Sign-up Genius under “Volunteer Opportunities” on our website.
- **Paid \$250 booster club fee**
- Know where to find information on volunteer sign up and online store.
- Know where to find and how to submit player/parent contract.