



NCHS Redhawks Boys Lacrosse Informational Meeting

August 27, 2008

Welcome

- Shelley Hagloch, President

Board Members

- Shelley Hagloch - President
- Kevin McQuillan - Scheduling & Legal
- Bart Mann – Operations, Fields, Buses
- Gary Denklau – Registration & Communications
- Kelly Scotti – SpiritWear & Team Liaisons
- Angie Loyall – Secretary
- Mark Bedigian – Registration & Communications
- Gail Kelleher - Treasurer

Organization

- Funded and run by parents for our sons
 - No financial or administrative support from school
- Parents
 - Volunteer to serve on Board
 - Required to help at games

Board

- Plan and perform all administrative aspects of the team
- All coaches are recommended for hiring and approved by the Board to work for the lacrosse team
- Coaches sign a contract with the team which summarizes their duties and job expectations

Board

- Meets every third Monday at 7:30 pm usually in a room at the Naperville Central High School
- Meeting schedule on team's web calendar
- All parents are welcomed to attend the meeting and provide input or ask questions

Mission Statement & Code of Conduct

- Kevin McQuillan

Naperville Central Redhawks Lacrosse Team Mission Statement

In an effort to elevate the caliber of this Lacrosse Team to the high level of other varsity sports associated with Naperville Central High School, the Redhawks Lacrosse Team Board, in conjunction with the coaching staff, has adopted the following criteria for the three levels of teams, beginning the 2008-2009 season.

FROSH

- Freshmen and 1st year Sophomores only
- Number of players dependent on number of coaches
- Developmental with balanced playing time over the course of the season
- Can play up to 10 games plus a conference tournament

VARSIITY & JUNIOR VARSITY

- For any grade level (Freshman – Senior)
- Junior Varsity & Varsity are not “pay to play”
- The teams are competitive and the best team will be fielded at the coach’s discretion
- No one is guaranteed a specific amount of playing time
- Playing time is at coach’s discretion
- Tryouts for team and cuts made as necessary

JUNIOR VARSITY

- Up to 26 players
- Cuts made as necessary
- Can play up to 12 games plus one tournament and a conference tournament

VARSIITY

- Up to 26 players, cuts made as necessary
- Seniors no longer guaranteed to play at Varsity level
- Can play up to 19 contests and the state tournament playoffs

Spring Break

- The second half of spring break (April 2nd – 5th) is practice for all levels, although Varsity may use that time for a tournament trip

In Conclusion

- All players are encouraged to participate in specific off-season programs, including conditioning programs and open gyms
- All Players wishing to participate, along with a Parent/Guardian, shall sign and adhere to the Team Code of Conduct

Redhawks Lacrosse Team Code of Conduct for the 2008-2009 Season

1. I will be respectful of all players, coaches, opponents, referees, game officials and fans at all times.
2. I will be attentive to and obey all coaches at all times.
3. I will arrive at practice and games early enough to be dressed and ready to start at the time specified by my coach.

Code of Conduct

4. I will not swear, taunt, trash talk or use abusive language on the sidelines, on the field or at any team function.
5. I will not physically or verbally attack any official, player or coach no matter what the call is. I will let the coaching staff handle all matters pertaining to officiating.
6. I understand that fighting and physical contact with intent to injure will not be tolerated.

7. There will be no drinking, smoking, chewing of tobacco or use of illegal substances by any player at any time.
8. I will be respectful of all practice and game facilities and all buses.
9. I will drive safely and carefully around all practice and game facilities.
10. I will abide by all Naperville Central High School, IHSA, and IHSLA rules and regulations and the High School Co-Curricular Participation Code.

11. I understand and agree that any player, parent or guardian who cannot abide by these rules or who violates them will be subject to disciplinary action and possibly to an appearance before the Team's Rules & Ethics Committee.

I have read the above Code of Conduct and agree to adhere to it.

Player and Parent/Guardian must sign prior to participation.

Parent Duties

- Gary Denklaue for Kelly Scotti

Parents are needed to

- Run the administrative portion of the team
 - President, Treasurer, Scheduling, Buses, Fields, Communications
- Needed for 2009
 - Website, Newsletter, Fundraising, Year-end Party
- Needed for pre-2010 season work
 - Registration, uniform, SpiritWear coordinators for pre-2010 season work
- Parents will be asked to sign up for these jobs during registration

Team Coordinators

- Frosh – Ellen Coakley
- JV & Varsity
 - Taking volunteers now
 - Parents selected depending on tryout results

Parent Jobs for Games

- Setup field and scorer's table for home games
- Perform timing and ball retrieval during home games
- Occasional field marking for home field
- Statistics for all games
- Photos / video of games

Introduce Coaches

- Shelley Hagloch, President

Coach Jim Coakley

- Frosh Head Coach

Coach Matt Langes

- Junior Varsity Head Coach

Coach Blake Zinn

- Varsity Head Coach

What to expect from us

- New coaches that will push you harder
- Cuts at the Varsity and JV level
- Increased competition for playing time
- Different practice facility- LJHS

What we expect from you

- Raise your own expectations for the team
- Dedicate more time and energy to the sport
- Support your teammates
- Bring your friends out
- Spring Break practice and games
- Required Off-season work
 - 6 open gym dates – 2 hours each (JV and Varsity strongly encouraged to attend at least 4 of these)
 - Fall and Winter weights program
 - Wall Ball
 - Fall and Winter leagues

Coach Blake Zinn

- Varsity Head Coach

Registration & Uniforms

- Gary Denklau

Registration

- Paperwork distributed via website in late October or early November
- Physical exam after June 1, 2008 REQUIRED
- Discounts for families with multiple players on the lacrosse team
- Registration fee: \$450 - \$550

Fees & Fundraising

Additional fees

- Occasionally, extra fees or costs may be incurred by players
- This could include, but is not limited to:
 - Pre-season skills or conditioning training
 - Team events
 - End of season party

Insurance

- All players, coaches, and parents working a game are covered for liability and secondary medical insurance by our insurance carrier
- Please contact the board if you have specific questions about our insurance coverage

Practice Pennies

- Team provides 1 reversible practice tank-top / penny to each player the first year they join the lacrosse team
- Will only have player's number on both sides
- Worn to all practices
- Brought to each game (in case both teams have same color jerseys)

Uniforms

- The team will be purchasing new uniforms this season for ALL players
- JV and Varsity players may be using their existing jerseys for a few games as well
- Players are allowed to select their own uniform number - must be unique
- Investigating removable nameplate for back of jersey with player's last name

Important Dates

- Registration forms
 - Available by early November
 - Due in January
- Open Gyms @ Players Indoor Facility
 - November 5, 12, 19 (Wednesdays)
 - January 16, 17, 18 (MLK weekend)

Important Dates

- March 2nd - First day of practice
- March 2-6 – JV and Varsity tryouts
- April 2-5 – Spring break practice/trip

Practices

- First 3 weeks – Players Indoor
 - Ogden & Quincy Avenues
- New outdoor location – Lincoln Jr. High School
- Working on new outdoor practice schedule for 2009
 - May have staggered times for Varsity, JV, and Frosh

Communications

- Email is the primary communication method for the team with its players and their parents
- Usually about once a week from February 1st to June 1st

Game / Practice Cancellation

- Automated phone call system
- Investigating text messaging system
- Email notification – if possible
- Announcement over school P.A. system at end of day – if possible

Website

- Web address is <http://www.RedHawksLacrosse.org>
- Has the latest practice and game schedules
- Other information for the team

Questions ?