



Parent Information Meeting

Agenda:

1. Welcome & Introductions
 - Head Coach and Coaching Staff
 - Executive Committee
2. Communications
 - Commitment to improved communications this year.
 - How can we best reach YOU? Please remember communication is a two-way street. We need you to open and read emails.
 - News and events will be communicated thru the website, email and Google calendar: www.armstrongboyslacrosse.com
 - Email any additional questions to ahsboyslax@gmail.com
3. How to get ready for the season
 - **Get cleared through school**
 - Completed registration form.
 - Current physical (dated after June 2013) on file.
 - \$210 registration fee.
 - If participated in other sports at Armstrong - the equipment needs to be returned to the school.
 - Clearance from the Media Center and Bookkeeper.
 - Captain's Practices
 - Four Coaches at all sessions!
 - Cost is \$75. Sign-up using link on website.
 - Everyone who wants to play should attend.
 - Equipment
4. Tryouts
 - Will be competitive.
5. 9/10 Team
 - See attached addendum
 - Changes for the year: Games will be on weekdays. Practice fields will be closer to school.

6. Expenses

- Everyone pays \$210 to play.
- Schools pay for less and less -Armstrong covers 2 coaches, \$1000 every 5 years towards uniforms and buses -- that is pretty much all. Booster Club covers everything else for JV/Varsity: asst coaches, equipment, balls, etc, trailers for busses, off school fields and EVERYTHING for 9/10 program.

7. Volunteer Opportunities

- Each family needs to volunteer 4 hours minimum.
- Our two biggest volunteer needs are Saturday, May 7 (plant sale) and Sunday, May 8 (Basketball tournament) Please save the date to volunteer this weekend.

8. Summer Program

- We know there will be a once-a-week league for returning JV/Varsity players.
- There will be a Gott-to-Lax tournament in town on July 9-10, open first to returning JV/Varsity.
- We will likely have a team in a once-a-week league for 9/10. May be a co-op team with another school.
- There will be opportunities at Armstrong for weightlifting all summer.
- We hope to have once- or twice-a-week morning lax session throughout summer
- Plans are underway for an out-of-state weekend tournament, which will open first to returning JV/Varsity. Current estimate is \$400/player, which will cover tournament fee, lodging, all meals, and transportation.

2016 Armstrong Boys Lacrosse

Welcome to the Armstrong Boys Lacrosse Program!

Our goal, as coaches, is to pass our love of the game onto each and every one of you. We will arrive on time and be prepared to work with you all to the best of our abilities. We will hold you to the highest standards both on and off the field. We will push you to be GREAT and expect you to work hard to achieve greatness. We want you to always have fun and we never want to see you get hurt.

Tryout Expectations

The list below is how we will be determining if a young man is worthy of playing within our program.

1. **Academics:** These young men are student-athletes with emphasis on student coming before the athlete. You can't be a stud on the field without being a stud in the classroom. **If a student has 2 or more NC's at any point during the season then that student is ineligible to participate in that event during that day. This includes tryouts, practices, scrimmages, games, or any sort of team function. That student must be in attendance at the said function in street clothes working on their homework.**
2. **Attitude:** Attitude is everything. We want student-athletes who buy in to the Program Mantra of Be GREAT in all aspects of their life.
 - a. **Gratitude:** Thankful for everything you have in this life.
 - b. **Respect:** Show respect to everyone and everything we come in contact with.
 - c. **Enthusiasm:** Excited to be playing the game we love.
 - d. **Attitude:** Attitude is everything. Positivity, confidence, passion, and work ethic.
 - e. **Team-First:** Selfless. Understand that every decision you make affects your team.
3. **Coach-Ability:** We want young men who are able to listen and apply all of what we coaches are teaching. We want them to be able to take constructive criticism in a positive manner to better themselves.
4. **Athleticism:** Fast, tough, agile, strong, flexible, physical, and conditioned. You must be able to protect yourself and your teammates.
5. **Skill:** Having the ability and the Lax IQ to perform all required lacrosse skills consistently at a high speed. Skill is last on this list because it is the only thing that we can truly coach if the student-athlete allows themselves to be coachable.

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2016 Armstrong Boys Lacrosse Important Information

This year we are facing a good problem. We, the Armstrong Boys Lacrosse Program, have an abundance of young men wanting to play in our program but have a limited number of spots. We will have three teams consisting of a Varsity, Junior Varsity, and a 9th/10th Grade Team. This may mean that we will need to make cuts to student-athletes at any grade level based specifically on the list of Tryout Expectations in this packet. A 9th grade student-athlete can make any of our three teams while a 11th or 12th grade student-athlete can only make JV or V. It may be tougher for a brand new 9th grade student-athlete to earn a spot on one of the three teams but it is not impossible and we encourage ALL student-athletes interested in playing lacrosse to try-out for our program!

There is another option for our younger student-athletes, who meet the proper age criteria, to play at an U15 level. If a player that age does not make a team in our program or chooses not to try-out for High School there will be U15 options which we are firming up right now.

To be U15 age Eligible:

You must have been born **after or on** 8/31/2000 in order to be eligible to play U15. Any birthdate before that date is ineligible to play U15.

*****We want ALL student athletes to play Captains' Practice with us! We will help you find equipment for this time since we don't sell our team helmets to new families until they have officially joined the Armstrong Boys Lacrosse Program. Also, many kids want to give the sport a try and Captains' Practices are the perfect place to do it!****

Expected Fees for 2016

- School Activity Fee: \$210 (or family maximum) – Everyone pays directly to AHS
 - REQUIRED IN ORDER TO TRYOUT STARTING 4/4/16
- Captains' Practices: \$75
- Booster Club Donation: \$100

Players May Need

- Team Helmet: \$100 -- Great helmet that Booster Club subsidizes once per career (if another helmet is needed during their career, it will be at full cost at player expense)
- Shooter Shirt: approximately \$15 (if you have last year's shirt, you do not need a new one)

Extras

- Player Apparel: (jackets, sweats, shirts, etc.)
- Player Picture Ad in Program Book: \$30
- Sandwiches for away games: approximately \$30 – information and signup sent closer to season start
- Banquet: \$18 per person (players and booster club donors are free)

Upcoming Dates:

- Dick's Discount Shopping Days: 2/20-21 (Minnetonka store)
- Captains' Practices – start 2/29 (see website calendar)
- Player Pasta Feed and Flower Sale Kickoff: Monday, 3/14, 6:30 (after practice), Cornerstone Church, Crystal
- Registration in AHS Athletics Office: no later than Friday, 3/18; requirements are:
 - Completed registration form.
 - Current physical (dated after June 2013) on file.
 - \$210 registration fee.
 - If participated in other sports at Armstrong, the equipment needs to be returned to the school.
 - Clearance from the Media Center and Bookkeeper.
- Player Ads for Program Book: Friday, 3/25
 - Use the link to Google forms to fill out a player ad: <http://goo.gl/forms/9LwkePk8q1>
- Spring Break: 3/25 – 4/3
- Tryouts: 4/4 – 4/7
- Flower Sale Orders Due: Tuesday, 4/5
- Uniforms: Monday, 4/10, 2:30 pm, AHS Gym
- Team Pictures: Tuesday, 4/11, 3:00 – 5:00 pm, AHS Stadium (weather permitting)

Yet to be scheduled: more 9/10 games, team practices, weightlifting, scrimmages (watch the website calendar)

2015-2016 Volunteer Chairs:

Executive Committee: Head Coach – Luke Gellerman; President – Julie Carpenter; VP Operations – Rich Thompson; VP Finance – Kent Zehrer

Communications & Website Administrator

Mark Lucas

Event Planning:

- Parent Meeting: Tue., 2/9
- Players Pasta Feed & Flower Sale Kickoff: Mon., 3/14
- Player/Parent Season Kickoff: Sat., 4/9
- ACYLA night: Thu., 5/5
- Senior Recognition Night: Wed., 5/18
- Year-End Celebration

Julie Carpenter

Mike Soper; Kim Olson

Mark Lucas

Vicki Shapiro

Fundraising:

- Spring Flower Sale: pickup Sat., 5/7
- Concessions
- Basketball Tourney Fundraiser

Kim Olson/Christi Lutgen/Leslie Piazza

Jill Ojala & Laurie Ripplinger

Karla Casperson

Kim Olson

Kelly Thompson & Julie Foreman

Sandy Pofert & Robin Smothers

Joan Evans

Dick's Shopping Day: 2/20-2/21

Picture Day (4/11) Coordinator & Program Book

Apparel (player and fan)

Away Game Sandwich Orders for JVV

Tryout Week Coordinator

Volunteer Coordinator

9/10 Team Coordinator

Summer Tournament

Off-Season Leagues and Tournaments

AHS Window Display

Field Reservations

Field Set Up

Twitter Feed

Booster Club Meeting Notes

Photography at Games

Carol Zehrer

(Determined after teams are chosen)

Lee Olson

Laurie Ripplinger & Jill Ojala

Karen Lysne

J.P. Foreman

Jim Borowick (Varsity only); Open (JV); Open (9/10)

Carol Zehrer

Laurie Borowick; Julie Foreman

Volunteer Opportunities:

Go to website and click on SignUp Genius button.

- Basketball Tournament: probably Sunday, 5/8 half day (more info to follow)
- Flower Sale Plant Pickup: Saturday, 5/7, 8 am – 2 pm (times not finalized as yet)
- Home Game Concessions: multiple dates, 5-8 pm
- Home Game On-Field Assistance: multiple dates, 2 shifts

Plus!

April 9 Potluck Planner

Final Banquet Planner

Summer non-travel coordinator

Check Sign-Up Genius or AHSboyslax@gmail.com to take on one of these roles!