

EHS Boy's Lacrosse

Parent Meeting

- 1) Introduction
 - a. Coaches
 - i. Coach Alan Troutman- Head Coach
 - ii. Coach Jeff Becker- Assistant Community Coach
 - iii. Coach Mike Opalka- Assistant Community Coach
 - iv. Coach Clint Borders- Head Junior Varsity Coach
- 2) Season Outlook
 - a. Team Mission Statement
 - i. "To build young men through the sport of lacrosse."
 - b. Varsity-18 games
 - c. Junior Varsity-10 games
 - d. Practice
 - i. Practice will be Monday-Friday from 4:30-6:30. *(Times are subject to change.)
 1. First month will be 4:15-6:15
 - ii. First official practice/day of tryouts is January 20th.
 - iii. From January 7-9, 14-16 "acclimation period" immediately after school
 - e. Equipment
 - i. We encourage players to purchase their own helmets, shoulder pads, elbow pads, **gloves, and sticks**
 1. www.sportstop.com
 2. www.lacrossemonkey.com
 - ii. We have some school equipment, but not enough for everyone
 - iii. Cascade S Helmet-\$180
 - f. Ways to Volunteer
 1. Concessions Committee
 - a. Work in concession stand
 - b. Restock concession supplies
 2. Game Day Committee
 - a. Scoreboard Operator
 - b. Announcer
 - c. Statistician
 - i. JV/Varsity
 - ii. Home and Away
 - d. Pregame Meals
 - g. Formalities
 - i. Physicals
 - ii. Athletic Packet
 - iii. Both items turned in to Coach Borders
 - h. Fundraising

- i. Items we need this year to run an efficient program:
 - 1. Lacrosse balls, field paint, travel costs, referee costs, apparel, new jerseys, Hudl
 - ii. Players Fee (On RevTrak)
 - 1. \$250 Dues
 - 2. All players will receive a practice pack
 - 3. Money due 2/14
 - iii. Selling 2'x3' banners (On RevTrak)
 - 1. SOLD 32 BANNERS LAST YEAR
 - 2. \$300
 - 3. Covers player fee and practice pack
 - iv. Discount Cards
 - 1. \$25
 - 2. Each player is to sell at least 10
 - 3. Good for one year
 - v. Team Spirit Store
 - 1. Will open January 20th
 - i. Important Dates
 - i. January 20th – First Day of Practice/Tryouts
 - ii. February 8th – Varsity Scrimmage vs. White Knoll
 - iii. March 13th and 14th – Varsity Overnight Trip to Savannah
- 3) Contact Information
- a. Coach Troutman
 - i. Email: tim.troutman@ccboe.net
 - ii. Cell Phone: (706) 339-0711
 - iii. Remind
 - 1. Text @ehsblax to 81010