

2012 Boys' Lacrosse Activity Packet

Pre-Season Schedule:

Player and parent informational meeting will be on Monday, April 9th in the forum at 5:00pm. Communication will be relayed through the lacrosse association website at www.mtkalax.org as well as through school announcements. Please go to the website and register to receive email blasts and updates about high school lacrosse.

Captains' Practice Schedule

We have ongoing Captains' practices occurring from November 14th- March 2nd. These practices run from 4:00-5:00 in the Dome and are open, but optional for all players interested in trying out. There are more formal practices that will occur after March 2nd than the 'open dome' time that we have had since November. The Captains will be conducting these practices and emphasis will be placed on preparing for the season and tryouts. We need parent volunteers to assist in supervising these practices. Our nets must be removed after practice and our garbage picked up. These practice dates are:

- March 9th: 9-10pm, full field
- March 16th: 9-10pm, full field
- March 20th: 8:30-10pm, full field
- March 24th: 7-8:30, full field
- March 25th: 10:30-noon, full field

Tryout Schedule

Tryouts start on Monday, March 26th and MAY go through Thursday, March 29th. There will be conditioning/lifting requirements as part of tryouts. Teams will be announced either Thursday night (March 29th) or Friday (March 30th). These tryouts will be closed to parents and non-lacrosse players.

Players must have all registration forms completed and fees paid in order to participate in any tryouts. To register: go to www.minnetonka.k12.mn.us, click on Activities tab, click on Registration Info.

All Students participating in MSHSL sanctioned sports are required to have a Sports Qualifying Physical on file with Minnetonka High School. This form is good for **THREE YEARS** of participation from the date of the exam and must be current through the end of your sport participation season.

If you need to check on your student(s) physical date, email your request to: gwynn.pletsch@minnetonka.k12.mn.us

NO EXCEPTIONS CAN BE MADE ON THIS POLICY!

Mar 26 th – 28th	Monday - Wednesday	Dome 7:00 – 9:00
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Spring Break: All returning varsity players as well those players that are making it their goal of playing on the varsity team this year are required to attend spring break practices the week of March 30th – April 6th. We will be participating in the Minnesota Meltdown

Jamboree on Saturday, April 7th. In addition, there will be another scrimmage against a MSHSL team during the week of Spring Break at Minnetonka Dome. Spring Break practice schedule and events will be announced as the season nears.

Season Practice Schedules: The boy's lacrosse team will practice every day during the week, except Sundays.

- Weekday practices will be held from 6-8pm on either the Stadium Turf or the upper grass fields.
- Saturday practice times will vary based upon game times and field availability.
- No practice on Sundays.

Varsity /JV Season Game Schedule

2012 BOYS			
DAY/DATE	OPPONENT	SITE	TIME (JV/VAR)
Thursday April 12	Eastview	AWAY	5:30/7:00pm
Saturday April 14	Rosemount	HOME	10:30am/12:00pm
Thursday April 19	Wayzata	AWAY	6:00/7:30pm
DAY/DATE	OPPONENT	SITE	TIME (JV/VAR)
Saturday April 21	Hopkins	HOME	10:30am/12:00pm
Monday April 23	Eden Prairie	HOME	6:00/7:30pm
Thursday April 26	Edina	HOME	4:00/5:30pm
Saturday April 28	Holy Angels	HOME	11:00am/12:30pm
Tuesday May 1	Chaska/Chanhasen	AWAY	6:00/7:30pm
Thursday May 3	Wayzata	HOME	4:00/5:30pm
Tuesday May 8	Hopkins	AWAY	6:00/7:30pm
Thursday May 10	Eden Prairie	AWAY	4:00/5:30pm
Saturday May 12	Benilde – St. Margaret's	AWAY	10:30/12:00pm
Tuesday May 15	Edina	AWAY	6:00/7:30pm

- a. The above schedule is for Varsity and JV.
- b. Home games will be held at the MHS stadium. Admission is \$7.00/adult and \$5.00/student. Section and state playoff games will also charge admission.
- c. Some away stadiums will charge admission for spectators.
- d. The Varsity and JV teams travel separately to games via school bus, but only one bus returns after the Varsity game. The bus travel times will vary. Players will arrive at away games at least 30 minutes prior to start of JV game and will leave immediately following the conclusion of the Varsity game.

Teams: The Varsity and JV teams are sponsored through the high school and are MSHSL sanctioned teams. The 9/10 prep team is part of the MBSLA and compete in a separate league. For more prep team information, please go to: www.mtkalax.org website.

Roster Limits:

- **Varsity:** Roster is limited to 24 players
- **Junior Varsity:** Roster will be 24-26 players (no seniors)

Cuts: All attempts will be made to allow as many players as possible to be part of the lacrosse programs. We are limited in the sizes of our rosters and ages of our players that can compete on certain teams. Tenure and seniority are not decisive factors. Our teams will be selected with the best players and best team that we can field at all levels.

Lacrosse Fees: All players must register with the Activity Office in order to tryout.

- Annual MHS Participation Fee \$75
- MHS Boys Lacrosse Activity Fee \$175
- Any player that does not make the Varsity or JV team will be given a full refund. A list will be given to the Activity Office and refunds will automatically be refunded.
- Prep Team players may register with Minnetonka Lacrosse Association once teams are announced. More information will be posted on the www.mtkalax.org website.

Fundraising Goals and Expectations:

Fundraising will aid the program in the following areas:

- Assistant Coaches Salaries
- Banquet
- Dome Time
- Senior Night
- Video & Pictures
- Game Program
- Team Dinners
- Misc Equipment (practice pullovers)

All players are expected to participate in team fundraisers through the year. We have one fundraiser to mark on your calendar:

1. Maynard's lacrosse night. All proceeds benefit Minnetonka High School lacrosse. Monday, April 16th.
2. Fastbreak club booster donations. All donations go to benefit the Minnetonka High School Boys' lacrosse team.
3. We will also be bagging groceries on at least one occasion. Players will be assigned a time and are expected to participate.

Lettering Criteria:

- Any player that plays in a Varsity game will have the opportunity to letter.

Team Policies:

Players interested in playing lacrosse must be 100% committed to the team. Each player is expected to attend every practice and abide by school and MSHSL policy regarding academics, athletics, sportsmanship, and substance abuse.

- *Academics:* Players are expected to maintain grades that meet the eligibility requirements set by the school. Homework and school projects are not excuses to miss practice. Students must learn to balance their schedule.
- *Practice Attendance Policy:* Any un-excused missed practice will result in automatic ½ game suspension
- *Excused Absence from Practice:*
 - o Doctors Note- for injury or sickness
 - o College Visit by Junior or Senior
 - o College Testing (ACT, SAT, etc.)
- *Injuries:* Injured players are expected to attend practice. Injured players will not be able to return to practice without a note of clearance from a doctor or trainer.

Awards:

- Parisi Award – Given to a player who helps out the team on as well as off the field. The player that IS the embodiment of Minnetonka Lacrosse.
- Offensive MVP– Given to the player who has contributed the most to the success of the team on the field offensively.
- Defensive MVP – Given to a player who has displayed all of the intangible skills in practice and games defensively.
- Blue Collar Award – Given to the player that works the hardest, puts in the effort, leaves it all on the field, without major recognition.
- Rookie of the Year – Given to a first time letter winner that contributed the most the team.

Anticipated Maximum Number of Missed classes and or days:

- 0

Uniforms/Practice Gear and Equipment

JV and Varsity players are issued home and away game jerseys and game shorts, and gloves. Varsity and JV players will be issued gloves, helmets, and an equipment bag. Sticks, cleats, elbow pads, shoulder pads are purchased by each player. The team has a 10% discount at a Northstar Lacrosse a lacrosse retail outlet located in Hopkins.

Coach Contact Information:

- Majority of team information, and any updates to this packet will be found online at www.mtkalax.org

Aaron Olivier	Varsity Head Coach	952-401-5300	aaron.olivier@minnetonka.k12.mn.us
Dan Flood	Varsity Assistant Coach	952-562-7515	

Dan Reich	JV Head Coach	612-600-3266	BoysHSJVCoach@mtkalax.org
Dave Vorpahl	JV Assistant Coach		dave.vorpahl@gmail.com