



Armstrong Boys' Lacrosse Parent/Player Information Meeting 2020

Agenda:

1. Welcome & Introductions (Jeremy)
 - 2020 Executive Committee - Jeremy Rothstein / President; Brent Albrecht/ VP Operations; Jenn Sondrall / VP Finance; Open / Secretary; Linda Homme / Communications; Luke Gellerman / Head Coach
 - Head Coach and Coaching Staff (Luke Gellerman will introduce)
2. Communications (Linda)
 - If you are a new parent - we need your information - please fill out the contact information form at the end of the meeting or online on team website
 - News and events will be communicated through the website, email and Google calendar: www.armstrongboyslacrosse.com
 - Weekly emails on Sundays
 - To subscribe to a feed from the Armstrong calendar, go to AHS.rdale.org and navigate to the Athletics page; follow instructions to Notify Me! Notify Me!
 - Social Media feeds: Twitter - [armstrongboyslax](https://twitter.com/armstrongboyslax) / Facebook - [ArmstrongFalconsLacrosse](https://www.facebook.com/ArmstrongFalconsLacrosse)
 - Email any additional questions to ahsboyslax@gmail.com
 - GroupMe - messaging
3. Season (Luke)
 - Spring Warm-Ups (Captain's Practices) - \$75/player; See Calendar - Some are at Plymouth Dome, some at Cooper HS Community gym, some weightlifting at AHS
 - Spring Warm-Ups Waiver/Form
 - Tryouts - Week of March 30 - April 2 (Plan for Mon - Sat practice - weather can change it!)
 - Expectations - academics and behavior
 - Player parent contract
 - Sign up through the [athletic office](#) - need fee, [registration form](#), [emergency contact form](#), and physical every 3 years.
 - Must complete forms and be cleared by Athletic Office prior to stepping on field for tryouts
 - Three teams (Varsity, JV & Prep Team)
 - Equipment - Helmets, customized gloves, recommended shaft, head (Coach JJ)
 - Online option: Possibility with minimum required purchase
 - Important to make sure all equipment is legal
4. Expenses (Jenn)
 - 501(c)3 matching donations with your company
 - Booster Club Fees and Review of Booster Club Budget
 - Prep team information (checks returned from AHS but then need to pay Booster club to pay for busses, trainers, refs and coaching)

5. Flower/Plant Sale - biggest money maker - (Kara)

- Prizes
- Quality of Items
- Importance of Selling
- Online Orders will be available

6. Apparel Sales (Heather)

- Fundraiser for our Booster Club
- Online Orders! Sent to your home

7. Sandwich orders - Order form ready

8. Volunteer Opportunities (Jeremy) - Lots of opportunities to get involved - included in weekly emails - SignUp (We are not afraid to Voluntell you to do something!)

- Flower/plant sale
 - Delivery on May 16 (15 volunteers)
 - Counting orders night (6 volunteers)
- Program Book - ad book sales
- Field setup, film for Huddle (3 volunteers)
- Banquet and socials (2 volunteers)
- Senior night - junior parents (3 volunteers)
- Cub foods fundraiser (4 volunteers)
- Papa Murphy's
- Pancake Breakfast - Applebee's

Spring Warm-Ups (Captain's Practice) Schedule (may change due to weather, availability, etc)

2020		MARCH					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
01	02 6-8 pm Cooper Cmty Gym	03	04 5-6:30 pm AHS Weight Rm	05 5-6:30 pm AHS Weight Rm	06	07	
08	09 6-8 pm Cooper Cmty Gym	10 5-6 pm Plym Crk Ctr Dome	11	12	13 5-6 pm Plym Crk Ctr Dome	14	
15	16 5-6 pm Plym Crk Ctr Dome	17	18 5-6:30 pm AHS Weight Rm	19 5-6 pm Plym Crk Ctr Dome	20	21	
22 Spring Break Mar 23-27	23 5-6:30 pm AHS Weight Rm	24	25 5-6:30 pm AHS Weight Rm	26 6-8 pm Cooper Cmty Gym	27	28	
29	30 5-7 pm Plym Crk Ctr Dome Tryouts	31 5-7 pm Plym Crk Ctr Dome (or AHS based on weather) Tryouts	Apr. 1 5-7 pm Plym Crk Ctr Dome (or AHS based on weather) Tryouts	Apr. 2 2:30-4 pm Uniform Distro-AHS Locker Room 5-7 pm Plym Crk Ctr Dome (or AHS based on weather) Tryouts	Apr. 3 2:30-4 pm Photos-AHS 6-8 pm Scrimmage-Plym Crk Ctr Dome 6 pm Parent Social-Sunshine Factory	Apr. 4 9-10:30 am AHS practice	