



2018 Parent Information Meeting

Agenda:

1. Welcome & Introductions (Mark)
 - Head Coach and Coaching Staff (Luke)
 - Executive Committee
2. Communications (Mark)
 - How can we best reach you?
 - News and events will be communicated through the website, email and Google calendar: www.armstrongboyslax.com
 - To subscribe to a feed from the Armstrong calendar, go to AHS.rdale.org and navigate to Athletics page; follow instructions to Notify Me!
<http://ahs.rdale.org/cms/One.aspx?portalId=233403&pageId=494019>
 - Email any additional questions to ahsboyslax@gmail.com
3. How to get ready for the season (Mark)
 - Register and get cleared through school (AHS Athletic Office)
 - Captain's Practices
 - Player equipment (Luke)
 - New player workouts (Luke)
4. Program structure (Luke)
5. Tryouts (Luke)
6. Expenses (Jenn)
 - a. 501(c) matching donations with your company
7. Volunteer Opportunities (Mark)
8. Meet Key Volunteers (Mark)
9. Plant Sale (Jennie Heggum)
10. Schwanns (Linda)
11. Program Book – Player Ad (Mark)
12. Apparel (Soma & Celeste)
13. Q & A - Brief session for general questions, followed by open time to talk to individual coaches and volunteers



2018 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.

Luke Gellerman
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Lukegellerman215@gmail.com

Upcoming Dates

- Dick's Discount Shopping Days: 2/?? & 2/?? (Minnetonka location 10 am – 7 pm each day)
- Captains' Practices – start 2/?? (see website calendar)
- Player Meeting: Wednesday, 3/??, 6:00, AHS Cafeteria
- Player Ads for Program Book: Friday, 3/??
 - No online orders; complete form in packet.
- Registration in AHS Athletics Office: **no later than Friday, 3/23**
- Spring Break: 3/24 – 4/2
- Tryouts: 4/3 – 4/6
- St. Johns Trip: Saturday 4/8
- Season Kickoff Potluck: Sunday, 4/9, time and place TBD
- Uniforms: Wednesday, 4/11, 2:30 pm, AHS Gym
- Flower Sale Orders Due: Tuesday, 4/??
- Senior Bios: 4/??
- Team Pictures: Friday, 4/13, 3:30 – 4:30 pm, AHS Stadium (weather permitting)
- Plant Sale Pickup & Delivery: Saturday, 5/12
- First Varsity game: Monday, 4/16

Yet to be scheduled: team practices, weightlifting, scrimmages, year-end party (watch the website calendar)

Expected Fees for 2018

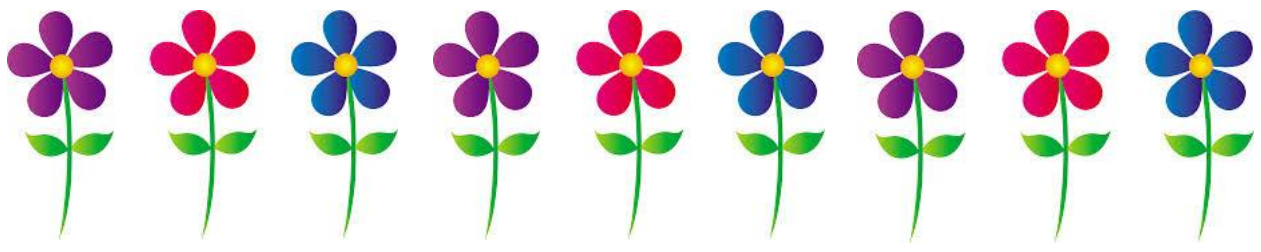
- School Activity Fee: \$210 (or family maximum) – Everyone pays directly to AHS
 - REQUIRED TO TRY OUT
- Captains' Practices: \$75
- Booster Club Fee: \$100

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 \$20 (Every player will need to order a new one - going blue)

Extras

- Player Apparel: (jackets, sweats, shirts, etc.)
- Player Picture Ad in Program Book: \$35
- Sandwiches for away games: approximately \$30 – information and signup sent closer to season start
- Year-end banquet: \$18 per person (players and booster club donors are free)
- First-year player training: \$20



AHS Boys LAX Spring Plant Fundraiser

Hanging baskets, bedding plants, veggies....
you name it...when it comes to spring planting, we sell it!

Plant sale kickoff: Wednesday, March 15

Orders due: Monday, April 10

Plant distribution: Saturday, May 13

Pick up plants at AHS

(14 volunteers are needed to help unload plants and fill orders)

All players are asked to sell a minimum of \$200 in plants.

Prizes will be awarded to all who meet that goal, as well as for
each additional \$100 sold!

Flowers will be delivered the Saturday **before Mothers Day.**

All plants are provided by Gertens, and are very high quality.

Plant sales info will be posted to team website so it can easily be emailed
to friends and family.

Any questions can be directed to:

Kim Olson at 763-229-9320 or bugs1999@comcast.net
Jennie Heggem 612-804-8623 or jrheggem@comcast.net
Leslie Piazza at 612-240-6434 or lpiazza@comcast.net