

# 2010 OPC Lacrosse Parent Meeting

Information – Head Coach: Darren Nelson  
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Team Website: [www.opclax.com](http://www.opclax.com)  
MSHSL Website: [www.mshsl.org](http://www.mshsl.org)  
Club League Website: [www.mbsla.org](http://www.mbsla.org)  
Off-Season Website: [www.laxloons.com](http://www.laxloons.com)  
Laxpower: [www.laxpower.com](http://www.laxpower.com)  
USL Membership: [www.lacrosse.org](http://www.lacrosse.org)

## Coaches and Trainer

- Steve Tlachac – Varsity Assistant
- Kyle Kalmoe – JV Coach
- Joe Parpart – Varsity/JV Coach
- Andrew Benney – F/S Coach
- Jordan Lofgren – F/S Coach
- TBD
- Lindsay Geeseman – Trainer (Osseo)

## 2010 Team Captains

- Nick Johnson
- Mike Scheffler
- TBD

## OPC History

- This is the 9<sup>th</sup> Season of lacrosse at Osseo-Park Center
- Fourth year in the MSHSL for Boys Lacrosse
- Member of the NWSC
- Overall Varsity Record of 64-29 in 7 Seasons
- Currently 8 former players playing college lacrosse in 5 states

## General Information

- We have 4 teams planned this year – Varsity, Junior Varsity, 2 – 9/10 Teams
- Open to boys in grades 7 – 12, for either students of Osseo High School or Park Center High School
- Varsity Players will receive letters
- Cutting is a possibility this year depending on the amount of students we have try out

## **When and where we will be practicing and playing**

- Unique situation in which Osseo is the host school (so everything is ran through them), but Park Center is where we will play/practice
- Varsity/JV Practice will be held at Park Center from 4:30 – 7:00
- F/S Practice will be held at Park Center from 4:30 – 6:30
- If weather is an issue, practice will be moved to OSH (indoors) (Different Time?)
- It will be VERY IMPORTANT for players to pay attention to any changes in the practice schedule!!!
- Varsity/JV Games will be played at Park Center on the turf
- F/S Games could be played at either location
- We will have buses for ALL away games (Must have a signed waiver before we leave in order to get a ride from your parents home)
- Frosh/Soph games mostly played on Saturdays (2 games per day)
- Coaches, players, and possibly parent volunteers are responsible for setting up the field (that means marking the field, setting up goals, etc)
- Players will have to find their own transportation to and from practice
  - (There are activities busses, but due to time of practice there may be issues)

## **Equipment needed and financial matters**

- Every player will need to have a Black Helmet (preferably with orange visor and chin piece)
- Players will have to supply all their own equipment – helmet, mouthguard, shoulder pads, elbow pads, glove, stick, athletic supporter, and cleats (if you need help with something please let me know)
- ALL jerseys need to be turned in at the end of the season
- If anything was lost, the player is responsible for paying for a replacement or will be put on a list and not be eligible to sign up for any other activities until it is paid for
- Booster Club will be in charge of all money matters, making sure we pay the school for all expenses

## **Booster Information and Fund-Raising**

- Board Members – Diane Lyngdal (President), Lisa Hockert (Vice-President), Jan Abbott (Treasurer), Dawn Bradley (Secretary), Jamie Rakos (Officer-at-Large)
- Booster Fee will be in 2 parts this year – We are asking for a \$100 Booster Fee that needs to be paid before a player will be allowed to play in a game.
- We are also asking for a second \$100 check. With this one though, if you meet all your fund-raising obligations (i.e. raise a MINIMUM \$100 fund-raising) then we will give this check back to you or tear it up (whatever you'd like). If ALL the fund-raising items are not turned in before the due date, then this check would be cashed, so make sure we are turning everything in ON TIME.

- We will need parent volunteers for many different things this year. Currently, we have 2 parents (Michael Miller and Steve Johnson) helping with Fund-Raising and Sandy Schmitz helping me out with future off-season planning (Summer and Winter Leagues). We still need active participation from ALL parents in some capacity. Throughout the season we will need parents to volunteer with Concessions, Helping with Time Keeping and Book Keeping at the table during games, Many volunteers at the steak fry, hosting Pasta Parties, and at F/S games (Home and Away) we will need one parent to volunteer to carry the sportsmanship card each game
- We would like to have a program this year like we have the previous couple of seasons. With that said, it takes a lot of hard work to get one formed and in a relatively short amount of time. What we would like to see is each player find one business to place an ad in the program and we could easily pay for them (Not to mention maybe make a little money for the program). We also need a couple of parents who would be willing to put the program together to be printed. I have someone willing to print it, but doesn't want to spend the time putting it all together like he has had to do in year's past. Without this help, there's no way we will have a program this year
- Fund-Raisers this year include Brothers Meat Packs, a Brothers BBQ, Steak Fry, and Possibly selling water softener salt. I will be handing out all fund-raising info the first week of practice and there will be due dates on everything when it needs to be returned
- We are also looking into one community service event for the boys to do during the season, but nothing is set in stone yet
- For a schedule of games and events, please see the attached calendar
- One last note – I could be looking for a parent who could video tape the games for us (or at the very least, borrow a camcorder so one of the managers could tape it)

## **Try Out Information**

- First day of practice officially begins March 29<sup>th</sup> (Which is also the first day of spring break, great timing!!!)
- M,Tu,W of the first week will be regular practices. Official Tryouts begin on Thursday and will last until Tuesday the following week. Teams will be announced on Wednesday
- Players will be judged on a number of criteria
  - In-Game Ability and Game Knowledge (There will be a lot of scrimmaging during tryouts)
  - Attitude
  - Work Ethic and Hustle
  - Athletic Ability (Speed, Strength, and Endurance)
  - Stick Skills (Passing, Catching, Cradling, Shooting)
  - Offensive and Defensive Ability
  - Ground Balls
  - Behavior
- Other Factors could include past performance and/or potential to improve

## OPC Team Rules

- Attendance Policy – if you don't show up for practice, playing time will be affected
- My expectations are that every player is going to be at practice unless they've cleared it with me
  - With the time frame we are practicing, I shouldn't have excuses about having to stay after for tests or classes
  - If you have major issues with getting to practice I suggest you probably not come out for lacrosse
- District 279 rules state that if a student misses any part of the school day and that absence is unexcused they are not cleared to practice or play a game on that day, If the player can verify an absence was not unexcused, they may practice, but need to give written proof the next day or must sit out the next 2 games and they cannot practice
- I get an attendance report each day from the activities office
- Here are some of my rules for this team:
  1. NO ONE PLAYER IS BIGGER THAN THE TEAM (I don't tolerate selfishness and a me-first attitude, we are a TEAM)
  2. No Fighting
  3. Play with CLASS (whether we're up by 10, down by 10, or tied – we should always be very sportsmanlike – this means no taunting or excessive celebrations)
  4. Pay attention to directions
  5. When the coaches blow the whistle, LISTEN
  6. Treat managers with RESPECT, they're here to help us and any disrespect directed towards them will result in punishment
  7. Treat officials, fans, and other teams with RESPECT as well
  8. Alcohol and other mood altering substances are prohibited from being used. If caught the first offense is a two week suspension. The second offense is another four weeks.
- Failure to obey team rules could lead to demotion/suspension/or expulsion from the team - depending on the severity
- We will have other consequences that will be laid out to the players if rules are broken that will include:
  - Extra Running
  - Sitting Parts of Games
  - Sitting Out an Entire Game
  - And Others...

Lastly, it is my belief that playing a school sport is a privilege and not a right. I want everyone that participates in lacrosse to have fun, but at the same time nothing is going to be given to you. YOU NEED TO EARN IT! Simply showing up to practice is not always good enough. Practice Hard, Pay Attention to directions, Follow Directions, Ask Questions when you don't understand something, and make Smart decisions. We want to represent our schools to the very best of our ability and making poor choices can have a negative effect on that.