

# Agenda

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## **Welcome & Introductions**

- Coaches
- PWLC Board

## **Club Business**

- Volunteers
- Communication
- Fundraising
- Uniforms & Equipment
- Player Safety

## **Coaches Information**

- Culture
- Player & Parent Codes of Conduct
- Coaching Philosophy
- New Rules
- Fall Practice & Game Schedules



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# Youth Coaches And PWLC Board



# Youth Coaches

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**K-2:** Peter Harrington

**3-4:** Mike Cook, Jack Mason

**5-6**

- White:
- Royal: Dan Miles, Joe Polovoy
- Black: Steven Klinger

**7-8**

- Royal: Rob Jones, Will Long
- Black: Everett Weiler, Chris Vacarro



# PWLC Board

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Andy O'Reilly – Club President

**John Burnum – Vice- President**

**Joe Overley – Secretary**

Christi Ratliff – Treasurer

Athletic Director - OPEN

**Sherri Arvin – Youth Program Director**

Ken Douglas – HS Program Director

Donnie Jones – At-large Member

Don Mitchell – At-large Member



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# State of the Club



# Just the stats, ma'am

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- 176 Total Players
- 127 Youth Players
  - K-2: 6 players – 1 team
  - 3-4: 37 players - 2 teams
  - 5-6: 56 players – 3 teams
  - 7-8: 35 players - 2 teams



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# Volunteers

Any parent who volunteers for a position in which they will interact with players or will have any level of financial responsibility will be subject to a background check



# Where can you help?

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- Team Managers
  - Manage communication & attendance for coaching staff
  - Contact Sherri Arvin to volunteer
- Game Day Jobs:
  - **Score Keeper** – records scores & penalties
  - **Penalty Clock** – times penalties and releases players from the penalty box
  - **Site Admin** – sits on parent side and makes sure order is maintained and calls/directs emergency vehicles if needed
  - **Set up & tear down**



## Sign-up Genius

- link will be emailed and you can sign up directly



# Game Day & Tournament Sign up Genius

Date	Location	Available Slot
2/18/2011 (Fri. 6:30PM - 9:30PM)	Clark Central (Bowie V Only)	<p><b>Site Clean-up (3)</b> After Last game, help pick-up trash, cones, and clean-up concessions area</p> <p><b>Site Setup</b> Begins ~1hr prior to first game</p> <p><b>Varsity Book Keeper</b> Be at Table 20min prior to game.</p> <p><b>Varsity Concessions (3)</b> Be there 30min prior to Varsity Game.</p> <p><b>Varsity Gate Money Collector</b></p>

✓ Andy O'Reilly

Sign Up

✓ Gena Miles

Sign Up

Sign Up

Sign Up



# Committees

**HELP  
WANTED**

- Corp Sponsors
- Fundraising
- Merchandise
- Tournaments / Travel
- Club Pictures
- Website
- HS Equipment
- HS Announcements
- HS Banquet
- HS End of Year DVD
- HS Game Day  
Coordinator



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# Communication



# Communication

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- **Weather Happens**
  - Changes or cancellations are out of our control
  - Website and Hotline NOT in use
- **Informi Text Messages and E-mail**
  - One Way Texts
- **Website**
  - Newsletters
  - Contact Info
  - Calendar
  - Blog



***READ YOUR E-MAIL!***



# Updating Informi Notifications

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Thank you and we look forward to seeing all this Saturday at 10:30am.

Ken Douglas  
Plano West Lacrosse High School Program Director.

To adjust your notification settings click here [manage my profile, add sms, opt out](#)

This email was sent to oreillyaj@yahoo.com,oreillyea@yahoo.com by info@planowestlacrosse.org

SMS·EMAIL·VOICE notifications powered by <http://informi.net>

When you register, you will get an opt-in from the club through Informi. If you do not opt-in, you don't get notifications. First time user or in system, but need to make updates, select link to make changes. \*Info from the Registration system does not link to Informi.



Member # 2808

First name

Last name

Email addr (multiple ok)

Separate email addresses with a space, comma or semi-colon

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Notification #   Can notify  Use voice  Use text

Member's telephone #   Can notify  Use voice  Use text

Other telephone #   Can notify  Use voice  Use text

Other-2 telephone #   Can notify  Use voice  Use text

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Allow text messaging

Allow emailing

Allow auto-calling

Allows Facebook:  Accept Facebook messages:

Facebook App is enabled:

Facebook ID:

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Do not call before

Do not call after

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Our Policy

Express Consent To Receive Email, Pre-Recorded And Text Messages:

Opt-in Policy:

When you opt in on our site, we request you to provide us with a contact email address, telephone/cell number. We will use your telephone number in the event that your group needs to inform you

Enter emails here

Up to 4 cell phones. Select "Use text"

Check boxes to get email and texts

# The Howl Newsletter



## The Howl Monthly Newsletter

September 2011



### In This Issue

[Registration for Fall Season](#)  
[High School Fall Kick-Off](#)  
[Youth Fall Kick-Off](#)  
[Championship Tryouts](#)  
[Plano West Weekend](#)  
[Tryouts Day 1](#)  
[Championship Workshop](#)

Dear Andy,

Summer break is over, school has started, and lacrosse fall season is here. Early Registration is open until Friday, August 26th after which the registration rate will increase by \$50 and the registration status for 3rd - 8th grade will be "Waiting List". If you've already registered for fall season, thank you for your support. If you have not registered yet, please [Register Today!](#)



# Check us out:



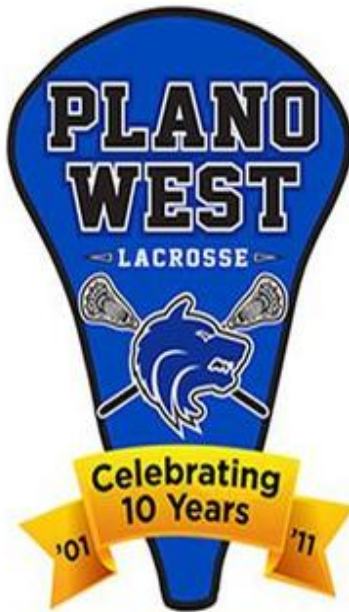
Facebook



Twitter

facebook

Search



PlanoWestLacrosse.org  
Twitter.com/PlanoWestLax

Wall

Info

Welcome!

Photos

## Plano West Lacrosse

School Sports Team · Plano, Texas



Wall

Plano West Lacrosse · Top Posts ▾

Share: Post Photo Link Video

Write something...



### Plano West Lacrosse

Registration update for both Youth and High School Fall Season.



### Registration for Fall Season | Plano West Lacrosse News

planowestlacrosse.org

Registration for Plano West Lacrosse this Fall Season opened July 15th, and we've had a good response. Early Registration ends August 26 after which registration rates will increase by \$50 and registration status will change to "waiting list" for all teams in 3rd-8th grade. If you haven't registered...

Yesterday at 12:14pm · Like · Comment · Share



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# Fundraising



# Fundraising

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- Lowers the cost of registration
- Creates club and community involvement
- How can you help?
  - Corporate Sponsors – due January 15th
  - Fall – Garage Sale (Oct. 23)
  - Spring – Silent Auction & Casino Night
  - Spirit wear



# Spirit Wear

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- **Team Lax**

- Items will be available
  - in the store
  - at tournaments
  - through the order form



- **Wolfpack Store**

- All ordering is done online through our website
- Shipped to your home
- All customer service handled through third party



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# Uniforms & Equipment



# Uniforms

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## Merchandise List

### Products › K-8th Uniform Items - Required Items

#### Youth Reversible Pinnie

Cost: \$20.00

#### Youth Shooting Shirt

Cost: \$18.00

#### Practice Short

Cost: \$30.00

#### Helmet Stickers (available through the club)

Cost: \$5.00

Please purchase order your uniform at Team Lax in Frisco. They have the assigned uniform numbers for all pinnies.

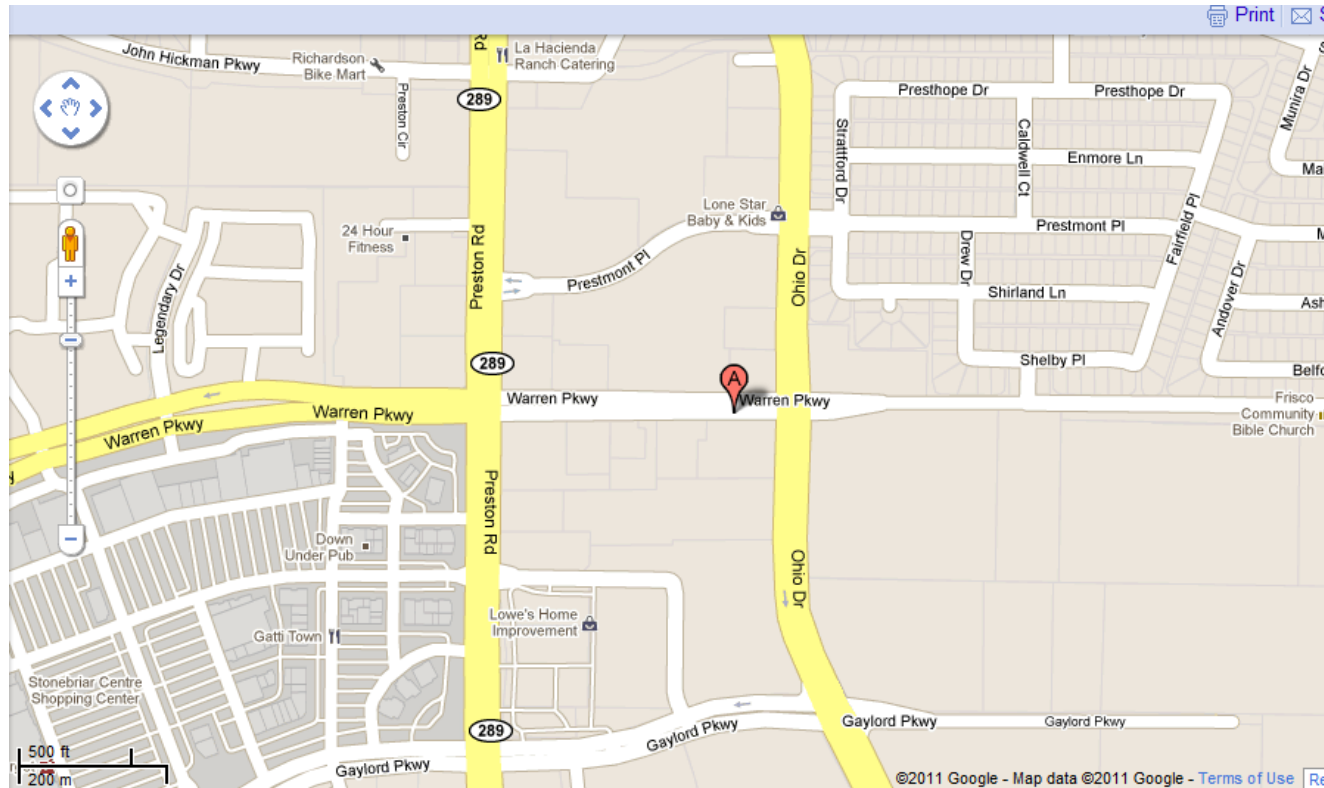


# Team Lax

9201 Warren Parkway

Frisco, TX 75035

469-362-8529



# Look Like a Champion

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- **Thursdays:** Wear your Plano West Lacrosse spirit wear to school
- **At the Game:** Uniforms only! If you do not have uniform shorts, please wear solid black shorts.
- **In the Stands:** Wear Team/School Spirit Wear



# Equipment Requirements

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- Helmet
  - We would like everyone to move to a black helmet
  - Pro 7 or CPX-R recommended
- Gloves
- Shoulder and Elbow Pads
- A Cup!
  - **No Cup, No Play!**
- Mouth Guards
  - Replace each season or sooner
  - Have spares fit and ready to use in his bag!
  - Talk to your son about NOT chewing on them
- Stick
- Cleats – soccer or lacrosse, no football or baseball



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# Player Safety



# Concussion Policy

## Protect Your Melon

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### Concussion (ImPACT) Testing

- The ImPACT test provides computerized neurocognitive assessment tools and services that are used by medical doctors, psychologists, athletic trainers, and other licensed healthcare professionals to assist them in diagnosing concussion and determining an athlete's ability to return to play after suffering a
- Can be performed at home or by a qualified provider.
- Recommended for all players 12 and over



# Building a Culture Together

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- ***Coaches Coach***
  - ***Players Play***
- ***Parents Cheer & Volunteer !***



# Player Rules

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- Adhere to the rules of PWLC as specifically written in the By-Laws and the Policy & Procedures, or face disciplinary action, up to and including expulsion from the Club.
- Adhere to associated League(s) and US Lacrosse governing rules, regulations, and policies.
- Adhere to PWLC Academic Eligibility Policy.
- Continually learn the rules of lacrosse and play by them at all times.



# Player Code of Conduct, continued

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- Be on time.
- Follow the instructions of the coaches and have a positive attitude at all times.
- Recognize the value and importance of teamwork and being a team player.
- Be mentally and physically prepared for practices, games and other team/club activities.
- Respect coaches, teammates, parents, opponents, and officials, as well as field facilities.
- Demonstrate mature, responsible behavior on and off the field.
- Play good, hard, clean lacrosse at all times.
- Practice good sportsmanship before, during, and after all games.
- Do not tolerate hazing or bullying in any form! Let the coaches know.
- Never argue with an official's decision. In the event of a penalty the coaching staff will handle all matters pertaining to officiating.



# Parent Code of Conduct

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- Always display exemplary conduct.
- Attend as many games as possible.
- Do not discuss or criticize coaches or players in the presence of your child.
- Discuss progress or concerns with the coach as they relate to your player.
- 24 hour rule.

The Board reserves the right to discipline parents for acts of aggression, verbal abuse or any behavior that would reflect negatively on the Plano West Lacrosse Club. Suspension of parents from practices and/or games or expulsion from the PWLC could be a course of action taken by the Board.

If needed, a written Conflict Resolution form is available to help parents address and resolve conflicts and concerns that affect their team.



# Coaching from the Bleachers

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- When the players are on the field they are the responsibility of their coach. Do not attempt to give them instruction. You are a fan at this point.
- Do not approach your son while he is on the field or in practice to say hello, give him a bottle of water or Gatorade, or give him advice.
- Please do not coach from the bleachers or behind the fence. Parents will be asked by the coach to leave the field if this becomes a frequent occurrence.
- Do not criticize the officials or their judgment. Displaying poor sportsmanship toward the officials will result in you being asked to leave the field.
- Please be objective and supportive of all the players on the team, not just your son.

All coaches, athletes, and spectators are bound to act in accordance with the expectations of a reasonable person when either participating in or watching an athletic contest. Sportsmanship is to be displayed at all times throughout any athletic competition.



# Coaching Philosophy

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## Lacrosse Provides Life Lessons

Lacrosse requires dedication and desire. Playing lacrosse will help develop the boys into men by teaching them respect, goal-setting and time management. If you want something in life, you have to plan and work to get it.

- Practice - You Will Play Like You Practice
- Games - Hustle and Determination will keep games close, but how you have practiced and prepared will help you win games.
- Lacrosse - Lacrosse is full of mistakes - learn from yours
- Field Positions - “My son is an Attackman, Why is he playing Middie?”
  - Lacrosse Players First - Positional Player Second
- Attendance is Expected - Playing Time is Earned at Practice
  - Players are required to notify the coach or team manager in advance if they will not be at practice.
  - School Comes First - However..... Time Management is a part of being an athlete!



# New Game Rules

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## **Stick Butt-end**

- Must have the hole covered
- Tape must not cover end

## **Hits to the Head**

- More emphasis on protecting the head from elbows and body checks.



# Fall Practice Schedule

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- Practices begin the week of September 5<sup>th</sup>
  - K-2: TBD
  - 3-4: Thursdays 5:30-7:00
  - 5-6: White & Royal: Tuesdays 5:30-7:00  
Black: Tuesdays & Thursdays 5:30-7:00
  - 7-8: Royal: Thursdays 7:00-8:30  
Black: Wednesdays & Thursdays 7:00-8:30
- Practice Locations
  - All practices will be at Renner Fields or Hobitzelle Park (north of Legacy on Red River between Custer & Alma).



# Fall Game Schedule

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- Game 1: September 11
- Game 2: September 18
- Game 3: September 25
- Pink Out supporting Breast Cancer Research: Oct 2
- Game 4: October 9
- Game 5: October 16
- Game 6: October 23
- Halloween Shootout (McKinney): October 29-30
- Game 7: November 6
- Lone Star Shootout: November 19-20



# Coaches Conclusion

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Teach and Inspire...

Look and Act Like a Champion....

Prepare and Play Like a Champion.....

Replace Highland Park in This Picture!

