

PLANO WEST



game on!

LACROSSE

Fall 2011 Kick-Off Meeting

**Aug. 27, 2011
10:30 at Renner Gym**

Agenda

- Welcome & Introductions
- Last Year Observations
- Club Structure
 - The Quest for Volunteers
 - Communication
 - Fundraising
 - Spirit Wear
- Coach DeSerrano
 - Expectations
 - Practice Time / Days / Locations
 - Uniforms
- Questions & Answer Time



Last Year Observations

- Inaugural year for the Club with K – 12
 - The formation of building a program to ensure future success
- Refund Policy Changed
 - From: No Registration Refunds
 - To: Refund in full less \$50 admin fee until Sept. 1, then no refunds
- Removed No-Pass No-Play
 - Challenging to administer
- Impact Testing
 - Take home available



Administrative Structure

PWLC Board

- President Andy O'Reilly
- Vice President John Burnum
- Athletic Director Open
- Treasurer Christi Ratliff
- Secretary Joe Overly
- H.S. Program Dir. Ken Douglas
- Youth Program Dir. Sherri Arvin
- At-Large Donnie Jones
- At-Large Don Mitchell



Committees



- Alumni Game
- Banquet
- Club Pictures
- Corp Sponsors
- Fundraising
 - Garage Sale (Fall)
 - Auction (Spring)
- Informi
- Open (Andy O'Reilly)
- Open (Penny MacDonnell)
- Nancy Darby & ...
- Donnie Jones (Peter Schochet)
- Open (Terri Rivera)
- Mindy or Ken



Committees

- OCPE
- Public Relations
- Registration System
- Spirit Wear
- Tournaments
 - Maitland
- Website
- Mindy Douglas
- Joe Overly &
- Steven Kravit
- Lesa Blaser & Lucy Douglas (Diane Baker)
- Nancy Darby & Lesa Blaser (Angela Yotides & Gena Miles)
- Kirk France, Joe Overly, & Donnie Jones



Other Places to Help

- Need Parent Involvement
 - Reminder in the Fall: 3 mandatory volunteer hours and 1 food/beverage donations per family
- Maitland Jamboree
 - We share responsible with Plano East and Plano Sr. for running the tournament
 - We will use Sign-Up Genius website used for volunteers sign-up sheet
- Halloween and Lone-Star Shoot-out
 - Set-up and Tear-Down
- Alumni Game
 - Grill Team



Maitland Volunteers

Sign Up Genius Website

Date	Location	Available Slot
2/18/2011 (Fri. 6:30PM - 9:30PM)	Clark Central (Bowie V Only)	<p>Site Clean-up (3) After Last game, help pick-up trash, cones, and clean-up concessions area</p> <p>Site Setup Begins ~1hr prior to first game</p> <p>Varsity Book Keeper Be at Table 20min prior to game.</p> <p>Varsity Concessions (3) Be there 30min prior to Varsity Game.</p> <p>Varsity Gate Money Collector Be there at End of JV game (~45 min prior to Varsity) until Half-time of Varsity Game.</p> <p>Varsity Penalty Time Keeper Be at Table 20min prior to game.</p> <p>Varsity Score Board Be in Booth 20min prior to game.</p> <p>Varsity Site Admin Review Emergency Plan on THSL prior. Collect Ref Vouchers at Home Games.</p>
2/19/2011 (Sat. 10:00AM - 3:00PM)	West Track Field (Alamo Hts)	<p>JV Book Keeper Be at Table 20min prior to game.</p> <p>JV Penalty Time Keeper Be at Table 20min prior to game.</p> <p>JV Score Board Be in Booth 20min prior to game.</p> <p>JV Site Admin Review Emergency Plan on THSL prior. Collect Ref Vouchers at Home Games.</p> <p>Site Clean-up (3) After Last game, help pick-up trash, cones, and clean-up concessions area</p> <p>Site Setup Begins ~1hr prior to first game</p> <p>Varsity Book Keeper</p>

✓ Andy O'Reilly

Sign Up

✓ Gena Miles

Sign Up

Sign Up

Sign Up

Sign Up

Sign Up

Sign Up

Sign Up

Sign Up

Sign Up

Sign Up

Sign Up

Sign Up

Sign Up



Communication & Media

How do I get Information

- Weather Happens - Changes or cancellations are out of our control
- Informi Text Messages and E-mail
 - One Way Texts!
- Website
 - Newsletters
 - Contact Info
 - Calendar
- HS Directory
 - Helps with Car Pooling



What else is on the Web?

- On-Line Registration & Spirit Wear
- Info on Coaches, Board, Committees, & Players
- Newsletters
- Upcoming Events (w/ links to Maps)
- Forms
 - Club Policy and Procedures (Forms)
 - By the way, you signed these on-line
 - Impact Testing Info
- Corporate Sponsors
- Camps and Private Lessons



Familiarize yourself with the Website



PLANO WEST
LACROSSE

game ON!

News and Information

For Information call 214-329-1872

- Home
- Registration
- Coaches
- High School
- Jr. Wolves
- Fundraising
- Sponsors
- News
- Downloads
- Camps
- Contacts
- Election

Wolfpack Store

Plano West



Lacrosse Club



Register Now!

If you plan to play fall lacrosse with Plano West, please [register](#) now so the number of teams can be determined. Anyone registering after Aug. 26 will be placed on a wait list and is not guaranteed a spot.



The High School Kickoff meeting will be held Saturday, August 27 from 10:30 - 12:00 at the Renner Middle School Gym.



The Youth Jr. Wolves Kickoff meeting will be held Sunday, August 28 from 1:30 - 3:00 at the Parr Library.

Visit our top Sponsors

Peter N. Schochet, M.D., P.A.
Board Certified Pediatric Pulmonologist
972-981-3251
Helping Children Breathe Easier

Texas Health
Presbyterian Hospital
PLANO

Pediatric Surgical Associates

See our Sponsors page for more supporters of Plano West Lacrosse

Become our fan on
Facebook

Follow us on
Twitter

High School Events

Thursday, August 25	▼
Saturday, August 27	▲
10:30am	HS Fall Kick-Off Meetir
Monday, September 5	
Labor Day	

Updating Informi Notifications

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 VoiceWare



Member # 2808

First name

Andy & Elizabeth

Last name

O'Reilly

Email addr (multiple ok)

preillyaj@yahoo.com; oreillyea@yahoo.com

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

Notification #

Can notify

Use voice Use text

Member's telephone #

Can notify

Use voice Use text

Other telephone #

19724899463

Can notify

Use voice Use text

Other-2 telephone #

19724898637

Can notify

Use voice Use text

Allow text messaging

Allow emailing

Allow auto-calling

Allows Facebook:

Accept Facebook messages:

Facebook App is enabled:

Facebook ID:

Do not call before

8:00 AM

Do not call after

10:00 PM

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



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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!](#)



PLANO WEST
LACROSSE

Check us out:



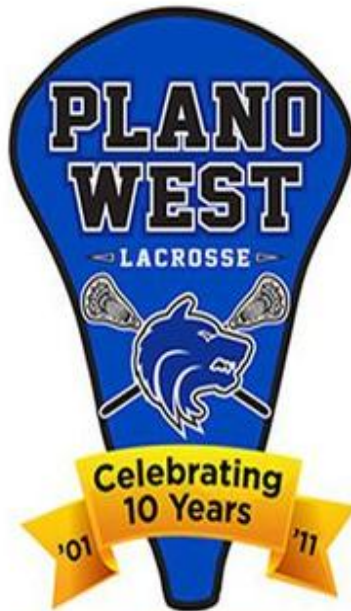
Facebook



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



PLANO WEST
LACROSSE

Fundraising

Fundraising

- Lowers the cost of registration
- Creates club and community involvement
- \$250 minimum per player for the year
 - Lowered from \$300
- How can I reach my minimum?
 - Corporate Sponsors
 - Fall – Garage Sale (Oct. 23)
 - Spring – Silent Auction & Casino Night



Corporate Sponsorship due by Jan. 15

- Registration
- Coaches
- High School
- Jr. Wolves
- Fundraising
- Sponsors**
- News
- Downloads
- Camps
- Contacts
- Election

Wolpack Store


Plano West

Diamond Club Sponsors



Peter N. Schochet, M.D., P.A.
Board Certified Pediatric Pulmonologist
972-981-3251
Helping Children Breathe Easier

Helping children breath easier



Pediatric Surgical
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Healing Hands. Caring Hearts.

Gold Club Sponsors



CINEMARK
XD Extreme Digital Cinema

- CRISP CLEAR **DIGITAL** PROJECTION
- WALL-TO-WALL **SCREENS**
- WRAP-AROUND **SOUND**

Coming Soon to a Cinemark Theatre near you! [Click for locations and dates.](#)

B. JANELL KENNY, D.D.S.
GENTLE DENTISTRY



TEXAS CAPITAL BANK

SEWELL



PLANO WEST
LACROSSE

Great way to bring outside \$ into the club

Silver Club Sponsors



Dr. Keith T Kadesky, MD



Spirit Wear

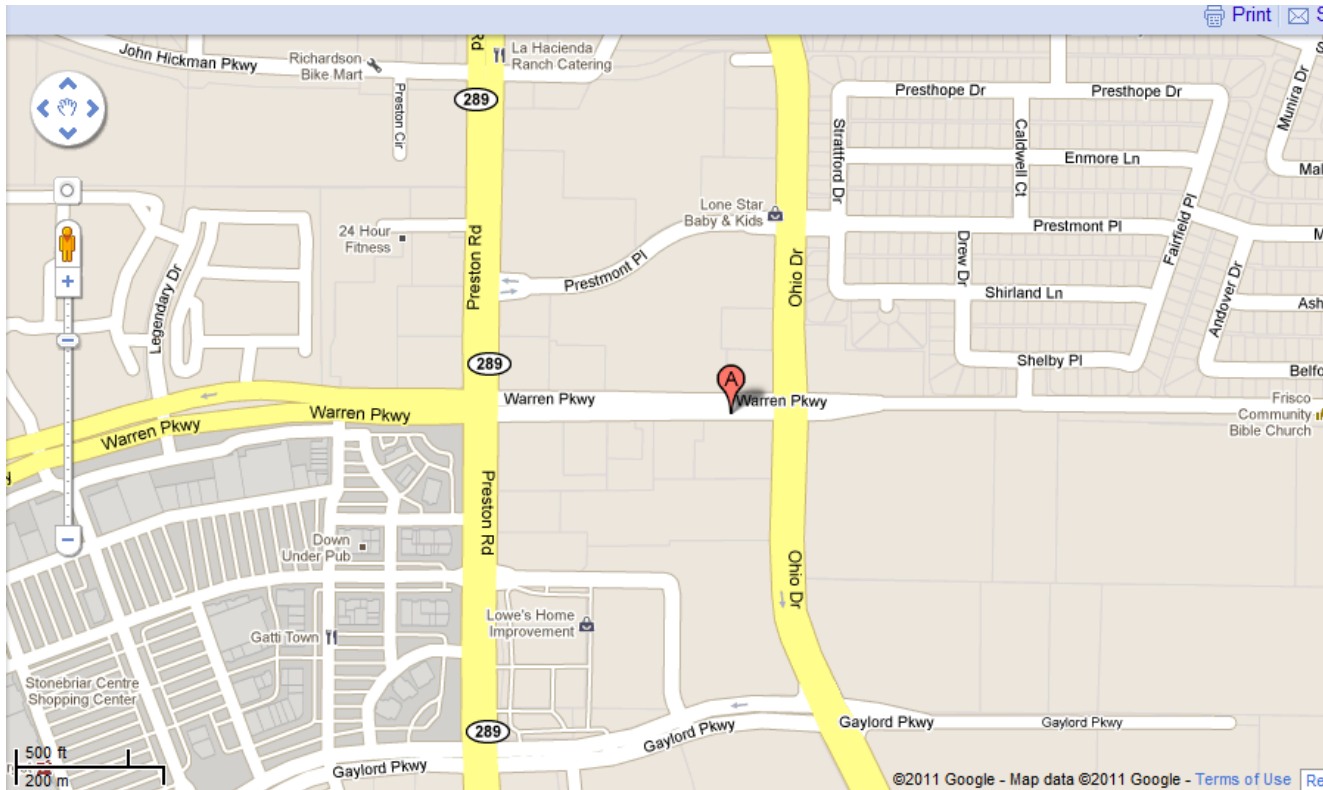
- Team Lax
 - Available in their store
 - At the Tournaments
 - Thru Order Forms
- Wolfpack Store (on our website)
 - All ordering is done online through our website
 - Shipped to your home
 - All customer service handled through third party



Team Lax

- 9201 Warren Parkway
Frisco, TX 75035

469-362-8529



Building a Culture Together



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

Gary DeSerrano

Head Coach

Plano West Lacrosse Club

Coaching Staff

- Gary DeSerrano - Head Varsity Coach
 - 25 years in the game
 - Still Playing competitively
 - 8 Years in Coaching
- Reggie Jeffery - Head JV Coach
 - 15 years in the game
 - 5 Years Coaching at West



Coaching Philosophy

- **Use lacrosse to help develop the boys into men by teaching them respect, honor, time management and goal setting.**
- Player Development - Our Team is only as good as the weakest player on the field.
- Practice - You Will Play Like You Practice
- Games - Effort and Focus
- Mistakes - Lacrosse is full of mistakes - Minimize them, Learn from them
- Attendance is Expected - Playing Time is Earned at Practice
 - Players are required to notify the coaching staff in advance if they will not be at practice; phone call to the Head Coach by 5PM!
 - Unexcused absence - Depth Chart - Playing Time
 - School Comes First
- Player Status (Varsity, JV, Playing time....)
 - Players (Not Parents) need to ask the coach why they are not playing more and work through any questions / issues. Boys to Men.
 - JV Stands For Junior Varsity - Gain experience, get playing time, etc.



Team Philosophy

- Team atmosphere - Winning comes when you play as a Team
- Good players become great when they make their teammates better.
- Captaincy - Will be announced in September - Nominated by current captains and coaches
- Fall
 - Polishing fundamentals, improving new/young players and team building,
 - Tournaments/games are the coaches evaluation tools - winning is secondary
 - Off Season - Mental Break / Preparing the Body for the Spring Season
 - Fall Strength and Conditioning - Weight Lifting: Nov - Dec
- Spring
 - Spring is Lax Season - More practice sessions - More Games
 - Team Travel – Varsity Only
 - Planning Spring Break Trip - Friday - Tuesday - Final word Oct 31st
 - Houston Trip



Fall Practice Schedule

- Practices begin
 - Tuesday, Sept. 13th for Freshman and New players
 - Full Team Practice begins Saturday, Sept 17th
- Practice Locations
 - Tuesday - Hoblitzelle Park (by Hendrick Middle School)
 - 7 to 8:30P – Players need to be ready to play at 6:50
 - Saturday - PW Track/Soccer Field
 - 10a-12n
- Fall Strength and Conditioning
 - SAC Weight Room (tentative 7p-9p)
 - September 21st - October 30 (Wednesday Only)
 - Oct 31st - Dec 18 - 3 days a week



Fall Game Schedule

- Maitland @ Plano East
 - Oct 15/16 - JV1, JV2, V
- Halloween in McKinney
 - Oct. 29/30 - JV1, JV2, V
- Lone Star Shoot-Out in The Colony
 - Nov. 19/20 - JV1, JV2 (No Varsity)
- Alumni Game @ Plano West
 - Nov. 26 - Varsity Only



Building Our Program

- Junior Wolves
 - Recruiting Players K-8 grade
 - Feeder System
 - Coaching staff under the guidance of HS staff
 - Philosophies - Teaching a progressive system to prepare players for HS
 - Create a culture “Wolfpack”



Spring Try-Outs

- December - Sat/Sun
 - 3/4 (10/11 rain dates)
- Required to play in spring (excludes transfers)
- Expect 70 players at tryouts
- Cut to two teams
 - Varsity (28)
 - Junior Varsity (28)
- Options for those not making a squad
 - Play for the nearest DII program in PISD (Plano East)
 - Waiver to play at Hebron or Frisco
 - Following Year - Next Fall - Next Tryouts



Equipment Requirements

- Full gear is required all the time...
 - Helmet with Mouth Guards (and spares)
 - Team helmet by Spring
 - Plano West Reversible Practice/Game Pennie
 - Team Issued
 - Black Shorts
 - Pads (this includes a Cup!)
 - Gloves
 - Plano West Colors - Blue, White, Black
 - Stick – Min. of two 2010 compliant sticks



Numbering System

- Returning players will keep their number
- New players will be assigned numbers
 - You will be assigned a different number in the spring
- Goal is to get Varsity players 0-30 and JV players 31 and above
- Make the Number great!



Excited About a Great Year

- We look forward to a successful year
- Q&A

