

# Minnetonka High School 2021 Girls Lacrosse Activity Packet

## Coach Contact Information

### **Co-Head Coach:**

Krista Crandall - Cell: (952) 807-5181

Email: [krista.crandall@minnetonkaschools.org](mailto:krista.crandall@minnetonkaschools.org)

### **Co-Head Coach:**

Michelle Hromatka - Cell: (952) 486-2650

Email: [coachhromatka@gmail.com](mailto:coachhromatka@gmail.com)

### **JV Coach:**

Mr. Pekarek

Email: [james.pekarek@minnetonkaschools.com](mailto:james.pekarek@minnetonkaschools.com)

### **Prep Coach:**

TBD

### **Volunteer Coach:**

Britta Anderson

### **2021 Captains:**

Brynn Dulac

Courtney Youngquist

Ellah Durkee

Hanna Baskin

### **2021 Booster Board:**

The Booster Club is made up of parents of lacrosse players. They support the coaching staff and all of the teams in the program. They help facilitate the items listed in the Fundraising Goals and Expectations section. The club has monthly meetings and the information is on the website. All parents are invited to attend.

**President:** Nicholle Durkee, [Ndurkee@me.com](mailto:Ndurkee@me.com)

**Vice President:** Alison Schmidt, [Alisonschmidt45@gmail.com](mailto:Alisonschmidt45@gmail.com)

**Secretary:** Sabrina Wixo, [sdgabert@msn.com](mailto:sdgabert@msn.com)

**Treasurer:** Katie Kost, [katiemkost@yahoo.com](mailto:katiemkost@yahoo.com)

**Website:** Sara Muench, [Sara.muench40@gmail.com](mailto:Sara.muench40@gmail.com)

## **PAC & Parent Meeting**

Pre-season info meeting is **Wednesday March 24 at 6:00pm** via zoom. The meeting will be recorded, although Ted (AD) will be on and provide more info on covid guidelines and safety precautions, so for questions please attend.

### **Meeting checklist –**

- o Register <https://1976a.cf.wordwareinc.com/>
- o Order any team apparel/merchandise you would like  
<https://www.bsnteamssports.com/shop/SP21MGLX>
- o Complete transportation survey: <https://forms.gle/fgTPUpHGjHDS2Y9x9>
- o Pay \$250 booster fee [here](#)
- o Keep an eye out for volunteer info from Boosters

### Tryouts

#### **\*ALL PLAYERS MUST TRY OUT TO BE ELIGIBLE TO MAKE VARSITY**

Practices for those who are in town will precede tryouts during Spring Break. Tryouts will begin Monday, April 5th and will run through Friday, April 9<sup>th</sup>. Players will be sent home with sealed team assignments and personal feedback. Tryouts will be closed to parents.

#### **Tryout schedule -**

April 5	Monday - Practice/Classroom	5:30-7:30p
April 6	Tuesday - Tryout run-through	5:30-7:30p
April 7	Wednesday - Tryout	5:30-7:30p
April 8	Thursday - Tryout	5:30-7:30p
April 9	Friday - Tryouts/team placement	5:30-7:30p
April 10	Saturday - Team day	8-10a

### Roster Limits

- Varsity: immediate roster of 16-18 players. Section max: 24, but not mandatory
- JV: 18-26 players
- Prep: 18-24 players

### Selection

These are OPEN tryouts. Tenure and seniority are not factors in the selection process. Our teams will be selected with the best players and best team that we can field at all levels.

### 8th Graders

8th graders trying out will be by invite only. These invites come based on what the High School Staff sees from girls at the youth level and in clinics, etc.

### Registration

**MHS spring sports registration is online only. Register:** <https://1976a.cf.wordwareinc.com/> (yes, this link is correct) If you have difficulty creating your family log-in or registering, please click on the "Need Help?" option at the top of the registration homepage. There is a "Contact Us" option if you have any registration questions for the Activities Office Staff.

For more information on where to send Sports Physicals or other information about the registration process, see

<https://www.minnetonkaschools.org/activities/mhs-athletics/sports>

**\*Players must complete all registration forms and pay fees in order to participate in any tryouts.**

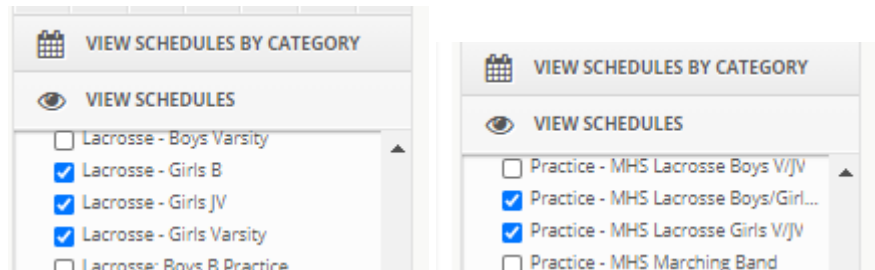
### In-Season Practice Schedules

Teams will have practices M-F and some Saturday games. Coaches reserve the right to hold a Saturday practice if deemed necessary. **There are some exceptions to this schedule for space/field reasons**, but in general practices are as follows:

- Prep: M-Th 4:30 - 6 upper turf - South field
- JV M-Th 5:30-7:00 Stadium
- V M-Th 5:30-7:30 Stadium
- Fridays: all teams, 530 - 7, 7-730 for varsity pre-game days
- Saturday - 8-10am, space is reserved and will be used by teams as needed - this will be communicated by your coach

## **2021 Season Schedule**

Both games and practices are available on the lake conference website. Click on Minnetnoka High school, and then view schedules by category. Games are listed under “Lacrosse - Girls [team]” and practices are listed under “Practice - MHS Lacrosse [team level]”



[www.lakeconference.org](http://www.lakeconference.org)

**Senior night:** TBD

**Sections:** May 31 - June 5, 2020

**State Tournament:** June 15 - 19, 2020

**Banquet:** TBD, if covid policies allow

- Home Varsity games will be held at the MHS stadium (Adults - \$7, Students - \$5)
  - Tickets will be online; we'll send out the link when we have it
- PrepW/PrepB/JV games will be on the N/S upper turf
- Expect away stadiums to charge admission for Varsity games
- Keep close watch on schedules - we can assume that there will be frequent and last-minute changes as weather, covid, referee staffing allows

## **Fundraising Goals and Expectations**

All players are expected to participate in team fundraisers throughout the year. Funds raised will go towards aiding the program in the following areas:

- Assistant coach salaries
- Team equipment
- Team building activities
- Senior night
- Youth Night
- Misc. equipment needs

## **Team Policies**

Players interested in playing lacrosse must be committed to the team they are placed on. Each player is expected to attend daily practice and abide by school and MSHSL policy regarding academics, athletics, sportsmanship, and substance abuse.

- *Academics:* Players are expected to maintain grades that meet the eligibility requirements set by the school. Homework and school projects are not excuses to miss practice. Part of being a student-athlete is learning to manage and balance a schedule.
- *Behavior:* Players are expected to come ready to practice alert and ready to give their best effort. This includes field play as well as attitude on and off the field.
- *Communication:* Coaches are always willing to provide feedback throughout the season. If the player has any questions, ideas, concerns, she should reach out to the coaching staff. We always want the player to initiate these discussions, not the parents.
- *Practice Attendance Policy:* Any unexcused missed practices will impact starting status and/or playing time for the following game.

- *Excused Absence from Practice:*
  - Doctor's Note- for injury or sickness
  - Covid-related precautions
  - College Visit (Juniors or Seniors)
  - College Testing (ACT, SAT, etc.)
- *Injuries:* Injured players are expected to attend practice. Injured players will not be able to return to practice without a note of clearance from a doctor or trainer.
- *Substances:* Violations will result in a meeting with the AD, and with the coach, a loss of participation for a designated amount of time, and potentially a loss of captainship and/or a letter for the year.

### **Covid Policies**

In order to ensure a safe and full season of play, there are certain rules that we must follow per Minnesota Department of Health, MSHSL, and Minnetonka ISD. Violation of these rules puts the season at risk for all teams and levels and may result in a player being asked to sit out the remainder of the season

- If players are getting a Covid test for any reason, they will not attend practice or games the day of testing until (negative) results are received
- All positive tests must be reported to your team's coach, who will give the info to the AD. Contact tracing is done for all positive tests.
- There is no such thing as a cold. If you are feeling sick, even if you think it's nothing serious, tell your coach and stay home.
- If you do test positive, there are rules as to when you can return to play. The school trainers are available and recommend seeing them prior to returning to play to assess if there are any covid-related issues that would affect your athlete's health and safety.

**\*\*NEW THIS SEASON:** We are allowed and have budget for buses however this presents a risk in that a positive covid test would affect the entire team. Please fill out this survey so we can assess feasibility of transportation options. <https://forms.gle/fgTPUpHGjHDs2Y9x9>

### **Lettering Criteria**

Any player that contributes in Varsity games, makes the section roster, and is in good standing with the program will have the opportunity to letter.

### **Uniforms/Practice Gear & Equipment**

Prep, JV, and Varsity players are issued home and away uniforms. Stick, goggles, cleats, and mouth guards are to be purchased by the player. Coaches are happy to offer recommendations on any equipment purchases. **There is a required practice uniform available for purchase on the team store - it will be listed as "required"**

### **Section 2AA**

Chanhassen High School  
 Chaska High School  
 Delano-Rockford (@Delano High School)  
 Eden Prairie High School  
 Holy Family Catholic High School  
 Hutchinson High School  
 Minnetonka High School  
 Mound Westonka, Providence Academy (@Mound Westonka High School)  
 Orono High School  
 Shakopee High School  
 Southwest Christian  
 Waconia High School