



Congratulations! Welcome to the Tesoro Girls Lacrosse Program. We are excited for your daughter's participation in the Tesoro High School Girls Lacrosse Program. This 2025-2026 season is going to be great, not just for your athlete, but for us as parents!

The Lacrosse program got its start in the early 2000s. Keeping this incredible program going for these girls over the years requires so many parents, student-athletes, and coaches to unite towards a common goal, to volunteer a great deal of time, to raise funds to keep it going, and to support these players fully.

Because the lacrosse program is largely self-funded, we will have to raise most of the money needed to support the coaching, equipment needs and operating costs we anticipate for the Varsity teams this school year. In order for our program to be a success, your participation is paramount. Some of the details of this commitment are outlined below

**Our program offers:**

Head Coaches & Assistant Coaches

Strength Training

Uniforms

Field Equipment

Professional game filming – Hudl (Varsity)

Player Banquet Fee & recognition gifts

Nets & Balls

Player/team patches and trophies & plaques

Senior Night and other Team Events

**Coaching Staff:**

Girls Head Coach Boys: Deanthony Tunstall

**Booster Board:**

**Suzy De Sousa**

President, Lacrosse Booster

<b>Teri Cooper</b> VP Boys		<b>Shannon Allen</b> VP Girls	
<b>Jackie Washington</b> Communications - B	<b>Becka Zeirhut</b> Booster Treasurer	<b>- Lynnette Burnside (V)</b> Booster Secretary-G	
<b>Joelle Beach</b> Fundraising - B	<b>Jean Melo</b> Activities – B	<b>Rachel Meltzer</b> Fundraising – G	
<b>Becky Steven</b> JV Liaison - B	<b>Sheemah Ohanian</b> Merchandise - B		
<b>Jeff Cooper</b> Field team Team	<b>Jean Labbe</b> Booster Parliamentarian-G		

**Winter – January –**

- **Field Practice** –3x/week Practices. -TBD

**Spring - February – April (CIF Playoffs May 1-10)**

Lacrosse Spring Seasons starts February 2026

- Field Practices – 4x/week - TBD
- Games – These are all tentative!

Date	Day	team	Varsity
2/19	Thurs	Portola @ Tesoro	5:30 PM
2/24	Tues	@ Newport Harbor	7:00PM
2/26	thurs	Northwood @ Tesoro	5:30 PM
3/3	Tues	Jserra @ Tesoro	5:30 PM
3/10	Thurs	Aliso Niguel @ Tesoro	5:30 PM
3/12	Tues	Capo Valley @ Tesoro	5:30 PM
3/17	Tues	@ Dana Hills	5:30 PM
3/19	Thurs	Beckman @Tesoro	5:30 PM
3/24	Tues	@ Los Alimito	5:30 PM
3/26	Thurs	@ Mission Viejo	7:30 PM
3/31	Tues	Capo Valley @ Tesoro	5:30 PM
4/2	Thurs	Dana Hills @ Tesoro	5:30 PM
4/14	Tues	@ Beckman	5:30 PM
4/16	Thur	@ El Toro	5:30 PM
4/21	Tues	Mission @ Tesoro	5:30 PM

CIF Playoffs April 29 - May 16

**Summer –**

- Summer Camp TBD

## Calendar of Events:

<b>Parent Meeting</b>	Thursday November 20	6:00 PM	Tesoro Library
<b>Alumni Game</b>	Thurs. Dec. 18	5:00 - 6:00 PM	Tesoro Stadium
<b>Team Pictures/Media Day</b>	TBD	4:00 PM	Tesoro Stadium
<b>Super Bowl Squares F/R</b> <i>(each player required to sell at least 5 squares)</i>	January 26 - February 7 (Fundraiser)		Online
<b>Future Titan Showcase</b>	Monday Jan. 12		
<b>Senior Game</b>	TBD		
<b>End of Season Banquet</b>	TBD		

## Volunteers NEEDED: Click here to signup [Click here to signup](#)

### 1) Game Day Volunteers

- Field Stats Person, Spotter & Timer – V – (3 alternates)
- Photographers – Varsity (1-2 needed for each)
- Press box - Announcer and Scoreboard (Home Games) (2)

### 2) Events Volunteers to Help **Rachel Meltzer**



- Alumni Game (5+)
- Dine Outs
- Team Dinner Hosts
- Senior Recognition Game (4- 5)
- Year End Slide Show (2+)
- End of Season Banquet Committee (3+)

## Player Package :

New Player	Returning Player	Items Required Unless Noted *	Responsible	Where
X	X	<u>Equipment:</u> o Mouthguard	Player Purchased	
X	X	o Goggles	Player Purchased	
X	X	o Stick	Player Purchased	
X	X	o Cleats	Player Purchased	
	X	o Helmet Decals (Goalie )	Booster Provided	Booster DistributeTeam
X		<u>Apparel:</u> o Uniforms (Jerseys/Shorts.Blue/Red/White)**	Booster Provided (Jan)	School Loaned**
X	X	o Socks	Booster Provided	Booster Distribute
		o Practice Pinnies	Booster Provided	School loaned

\*\* Students will keep uniforms and pinnies during lacrosse season. Students will return uniforms at the end of lacrosse season. Failure to return borrowed equipment or uniforms will result in an indebted notice generated by THS against the student's account.

## Apps used for Tesoro Lacrosse

Registration	Calendar, Registration & Live Scoring		<a href="https://www.tesorolacrosse.org">https://www.tesorolacrosse.org</a>
Teamsnap	Coach's Broadcast & Changes from Weekly Update		<a href="http://www.teamsnap.com">www.teamsnap.com</a>
Sign-up Genius	Volunteer Sign-ups and as needed signups		<a href="https://www.signupgenius.com">https://www.signupgenius.com</a>
Max Preps	Stats		<a href="https://www.maxpreps.com">https://www.maxpreps.com</a>
Instagram	Social Media Accounts		Tesoroglacrosse



## 2025 – 2026 Girls Lacrosse Fundraising Events

Tesoro Boys Lacrosse Booster l 28562 Oso Parkway D-509 l Rancho Santa Margarita, CA 92688 l Tax ID:  
32-0393695

**\*\*ALL DONATIONS MADE TO ANY FUNDRAISER EVENT IS TAX DEDUCTIBLE\*\***

### **Superbowl LVII Squares**

- This will be our 5<sup>th</sup> year raising funds by selling Superbowl Squares. Using an online platform, we were able to fill 2-3 grids last few years. 4 winners declared for each grid with all receiving a cash prize. Squares are \$20 each.  
Payouts up to \$1000 cash. Super Bowl Squares will be sold 2 weeks prior to the big game!

### **Monthly Dine & Donate**

- Our Dine & Donates are held monthly with varying local restaurants / eateries.
- 15-20% of our meals & takeout goes to our Program

### **Corporate Banners**

- Corporate Banner Sponsorship – Banners are hung along the stadium fence.
- New Banners \$250 / Renewal \$150

### **Corporate Matching**

- Corporate Matching of Participation Contribution – Check with your employer.



## Chain of Communication & Code of Conduct

If a player has a concern with practices and games, he should first address the issue with their Coach. This should be accomplished in a timely manner. Being able to communicate effectively with adults is part of becoming a successful young man. If after meeting with the coach, and the issue is still unresolved, then a parent meeting should be scheduled with Suzy De Sousa or Shannon Allen. Any issues with the lacrosse program should be discussed with the VP of Girls Lacrosse Shannon Allen.

Lacrosse is a game of high emotion and physicality. It is likely that during the season all parties involved - players, parents, and/or coaches will be upset by something. When you find yourself in this position it is a good idea to hold off for 48 hours in order to evaluate the situation. If after 48 hours you are still upset, then it is time to talk. Most situations will have resolved themselves after adhering to the 48 hour policy.

## PLAYER/COACH CONTRACT

Player's Name: \_\_\_\_\_

(please check one) \_\_\_\_ Varsity \_\_\_\_ JV

I, \_\_\_\_\_, want to play Lacrosse for the Tesoro Lacrosse program. In exchange for the privilege of being on the team, I promise to do the following:

ACADEMICS WILL BE FIRST. Your grades and class work come before lacrosse. Do your homework when you should. Directly after school is best. Our practices will be late so there is more than enough time to get your work done.

DO NOT WAIT UNTIL "THE DAY BEFORE" TO DO YOUR HOMEWORK OR STUDYING, and school will rarely interfere with your Lacrosse.

### NO EXCEPTIONS

- Bullying, hazing, and put downs of any sort will not be tolerated and will result in loss of playing time. 2nd offense, will be removal from the team.
- The use of ANY smoking device will result in removal from the team. Please do not start bad habits in high school.
- NO excuse policy with alcohol. 1st offense you will be removed from the team.
- ATTENDANCE. BE ON TIME FOR ALL PRACTICES. Be properly dressed in team shorts and lacrosse penny, no jewelry, wrist bands, headbands etc. We know that circumstances will arise when you must miss a practice, (illness, etc.). When this occurs, the player is to inform their coach in advance when possible.
- BEING GROUNDED BY YOUR PARENTS WILL BE TREATED AS AN UNEXCUSED ABSENCE.
- \*\*\*\*\*Unexcused absences will result in extra conditioning, player losing playing time and/or being dismissed from the team if missing becomes a constant problem. \*\*\*\*\*
- ATTITUDE. Our goal is to field a team of players that consistently demand more of themselves, Be coachable, hustle, and display mental toughness.
- All bags must be lined up straight at all away games.
- We do not leave a facility until all our trash is picked up. Tournaments, scrimmages, league games, etc.
- WE WILL WORK HARD - Work hard to develop good habits by practicing with good form and appropriate effort (Game effort) during all practices. The habits we develop in practice are the habits that will determine how we play in the games. Please try your best to make ALL practices. Commitment is #1 to winning CIF.
- Respect teammates, referees, opponents, and coaches. Behavior that "puts other players and coaches down" is not tolerated. THIS ALSO INCLUDES IN THE CLASSROOM. DO THE RIGHT THING, BE "RESPECTFUL AT ALL TIMES".
- Come to the coaches first if you have a problem related to the team. Complaining and excuses will not help the direction of the team if you voice your concerns to third parties. If the issue does not get resolved, please reach out to the board directly for further guidance.
- WE NEVER SAY A WORD TO THE REF. IF YOU GET A TECHNICAL FOUL, THE FOUL WILL RESULT IN BENCHING UNTIL THE COACHING STAFF FEELS IT IS OKAY TO GO BACK IN. TECHNICAL FOULS MAY RESULT IN LOSS OF PLAYING TIME, BENCHING, EXTRA CONDITIONING, AND LOSS OF MINUTES THE FOLLOWING CONTEST. JUDGMENT IS TO BE DETERMINED BY THE HEAD COACH.
- GAME DAY APPEARANCE, especially when attending team functions, a nice TEAM collar polo and khakis.

**PARENTS**

As a parent of the above-named player, I promise to do the following:

- Influence my child to abide by the contract they have signed.
- If your child is having problems, such as poor academics or bad attitude, etc. Please contact Coach immediately. Hopefully we can assist you. If in preseason you foresee these problems as possible reasons to pull him off the team as the seasons goes, you may consider not allowing them to play on the team at all. Mid-season removal is detrimental to our team concept.
- Be an example of good sportsmanship at games by making only positive comments about the players, keeping criticism of the officiating to a minimum of volume and frequency, and treating fans of our opponents with respect.
- Be patient with coaches who are not giving your child the playing time you feel he deserves. We are 100% fair and want all players to play. Growing the bench is key for successful teams.
- Leave coaching to the coaches.
- Inform other family members of these rules.
- If an issue presents itself, set up a meeting with Suzy De Sousa

**\*\*COACHES\*\***

We, the coaches, promise to do the following:

- Coaches will reply to players' messages and calls within 24 hours.
- Head Coach or assistant coach to be at 90% of all team events (parent meeting, fundraising, and school events where the lacrosse team is invited).
- We expect coaches to have league paperwork completed 48 hours prior to the due date. - We expect coaches to reach out to Suzy or Teri when they need help with logistical or clerical work help.
- If the coach feels there are behavior, attendance or participation issues he will ensure it results in reduced playing time.
- Coaches will provide weekly schedule to team the week prior
- Be examples of good sportsmanship and character.
- Teach your child the skills to become the best player they can be.
- Discuss anything with parents or players, except your child's playing time. (PLAYING TIME IS NOT UP FOR DISCUSSION.)
- Prepare all players for college/adulthood.

I understand that if I make this team, I will agree to abide by these expectations described on this sheet. I promise to return uniforms to Tesoro High School after the season is over.

Player's Name: \_\_\_\_\_  Varsity  JV 2025/2026

\_\_\_\_\_ Player Signature

My child has shared with me these expectations, and I agree to give him all possible help to meet them successfully.

\_\_\_\_\_ Parent Signature

We the coaches shared these expectations with both parents and players and promise to meet all expectations successfully.

\_\_\_\_\_ Respective Coach



# Tesoro Girls Lacrosse – Contribution Checklist

Player Name	
Parent Email	
Phone Number	

<b>1) <u>Girls Program Contribution</u></b>  Coaches Stipends, Insurance, Official Fees, buses, Equipment (goals/balls, nets, etc.) Hudl (V), game uniforms, socks, shooter shirts, player banquet* & recognition and more!	<input type="checkbox"/> Full Payment / Paid in Full \$700	
	<input type="checkbox"/> Initial Donation <small>(registration)</small>	
	<input type="checkbox"/> 1st Installment (Nov) \$175	
	<input type="checkbox"/> 2nd Installment (Dec 15) \$175	
	<input type="checkbox"/> 3rd Installment (Jan 15) \$175 <input type="checkbox"/> 4th installment (Feb 15) \$175	
		<b>AMOUNT</b> \$



<b>2) Yard Sign</b>	<input type="checkbox"/> included	\$ 0
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<b>3) Player Banner</b>	<input type="checkbox"/> included	\$ 0
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<b>4) Other / Spirit Wear - <a href="#">Grl's Squadlocker</a></b>	<input type="checkbox"/>	\$
<b>SUBTOTAL</b>		

<b>5) Sponsor a Player/Equipment</b>	<input type="checkbox"/> Additional Contribution at your discretion.	\$
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<b>TOTAL CONTRIBUTION</b>	<b>TOTAL CONTRIBUTION</b>	<b>\$</b>
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Tesoro Lacrosse is a registered 501(c)(3) organization which may make your contribution a tax-deductible donation.  
 Tesoro Lacrosse Booster – Boys: Tax ID: #32-0393695

Keep an eye out for the Legacy Brick donations later in the school year. This is a Football created fundraiser that allows all sports to benefit. When you purchase your brick, remember to select Lacrosse.



[SEE Athletics Website](#)

TESORO LACROSSE

# WHERE YOUR DONATIONS GO

Discover the impact of your contributions



## DONATIONS BREAKDOWN

### EQUIPMENT

15%

Funds support the purchase of new lacrosse gear. (ex: Nets, balls, repairs, field painting )

### EVENTS

8%

Alumni game  
Senior night

### TRAINING /COACHING

Supports coaching programs and player development initiatives.

62%

### TRAINING /COACHING

District Covers  
1 Head Coaches stipend  
1 Assistant for In season

### TRAVEL

1%

Covers costs for transportation needs.

### FILM/ ADMIN

Professional game filming – Hudl (Varsity)  
Sports Engine  
Insurance

9%

### BANQUET

Player Banquet Fee  
Recognition awards

8%

*Thank you*  
**FOR SUPPORTING  
TESORO LACROSSE!**

# WHAT TO DO NEXT



**1. TALK TO YOUR PLAYER AND MAKE SURE THEY ARE READY TO COMMIT TO LACROSSE.**

**2. MAKE SURE YOUR PLAYER HAS COMPLETED ATHELETIC CLEARANCE.**

**3. REGISTER YOUR PLAYER, CLICKING ON THIS OR GOING TO [TESSOROLACROSSE.ORG](http://TESSOROLACROSSE.ORG)**

**4. ORDER ANY GEAR YOU NEED  
[WWW.SQUADLOCKER.COM](http://WWW.SQUADLOCKER.COM)**

**5. SIGN UP TO VOLUNTEER TONIGHT**

**REMEBER YOU CAN ALWAYS CHECK  
[WWW. TESORO LACROSSE.ORG](http://WWW.TESORO LACROSSE.ORG)  
ALL PARENT MEETING INFO WILL BE THERE.**

*Thank you*

