

2019-20 Season



LTHS Lacrosse

Our goal is to provide a **VARSIITY SPORT** experience equivalent to all athletic programs at Lake Travis High School.

We do this by promoting *strong character and sportsmanship while playing lacrosse at the highest level.*

Executive Board

- Jerry Ramos - President
 - Chris Elder - Co-Vice President
 - Tara White - Co-Vice President
 - Donna Pellegrino - Secretary
 - Brad Figler – Treasurer
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- **Maria Rayos – School Sponsor**

Coaching Staff

□ Varsity:

- Chris Delfausse- Head Coach
- John Wheeler- Offensive Coordinator

□ JV:

- John Maggio- Head Coach
- Bob Gustavson- Volunteer Assistant

□ Specialty:

- Brad Lott- Face Off's/JV Help

Philosophy

- Create an environment that encourages kids to work through adversity and challenges, independently, to better prepare them for life after high school.
- Use lacrosse as a tool for character and social development
- Work to build an environment of community amongst the players, teams, and families.
- Foster an appreciation for the sport and its ability to affect change in their lives
- To build a Competitive Program that competes at the highest level locally and in the state

Bottom Line I want our Players to Grow and Mature as Adults!

Player Expectations

- Buy In
- Your Best Effort and Best Attitude
 - On the Field
 - In the Classroom
 - In the Community
- Be There, Be Present, Be Passionate
- Understand that participation in this program is a privilege not a right.
- Physical Testing
 - Run: 9 minute mile and a half
 - Wall Ball: 500 touches in under 13 minutes

Coaches Expectations

- Create a positive environment for the players
- Our best effort in yearly and daily preparation of the team
- Timely communication with players and parents
- Feedback on player ability and areas of improvement
- Remain current on trends and best practices of coaching and lacrosse

Culture

3 Pillars of LT Lacrosse

All In | Win The Moment | For Each Other

Building Blocks

Performance Pathway

Leadership ► **Culture** ► **Behavior** ► **Results**

Event + Response = Outcome

NO BCD

(Blame, Complain, Defend)

No Energy Vampires

#1 Thing Parents Can Do to Help

GET INVOLVED!!!!

Fall Season

- 4 Segments of Fall
 - ABL
 - AIM Conditioning
 - Skills
 - Team Practice

- Important Dates
 - Sept 9th AIM Starts
 - Oct 8th Skills Start
 - Nov 2nd Practices Start
 - Dec 7/8 Longhorn Shootout

Fall/Winter Attendance Policy

All players not participating in a Fall/Winter sport are expected to attend all fall practices starting October 8th unless they have a previous commitment that has been communicated to the staff.

Playing time at the discretion of the coaches, attendance at fall practices will be taken into consideration.

Rostering

- We will select Spring rosters at the end of fall ball.
- We will set roster when we get back from Thanksgiving and then have 2-3 team practices before Longhorn Shootout
- For players unable to attend the fall we will use the first week of spring practice to roster players.
 - We can also use past performance to roster

Spring Season

- Practice looking to start the week of January 20th.
 - This could change based on date of the first game.

- Practices (tentative): Monday, Tuesday, Thursday, Friday, Saturday

- Varsity/JV : 14-16 games

- Game Schedule is still being worked on, should be finalized next week.
 - Games likely to start early to mid February

LTHS Lacrosse Handbook



Code of Conduct

- We expect all of our Players to follow the guidelines set out in our Handbook
- Full policy is in the Handbook - READ IT!!
- All Players will be required to enroll in the LTISD Student Drug Testing Program
 - From LTISD – “Mandatory enrollment for students in grades 7-12 participating in school-sponsored competitive extracurricular activities”
 - <https://www.ltisdschools.org/Page/3063>

Coach/Player/Parent Communication

- Coaches want to hear from the player first, especially if it's about on field issues
 - If the player feels they are not getting the response they desire from the coach, then talk with the coach a 2nd time.
 - If you feel you still aren't getting what you want then have parents contact the coach
- Parents may contact coaches first if it involves off the field issues, such as game times, scheduling questions, discipline, etc.
- 48 hour rule
- Full disclosure to kids

PE Credit

- A 1/2 PE Credit may be given to a player for Spring semester of lacrosse
- Player **MUST FULLY PARTICIPATE** to receive PE credit.
- **FULL** participation will be submitted and verified by the coach at the end of the semester.

No Pass / No Play


By agreeing to and signing the Handbook the program is authorized to check grades and administer our No Pass/No Play policy.

Important Contact Info

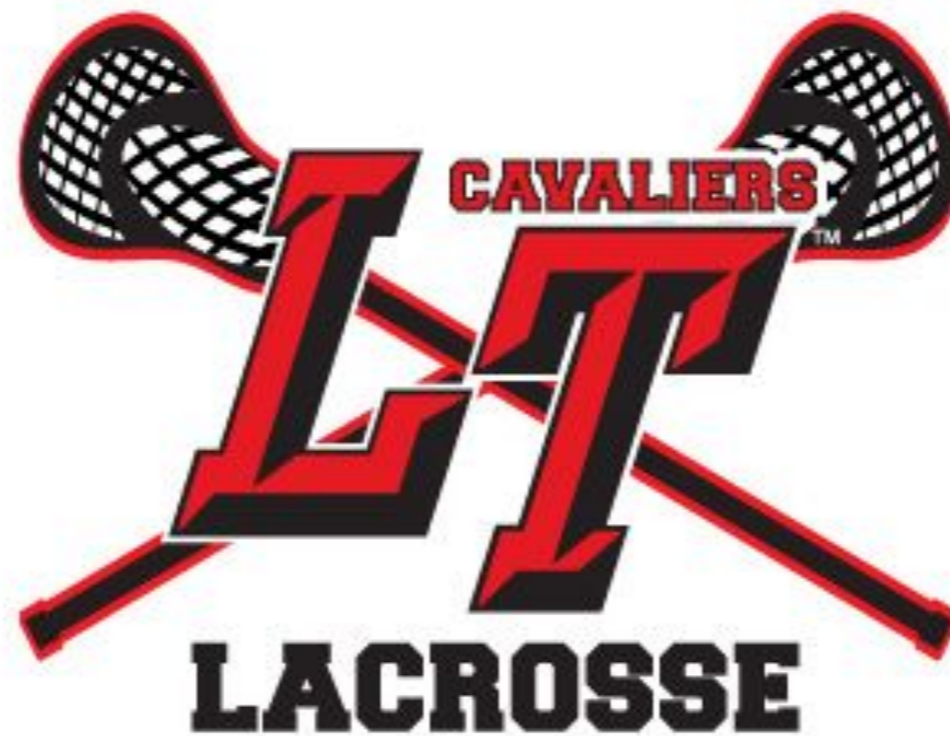
- Coach Delfausse:
 - Phone - (512) 608-5891
 - Email - Cdelfausse@gmail.com

- Coach Maggio: (512) 750-0888
 - Phone - (512) 750-0888
 - Email - coachmaggio@gmail.com

Important Numbers

- SportsEngine App The logo for the SportsEngine App, featuring the letters 'SE' in a bold, black font inside a white rounded square with a blue border. Below the 'SE' is the NBC peacock logo.
- ❖ Lake Travis High School Varsity
(Team ID 1869657)
- ❖ Lake Travis High School Junior Varsity
(Team ID 1869663)

Registration Information



Registration Checklist

www.laketravislacrosse.com

- US Lacrosse Membership (valid through 5/31/20)
- Physical Evaluation
- Registration
- Handbook Acknowledgement
- Dues Payment - \$1,400
- PE Waiver (optional) - ½ credit
- Sponsorship Buyout - \$300
- Fall Skills - \$150

DEADLINE – OCTOBER 1st

Uniforms & Practice Pack

Practice Pack Items

- Reversible Pinnie
- Game Day Polo
- Shooting Shirt
- Practice Shorts
- Hoodie Sweatshirt

Helmet & Bag

Items to Purchase*

Helmet \$215



Bag \$55



* Required for new players

Budget

	2018-19 ACTUAL	2019-20 BUDGET
Income	\$101,356	\$90,000
Sponsorships	\$25,000	\$12,000
Expenses	<u>(\$117,228)</u>	<u>(\$122,000)</u>
Net Income	\$9,128	(\$20,000)

Budget

1. Coaches (60%)
2. Practice Packs / Uniforms (8%)
3. Field Fees and Field Reps (8%)
4. Refs / EMTs (8%)

Sponsorships/Fundraising

Goal: \$25,000

- Company/Family Sponsorships
 - Cavalier \$1000+
 - Platinum \$750
 - Red \$500
 - Black \$250
 - Friend <\$100
 - See Sponsorship Form
- Game Program Sponsorship Level Advertising -
 - ¼ page (Black Sponsorship), ½ page (Red Sponsorship) and Full Page (Cavalier Sponsorship) ,

Sponsorships / Fundraising



Shop Amazon using the LT Lacrosse link and the Club receives 4% of each purchase

<http://x.co/ltlacrosse>

Committee Chairs

- Sponsorships- Chris Elder
- Spirit Wear- TBD
- Field & Equipment (Varsity)- Chris Rogers
- Field & Equipment (JV)- TBD
- Uniforms- TBD
- Concessions- TBD
- Team Dinners- Donna Pellegrino
- Senior Night- Gina Mayes
- Raffle- Cindy Ramos
- End of Season Banquet- TBD

We Need Everyone!

