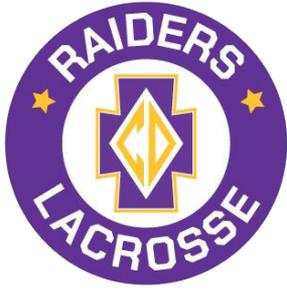


**LACROSSE**

# Parent - Player Meeting

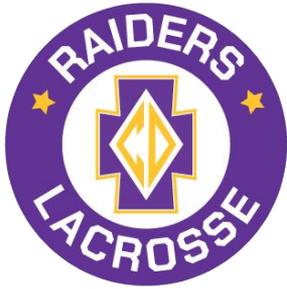
March 6th, 2023

*Culture Creates Champions!*



# Agenda

- Introductions
  - Program Expectations
  - The Lacrosse Game
  - Season Schedule
  - Parent Support
-



# Coaching Staff

2023 Season

**Jeff Rosga '89- Varsity Head Coach**

Assistant Coaches:

- **Ali Fenstermacher- Associate HC**
  - **Paulina Son- JV Head Coach**
  - **Dan Gregus- Special Assistant**
  - **Grace Altier '18- Volunteer Assistant**
-



# Purpose Based Coaching Truths

Coaching is an opportunity to impact young people in a positive way by helping them develop not only their lacrosse skills, but life skills.

My approach to coaching is very purpose-based. I believe in teaching & developing skills of the sport, while empowering young people to strive towards being the best version of themselves. To be the best requires practice, commitment, sacrifice, skill and experience that develops through the challenges of athletic competition. Helping young people find the courage to lead, the confidence to believe, and the grit to overcome adversity, will not only serve them well on the field, but in the game of life is my why.



# Guiding Principles

a fundamental truth or proposition that serves as the foundation for a system of belief or behavior

- Work Hard!
- Do Things Right
- Have FUN!

---

*The score takes care of itself!*



## Player Mindset

- Practice with Purpose
- Elevate your Expectations
- Believe in the Process
- Attitude Drives your Energy!



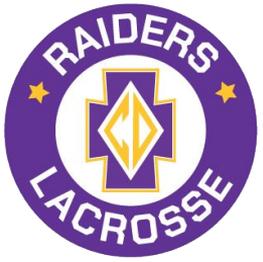
# Captains: 2023 Season

Anna Stangler  
Josie Nei  
Maggie Plante

In team sports, CAPTAIN is an honorary title given to a person that accepts the responsibility for communication, strategy and coordinated teamwork amongst their peers. It's a member of a team that is a person of high character, positive attitude and makes the RIGHT DECISION over the popular one.

A CAPTAIN = A person of **Character** that is **Caring, Courageous** and **Consistent**.

---



# Program





# Program Pillars

- **Develop** skills in each individual player within the team concept (IQ)
- **Challenge** each individual player to grow in character, confidence and contribution
- **Create** an inclusive and respectful team culture others want
- **Commit** to each other
- **Drive** to win a State Championship w/ Championship people!



# Expectations

**Grades-** You will need to remain academically eligible, no exceptions.

**Practice-** Mandatory and arrive on time & ready (unless excused for academic, family or medical emergency). *Participation in other off-season sports, clubs or vacation does not count as excused*

**Games-** Your coaches are the FINAL decision maker in regards to position and playing time.

**Communication-** It is the player's responsibility (not parent) to communicate PRIOR to the practice or game they will miss with their respective coach.

Player Code of Conduct will need to be read & signed

**Consequence-** Game time...A half, a game, or multiple games. Pending the offense.

*Recognize the decision you make not only impacts you, it also impacts your teammates and the team.*



# Communication Expectations

**Girls (Player)-** Empowerment, Expectations, Consistency, Follow Through

- YOU are responsible for the communication of what, when, where to your parents.  
*Confirm or clarify what you heard when you're not sure.*

**Parents-** Support, well-being, Consistency

- Information/Affirmations versus opinions (listen vs solve)

**Social Media-** Recognize the platform is public & powerful. Everything you share or communicate impacts your personal brand, your reputation, your affiliations and associations. Hate messages, cyber-bullying or any other offensive or derogatory language or commentary is not.

A simple rule...avoid posting when in a position of compromised emotion.



# Awards- Letter & Participation Winners

## Program Participation Criteria

- Upheld the team code of conduct
- Met the standards of practices and games

## Varsity Letter Criteria

- **Varsity Contributor.** Must have participated or contributed in **half of all games.**
  - Ex. 14 total games = 28 halves. An athlete must have stepped on the field a minimum of 1x for 14 halves.
  - Or, made a significant contributor to the team. Ex. A backup goalie.
- **Coaches discretion.** Must have demonstrated a commitment to the team during extenuating circumstances.
  - Ex. A player that was unavailable part or the entire season due to injury, and was a varsity contributor when available, as well as present at team functions and practices all-season
  - Or a Senior, multi-year player (JV or Varsity) who positively committed and contributed to the program; including attendance at captain's practices, off-season functions & training, all in-season practices and games.



# Easter/Spring Break

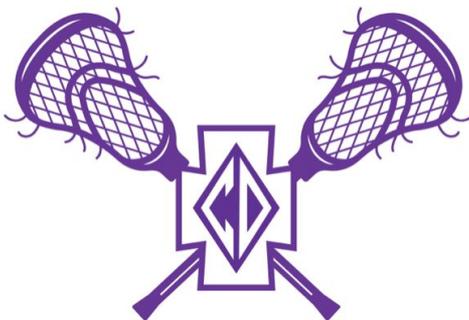
**Easter / Spring Break ~ Players will not be penalized for it. However, there are things to be aware of....**

Earning the opportunity to play will be answered by the actions of each individual player...

- Did I attend 90% of the weekly off-season strength and conditioning program?
- Did I attend winter captain's practices?
- Did I get my wall ball in 2-3x/week?

In transparency, it is important to know that those players present in the first week will have more opportunities, but missing a week will not define the entire season.

# Team Apparel



**Team Locker Store:** The Captain's identified the grey hoodie and sweats, along with purple slides as the preferred items . It will be embroidered (tackle/twill) with the logo. Other apparel items, including a discount on cleats are in the store.

The store **March 6th - 13th** (2nd run). [TEAM APPAREL LINK](#)

**CDH TEAM** issue items will be game uniforms, practice pinnies, shooting shirts and a pair of Black & White Nike game socks.



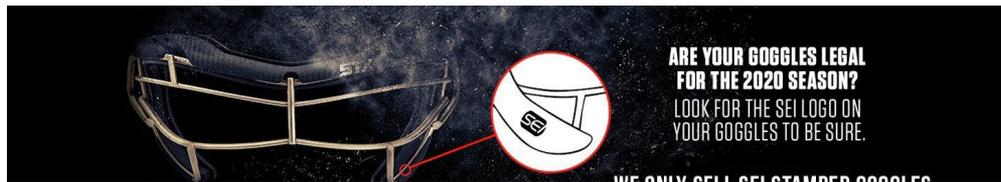
# The Lacrosse Game



# Equipment

## Women's Equipment

- Women's lacrosse stick
- Women's goggles, (SEI certification standards and meet the ASTM Standard F3077-2017 for the 2020 season)
- A mouthguard (color)
- Turf shoes and/or Turf cleats (they can be soccer, football or lacrosse cleats).





# Lacrosse Positions

## 11 players

- **3 Midfielders 'Middies'**- Two-way players. Committed to defense, as well as offense. Aggressive on the circle to win the draw. Good feet, good stick, good passer, can & will run.
- **4 Attackers**- Good with the stick, quick hands, understands spacing and timing, plays with eyes 'not blinders'
- **4 Defenders**- Good feet, defensive mentality, willing to work, good concentration, disciplined
- **Goalie**- 'short-memory', not afraid of the ball, good communicator



# Basic/Fundamental Drills

## Stick Skill

Hand Positions: Taylor Cummings

[https://www.youtube.com/watch?v=h0q\\_Jp3lxMg](https://www.youtube.com/watch?v=h0q_Jp3lxMg)

Cradling: Taylor Cummings

<https://www.youtube.com/watch?v=VUaWghgMZm4>

## Wall Ball

Denver Women's Lacrosse Drills  
(Beginner):

[https://www.youtube.com/watch?v=-0Jz9vH\\_ntq](https://www.youtube.com/watch?v=-0Jz9vH_ntq)

Taylor Cummings Drills (More Advanced):

<https://www.youtube.com/watch?v=qD-VTfZ-i8s>

20-30 minutes/day

\* None of these video are longer than 5 minutes



# Skill Drills

Throwing/Catching: <https://www.youtube.com/watch?v=ydrxwqfhiS0>

- Video done by Taylor Cummings

Ground Balls: <https://www.youtube.com/watch?v=m0BADGg8Ulo>

- Video done by Taylor Cummings

Shooting: [https://www.youtube.com/watch?v=WgxxUoE9Xiw&list=RDCMUCwcmA3ntMmoRyMFszww3\\_Zq&index=2](https://www.youtube.com/watch?v=WgxxUoE9Xiw&list=RDCMUCwcmA3ntMmoRyMFszww3_Zq&index=2)

- Video done by Taylor Cummings

Defense: <https://www.youtube.com/watch?v=4mdTaafiPfl>

- Video done by Taylor Cummings

\* None of these video are longer than 5 minutes



# Player Tryout Assessment

<b>Lacrosse Assessment:</b> Score each line	High Level 3	Average 2	Developing 1
Conditioning Run Test			
SAQ (Speed, Agility Quickness)- Cone Drills			
Stick Skills (Cradling, Passing, Catching, Ground Balls)			
Shooting (Velocity & Accuracy)			
Defense (Footwork, Slide, Athleticism)			
Field Awareness (Understands O/D concepts)			
Game Awareness (Individual or Works w/ Teammates)			

# Player Tryout Assessment



<b>Skill Assessment:</b> Score each line	High Level 3	Average 2	Developing 1
Cradle R/L (Running, Sprinting, Under Pressure)			
Ground Balls (Running, Under Pressure)			
Right Hand Pass (Dominant- Y / N )			
Left Hand Pass (Dominant- Y / N )			
Right Hand (Side) Catch (Dominant- Y / N )			
Left Hand (Side) Catch (Dominant- Y / N )			
Wall Ball L/R (time, accuracy, consistency, speed)			



Season



# CDH Lacrosse

**Player Expectation:** Bring a positive attitude and energy. Mentally commit to game IQ and be willing to learn!

- **Offense:** We play fast, we play to what we see, we play with our head up! We know where to space on the field, we move with purpose in time and on time.
- **Defense:** We play with our body, not our stick. We shuffle and slide, not push. ABCD's. We communicate!

*Playing time is not equal at any level in the CDH lacrosse program. At the Varsity level, playing time is not equal and will be awarded to the best players. The Varsity coaching staff will be evaluating players all year and reserve the right to make changes to the roster come sections. Playing time will be evaluated according to individual skill, effort, attitude, IQ and team chemistry on the field.*



# General Season Schedule

First Team Practice/ Tryouts: Week of **04/03/2023**

- Practice Times: **Monday-Friday: 3 - 5p** (5 - 7p if a field conflict)
  - Monday's 7:10 - 7:45a Strength & Conditioning w/ Coach B.
- **Saturday: 8-10a**
  - 8-9a Strength & Conditioning w/ Coach B.

Location: CDH (Wingerd Field) Turf / Fitness Center

First Game Date: 04/13/2023 (Varsity/JV- 13 Games, B-Squad- TBD)

Varsity Section Playoffs: June 1st, 6th, 8th @ High Seed

State Tournament: Jun 13 · Jun 15 · Jun 17, 2023

*Any schedule changes will be communicated the week of via the team chat, at practice, and posted in the calendar*



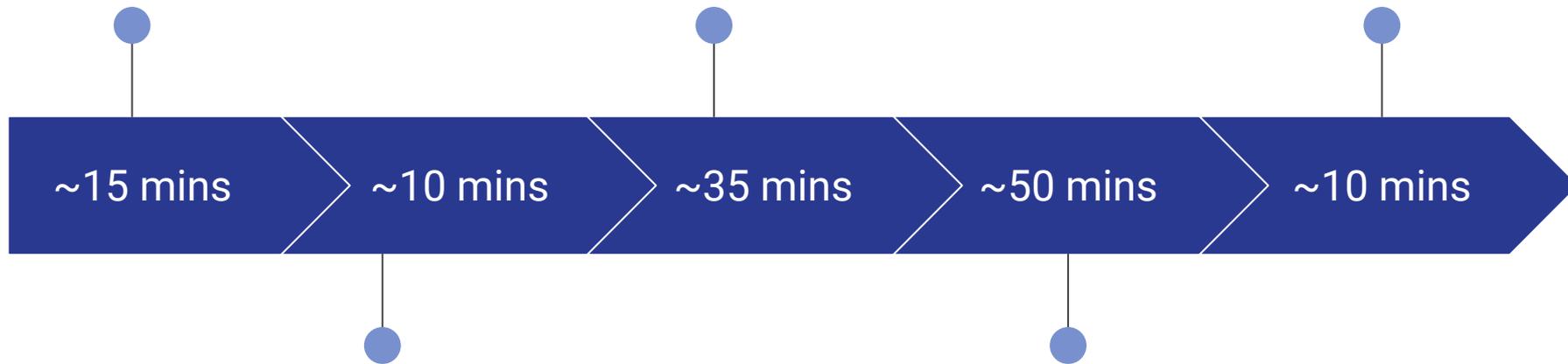
**Free Play:** Wall Ball, Catch, Field set up  
(player led)

**STATIONS**

**Stickwork Drills:** Pass, Catch, ground balls, R/L

**Footwork Drills:** Cones, Targets, Movement, Passing, Shooting

**WRAP Up-** Final Focus, Strength & Stretch



**Warm-Up:** Mobility Protocol (injury prevention)

**TEAM:** Small field and group work, full field drills, Offense/Defense, breakouts, situations

# 2022-23 GIRLS LACROSSE SCHEDULE

VS. BRECK



APRIL  
13

VS WHITE BEAR LAKE



APRIL  
19

VS FOREST LAKE



APRIL  
21

VS. MAHTOMEDI



APRIL 24

VS WOODBURY



APRIL  
26

VS STILLWATER



APRIL  
28

VS ROSEVILLE



MAY 3

VS IRONDALE



MAY 5

VS CHANNASSEN



MAY 8

VS EAST RIDGE



MAY 10

VS. MOUNDS VIEW



MAY 12

VS PARK



MAY 17

VS BUFFALO



MAY 23

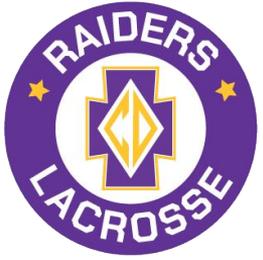
HOME



AWAY

# #CULTURECREATESCHAMPIONS





# Parent Support



# CDH Team Funds

## Beyond the Books Give Day May 4th for CDH Athletics

Important to Note: "Girls Lacrosse" Otherwise it goes into the general fund. This will contribute to the respective Restricted Funds Budget for Girls Lacrosse

[CDH RAIDERS FlipGive Link](#) Team Code: 6379DY

*FlipGive is a **FREE** team funding app that earns you cash for the things you're already buying into donations and also allows for direct donations with **no fees**.*

Player Team Meal Donation- \$



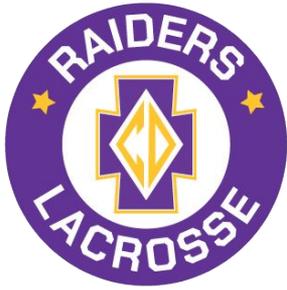
# Parent Support

**Parent Communication** - Molly & Dan Stangler

## **Key Dates**

- Team Uniforms / Team BBQ @ School - **April 11th**
- Team Meal Tuesday- April-19, 25 May- 2, 9, 16
- Team Photo- TBD (weather permitting)
- Teacher Appreciation
- Senior Day- May 23rd (Home against Buffalo)
- Team Banquet- TBD

[Taste of CDH](#)



# End of Year

These are the questions we want each player to be able to answer positively

Did I have fun? Why...

Did I improve? Why...

Did I grow as a player and person? Why...

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## Next Steps



- Scan QR and Complete!
- Register through the school site
- Participate in Captain's Practices
- Come ready & on-time April 3rd!



# Contact Information

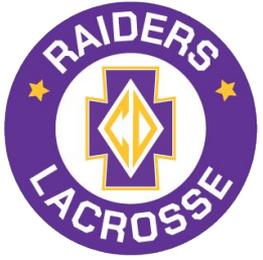
## CDH RAIDERS LACROSSE

### Coaches

- Jeff Rosga [jrosga@c-dh.org](mailto:jrosga@c-dh.org) (612) 384-7355
- Ali Fenstermacher [afenstermacher@c-dh.org](mailto:afenstermacher@c-dh.org) (952) 356-4701
- Paulina Son [Pson1993@gmail.com](mailto:Pson1993@gmail.com) (952) 738-1912

### Administrators

- Matt Funk, Athletic Director [mfunk@c-dh.org](mailto:mfunk@c-dh.org) 651-696-3384
- Tony Yazbeck, Asst Athletic Director [tyazbeck@c-dh.org](mailto:tyazbeck@c-dh.org) 651-696-3342
- Bob Kinne, Asst Athletic Director [bkinne@c-dh.org](mailto:bkinne@c-dh.org) 651-696-3310



Thank you ~ Q & A