

2020-21 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

- Chris Elder - President
- Regan Morton - Vice President 1
- Gina Mayes - Vice President 2
- Kristin Kirby - Secretary
- Jamie Imber – Treasurer

Coaching Staff

□ Varsity:

Chris Delfausse- Head Coach

John Wheeler- Offensive Coordinator

Kendall Vecchio - Face Off's, AC, School Sponsor

□ JV:

Wyatt Knight - Head Coach

Oliver Murch-Asst Coach

Bob Gustavson- Volunteer Assistant, TBD

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

- 3 Segments of Fall
 - AIM Conditioning
 - Skills
 - Team Practice

- Extra Opportunities:
 - Box: Austin Indoor Lacrosse League
 - Sundays 9/20-10/25, Playoffs 10/26 and 10/28
 - 7v7: at The Crossover, Cedar Park, Details TBD

- Important Dates
 - Aug 31st AIM Starts
 - Sept 15th Skills Start
 - Oct 27th Hopefully Team Practices Starts

Fall/Winter Attendance Policy

All players not participating in a Fall/Winter sport are expected to attend all fall practices starting Sept 15 unless they have a previous commitment that has been communicated to the staff.

Playing time is 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 rosters when we get back from Thanksgiving.
 - With football moving later and the uncertainty of fall team practices, fall rosters announcements will likely have movement when we return for the spring season.
- 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 18th.
 - This is very tentative and could change based on if we get fall team practices, date of the first game, or LTISD field policies.
- Practices (tentative): Monday, Tuesday, Thursday, Friday, Saturday
- Varsity/JV : 14-16 games
- Game Scheduling has not started. No team in Texas has started doing game scheduling.
 - 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 Players

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 Knight

- Phone - (954) 275-5701
- Email - wck@wknightventures.com

Registration Information



Registration Checklist

www.laketravislacrosse.com

- [US Lacrosse](#) Membership (valid through 5/31/21)
- Physical Evaluation [FORM](#)
- Registration [LINK](#)
- Handbook Acknowledgement
- Dues Payment
 - 20/21 Lacrosse Season (\$1850) Due In Full or 4 Payments
 - Due in full or Optional 4 Payments
\$487.50 (at registration), \$454.16 (11/ & 12/1), \$454.18 (1/1)
 - Fall Skills - \$150
- PE Waiver (½ credit per year) [FORM](#)

DEADLINE – SEPTEMBER 10th

Uniforms & Practice Pack

Practice Pack Items

- Reversible Pinnie
- Game Day Polo
- Shooting Shirts (long & short sleeve)
- Practice Shorts
- Hoodie Sweatshirt

Helmet & Bag

Items to Purchase

Helmet \$215



Bag \$60



* Required for new players

Important Links

Registration: [*LakeTravisLacrosse*](#)

Private Groups (by invitation)

Practice & Game Schedule: [*TeamSnap*](#)

Volunteer: [*SignUpGenius*](#)

Fundraising: [*Snap! Raise*](#)

Sponsorships/Fundraising

Goal: \$25,000

- Business Program Sponsorships

 - Lacrosse Gala

- SnapRaise - Email Fundraising Campaign

 - Player Name, Player Photo, 20 emails!

 - Details to come to your email soon!

- **Game Program Sponsorship Level Advertising**

 - 1/4 page (Black Sponsorship), 1/2 page (Red Sponsorship) and Full Page (Cavalier Sponsorship), for Company's included

Sponsorships/Fundraising



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

<http://x.co/ltlacrosse>

Volunteer Opportunities

VP2@laketravislacrosse.com

- **Lacrosse Gala (Jan/Feb event)**
- **Field Set-Up: JV and Varsity**
- **Game Day Help: JV and Varsity**
- **Uniform Coordinator**
- **Spiritwear-online store**
- **Teacher Appreciation Night**
- **Senior Night**
- **Varsity Team Dinners**
- **Raffle (End of Season)**
- **End of Season Banquet (May)**
- **Game Announcer**

We Need Everyone!



***“Volunteers do not necessarily
have the time; they have the
heart.” -Elizabeth Andrew***



Where to connect

Spon

Website - www.laketravislacrosse.com (sportsengine)

Twitter - @LTHSLacrosse

Facebook - Group - Lake Travis Lacrosse

Instagram - LTHS_Lacrosse_Official

Have fun, post pictures of players, game updates,
Be Positive!