



HARRITON BOYS' LACROSSE 2018-19

WELCOME BACK !!

WELCOME ... and welcome back to Harriton High School and our preparation for another year of Rams Boys' Lacrosse.

This letter will provide players and families with information about the upcoming season as well as options for off-season training and play.

We apologize for the length of this letter but feel it is important to start off with as much information as possible. Future emails will be much shorter and more targeted.

COMMUNICATION:

Our website, www.harritionboyslacrosse.com will contain a detailed calendar of games, events and activities as well as up to date information about the lacrosse program. Instagram users are invited to follow the boys' lacrosse team via @harritionboyslacrosse. We populate the account with game pictures and individual accomplishments throughout the season.

NEW PLAYER REGISTRATION

The first step for new players is to register your information (no charge) at www.harritionboyslacrosse.com through the "New Player Registration" tab at the top. Returning players do not have to register, but can login to their account on the website to update any info necessary. Please do this before school starts so we have all updated information for our email blasts. New Player Registration is now open.

FALL LACROSSE PROGRAM:

Fall lacrosse will be available for all interested players regardless of skill level. Participation is not mandatory. The Boosters are registering at least one team in the Sunday lacrosse league run by Mark Petrone at the Haverford School. We expect the schedule to run from September 9 through October 14. If sufficient players enroll, we hope to field two teams. Team rosters will be set at Coach Proud's discretion.

Fall lacrosse practice will be held on the Harriton turf on most Saturday afternoons (time TBD) from September 8 through October 13. Practices for Fall tournaments will continue on October 20 and 25. Tournaments (participation optional) are planned for early November. Coach Proud will set tournament rosters according to the level of play per tournament.

We plan to augment the Saturday practices with additional targeted and specific instruction in areas such as face-offs, goal keeping, shooting technique and defensive tactics by occasionally bringing in instructors from outside the program.

Please go to www.harritonboyslacrosse.com to register and pay for Fall lacrosse participation through the "Fall Ball" tab (click the "Register") button). The cost to participate in the Fall lacrosse program (practices and games) is \$200.

**Tournament participation fees are separate. The cost to each player to participate in each tournament is usually about \$50 +/-.

FALL FUNDRAISER:

We have already scheduled a car wash fundraiser for Saturday, September 15 from 10am-1pm at the NET COST gas station on Montgomery Ave. in Narberth. This is a great opportunity for team-building and fund raising. All available players are expected to participate. Look out for the sign-up for players to volunteer their time.

FALL STRENGTH & CONDITIONING OPTIONS:

The team is best served when the players take the field in March properly conditioned and ready to drill together as a team. While the Harriton Athletic Department offers some supervised access to its on-campus fitness facilities, for players seeking a more substantial and organized strength and conditioning program targeted to lacrosse players, the Boosters hope to provide an opportunity for the players to participate in offseason group training and conditioning at a reasonable price.

We anticipate the Fall training sessions will start mid-September and run until the Winter break. A Winter session will start in January and run until the start of the Spring lacrosse season. More details will follow by separate email.

MARK YOUR CALENDARS (Dates and times are subject to change):

TODAY through September 4 - Registration for Fall Ball.

Tuesday, September 4 - First Day of School

Saturdays, September 8 - October 6 - Practices will be held on the Harriton turf field (time tbd).

Sundays, September 9 – October 7 - Haverford School Lacrosse League – One hour games on six consecutive Sundays at the Haverford School. Games are scheduled between 8:00 am and noon.

Saturday, September 15 - Fall Ball Car Wash Fundraiser, 10:00 – 1:00 at Net Cost gas station, 800 Montgomery Ave. in Narberth.

Saturday, September 15 - Team and Family BBQ at the Harriton Turf Field, 5:00. (Right After Practice) We encourage anyone and everyone interested in playing next Spring to stop by – even if participating in a different Fall sport. This fun and informative event will take place immediately following the first Fall practice. We will make introductions, discuss the upcoming year and discuss opportunities to purchase custom helmets, gloves and Ram lax-themed apparel and merchandise (all optional).

Monday, March 4 - Spring sports practices officially begin.

April 13-19 - Lower Merion School District Spring Break. Spring Break week will be filled with practices, games and team building activities. All players are expected to participate. Please plan your week accordingly.

FUNDRAISING & A CALL FOR VOLUNTEERS:

In order to subsidize such a robust program, including training programs, additional coaching and equipment, the Boosters conduct fundraisers throughout the year. Traditionally our fundraising sources have included:

- 50/50 raffle tickets
- Silent auction
- Corporate sponsorships
- Food sales at the Ram Shack during home games and events
- Online sale of Ram lax gear and merchandise
- Sale of ads in lacrosse team player program book
- Dine-in nights at local restaurants
- Breakfast table sales at Harriton High School

There are many opportunities to contribute to the Boosters for the betterment of the lacrosse team. All family members are welcome to attend Booster meetings and join the Booster board. We always need assistance in planning events such as the year-end banquet. There is always work to do.

Please contact the Boosters (harritonlaxboosters@gmail.com) if you have time available to assist in our efforts to provide the boys with a great lacrosse-playing experience. We especially want to hear from you if you know of any interesting and innovative ways to raise funds for our program.

FINANCIAL ASSISTANCE:

The Boosters want to encourage and welcome all students interested in playing the great game of lacrosse regardless of financial means. In the past, where merited, the Booster have provided individual subsidies and/or waivers of dues, tournament fees, training and other costs. All requests for assistance will be handled in strict confidence.

Looking forward to a great 2018-19 school year and boys' lacrosse year.

GO RAMS!

Coach Proud and the Harriton Boys' Lacrosse Booster Club.

#RAMLAX