

2019 OHS Girls Lacrosse Team Meeting
Thursday, Jan 10 6:30 PM

Welcome & Introductions

Expectations

Pre-Season:

Lifting & Conditioning: Tuesday 2:45 PM -4 & Thursday: 3:30 PM -4:30PM (with Cameron Foutty)

Tryouts: Week of February 18th

Teams: Varsity & JV announced at the end of the week

Practice: Typically 6:45-8:30 PM Turf

-Lifting once a week during season

-Varsity film once a week as group/once on own (HUDL)

Game Schedule (see attachment)

Final Forms

Boosters: Fundraisers, Game Day Jobs, Etc.

Coaches Contact Information:

Head Coach Amy McCormick: 614-506-3263

Assistant Coach Maggie Hague: 614-288-8298

JV Head Coach Lauren Drake: 614-849-8042

JV Assistant Coach: TBD

Remind App- 81010/@ohsgirlsla

Twitter: OHSWomensLax

Email: Amy_McCormick@olsd.us



2019 OHS Girls Lacrosse Expectations

Be open & honest with your coaches

Respect your teammates, coaches, school & officials

Attitude- stay positive...no exceptions!

Value yourself, teammates, coaches & school

Effort- give it 110% all of the time

Skills-keep developing and improving

Consequences:

1. Unexcused absence from games
 1. First offense- one game suspension
 2. Second offense- two game suspension
 3. Third offense- possible removal from team

2. Unexcused absence from practice & team events
 1. First offense – out the first half of the following game
 2. Second offense – one game suspension
 3. Third offense – possible removal from team

3. Late to practice (Including athletic training)
 1. First offense –out the first half of the following game
 2. Second offense – one game suspension
 3. Third offense – two game suspension

Excused absences from practice and team events include illness with doctor's note, absence from school or an academic reason. Other extra-curricular activities (drivers ed, other sports, work, concerts, etc) are not considered an excused absence while in season. **All absences should be communicated from the players to coaches (not from the parents). Consequences are up to the coaches' discretion.*

**All students must abide by the OHS Student Handbook & Athletic Code of Conduct*

**JV will stay for a half of all of the Varsity games*