



## HARRITON BOY'S LACROSSE 2019-20

WELCOME ... and welcome back to Harrington 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.harringtonboyslacrosse.com](http://www.harringtonboyslacrosse.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 @harringtonboyslacrosse. We populate the account with game pictures and individual accomplishments throughout the season.

### **GENERAL REGISTRATION:**

The first step for **NEW** players is to register your information (no charge) at [www.harringtonboyslacrosse.com](http://www.harringtonboyslacrosse.com) through the "General Registration" tab (click the "Registration" button). **RETURNING** players can update their information if necessary. If you do not register then Harrington Lacrosse will presume that you do not plan to play lacrosse next Spring. Registration opens August 13, 2019.

### **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. We do not know the schedule yet but, based upon past experience, we expect it to run from approximately September 7 through October 27. If sufficient players enroll, we hope to field two teams. Team rosters of which will be set at Coach Proud's discretion. If the numbers are not sufficient for a second team, players who are not invited to play in the Sunday games will still practice on Saturdays and will receive a partial refund.

Fall lacrosse practice will be held on the Harriton turf on most Saturday afternoons (time TBD) from September 7 through October 12. Practices for Fall tournaments will continue in October. Tournaments (participation optional) are planned for early November.

We also 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](http://www.harritonboyslacrosse.com) to register and pay for Fall lacrosse participation through the "Fall Lacrosse" tab (click the "Register") button). The cost to participate in the Fall lacrosse program (clinics, practices and games) is \$200.

\*\*There is an additional cost to each player to participate in each tournament is usually about \$50-80.

Coach Proud will set tournament rosters according to the level of play per tournament.

#### **FALL FUNDRAISER:**

We have already scheduled a car wash fundraiser for Sunday, September 29, (time TBD) at the LIBERTY gas station on Montgomery Ave. & Old Lancaster Ave. in Merion. 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 have developed a relationship with SST in Bryn Mawr.

*Spectrum Strength Training (SST)* offers a wonderful opportunity for players to develop strength, stamina and speed during the off-season at a substantial discount. The training will focus on: body weight training, stability training, movement technique, speed and agility techniques and weight training. At the outset, each player will undergo a sports performance assessment to determine both individualized training needs as well as overall team issues.

Training sessions will take place on Mondays and Wednesdays from 6:30 to 7:30 at SST, 574 W Lancaster Ave, Bryn Mawr, PA 19010.

The Fall training sessions will start on Monday, September 9 and run until the Winter break (Wednesday, December 18). The Winter session will start Monday, January 6 and run until the start of the Spring lacrosse season (Wednesday, February 29).

As in the past, the cost of the Fall training program will be subsidized by the Boosters' fund raising efforts and will offer players an excellent opportunity to participate in high-

level strength and conditioning training at a reduced price. Training will also be available on a “Part-time” basis at a *pro rata* cost for players who can only make a portion of the sessions due to conflicts with other Fall activities.

If interested, please enroll in the training program at [www.harritonboyslacrosse.com](http://www.harritonboyslacrosse.com) by September 3. We expect that pricing per class for the Fall session will be \$250 for about 30 sessions. Based upon past enrollment, the Winter session prices might be higher. Prices may be reduced if the sign up numbers are sufficient. Enrollment is capped so sign up early!

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

**August 13 through September 3** - Registration for Fall Ball.

**Tuesday, September 3** - First Day of School

**Saturdays, September 7 - October 26** - Practices will be held on the Harriton turf field (time tbd).

**Saturday, September 7** - Team and Family Welcome Event at the Harriton Turf Field. 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 at 5:00, immediately following the first Fall practice. We will make introductions, discuss the upcoming year and discuss opportunities to purchase custom helmets, gloves and Ram lac-themed apparel and merchandise (all optional).

**Sundays, September 8 – October 27** – Basic Training Lacrosse League – One hour games on six consecutive Sundays on the field at Shipley School. Games are scheduled between 8:00 am and noon.

**Sunday, September 29** - Fall Ball Car Wash Fundraiser, at Bob Wark Liberty gas station, Montgomery Ave. & Old Lancaster Ave in Merion, (by Hymies). Time TBD.

**Friday, September 6** - Deadline to register for the Fall SST Training program.

**Monday, September 9** - First Fall session of *SST Training*.

**Monday, March 2** - Spring sports practices officially begin.

**April 4-12** - 2020 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 lacrosse 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. We always need assistance in planning events such as the year-end banquet.

Please contact the Boosters ([harritonlacboosters@gmail.com](mailto:harritonlacboosters@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 Boosters 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 2019-20 school year and boys' lacrosse year.

GO RAMS!

Coach Proud and the Harriton Boys' Lacrosse Booster Club.

#RAMLAX