

**2020-2021
PARENTS INFORMATION
MEETING**

GIRLS LACROSSE

October 26, 2020

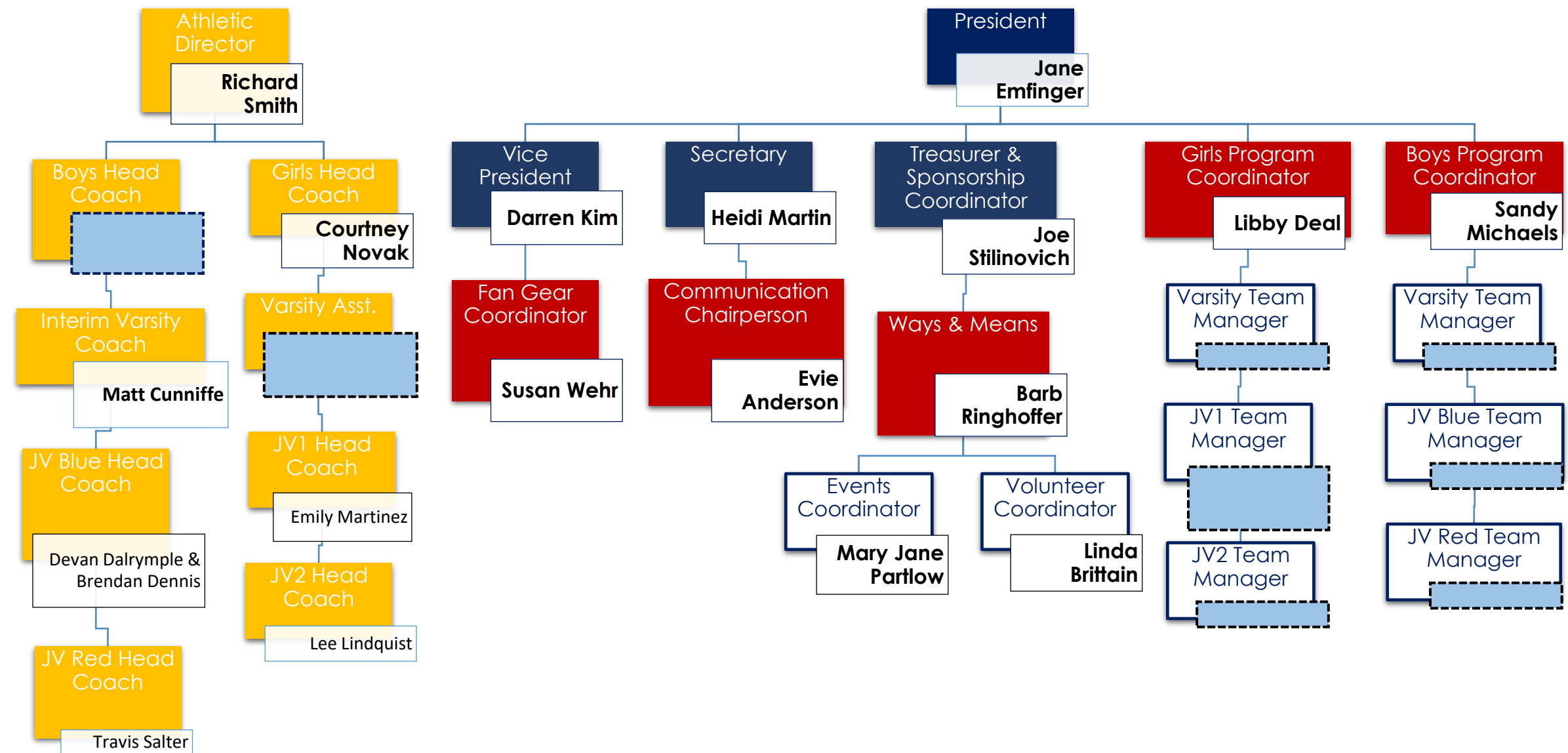


AGENDA

- Welcome & Introductions
- State of the Program
- Getting Started & Communication
- Program overview w/ Coach Courtney
- Get Involved & Spirit Wear
- Supporting the program
- Fundraising
- Key Dates & Season start up check list



Los Alamitos Lacrosse Booster 2020-2021 Board of Directors & Leadership Organizational Chart



- Unconfirmed or open positions
- Executive BOD
- BOD
- Coordinators / Managers



STATE OF THE PROGRAM

- According to SS CIF, Lacrosse is still a GO!
- Biggest enrollment to date, currently have **59** girls enrolled; not including LosAl@home players
- Engagement and talent levels are elevated
- Working with school to get the players back on the field in a safe manner that follows all district guidelines and does not compromise integrity of cohort/@home placement
- Turf availability is challenging; need to be creative

How do we make this a winning year?

Be Present ● Be Active ● Be Positive ● Be Patient



GETTING STARTED

New!

1 REGISTER YOUR PLAYER

New online registration system @ losalamitoslacrosse.com

2 SUPPORT THE PROGRAM

Make your full player commitment contribution or set-up payments at time of registration

3 COMPLETE FORMS

- Sports Physical
- Athletic Clearance Form* and remit to Darlene Martin in Activities Office
- District Driving Form to Libby Deal via email

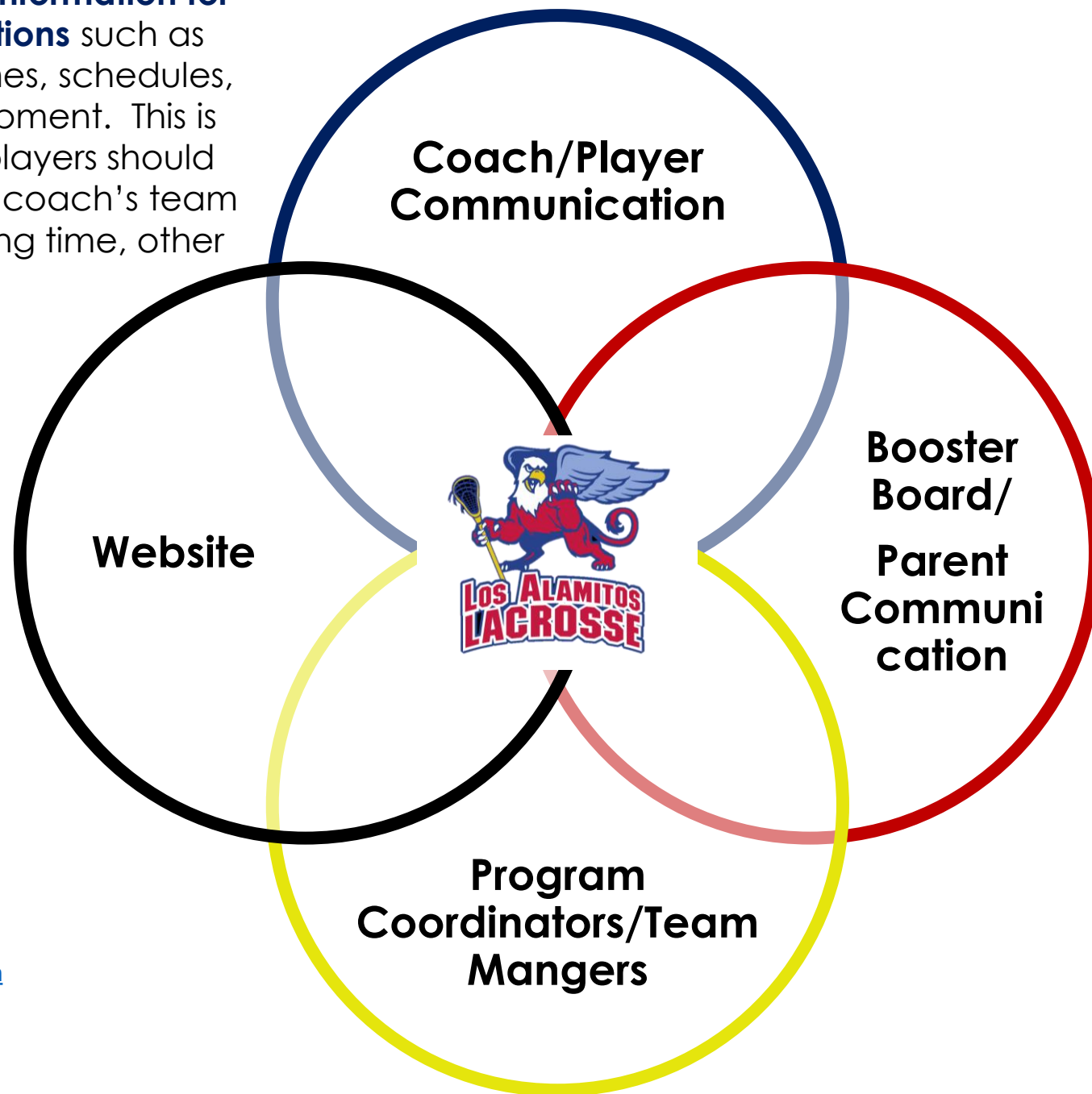
All these forms are available on the website



COMMUNICATION

Primary source of information for day-to-day operations such as practice dates/times, schedules, and required equipment. This is also the channel players should use to discuss with coach's team assignments, playing time, other concerns, etc.

Regularly check our **WEBSITE** for program information. This is where you will find information such as our program sponsors, fundraising efforts like Ralph's Rewards and Amazon Smile, game schedules, scores, stats, pictures, etc.
<http://www.losalamitoslacrosse.com>



The Board will **communicate essential program-wide information** as appropriate, including parent meetings, donation and fundraiser info, and general team information.

losalgriffinslacrosse@gmail.com

During the season, the Program Coordinators & Team Managers will be the primary source of information/coordination for their teams.



GIRLS PROGRAM OVERVIEW

COACH: Girls Varsity Head Coach

Courtney Novak

Contact: Courtney.novak495@gmail.com or (908)334-5997



- **Fall Conditioning**
- **Tryouts**
- **Team Announcements**
- **Schedule**
- **Coaching transition**

Important:

- Every girl **MUST** be cleared (unless injured) by **December 4th**. After that, she will not be allowed her to play at practice.
- Spring Break this year is right in the middle of our season – we are still in conference play. JV1 and JV2 will not have practice, but **VARSITY** will have practice. Practice is **MANDATORY**.



VOLUNTEER OPPORTUNITIES

VOLUNTEER OPPORTUNITIES -- GET INVOLVED!

◆ **Team Parent/Managers**

Communication is key to a winning program. The team managers help cascade information, organize uniform distribution/collection, transportation information, team meals and general team business.

◆ **Fundraising**

Helping to generate participation in all fundraising efforts.

◆ **Corporate Sponsorships**

Networking to develop relationships with potential program sponsors to help offset program expenses. Corporate sponsorships can go directly toward your player contribution.

◆ **Team Building Events**

Helping to coordinate, organize, decorate and staff events such as the End of the Year Banquet, Seal Beach Run, Holiday Scramble, etc.

◆ **Senior Events**

Helping to coordinate, organize, decorate and staff Senior Night and senior specific activities

◆ **Game Days**

Scorekeeping, announcing, pictures, water, etc.



SPIRIT WEAR

New!

Spirit wear will available through our new
SQUAD LOCKER website

Order 24/7 • Customizable • Shipped directly to you
Grab your gear to start showing your Griffin Pride!

LOS AL LACROSSE
LOS AL GRIFFINS FAN GEAR

HOLIDAY 2020
FILTER TO VIEW HOLIDAY ITEMS

GET IT FAST!
 Holiday 2020
 Express Production

DEPARTMENTS
WOMEN MEN
GIRLS BOYS

FILTER BY CATEGORY
 Casual Tees
 Hoodies
 Headwear
 Shorts
 Pants
 Outerwear
 Infant & Toddler

170 ITEMS

CASUAL TEES

12 ITEMS AVAILABLE

Item Name	Price	Express Production Available	Hassle-Free Returns
Augusta Tri-Blend Long Sleeve Crew	\$28.55	✓	✓
Russell Essential Long Sleeve Tee	\$25.25	✓	✓
Augusta Ladies Lux Tri-Blend Long Sleeve Shirt	\$28.55 / \$24.27	✓	✓
Russell Essential Tee	\$21.95	✓	✓
Russell Ladies Essential Tee	\$21.95	✓	✓
Russell Youth Essential Tee	\$20.85	✓	✓
Augusta Youth Tri-Blend Long Sleeve Crew	\$27.45	✓	✓
Augusta Tri-Blend T-Shirt	\$25.25	✓	✓
Augusta Ladies Tri-Blend T-Shirt	\$25.25	✓	✓
Russell Ladies Essential Long Sleeve Tee	\$25.25	✓	✓
Augusta Ladies Lux Tri-Blend Tank	\$25.25	✓	✓
Augusta Youth Tri-Blend T-Shirt	\$24.15	✓	✓

- Tees
- Hoodies
- Headwear
- Shorts
- Pants
- Outerwear
- Kids & toddlers, too

Boat House information and the Girls Store details will be provided after try-outs



Supporting The Program

Donations make our program!

Although the lacrosse program has significant support from the LAHS administrators, the program is largely self-funded by family donations and fundraising activities. This year, we must raise **\$96,000** to support our 6 teams and 12 coaches. This is the amount needed to fully fund this coming season's program expenses.

Program Expenses

60%	Coaches Salaries (supplemental to district pay)
10%	Bus transportation (All teams from school to weekday games)
10%	Uniforms & Equipment (Balls, Goals, Training items, Scorebooks, First Aid, etc.)
12%	Recognition & teambuilding events (EOY, Senior, Alumni and Teambuilding)
6%	Organization (Accounting, Bank fees, Insurance, Website, Storage unit, etc.)
2%	Fundraising expenses

Your \$700 Contribution Provides

- **45+** hours of coaching and conditioning
- **20-30** hours of game play
- Uniforms & training equipment
- Transportation
- College recruitment exposure & guidance

Look for
Corporate
Sponsorship
Opportunities!



FUNDRAISING

Our goal is to raise **\$30,000** with to support our season!



enfuso HOLIDAY CAMPAIGN: 10/26 – 12/4

Los Alamitos High School Boys and Girls Lacrosse Teams

enfuso
California Olive Oils and Italian Balsamic Vinegars

HOLIDAY FUNDRAISER
Gift Giving and Holiday Cooking

A unique fundraiser, with the owners of *enfuso* giving back 30% to the Lacrosse teams.



<http://www.enfuso.com/lahs-lacrosse>

Order Deadlines
November 13th for order pickup November 19-20
December 4th for order pickup December 11-13



venmo

Just in time for the holidays!
California Olive Oils &
Italian Balsamic Vinegars
(Information will be sent via email)

UPCOMING OPPORTUNITIES

- **WINTER E-CAMPAIGN & LALB YARD SIGNS**
- **RESTAURANT EVENTS**
- **SHOE DONATION EVENT**
- **RALPHS REWARDS** (ongoing)
- **AMAZON SMILE** (ongoing)



DATES TO REMEMBER

10/20	Fundraiser @ Wahoo's restaurant
10/26	Parent Information Meeting
10/26 – 12/4	Enfuso Holiday fundraiser
11/18	Fundraiser @ Chick-fil-A restaurant
December	Tryouts (dates pending)
December	Holiday Scramble (tentative)
January	E-campaign & Shoe donation fundraisers
February	Fundraiser @ Chipotle for uniform distribution (if allowed)

All these dates and more details
can be found on the
losalamitoslacrosse.com calendar

PRE-SEASON CHECKLIST

- 1 REGISTER YOUR PLAYER**
New online registration system @ losalamitoslacrosse.com by 12/7/20
- 2 SUPPORT THE PROGRAM**
Make your full player commitment contribution or set-up payments at time of registration
- 3 COMPLETE FORMS**
 - Sports Physical
 - Athletic Clearance Form* and remit to Darlene Martin in Activities Office
 - District Driving Form to Libby Deal via email

GO GRIFFINS!



QUESTIONS?





GO GRIFFINS!