

Greetings Lacrosse Players and Families-

We wanted to send out a few things regarding our upcoming lacrosse practices starting next week. First, thank you to those who have emailed Coach Bowers showing interest. We already have 30 girls signed up and are really looking forward to getting out on the field, even though it will look a lot different than it normally would. We also want you to know that we are trying our best to provide a positive experience for coaches and players. We hope you understand some of the changes we are making to the original plan and why we are doing it. We love the sport and love working with the girls and would love to jump right in, but at the same time want to make sure we get this right and start out slow with these new changes.

1- We have made a few changes to the practices after looking over and discussing the number of safety precautions we need to take related to COVID-19. Based on what coaches in other sports have said and after going to watch a few social distancing practices in other sports we want to make sure we ease into this and hopefully in a few weeks things will loosen up a bit. The changes we are making is that we will only have practices on Wednesday nights to start and we will have two separate practice times:

- 12U and under will practice from 6:30-7:30
- Over 12U will practice from 7:30-8:30
- If you have multiple players from the same household playing, we will make an exception and have them play at the same time and they have to be in the same pod.
- This also helps us to ensure we have enough coaches available and we can only have 4 pods on the field at one time.

2- If you are interested in playing, but have not yet emailed Coach Bowers, there is still time. Even if you can't make it to all of the practices or would like to play but can't on Wednesdays we still want to know so you will be on our email notification list. Please include the player's age in the email.

3- Sign up for Summer Lacrosse Remind so you get the immediate updates on what is going on. Cancelled practices due to weather or any other updates coaches need to send out. Here is the link <https://www.remind.com/join/d6afhg>

4- In order to ensure we have enough coaches, cones etc... PLEASE sign up before each practice. We will send a SignUp Genius out every two weeks. Here is the link to the SignUp Genius for the first two weeks. <https://www.signupgenius.com/go/4090F4DA5AB2AA64-girls>

5- Things to Know:

- Participants should maintain social distance prior to session beginning and wait for the coaches to wave them onto the field.
- Students who carpool will be part of the same pod during each session. All family members must be in the same pod as well.
- Each person (coach and student) MUST provide (& label) their own water bottle.

- Girls will maintain a minimum of 6 feet apart during all drills and will have a designated square to stay in during most drills.

6- These practices are free, BUT...if you would like to make a donation to the Lacrosse Booster Club we would greatly appreciate it. Many of their fundraisers were cancelled this year. Donations can be mailed to Jean Schmidt at 27295 Zachary Avenue, Elko, MN 55020 and checks made out to New Prague Lacrosse.

*****High School players: As of right now the tournament is still on for early August. Please let Coach Bowers know if you are interested in playing on August 5-6 in Hopkins. There will be a fee (\$975)- the more we have playing, the cheaper it will be for each player. They need to know by July 1st, but we don't pay until we know for sure it is still on.

Please email Julie Bowers at jbowers@isd721.org if you have any questions or concerns. We know this was a ton of information.

