

# LAKE ORION

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# LACROSSE

## *Program Road Map*

### **Fall 2018**

- Registration is open and spots are still available for Varsity, JV and U-12
  - Varsity Coaches – Phil Biland and Jeff Colbert
  - JV Coaches – Matt Kosek (additional TBD)
  - U-14 Team is invitation only and not sanctioned by FOLOL
  - U-12 Coaches – Ron Hebert and Chris Wood
- Fall Skill Sessions - Contact Coach Hebert for scheduling. Sessions are based upon availability and conducted on Saturday and Sunday mornings ONLY. Session fees are determined and collected by Coach Hebert.

### **Winter 2018-2019**

- Winter lacrosse has several options: Box Lacrosse; Varsity - indoor field at Detroit Country Day; JV - indoor field at All American Lacrosse.
- Also indoor training TBD. Have previously done All American Lacrosse Training for HS and Youth for last few years; currently reviewing options.
- All age groups: Varsity, JV, U-14, U-12, U-10 and U-8 are available and will be registered through Lake Orion Lacrosse.
- Price TBD and paid to the hosting facility (likely \$200.00 - \$250.00)
- Winter Strength Training will be scheduled through Power House NXT (as was available for fall). The cost to NXT is \$1,600.00 for 30 players so it's preferable to have 25 players minimum for cost effectiveness. The plan is to have two separate sessions available for all High School players; one for JV and one for Varsity.

### **Spring 2019 High School**

- Try-Outs will be announced via Group Me, the Lake Orion Lacrosse website, Friends of Lake Orion Lacrosse Facebook page and via e-mail. Schedule TBD. Cost will be \$650.00 per player. Partial scholarships are available for students on free or reduced lunch. Credits for chairing a fundraising committee will be applied to the spring season. If you chair a committee but your son does not play spring lacrosse; it will be applied toward the summer season.

## Spring 2019 Youth

- Teams for U-14, U-12, U-10 and U-8 are available! Cost for this spring only is \$200.00 due to a surplus in the youth account. Fees are subject to change for next season.
- Volunteer coaches are needed for all age groups. Coaches training will be made available for anyone needing it.
- Schedule TBD

**NEW** - All players (both High School and Youth) are now **required** to join US Lacrosse. Most summer tournaments require membership for liability purposes. Membership numbers must be now be supplied when registering for summer.

## Summer 2019

- Summer Lacrosse will consist of 3 tournaments for all age groups.
- All age groups: Varsity, JV, U-14, U-12, U-10 and U-8 are available and will be registered through Lake Orion Lacrosse.
- Price is dependent upon tournament fees but are likely consistent with prior years being \$650.00 for High School and \$450.00 for Youth.
- Volunteer coaches are needed for Youth Teams. Coaches training will be made available for anyone needing it.
- Schedule TBD

## Program Costs:

- Coaching Staff at the High School level are paid positions.
- The Youth Coordinator is a paid position.
- FOLOL pays for use of ALL fields at the Youth and High School levels.
- FOLOL pays for all player uniforms.
- FOLOL pays for all practice pinnies.
- FOLOL pays for all referees during the spring season.
- FOLOL pays for ALL equipment on the Youth fields including netting and restringing of nets as needed.
- FOLOL pays for maintenance of lacrosse equipment at the High School level.
- FOLOL pays for ALL lacrosse balls (THERE WILL BE A BOUNTY THIS YEAR) and ball bags.
- FOLOL pays for the state mandated insurance in accordance with our 501c3 covering board members, coaching staff and all players registered within the program.
- FOLOL pays for all buses/transportation for high school away games.
- FOLOL pays for all players and coaches to attend the annual year end banquet as well as trophies.
- FOLOL pays for filming of HS Varsity games (we would like to add some JV too) as well as Krossover which is a storage site for viewing of past games.
- FOLOL pays for maintaining the Lake Orion Lacrosse website.