



# High School Parent Meeting 2022

## 2022 COVID

- ▶ Read the club's CAP plan.
- ▶ We are generally following the WDM Schools' stance on masking and CDC direction on quarantine.
- ▶ Stay home if your player doesn't feel well. Err on the side of caution. Consider getting tested.
- ▶ Advise the club if your player or someone in your household tests positive or has knowingly been exposed.
- ▶ Follow the quarantine/masking guidance in the plan.
- ▶ Players, coaches, managers and volunteers not fully vaccinated should wear a mask during INDOOR club activities.
- ▶ Contact the club if you have any questions.
- ▶ We'll do everything we can to get the season in and we need your help to accomplish that.

# 2022 Highlights

- ▶ Communications - Web site & Team Snap
- ▶ Facilities
  - ▶ January - March Indoor
    - ▶ First Practice: Saturday January 29, 6a - 8a - Girls and Boys practice - RecPlex 6500 Grand Ave, WDM
    - ▶ Girls & Boys: Saturdays, 6a-8a - RecPlex
    - ▶ Boys: Monday/Wednesday evenings - Stillwell/Hillside
    - ▶ Girls: Tuesday/Thursday evenings - Stillwell
  - ▶ March- May Outdoors
    - ▶ Girls: Tues 5:30-7:30P - RecPlex
    - ▶ Boys: Thurs 5:30-7:30P - RecPlex
  - ▶ Tiger Field - Wednesdays
    - ▶ Girls: 7-9p
    - ▶ Boys: 8-10p
- ▶ HS uniform committee - we need volunteers



# Coaches

## Girls

- ▶ Meghan Gruver - Head Coach
- ▶ Jackie Williams - Asst Coach
- ▶ Sean Rhodes - Asst Coach
- ▶ Katy Cremer - JV Coach
- ▶ Laura Depenning - Middle School - Coach
- ▶ Izzy Wilson - Middle School - Asst Coach
- ▶ Craig Wilson - Youth
- ▶ Paul O'Connell - Team Manager

## Boys

- ▶ Chad Thompson - Head Coach
- ▶ Tom Genzen - Asst Coach
- ▶ Ian Moles - Asst Coach
- ▶ Austin Turner - Asst Coach
- ▶ Sean Rhodes - Asst Coach
- ▶ Paul Parisek - Youth
- ▶ Ryan Praska - Team Manager





# Tiger Lacrosse Affiliations

- ▶ Club
- ▶ League (must register to participate)
  - ▶ Girls: MGLL (Midwest Girls Lacrosse League - 9 teams)
  - ▶ Boys: NELAX (Nebraska High School Lacrosse Association - 12 teams)
  - ▶ ILAX (Iowa Lacrosse Association - manages youth league, leads coaches training, officials recruitment/training, promotion of game throughout state and liaison with US Lacrosse (U10, U12, U14 Boys + Iowa Games))
- ▶ US Lacrosse
- ▶ Requirements of each entity
  1. Membership required
    1. NELAX: Mar 1 deadline (additional fees)
    2. MGLL: Mar 10 deadline
  2. Establish the infrastructure with rules and governance for participation and play
  3. Need for parent engagement and commitment



# Tiger Lacrosse Opportunities

- ▶ Volunteer High School Meeting - Tuesday, January 18 - 7:30pm - WDM Library Community Room
  - ▶ We are asking each family to commit to no less than 5 assignments slots throughout the season via SignUp Genius.
  - ▶ Boys - Game clock, video, home set/strike, ice
  - ▶ Girls - Game clock, video, home set/strike, ice
- ▶ Players, players, players
- ▶ Board Opportunities



# Tiger Lacrosse Fundraising

- ▶ Fundraising and corporate sponsorships (contact Christi Bird)
  - ▶ Sponsorships
    - ▶ Tiger tent: \$500/year/side - 2-year commitment (Mar 1 commitment)
    - ▶ Orange—\$500: Website advertisement, sign recognition & feather banner logo (Mar 1 commitment required)
    - ▶ Black—\$300: Website advertisement & sign recognition at Home Games
    - ▶ White—\$150: Sign recognition at Home Games
  - ▶ Donate in-kind
  - ▶ Dick's Sporting Goods Club Weekend - March 25-28
  - ▶ WDM LAX gear to start the 2022 Season - store Feb 14-25
  - ▶ Pop30 - April 13
  - ▶ Yard signs and decal
  - ▶ Company community support (Wellmark & Wells Fargo)



# College Game + Player Clinic

- ▶ Men's William Penn vs. Cornell
- ▶ Saturday, Feb 12, 1pm
- ▶ RexPlec indoor field - 6500 Grand Ave, WDM
- ▶ No cost
- ▶ Bring lawn chairs
- ▶ Post game player clinic with men's and women's college coaches
  - ▶ Open to all players 3<sup>rd</sup> -12<sup>th</sup> grade
  - ▶ New players sticks will be provided
  - ▶ Welcome donations - no cost





# Expectations

- ▶ All players and parents have attested they have read and agreed to follow the policies in WDM Tiger Lacrosse handbook at registration
- ▶ Lacrosse eligibility is tied to academic eligibility and must be maintained, self reported
- ▶ Demonstrate positive behavior and leadership on and off the field
  - ▶ Forbidden: Alcohol, controlled substances, tobacco, e-cigs, personal vaporizers or mods.
  - ▶ Forbidden: Bullying/hazing - including social media
- ▶ Transportation
  - ▶ Player are NOT allowed to drive themselves to any WDM Lacrosse activity outside of the DM metro area (Ames is out side DM Metro)
  - ▶ Coaches are NOT allowed to transport players
- ▶ Coaches
  - ▶ Required to be members of US Lacrosse
  - ▶ Pass background check
- ▶ Parents
  - ▶ Not allowed on sideline with players and coaches (except if working at the scoring table)
  - ▶ Support players, coaching and referees at all times
  - ▶ Remind guests to honor the game
  - ▶ Display good sportsmanship at all times

***Inappropriate behavior and heckling from the sidelines and stands will be monitored and could result in fines assessed to the club.***

# Get Connected, Be Connected!

- ▶ Website: [www.wdmlacrosse.com](http://www.wdmlacrosse.com) and [www.wdmlax.com](http://www.wdmlax.com)
  - ▶ Primary source for schedule changes
- ▶ Team Snap
- ▶ Attend board meetings - first Monday of each month
- ▶ Team Dinners
- ▶ Individual and Team Photos





# WDM Lacrosse Board Member Contact

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# Team Breakouts

