Pinecrest Girls Lacrosse Interest Meeting

November 19th, 2014

1. COACHES
   1. Nikki Schwob – HEAD [nikkilieb@gmail.com](mailto:nikkilieb@gmail.com); 610-908-9255
   2. Cameron Vestermark ASST.
   3. Kathy V – ASST.
   4. Kathy Nekton ASST.
2. COMMUNICATION
   1. EMAIL
      1. Be sure we have your correct email address because it will be how we communicate (parents **and** players)
   2. CELL PHONE – player group text (make sure player cell is on list)
   3. SOCIAL MEDIA
      1. Facebook: Pinecrest Girls Lacrosse
      2. Twitter: PinecrestGLax
   4. WEBSITE
      1. [www.pinecrestgirlslacrosse.weebly.com](http://www.pinecrestgirlslacrosse.weebly.com)
3. SCHEDULE
   1. **Try Outs**: Mon. 2/16 – Wed. 2/18 (4:15pm – 5:45pm/dark)
   2. **Practice Schedule:** Every weekday starting at 4:15 – 5:45/dark
      1. After March 8th we will go a full 2 hour practice end at 6:15
      2. Practices will be at Wicker Park in Pinehurst (10 Rassie Wicker Drive)
   3. **Saturday, February 28** WAKEFIELD WARM UP (3 full field games between 9am – 5pm)
   4. **Games:** Most will be Tuesdays and Fridays – can be found on website:16 games
4. NCHSAA REQUIREMENTS
   1. MUST BE ENROLLED IN THE SCHOOL
   2. MUST GET A PHYSICAL
   3. MUST HAVE A GPA above 2.0
   4. MUST ATTEND 1/2 DAY OF SCHOOL TO COMPETE THAT DAY
5. PCGL REQUIREMENTS/RULES
   1. MUST TRY OUT
   2. SCHOOL COMES FIRST
   3. BE ON TIME
   4. PRACTICE BEFORE GAME DAY – must be there in order to start
   5. COMMUNICATION – majority should come from players
6. PHILOSOPHY/EXPECTATIONS
   1. VARSITY
      1. Players are expected to be at every practice on time
      2. Players are expected to be in shape
      3. Players are expected to have a positive attitude and respect the coaching staff and its decisions
   2. ROSTER SIZE
      1. 27 uniforms
      2. Possibly have “developing team” again this season if we see fit – depends on try out numbers
   3. TRY OUTS
      1. Team will be chosen based on:
         1. Attitude
         2. Work Ethic
         3. Competitiveness
         4. Fitness
         5. Individual Skills (stickwork, shooting, checking)
         6. Game/Team Concepts (attack and defense concepts)
   4. PCGL FAMILY
      1. Open and honest
      2. Life is crazy, things happen. If players cannot make practices/games or have to be late for certain reasons, we will deal with them on a case-by-case basis.
7. PARENT RESPONSIBILITIES
   1. Statistician (1 parent possibly 2)
   2. Videographer/Photographer (2 parents or more)
   3. Clock/Score Table Manager (2 parents)
   4. Senior Night Committee
   5. Away Trip Coordinator (i.e. organize who will provide snacks/water for bus)
   6. **Fundraising Committee**
8. UPCOMING SCHEDULE
   1. Pick Up (Thursdays – led by players)
   2. Sportsmetrics (January 5 – February 12, M/W/TR, 5:15 – 6:15, $175 per player)
   3. Concussion baseline testing (mandatory, $10 per player)
9. QUESTIONS?