Pinecrest Girls Lacrosse Interest Meeting

November 19th, 2014

1. COACHES
	1. Nikki Schwob – HEAD 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?