



FHS Girls Lacrosse

2020/2021 Program Handbook



Message Cristina Rodriguez

FHS Girls Lacrosse Head Coach & Program Director

FHS LAX FAMILY, we are finally back together! To all of our new families and players, thank you for choosing to be a part of such an amazing program. After such a short season last year that was filled with so much promise, I know I have been looking forward to the 2020-2021 season for the past 6 months and I'm sure you have too. This is an elite Orange County girls lacrosse program that has continued to grow and thrive because of a few important factors. The first is the dedication that we get from both players and parents. Thank you for putting in the time and hard work day in and day out to help this program continue to flourish. Second, the family aspect. In all my years of coaching, I have never had a team and community so connected and supportive of one another. Keep spreading those positive vibes! Last, but certainly not least, is the love of the game and passion that each player shows up with daily. With the strength of these three factors as the foundation of our program, FHS Girls Lacrosse will continue to be a standout program with empowered and confident female student athletes!

Finally, the Athlete/Parent Contract at the end of this handbook is an essential first step in laying the groundwork for the foundation of this program. As a passionate coaching staff, we promise to push your daughters daily to reach their highest level of potential and know that you will continue to push them to be the best version of themselves. I thank you for your support this season and look forward to seeing (and hearing) you on the sidelines! GO KNIGHTS!

Best,

Coach CJ

(443) 798-1989

ceej814@gmail.com

Practice Attire/Equipment

- Workouts with Coach Mo: sneakers, cleats, and proper layers for weather
- Lacrosse practices: pinnie, mouthguard, goggles, stick, cleats, sneakers, and proper layers for weather
- At practice your attire should align with what you would wear or not be allowed to wear in a game or scrimmage (no jewelry)

Communication

- **Missed practices, scrimmages, games, or late arrivals:**
 - **PLAYERS** are responsible for this communication with their coaches
 - Communication should be done 48 to 24 hours in advance before missing so coaches can prepare accordingly. The sooner we know, the better.
 1. Let us know in person
 2. Follow up with a text reminder so it is in writing with a timestamp. If you're unable to tell a coach in person, then a timely text should be sent.
 - Coaches understand life happens and players may not know that far in advance. We are flexible, just please be sure to let us know as soon as possible before the missed practice or event.
 - * Remember, we put together practices and game plans ahead of time knowing who and how many players will be present. Players missing unannounced hinders the success of those plans and the success of the program. Everyone matters and plays a role.
- **Remind App**
 - This will allow texts to be sent out to all players/parents for last minute changes or reminders.
- **Playing time & lacrosse skill related communication:**
 - Players are expected, first and foremost, to communicate any questions or concerns with coaches about playing time or skill development. It's the players responsibility to advocate for themselves. This communication is a

crucial part of player/ life skill development in this program.

→ Parents, it is extremely important to coaches and the development of your student-athletes to encourage and support players advocating for themselves first before there is any communication between a parent and coach. Please help guide them through this as it is an important life skill the coaches plan to develop throughout their time in this program.

• **Parent← → Coach communication:**

→ If parents have specific questions for coaches that can't be answered by the calendar, our parent committee or your daughter, please feel free to call, text or email the appropriate coach

→ **E-Mail:** please allow up to 48 hours for a response

→ **Text or call:** if parents need a more immediate response these are the best means of communication. Coaches will not be available via phone call after 9pm on weekdays or weekends but feel free to leave a VM for us to get back to you about.

Making Teams

All spots on Varsity are earned, no matter your year.

Trouts are **TBD** at this time because of uncertainty with COVID. The athletic department is taking its decision making month by month. We also have a later season start this year, so we are not rushing the process and allowing the program to continue to practice together until we hear further. All returning Varsity players have a secure spot on the Varsity team. Everyone else has an equal opportunity to earn a Varsity spot. One important thing to remember is that your grad year does not automatically place you on a team. For example, (if you don't already have a secured spot on Varsity) upperclassmen are not automatically on varsity and underclassmen are not automatically on JV with no shot at Varsity.

This fall the coaching staff, as a whole ,will be looking to see who is the best fit for either team. There will be fluid practices with players moving up and down to see who meshes best. Players need to know that taking risks and putting in the work day in and day out with a **positive** attitude is the best way to approach this fall experience! Have an open mind and open line of communication with coaches.

We will see the progression of skill, IQ, athleticism, attitude and effort in each player as the fall goes on and move them to test what we think is best. I want every player to enjoy their time in this program playing lacrosse. With that being said, players must be honest with themselves and know what they are looking to get out of their time in the program. Upperclassman playing JV is not out of the question if coaches deem that to be a better fit. This would allow for players to continue seeing field time and develop skills versus sitting on the Varsity sideline. It's also not out of the question for JV players to be pulled up to Varsity mid season.

Playing Time

All playing time spots are earned, no matter your year.

The end goal for this program is to continue to elevate the level of play at practices so that it transfers to the level of play during scrimmages and our spring season. We have had a high success rate in our past 5 seasons and look to not only maintain that standard but push it to the next level.

In order to do this coaches need to have the most cohesive players on the field. That cohesiveness may consist of players with any combination of lacrosse talent, athleticism, mental toughness, lacrosse IQ, and a positive attitude.

It will be up to the coaches to start to find that cohesiveness, but also up to the players to find their role as an asset to the team. Players are responsible for pushing themselves at practice daily, taking chances and learning from their mistakes if they're looking for playing time or a starting spot. It's also important that players are self aware and put in the work outside of practice if it's needed.

Don't do the minimum and expect the maximum. It's highly recommended that all players put in extra work but those who show dedication and perseverance in doing so will see the biggest pay-out.

Coaches & Booster Board

COACHES

CRISTINA RODRIGUEZ

FHS Girls Lacrosse Program Head Coach & Director - Varsity

TBD

Varsity Assistant Coach

VANESSA TOPETEE

Head Coach - JV

MAKENNA PIETRAS

Assistant Coach - JV

MORGAN FANNELL B.S. (COACH MO)

Strength & Conditioning Coach

BOOSTER BOARD MEMBERS

BRIAN HEALY - **President**

DAN FISCHER - **Treasurer**

JENNA PUMA- **Parliamentarian**

KRISTEN TORRES- **Secretary**

APRIL ANDERSON - **VP Communications**

KAJSA MARCHETTI - **VP Digital Media**

DAN DeGUZMAN - **Ways and Means**

LEASON POMEROY - **VP Operations / Fields**



2020/2021 FHS Girls Lacrosse Athlete/Parent Commitment Contract

Athlete Commitments:

I have read and understand the Foothill High School Girls Lacrosse Program Handbook. By signing this contract, I am committed to abiding by the Program Handbook and supporting my teammates, coaches and staff to make the Foothill Girls Lacrosse Program the best it can be.

Athlete Signature _____

Athlete Name _____

Parent/Guardian Commitments:

I have read and understand the Foothill High School Girls Lacrosse Program Handbook. By signing this contract, I am committed to assisting and supporting my daughter in meeting her commitments to the team and herself.

Parent/Guardian Signature _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Parent/Guardian Name _____