

2022 EHS Boy's Lacrosse Parent Meeting

Sign-In Information



<https://bit.ly/3pyMuoO>

1) Introduction

a. Coaches

- i. Coach Alan Troutman- Head Coach
- ii. Coach Jeff Becker- Assistant Community Coach
- iii. Coach Mike Opalka- Assistant Community Coach
- iv. Coach John Snevely- Assistant Community Coach
- v. Coach Tim Troutman- Assistant Community Coach
- vi. Coach Zach Fagan - Head Junior Varsity Coach

2) Season Outlook

a. Team Mission Statement

- i. "To build young men through the sport of lacrosse."

b. Varsity - 18 games

c. Junior Varsity - 10 games

d. 9th and 8th Grade - 2 or 3 games

e. Practice

- i. Practice will be Monday-Friday from 4:30-6:30. *(Times are subject to change.)

1. First month will be 4:15-6:30

ii. Acclimation Period - January 4-7, 10-13

1. 3:00 PM – 4:15 PM

iii. Testing Day – January 17th

iv. First Day of Tryouts – January 18th

f. Equipment

- i. We encourage players to purchase their own helmets, shoulder pads, elbow pads, gloves, and sticks

1. www.sportstop.com

2. www.lacrossemonkey.com

ii. Players must have NOCSAE approved shoulder pads

iii. Cascade XRS Helmet-\$190

- g. Ways to Volunteer
 - 1. Concessions Committee -Jennifer Tiller, Dena Heard, Kim Polhill
 - a. Work in concession stand
 - b. Restock concession supplies
 - 2. Game Day Committee
 - a. Announcer – Billy Morris
 - b. Scoreboard Operator
 - c. Statistician
 - i. JV/Varsity
 - ii. Home and Away
 - d. Pregame Meals
 - h. Paperwork
 - i. Items are located on <https://www.dragonflymax.com/>
 - 1. Players will need to create an account
 - 2. Men's Lacrosse – Varsity
 - 3. Fill out all forms online
 - 4. All forms must be completed before participation
 - i. Fundraising
 - i. Items we need this year to run an efficient program:
 - 1. Lacrosse balls, field paint, travel costs, referee costs, apparel, new jerseys, Hudl, meals, equipment
 - ii. Players Fee (On RevTrak)
 - 1. \$250 Dues
 - 2. All players will receive a practice pack
 - 3. Money due 2/11
 - iii. Selling 2'x3' banners (On RevTrak)
 - 1. \$300
 - 2. Covers player fee and practice pack
 - j. Important Dates
 - i. January 17th – Testing Day
 - ii. January 18th – First Day of Practice/Tryouts
 - iii. January 22nd – Practice and Lacrosse Work Day
 - iv. January 29th – Practice and Intersquad Scrimmage
 - v. February 4th – Varsity Scrimmage @ Brookwood
 - vi. March 4th and 5th – Varsity Overnight Trip in Greenville, SC
- 3) Contact Information
- a. Coach Troutman
 - i. Email: tim.troutman@ccboe.net
 - ii. Cell Phone: (706) 339-0711
 - iii. Remind
 - 1. Text @ehsblax to 81010