

SECTION I: PROGRAM OVERVIEW

Varsity	JV	Both
HC – Marc Frechette DC – Dan Minkin -Schedule: 1 play day, 2 scrimmages, 14 games, tournament, & playoffs -14 Games: Feb 20 th – April 13 th - Playoffs: Scheduled to begin week of 4/17 -Tryout basis: 9th – 12th grade / Competitive -Practices: Monday – Friday 3:30-5:30, Saturday TBD	HC – Chris Bergeron cbergeron@coastalmontessoricharter.org -Schedule: 1 play day, 2 scrimmages, & 6 games, & tournament -Tryout basis: 7th – 11th grade -Introductory / Everyone Plays -Practices: Monday – Friday 3:45-5:45	-Practice begins January 23 rd -Practice location TBD -Games @ WHS -All players responsible for getting to practice on time

SECTION II: WHAT PLAYERS NEED

All players need the following by the first day of practice.

ACTION REQUIRED	DESCRIPTION	HOW-TO ACCOMPLISH
All information can be found on our program website: http://www.waccamawathletics.com/sports-lacrosse.php		
Sign-up for Communication	Sign-up for all of our communication methods which include: email and text messages.	Sign-up for Remind101 text messages. Text: @WHSLAX To: 81010
GCSD 2016 Sports Physical Packet: Current	Needs to be turned into Coach Minkin 1/20/17.	Go to this link: http://images.pcmac.org/SiSFiles/Schools/SC/Georgetown/WaccamawHigh/Uploads/Forms/2016-17_PPE_FORMS_(updated).pdf
WHS Lax Cut Policy	Needs to be turned into Coach Frechette 1/20/17	http://goo.gl/Pmklei
US Lacrosse Membership: Current	\$35 for HS player coverage Additional insurance for lacrosse specific coverage.	Go to this link: US Lacrosse Membership http://www.uslacrosse.org/membership.aspx
Equipment	Players are responsible for most of their own equipment.	Section III has more information

SECTION III: PLAYER EXPENSES

All players need their own lacrosse equipment. The following purchases will be made individually, meaning you own the equipment (not WHS).

Items You Will Purchase Through Independent Vendors	
Equipment Needed to Participate	<ol style="list-style-type: none"> 1. Shoulder pads 2. Arm pads 3. Gloves 4. Lacrosse Stick 5. Cleats/Spikes(soccer or football – not baseball). 6. Athletic supporter/cup is recommended.
A Few Lacrosse Specific Equipment Stores	
<p>Low Country Lax(Mt. Pleasant)- www.lowlax.com, Battle Lax(Wilmington) - www.battlelax.com, Great Atlantic Lacrosse(Hillsborough, NC) - www.lacrosse.com, Sport Stop(NH) - www.sportstop.com, Graph-Tex(NY) - http://gtxlacrosse.com/, & Dick’s Sporting Goods carry lacrosse equipment.</p>	

The following purchase will be made through the booster club on January 20th.

Items You Will Purchase Through Booster Club	
Equipment Needed to Participate	
<p><u>Reversible Pinnies</u>: \$30 includes shipping and tax (Like basketball uniforms with team logo and numbers on them). All players will keep/own these. All players need to purchase these unless they are returning players who still have their pinny from previous seasons. This order will be made by January 20th.</p>	
<p><u>Game Shorts</u>: \$30 includes shipping and tax All players will keep/own these. All players need to purchase these. This order will be made by January 20th.</p>	
<p>Checks need to be made to “Waccamaw ABC” and need to say Player name and “Lacrosse Pinny/Short” on the “for” line. (Example: “Graham Frechette –Lacrosse Pinny/Short”) All checks need to be turned into Coach Minkin on January 20th.</p>	

SECTION IV: IMPORTANT DATES

- 1) **January 20, 2017** - **Player Forms Due** (Current Sports Physical & Cut Policy) – to Coach Minkin at WHS
- 2) **January 20, 2017** - **Reversible & Shorts Checks Due** – to Coach Minkin at WHS
- 3) **January 23, 2017** - **1st Practice**

SECTION V: CONTACT INFORMATION

- Any additional questions please contact Coach Marc Frechette – mfrechette@gcsd.k12.sc.us, Coach Minkin (at WHS) DMinkin@gcsd.k12.sc.us, or Coach Bergeron cbergeron@coastalmontessoricharter.org.