

**Forms needed in the spring:** *Should be completed and turned in ASAP. They are needed before a player will be allowed to practice in the spring. If a player has participated in a HHS sport during the current school year, he only will need the Emergency Medical form.*

**Physical** - (only first time athletes this school year)

**Emergency Medical Form      US Lacrosse application      Player Info and Waiver**

***Note from the coach:*** *Since I am not a regular teacher at HHS, I may not be at the school all the time. There may be some who still want to join the team but don't know how to go about doing so. If you know of such a person, have him read the info below & come to the meeting or practice.*

**Grades:** Players must maintain good grades, like any other sport at HHS, 2.0 or better.

**Regular Practice starts Feb. 25 - at 3:45 pm - No metal cleats.**- Be ready to **RUN** (*see Conditioning - below*)

Players are to be dressed, helmets on, buckled and ready to go on the field at TBD.

Mon. through Fri. Beginning Feb. 25 - Players are to change into their practice gear in the HHS locker room and not at the field. **\*\*\*This is subject to change based on availability of the field and Locker room and at Coaches discretion\*\*\***

**Always** bring appropriate shoes for practicing on the football field or turf field (cleats) or parking lot (tennis shoes). **NO CLEATS ON THE TRACK!**

Plan on Saturday practices.- **Times TBD-Coaches discretion**

**Attendance:** Athletes must attend **ALL** practices. Written excuses must be turned in to coach **before** the absence.

Players must participate in 7 practices before playing in a scrimmage. - *WVSSAC Rule*

Players must participate in 14 practices before playing in a game. - *WVSSAC Rule*

**Pre-Season conditioning** for those not playing winter sports: **HIGHLY** recommended..

Begins NOW! after school. We have permission to run on the track. Run with a stick & a ball.

If any other team is on the field, no balls. We do not want to risk injury to another HHS athlete.

**Conditioning:**

All players **should** be able to run a mile in 7 minutes. If you cannot do it yet, start working on it to build up your speed.

This will take a couple years for a majority of the team to be able to run a mile this fast. So start now.

A mile is 4 laps around the track. **NO CLEATS ON THE TRACK!**

**We have a nice track and permission to use it. Let's treat it with respect.**

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*"You get in shape to play lacrosse. You don't play lacrosse to get in shape." - Richie Moran,  
Head Coach Cornell 1969 - 97*

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## **Fees 2013 Season**

### **Players Fee: TBD –**

Payments of \$10 or \$20 per week are OK.

### **US Lax : \$35.00 this will only apply to new members (Benefit of First Stick Grant)**

Next year will be \$10.00 for players that were awarded in previous year but will be full \$35.00 after 2014 to maintain US Lacrosse memberships.

**Equipment rental:** \$100.00 - Includes helmet, gloves, arm pads, shoulder pads, and stick. Make checks payable to “Hurricane High School” and put "Lacrosse" in the memo and what it is for and give to Coach, Teacher Sponsor, or Contact Lora Davie. It will be deposited in the account at the school.

### **Fundraising: Graziano’s Spaghetti Fundraiser and others TBD**

**Equipment:** Some players have their own equipment. We have been awarded a First Stick grant from US Lacrosse. We have 25 new helmets and gear in our possession right now. We are renting out the equipment now so we can replace it later. However, if this is a hardship please see Teacher/Sponsor. Lacrosse equipment will be used for players only and due to insurance and agreement with US Lacrosse will be maintained off site until school can provide storage facility.

**Mouthpieces** are required for games and contact in practice. They are available at Wal-Mart or Kmart and cost about \$1.00. Your dentist can fit one for you if you like.

**Protective Cups** – players are to acquire a protective cup and learn to wear it properly.

**Game jerseys** – For our First year players will purchase uniform that will consist of a home and away jersey and a pair of shorts. If budget allows uniforms may be purchased in subsequent years and will be property of the club.

**Pre-Game Meals:** When players come to a game from home, they should eat pancakes or plain spaghetti (not too spicy) 2 to 4 hours before the contest. No meat. It takes too long to digest. **NO ONE** is to drink Red Bull or any other highly caffeinated drink before a game. They dehydrate you. Parents & players can check out these websites for more info.

[http://web.aces.uiuc.edu/vista/pdf\\_pubs/PREGAME.PDF](http://web.aces.uiuc.edu/vista/pdf_pubs/PREGAME.PDF)

<http://www.foodandsport.com>

<http://www.youthsportsparents.com/nutrition/the-pre-game-meal>

**Getting Recruited:** Must register with NCAA Clearinghouse - See your advisor in the HHS Guidance Office

### **Equipment Vendors:**

We buy our team equipment from various vendors.

[Great Atlantic](#) or [Lacrosse.com](#) - You can go to the Great Atlantic website and sign up for their catalogs. They have clearance items all the time and they ship quickly.

[Pittsburgh Lacrosse Store](#) - Pittsburgh. They have a good selection of sticks and a knowledgeable staff to help you with your selection.

[Queen City Lacrosse](#) is in Bridgeville, Pa. They have a good selection of sticks and a knowledgeable staff to help you with your selection.

Locally, Dunham's, Dick's and others have a small selection of sticks. and some equipment.

For other vendors go to [LaxInWV.com](#) and click on the "[LINKS](#)" page.

Helmets: Red (Cascade CPV), White chin piece, **White** visor. Helmet decals will be provided by the team when available.

Gloves: **Black only**.

Note: Black is preferred, but if you can get a deal, as in the Sportstop.com or Comlax.com starter kits, that is OK. **Our goal is to put a team on the field. We will worry about looking pretty later.**

**Questions:**

**NO CLEATS ON THE TRACK!**

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