

ANSWERS TO SOME QUESTIONS

1. **When Does practice begin ?** – Monday February 26th(2024). Please consult HS Calendar on web site
2. **IS LACROSSE A school sport at WLHS –YES** Boys and girls lacrosse are Tier I school sponsored sports. Both Varsity and JVI are funded Tier I Sports. JV2 will be self funded
3. **HELMETS- We will offer a purchase plan each (fall) year. We will provide helmets for players.**
4. **IS LACROSSE an OSAA sport** – No .The application process is underway.
5. **Is attendance required at Practice-? Yes** players are required to attend practice if they are in school. If you are ill and miss school you can not practice or play in a game that day. Practice or game on Weekend (Sat) is also required attendance.
6. **When are tryouts?** Generally the first two/three days of practice are varsity tryouts. We then have the players that don't make varsity ,practice together for a day or 2 and split them into JVI , JV2. This does depend on how the kids look in practice. Some years it is easier to split up and some years it takes longer. Seniors can not play on any JV team. Seniors are no longer guaranteed a spot on Varsity(cuts do happen). We want to keep the JV2 team size to 20 max. We want student athletes that take the sport seriously and agree to be at all practices and games and keep grades up.
- 7.**What time are practices Please consult the HS calendar on our web site each Sunday.** Generally practices for **all 3** teams will be 5:30-7:30pm. We rotate at WLHS stadium and Rosemont each week with girl's team.
- 7A. **Will there be consequences for missing practice?** YES, YES, YES. Missing practice will cost players game time. Attendance is MANDATORY! Miss practice and you sit out a game.
- 8 **DO I NEED TO KEEP MY GRADES UP? Yes..** If a player shows an F or multiple D's on an interim in season report card he will sit out games until the grades are raised. Academics come first..PERIOD.
- 9 **Do we practice over spring break ?**Varsity will be traveling to (**Arizona**) for **3 games**. There may be some open fields and speed training. We do request that you attend practice up to and including the Friday before spring break. If you make Varsity you are eligible to make trip . Fundraising is taking place during fall for most varsity players. Advance fund raising is not a guarantee of making team but making trip
10. **Will we have a parent meeting?** Yes we will schedule it soon. It will be after we have selected the teams.
11. **How can parents help out ?** We will discuss this at the meeting.
12. What Fundraiser will we do? The Poster is the Main fund raiser. Info will go out soon regarding poster ads ales.
13. **Team apparel** – We will have apparel for TEAM Purchase. We will have online Flash store(s)
14. **CLEARANCE – If I played another school sport do I still need to clear ? YES** all athletes will need to clear for every sport they play. If you have a physical on file for another sport (@ WLHS) you won't have to take another one for lacrosse but **YOU HAVE TO CLEAR** . If you are a Freshman and do not yet have a physical on file you will need one to clear. Clearance is in Feb at WLHS. Here is the link <https://westlinnlions.com/athletic-registration-information/>
15. **Do I need to attend off season workouts?** Please consult the Coaches Corner (www.westlinnlax.com) for OSAA rules regarding off season workouts. We can't make any workouts before Feb 26th, 2024 mandatory. We very much hope as coaches that you will want to be with your team mates working hard to get faster, quicker more agile and in better shape. **If you are not playing a school sport in the winter we sincerely hope you are able to find 2-5 hours per week to work out and be part of your teams efforts.** Workout schedule will be posted on website(www.westlinnlax.com) click on HS Calendar
16. **WILL I MISS LACROSSE PRACTICE IF I AM PLAYING A WINTER SPORT** Yes you will. Your obligation is to the current sport (school sport) you are playing at WLHS. There is some overlap with winter and spring sports. If you ski or snowboard you are expected at lacrosse practices when you do not have practice or training
17. **UNIFORMS AND EQUIPMENT** – Players will receive a practice jersey at the 1st day of practice. These belong to the team and are to be returned at end of season. Players will also receive a game uniform (shorts, Home jersey, away jersey) before the 1st game. These are also to be returned at the end of the season. The team owns some game helmets. We have enough to outfit the JVI and Varsity teams..
18. **VARSITY/JVI/JV2** – If I try out for Varsity and don't make it am I on JVI ? No We encourage players to try out for varsity if they think they can make it. If you do not make the varsity there is no guarantee that you will make JVI. Many times in the past players have tried out for varsity and assumed they would be on JVI if they didn't make it. Please be aware of this up front. If we have to many players we will make cuts.