

RAMSLAX '12

Player Expectations

COMMUNICATION:

- Head Coach Will Driscoll Cell- 717-418-3373 email: wdriscoll5@gmail.com
- Facebook: Please Friend "Centraldauphin Ramslox" and/or join the "CD Lax Bros" group. Postings on these sites will update information regarding practices, games, and other events going on in the CD Lax Community.

FALL

- Wallball practices are held EVERY Wednesday morning from 6:30am-7:00am at CDHS back gym. The focus is stick work (passing and catching) and shooting.
- We will also hold practices on Thursday's from 4:00-5:00pm. These practices will be held at different places each week. (Anywhere there is a field and playground equipment) Anyone wanting to play with kids during this time please contact me! Haha
- Lifting and Conditioning...Platinum Gym or CDHS. Make sure that you are working and getting stronger, not showing up and talking.
- Halloween Havoc- 7v7 Tournament at ITN. Teams of 12 will cost \$60 per player.

WINTER

- Winter League
 - o In The Net (ITN) winter league
 - We are entering one Varsity team this year at ITN. Players will be invited by Coach Driscoll.
 - Cost \$120 per player.
 - o Sports City "CD Winter League"
 - All other players will be invited to play in the "CD Winter League" which will be held at Sports City on Monday afternoon from 3:30-5:00pm. This will start in January and run through February
 - Cost \$85 per player.
- We will also have practices on Thursday nights from 8:00-9:30pm at the CDHS gym starting in January.

SPRING

- Spring is Lacrosse season. Work, and other sports or activities that you are involved with must come secondary. Respect your teammates so that you are not getting involved with activities/sports that are going to injure or tire you. Assume that you have practice every day between March 5th and June 7th 2011. We all need to be committed to this team and each other for us to be successful
- Players are required to be at EVERY practice during the season. Missing a practice will result in sprints, loss of game time, or game suspension, followed by dismissal from the team.

EXCEPTIONS:

- o If you are sick and unable to come to school you may not be at practice/game (school guidelines) (must attend at least half of the school day to be able play/practice)
- o If you are injured and have an appointment.
- o Family emergency (funeral/accident etc.)
- o PLEASE communicate to me anytime there may be an unexcused absence!!

Family Vacations and work are not permissible reasons for missing any team events.