

WASH PARK LAX

2012 Parents Night

WashParkWarriors.com



Welcome and Opening Remarks – Derek Leissoo & Bill Culkin

2012 Board Member Introductions

- a. President - Derek Leissoo
- b. Washington Park Recreation Center Supervisor – Bill Culkin
- c. Executive Sponsor – Matt Brown (DU Lacrosse)
- d. Vice President & Parents Representative - John Zilinskas
- e. Coaches Representative – Eric Purcell
- f. Treasurer – Vanessa Rodriguez
- g. Marketing & Communications – James Einspahr & Amiee Purcell
- h. Fundraising Coordinator – James Einspahr & Sarah Zilinskas

Communication

The majority of communications will be handled via email. Do not hesitate in contacting your head coach via phone.

Key Dates

- a. March 3 - Washington Park Warrior Day @ DU - DU v. Hartford
- b. March 5 – Practice Begins
- c. March 31 – Games Begin
- d. June 2-3 – Colorado State Lacrosse Jamboree

Confirming Player Roster Information

- a. Please ensure the accuracy of the information we have on your son and family.
- b. Please note any special medical conditions your coaching staff should be aware of.

2012 Coaching Staff Introductions & Philosophy – Eric Purcell

- a. **U9:** John Zilinskas (303-408-1169 john_zilinskas@hotmail.com) & Dixon Waxter
- b. **U11:** Eric Purcell (720-320-8080 ekpurcell@hotmail.com) & Alex Rouse
- c. **U13:** Derek Leissoo (303-906-8806 dleissoo@yahoo.com) & George Lim
- d. **U15:** James Einspahr (303-619-3378 james@washparkwarriors.com) & Robby Eder
- e. Coaching Philosophy

2012 Practice Schedules & Game Day – Eric Purcell

- a. U9/U11 – Monday & Wednesday 5:15-6:15PM @ Wash Park
- b. U13/15 – Tuesday & Thursday 5-6:30PM @ Wash Park
- c. **Practices:** Players are expected to be on time, dressed and ready to start practice at scheduled time.
- d. **Games:** Regular scheduled games will be played on Saturdays starting on or around the first Saturday in April, and will include at least 8 games.

Players need to be dressed and ready for warm-ups 30 minutes prior game start time.

- i. Regular scheduled games will be played on Saturdays starting on or around the first Saturday in April, and will include at least 8 games.
- ii. **Home Games:** Will be played at Cook Park
- iii. **Away Games:** Will be played in various locations throughout the Front Range, with most in the Metro Denver area.

Jamboree

We will also be playing in the Jamboree, which is a statewide tournament the first weekend in June.

We know a lot of people plan vacations this weekend so please keep it open for the tournament if you can and let us know as soon as possible if you won't make it so we can plan ahead.

Commitment to the Program

- a. Each player is expected to attend both practices each week.
- b. Each player is expected to make each game.
- c. If you are going to miss a practice or game due to illness or vacation please contact your head coach and provide advanced notice so we can plan accordingly.

Player, Parent and Coaches Conduct

- a. We have adopted the US Lacrosse and Colorado Youth Lacrosse Association (CYLA) "Respect the ROOTS of Positive Play" concept.
- b. We will honor the game of lacrosse by respecting the ROOTS of Positive Play:
 - i. **Rules**: We refuse to bend the rules to win.
 - ii. **Opponents**: A worthy opponent is a gift that brings out our best.
 - iii. **Officials**: Show respect even when we disagree.
 - iv. **Teammates**: Never do anything to embarrass our team.
 - v. **Self**: We live up to our own standards even when others don't.

2012 Game Day Field Etiquette

- a. All Family members and fans are to be in the designated spectator location, which is the opposite side of the field from where the teams are located.
- b. You are not allowed to be in the team or end line areas, Game play will not begin unless this is observed.

Team Parent/Manager Role

We will have a team parent assigned to each team. You will interface with coaches, players and parents focusing on things such as communication, game-day logistics, snacks, drinks, travel logistics, tournament logistics, etc. You will be an extension of the coaching staff.

If you are interested in this role please sign up.

Time & Score Keep Role

We are looking for volunteers to help keep time and score during home games. It's a great way to be in thick of it and watch the game from the team bench area. We will teach you all you need to know. If interested please sign up.

Fundraising

- a. Annual Apparel Fundraiser – Once again we will be selling Washington Park Warriors LAX apparel. Order information will be distributed this week.
- b. Donations are always welcome.

On-line Information Resources

US Lacrosse Website: www.uslacrosse.org

US Lacrosse Parent's Guide:
www.uslacrosse.org/TopNav2Left/Parents/USLNationwideParentsGuide.aspx

US Lacrosse Youth Rules:
www.uslacrosse.org/TopNav2Right/Rule/MensRules.aspx

Colorado Youth Lacrosse Association (CYLA) Website: www.cyla.us

CYLA House Rules for 2012:
www.cyla.us/Page.asp?n=46134&snid=jMHA%5F7D6Z&org=cyla.us

Concussion 101 – The basics you need to know:
<http://www.youtube.com/watch?v=zCCD52Pty4A&sns=em>

Concussion Certification: www.preventingconcussions.org
<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

Colorado's Concussion Law:
http://www.leg.state.co.us/CLICS/CLICS2011A/csl.nsf/fsbillcont3/A9CE9CEE12645CAA8725780800800D80?Open&file=040_enr.pdf

Thank you for joining us tonight and we look forward to having a great 2012 season!

Equipment List:

- Boys Lacrosse Stick
- Lacrosse Helmet
- Mouthguard - Kids will not play or practice without it
- Lacrosse Shoulder Pads
- Lacrosse Elbow Pads
- Lacrosse Gloves
- Rib Pads (recommended but not required)
- Athletic Cup
- Cleats
- Practice Shorts & Reversible Jersey/pinnie (One side white other side dark color)



Note:

1. Club Uniform will be provided by Wash Park Lacrosse- included with registration fee
2. Goalie equipment will be provided

New equipment is easier to find, however the used equipment stores always have very reasonable prices and the equipment is in pretty good shape. If you are looking for used pads don't wait since supply is limited and Lacrosse is now a year round sport.

Breakaway Sports (New)
2500 E 6th Ave # B
Denver, CO 80206
303-320-9499

Players Bench (New)
4401 South Tamarac Pkwy
Denver, CO 80237
303-221-7515

Sports Plus (New & Used)
www.sportsplusdenver.com
1055 S Gaylord St
Denver, CO 80209
303-777-6614

Play It Again Sports (New & Used)
151 W Mineral Ave # 108,
Littleton, CO
303-798-8824