



# West Ranch Girls Lacrosse Parent Meeting

2023-2024 Season



# 23/24 GIRLS LACROSSE COACHING STAFF

## **LEESA CHELMINIAK**

West Ranch Girls Lacrosse Head Coach/Varsity Head Coach  
lchelminiak@hartdistrict.org

## **JOHN BORKOWSKI**

JV Head Coach  
jborkowski@hartdistrict.org

## **JEN THOMPSON**

Assistant Coach

## **CHRIS OLMOS**


Assistant Coach

## **SOPHIE SHIN**

Assistant Coach

## **KAT ORTIZ**

Goalie Coach



# TRYOUTS

## OCTOBER 28<sup>TH</sup>

4:30 PM -6:00 PM

### JV REQUIREMENTS

- Positive Attitude
- Grades 9-11
- Willingness to learn and ability to take direction
- Commit to improving skills outside of practice

### VARSITY REQUIREMENTS

- Positive Attitude
- Be able to use both hands at all times
- Understand the importance and apply the use of outside hand
- Execute and fully understand at the highest-level
  - Defensive slides
  - Picks
  - off ball movement
  - Clears and transitions
  - Offensive and defensive plays
- Meet all wall ball challenges
- Ability to practice and play at varsity level game speed
- Ability to make decisions under pressure



# IMPORTANT INFO

## PLAYING TIME

- Playing time is NEVER guaranteed
- If a player has concerns or questions regarding playing time, positions, team placement or leadership roles, the player and only the player should address it with the coaching staff

## SENIORS

Seniors can not play in JV games, but they can practice with the JV team. Any seniors not able to meet the varsity requirements at tryouts will be given the opportunity to practice with the JV team until the coaches have determined they are able to meet the varsity requirements and can keep up at a varsity level. Playing time is never guaranteed!



# Practice Schedule

## JV and Varsity

**BEGINNING MONDAY, JANUARY 8<sup>th</sup>**

**Monday-Thursday – 7-9 pm\***

*Practice times may change\**

We are one of the only sports at West Ranch to offer a M-Th practice schedule. We have found that giving the athletes one night a week to focus on homework, social events or family commitments allows the girls the ability to dedicate all of their attention during practice and reduces absences. In order for this to work, everyone must be in attendance Monday-Thursday. If an athlete has a test or project they need to manage their time properly and use their day off on Friday to complete the project or study. This means we do not accept “too much homework” or “I have a project tomorrow” as an excused absence.



# ATTENDANCE POLICY

## IN SEASON ATTENDANCE POLICY

- 3 unexcused absences =  $\frac{1}{2}$  game suspension
- 4 unexcused absences =  $\frac{1}{2}$  game suspension
- 5 unexcused absences = full game suspension
- 6 unexcused absences = full game suspension
- 7 unexcused absences = REMOVAL FROM TEAM

All absences must be reported to the coaches



# Player Expectations

## ACADEMIC REQUIREMENTS

- All athletes are required to hold a minimum GPA of 2.0

## RESPONSIBILITY

- Arrive early, work hard, remember all your gear
- Balance all athletic, academic and social commitments
- Respect coaches, teammates, officials and opponents at all times
- Communicate with Coaches



# Volunteer Opportunities

Needed for each team Varsity & JV:

- Team Parents!
- Stats
- JV Scorekeeper
- Videographer & Photographer(s)
- Game Day field Set-up
- JV Announcer

Fundraising, Sponsorships

Special Events (Sr. Night, Banquet, Team dinners)



# MANDATORY FORMS

- All athletes **MUST** complete the online athletic clearance forms available at [westranchhighschool.com](http://westranchhighschool.com). Each athlete will also need to download a recent physical (within the last 12 months).

The image shows a screenshot of a web browser displaying the website [westranchhighschool.com](http://westranchhighschool.com). The URL is circled in red. The website header features the West Ranch High School logo and navigation links for About Us, Academics, Athletics, Performing Arts, Students, Counseling, Activities, Parents, Staff, and Contact. The Athletics menu is open, and the 'Athletic Clearance' link is circled in red. A red arrow points from the 'Athletic Clearance' link to the 'Athletic Teams' link in the top navigation bar. At the bottom of the page, there are links for 'School Safety' and 'Student CAREText'.

# Player/Parent Contact Information

All team communications will be handled through Teamsnap. Please download the Teamsnap app and make sure to accept the invite!





# West Ranch Lacrosse Foundation Board

## 2023-2024 Board Members

- President - Carrie Carleton
- Vice President - Grace Choe
- Treasurer - Abegae Donnell
- Secretary - Sheri Cantu

## Members-At-Large

- Marla Brown
- Gary Denisevich
- Michelle Morse-Tobeck
- Alex Lessard
- Mindy Foster
- Kim Hargraves



# West Ranch Lacrosse Foundation

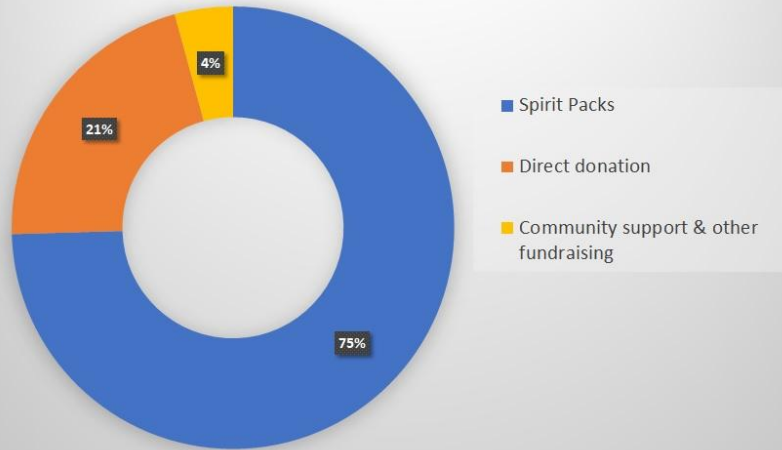
The West Ranch Lacrosse Foundation is a non-profit is a 501c(3) organization established to support the physical, intellectual and character development of students at West Ranch High School through athletics.

Because of the continuing California State budget crisis, the school and the district provide NO financial support to this program. West Ranch High School Lacrosse is 100% reliant on tax-deductible donations from players' families and local businesses.

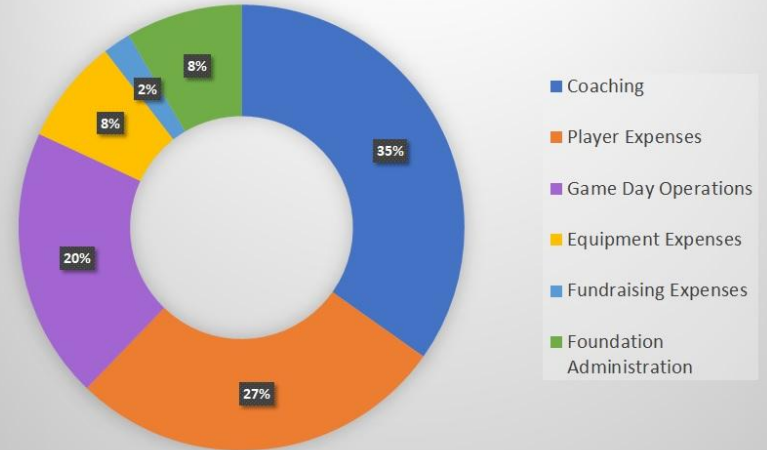
The West Ranch Lacrosse Foundation is comprised of parent volunteers who provide support for the program through fundraising, event planning and execution, equipment procurement and communication with parents of WRHS players.

# 2023-2024 Projected Revenue & Expenses

## Estimated Fundraising Proceeds



## Estimated Expenses





# Spirit Packs

When you register your lacrosse player, we ask for a season donation. As a thank you for your donation, your daughter will receive a “WR Lacrosse Spirit Pack” with fun team swag!

The 2023-2024 Spirit Pack donation is \$900.00

With your Spirit Packs donation each player will receive:

- Customized game day jersey
- Practice pinnie
- Game day Shirt
- WR spirit item (TBD)



# Fundraising Opportunities

- ★ Corporate Sponsorships & Corporate Matching Donations
- ★ You've Been "BOO'd" (Halloween Lawn Sign Donation Drive)
- ★ See's Candy Yum-Raising
- ★ Restaurant Nights
- ★ Give Butter (more info to follow)

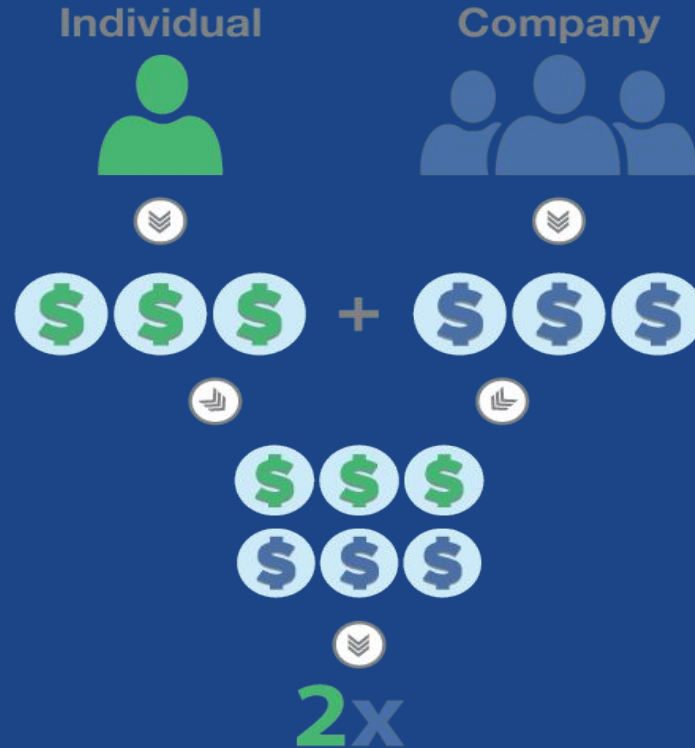
For more information, please contact us at [info@westranchlacrosse.org](mailto:info@westranchlacrosse.org)

# Corporate Sponsorships

MVP	BIG CAT	ALL-STAR
<ul style="list-style-type: none"><li>• Home game banner</li><li>• Home game shout outs</li><li>• Logo on website</li><li>• Monthly Instagram Highlight</li><li>• Logo on banquet slideshow</li><li>• Photo Plaque of appreciation or 2 tickets to end of year banquet</li></ul>	<ul style="list-style-type: none"><li>• Home game banner</li><li>• Logo on website</li><li>• Monthly Instagram Highlight</li><li>• Logo on banquet slideshow</li><li>• Certificate of appreciation</li></ul>	<ul style="list-style-type: none"><li>• Home game banner</li><li>• Logo on website</li><li>• Instagram Highlight</li></ul>
\$2,000	\$1,000	\$500



# Corporate Matching





Registration Opens October 30th!

This information and link will also be sent out through Teamsnap



# Social Media & Website

★ Instagram: [@WestRanchGirlsLacrosse](#)

★ Website: [www.westranchlacrosse.org](http://www.westranchlacrosse.org)

★ Email: [info@westranchlacrosse.org](mailto:info@westranchlacrosse.org)