

January 2024 Parents Meeting Notes

Lakeside High Lacrosse Booster Club

01/11/2024

From Coach Joe:

- 40+ players show interest in lacrosse on Jan. 9 coach/player meeting, very excited for the new season!
- Practice schedule will be variable, starting at 5pm next week (will have lights). Be sure to check the practice schedule.
- 18 games for varsity have been confirmed, 4 for JV are confirmed, hoping to add 2 more
- Feb. 12 will be the first game at Riverwood
- Encourage your player to condition daily. Most important is running and wall ball

From Ally: Athletic trainer

- She is associated with Emory Healthcare and handles all injuries
- If a player is injured, she can get a quick turnaround on care through Emory.
- Unless it is an emergency, strongly encourages us to go through her as the Emory experts can be sure to assess care and when the player can return. A primary care physician is not trained for sports injuries and may lead to the player being out longer than necessary.
- Dragonfly: can go through website or download the app
 - VERY IMPORTANT: make sure the athlete's profile is complete by Tuesday to join practice.
 - If your student played another sport, still double check as sometimes Dekalb will add new forms that must be completed.
 - Make sure your player's physical is up to date and won't expire during the season.
 - If anyone needs help with the insurance requirements, let her know.
 - 8th graders must complete a new profile for Lakeside High School (they do not have access to the middle school dragonfly account)

From Coach Stiles:

- There will be one team practice (varsity and JV together)
- He has some used equipment if needed

- The coaches have spent time scripting out the practices and there will be a more disciplined approach this year
- The lax team has great athletes, but need better lax players, which will be the focus on skills (ex., winning groundballs)

From Doug Jury (Booster club board – Treasurer)

- Discussed the financials, see presentation for details
- Successful BBQ sales, 95% of goal reached!
- Player dues should be paid as soon as possible: \$500/player for JV and varsity, \$200 for 8th grade players
- If you need financial assistance with dues, please email Doug or Jennifer Knupp. These are handled on a case-by-case basis

From Jennifer Knupp (Booster club board – President)

- Discussed volunteer needs, see presentation for details