



LAX NEWS OTHS BOYS LAX NEWS LAX NEWS

9 March 09



NOTES FROM COACH:

Tryouts for the 2009 Spring Season have concluded and practice is well under-way! Each student athlete should be very proud of their efforts during tryouts – however, there's no time to rest as we have an incredible amount of preparation to complete in a very short period. Student Athletes MUST stay focused on grades, sleep, good eating habits, and be ready to "rock and roll" 110% of the time at practice. Also, as with most springs in St Louis, the weather is starting to be very volatile. You are encouraged to check the website regularly, listen to announcements for changes, give me your player cell phone for texts (only with parental approval) and register with ScheduleStar via the AD's website under "Sports Schedules". Let's continue to build on 2008! Coach Mac

Parent Questions:

Question: How can I be sure my son will have complete communication with the team's Coach's? When should I step in?

Answer: The coaches expect all players to communicate with them directly. This includes questions or concerns on practice schedules, playing times, positions but more importantly any personal issues that may want share.

The coaching staff feels this is an integral part of the athlete's maturation process as young men and as team members. This enables the coaches to continue to grow and solidify their relationship with the all players.

If your son is unable to reach a resolution with the coach, you are more than welcome to contact the coach yourself. Always feel free to run a situation past any of your team Parent Representatives if you would like "the topic" brought up in a non-confrontational or anonymous setting!

Parent Questions:

Question: Where can I look to find additional information on game and practice schedules or information from the coaching staff?

Answer: In addition to this monthly newsletter you can find great information on the OTHS LAX website:
<http://www.ofallonlacrosse.com>

Here you will find anything from the team roster to news articles written across the different forms of local media. You can also use this website to get up to the minute details on possible game delays or cancellations do to inclement weather.

Mark Your Calendars!

Upcoming LAX Events March 2009:

- * 9 Mar ~ Parents Meeting 7PM
- * 13 Mar ~ LAX Blue vs. Gold
- * 14 Mar ~ Applebee's Fundraiser
Breakfast: 7:30-1:00am
- * 14 Mar ~ Practice 11:45-2:15
- * 16 Mar ~ Varsity Parent Hotel
Reservations Due-
Champaign
- * 16 Mar ~ Varsity Team meal
- * 17 Mar ~ First away game @ CBC
- * 18-31 Mar ~ Sell Shots for
Lacrosse Sponsorships!
- * 20 Mar ~ First Home game vs.
Webster Groves
- * 27 Mar ~ Varsity Parent Hotel
Reservation Due-
Chicago

LAX Questions?

**See your team's parent rep ANY
time in person or contact by
phone or email.**

Email: othslaxparentrep@yahoo.com

Varsity Rep: Georgann Johnson
Cell: 618-420-8017 or Home 618-206-8685

Jr Varsity Rep: TBD

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ATHLETIC ELIGIBILITY:

Parents and students must be mindful that all athletes must meet eligibility standards established by the Illinois High School Association. This includes having a current annual physical on file. The 2008-2009 Physical Form can be found on the OTHS website under "athletics."

Athletes must also remain academically eligible to participate. All athletes must pass twenty credit hours of high school work per week. Generally, twenty credit hours is the equivalent of four, .5 credit courses (two full credits). Athletes must have passed and received credit toward graduation for twenty credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

APPLEBEE'S FUNDRAISER:

The Applebee's Fundraiser has proven to be one of the largest and most successful fundraising activities for our team. This year's event will take place on March 14th, 2009 at Applebee's Restaurant located on Greenmount Crossing in O'Fallon. All players should currently be selling breakfast reservations. Final turn-in of reservation information and payment is Wednesday, March 11th at practice. If you need additional information/forms, please contact the fundraising chair, Kathy Otte at othslaxfundraiser@yahoo.com.

Players will arrive at Applebee's' at 7:30 AM to begin serving breakfast to ticket holders by 8AM. Players will be dressed in a LAX uniform specified by the coach. Please come out and support our team while your favorite LAX player serves up a great meal! The cost of each ticket is \$10 for adults and \$5 for children.

OTHS BOYS LAX BOOSTER MEMBERSHIP:

All families are encouraged to become members of the 2009 Boys Lacrosse Booster Club. Membership is strictly voluntary and open to all Parents, Guardians, Extended Family members, and other supporters of the OTHS Boys' Lacrosse team. Members may vote, hold elected office and participate on any committee.

Benefits of a \$30 Booster Membership include: two 2009 LAX collector pins per membership, an emailed copy of the monthly Booster Meeting Minutes, free entry to the Blue/Gold game scheduled for the 13th of March, two official 2009 Roster and Rules of the Game Pamphlet, and a \$5 discount off the cost of each end-of-season banquet ticket purchased. Those interested in becoming a member of the OTHS Boosters can contact Sandra Webb at: othslaxmembership@yahoo.com for more info!

OTHS BOYS LAX BOOSTER EXECUTIVE BOARD MEMBERS:

President: Linda Morse ~ othslaxpresident@yahoo.com

Vice President: Rey Cosunji ~ othslaxvicepresident@yahoo.com

Treasurer: Sally Kendall ~ othslaxtreasurer@yahoo.com

Secretary: Michele McLean ~ othslaxsecretary@yahoo.com

Varsity Parent Rep: Georgann Johnson ~ othslaxparentsrep@yahoo.com