

WESTWOOD



LACROSSE

WELCOME & REGISTRATION

2017 - 2018



Welcome to the Family!

WESTWOOD
W
LACROSSE



**ALL WAYS
READY**



» **Welcome!**

» **Agenda**

- > Introductions
- > Parliamentarian Update
- > Season Overview
- > Fundraising
- > Events
- > Operations
- > Treasurer
- > Secretary
- > Youth Program Update
- > Head Coach

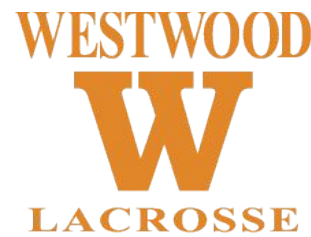


Introductions – Michael Lutz

Lacrosse Board

- » President, Michael Lutz
 - » president@westwoodlax.org
- » VP Operations, Russ Griffin
 - » vp-ops@westwoodlax.org
- » Parliamentarian, Liz Green
 - » parliamentarian@westwoodlax.org
- » VP Events, Cindi Johnson
 - » vp-events@westwoodlax.org
- » VP Fundraising, Christy Ross
 - » vp-fundraising@westwoodlax.org
- » Treasurer, Allen Jensen
 - » treasurer@westwoodlax.org
- » Secretary, Rosie Alvarez
 - » secretary@westwoodlax.org
- » Youth Program Director, Steve Alvarez

Introductions – Michael Lutz



Coaching Staff

- » Head Coach, Tyler Moore
- » Assistant Coach, Andrew Dover
- » 2nd Assist Coach - TBH
- » Volunteer- Duncan Moore



Parliamentarian – Liz Green

» Faculty Sponsor

- > Michele Koteris: michele_koteris@roundrockisd.org

» Academic Eligibility

- > No pass, no play
- > Applies to all Westwood activities (UIL or not)
- > Reference
 - + RRISD Parent/Student Handbook, Appendix A
 - + LAX Website (Policies -> Academics)

Parliamentarian – Liz Green

» **Determining eligibility**

- > Faculty sponsor runs eligibility checks
- > Compiles list of ineligible players
- > Sends to parliamentarian
- > I forward list to head coach and president
- > I contact parent of ineligible player
- > I do not know circumstances of ineligibility

» **Resolving eligibility issues**

- > Only official records are accepted

» **Reinstatement**

- > 3 week IPR
- > 6 week period
- > Calendar available on Lacrosse website

Parliamentarian – Liz Green

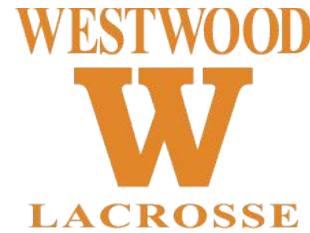
» Concussion Testing

- > All new players are required to take a baseline test before 1st practice.
- > Online test administered thru SportsSafe.
- > No cost to the player/parent for the baseline test.
- > Any post concussion testing or follow up care is responsibility of the player/parent. Many (but not all) insurance companies cover post concussion testing.
- > Link to test is on the Lacrosse website.

» Parliamentarian (Liz Green) is Club interface for academic eligibility.

parliamentarian@westwoodlax.org

Team/Season Overview – Michael Lutz



College Scholarship Program

- > The Board has approved a Scholarship Program open to all Senior Lacrosse players
- > Award up to \$1,000 in Scholarships
- > School Counselors review applications and select recipients
- > Applications available at Spring Meeting
- > All applications due March 16th



Team/Season Overview – Michael Lutz

Board & Committee Members Needed

- > Immediate need for:
 - » Fundraising Committee
 - » 2-3 people
 - » Events Committee
 - » Concessions Coordinator (3 credits)
 - » Social Media Coordinator (3 credits)
- > 2018-2019
 - » 2 vacancies
 - » Treasurer
 - » Fundraising

Team/Season Overview – Michael Lutz

Player Committees

- > Optional: Players who want to get more involved with the planning of the Lacrosse Club
- > Committees are tentatively:
 - » Practice Ops: Help manage practices including player attendance and equipment
 - » Fundraising: Help brainstorm fundraising efforts of the team. Manages Bush's Chicken Fundraiser in December.
 - » Apparel: Choose and design the team apparel for the season, including practice gear and shooter shirts
 - » Player Relations: Connect with the new Texas Tomahawks youth program and being sure kids want to play lacrosse for Westwood
 - » Fan Relations: Plan fan outreach for game events like Warriors Honor or other big draws to get fans out to games including social media
- > More to come as we develop this opportunity

Team/Season Overview – Michael Lutz

Website/Communications

- » Four ways we will communicate this season
 - » Email Communications
 - » Weekly Updates
 - » Longer informational items - similar to Registration Announcement.
 - » Provides parent specific content, announcements, & events
 - » Website - access 2 ways
 - » <http://www.WestwoodLax.com>
 - » Can also be accessed through Westwood's WarriorSports.org
 - » Remind.com
 - » Short, more urgent alerts (weather changes, reminders, field changes).
 - » Can subscribe via our website link or by texting @wwlax2018 to 81010 (see next slide).
 - » Social Media will not be our official communications tool, but certainly a lot fun. Find us on:
 - » Twitter- @WestwoodMensLax
 - » Facebook- .../groups/WestwoodMensLax

Team/Season Overview – Michael Lutz

Calendar

- » Download
- » Subscribe

WESTWOOD LACROSSE
Home of the Warriors Austin, Texas

Home **Schedule** Volunteers Coaches Roster Scores History Policies Links Sponsors About

MEN'S LACROSSE 2017/2018 SCHEDULE

Select Team: (All Men's Lacrosse) Filter Options
Order By: (Division) Current Month | List View
Season: (2017/2018)

September 2017

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
								1	2		
3	4	5	6	7	8	9					
10	11	12	13	14	15	16					
17	18	19 2017-2018 Parent/Player Kickoff Meeting 6:30 PM Westwood High School - Cafeteria	20	21	22	23					
24	25	26	27	28	29	30					

Showing 1 Games/Events

Subscribe to Calendar (Outlook 2007-ica) PRINT

WESTWOOD LACROSSE
Home of the Warriors Austin, Texas

Home Schedule Volunteers Coaches Roster Scores History Policies Links Sponsors About

Support Westwood Lacrosse
When you shop at smile.amazon.com, Amazon donates.
CLICK HERE BY amazon smile

Online Store

GAME PHOTOS

2018 Westwood...

2017-2018 Registration
Registration for the 2017-2018 Westwood Men's Lacrosse season is now open. Once you've successfully registered, an automated confirmation email will be sent to the first email address you provided on the registration form. You will receive a separate email with instructions on how to complete and electronically sign the required RRISD Athletic Participation forms. These forms must be completed before students are allowed to participate (practices, games, etc.) with the Westwood Men's Lacrosse team. Please contact Ron Green if you've registered and did not receive a confirmation email.
Registration Form

Kickoff Meeting
The mandatory Kickoff Meeting, for both players and parents, is Tuesday, September 19th, at 6:30 PM in the Westwood High School cafeteria. Club dues and deposit checks will be collected.

Physicals
An RRISD physical form signed by a physician is required to participate in Westwood athletics. Please bring your signed physical form to the Kickoff Meeting.

US Lacrosse Membership
All players must also be US Lacrosse members. US Lacrosse provides insurance as part of your membership.
• New players can register here for \$35.
• Returning players can lookup or renew their memberships here.

Absence Notification
View Attendance Policy

Off-Campus PE Form

UPCOMING EVENTS
Tuesday, September 19
2017-2018 Parent/Player
Kickoff Meeting
6:30 PM at Westwood High
School - Cafeteria

- » Upcoming Events

Fundraising - Christy Ross

» Fundraising events

Fall Events:

- » FlipGive - Cash back for online purchases from 2% to 40%
- » Lacrosse Unlimited - 10% cash back & 10% discount for 3 days
- » AmazonSmile - Cash back for eligible online sales up to .5%
- » Merchandise sales - New fan wear will be available for the season
- » Fuddrucker's - Team/Family dinner - October
- » Bush's Chicken Sales - Sales of sandwiches & tea after school - December

Spring Events:

- » LAX-A-THON - Players compete for fastest shot & request donations
- » Arbor Car Wash coupons - Car wash tickets valued at \$15.95 for \$10 each
- » Bent Oak Winery Event - Invite your friends! Wine tasting, auction & raffle
- » Dream Dinners - Prepare 3 meals for your family

Sponsorships:

- » Ask your favorite businesses if they would like to donate
- » Don't forget to check corporate matching programs at work

Events – Cindi Johnson

Types of Events

Recruitment & Skill Building

- Friday FB Game Tailgates
- Lax Clinic
- Team Retreat
- Youth Nights

Player Bonding

- Team Meals
- Volunteering
- Alumni Game
- Stick Chicks

Player Recognition

- Team Pictures
- Senior Night
- Spring Banquet

Program Visibility

- Homecoming Float
- Exhibition Game vs. McNeil
- Stick Switch
- Home Games
- Wounded Warrior Night

Parent Bonding

- Parents ReLAX
- Lacrosse 101
- Away Games
- Concessions

Events - Cindi Johnson

Recruitment & Skill Building

- » FB Game Tailgates: Friday WW Football games at KRS 90 min before game time. Games, posters, lax catch, etc. Need volunteer for 6th to block off spaces
 - » Oct. 6 vs. Hendrickson (away side)
 - » Oct. 13 vs. McNeil (Homecoming)
 - » Oct. 20 vs. Stony Point (away side)
 - » Oct. 27 vs. Round Rock
- » Lax Clinic: Nov. 11th (tentative)
 - » Followed by WW vs. McNeil
- » Team Retreat: Jan. 20-21
 - » \$25 / player; Camp Buckner near Inks Lake
 - » Need drivers; set up help - signupgenius
- » Youth Nights: Spring Season - details to come

Events - Cindi Johnson

Program Visibility

- » Homecoming Float - Wed. Oct. 11th
 - » Boys and Girls teams collaborate
 - » Theme: Iconic Duos or Groups
 - » Need: Candy donations
- » Stick Switch - Date TBD
 - » Men's and Ladies' teams switch sticks and play each other
 - » Concessions volunteers to serve food
 - » Fun time for all!
- » Exhibition Game vs. McNeil - Sat. Nov. 11th (pending)
 - » Linked to Lacrosse Clinic
- » Home Games
 - » Concessions served - Donations requested
 - » Volunteers to help set up and serve (Varsity and JV games)
- » Wounded Warrior Night - April 7th (vs. RR)
 - » Veteran guests
 - » Donation goal: \$1,000

Events - Cindi Johnson

Player Bonding

- » Team Meals - Hosted by each class: Senior, Freshman, Sophomore, Junior
 - » Player/parent hosting receives 1 volunteer credit
 - » Parents in class donate food, drinks, paper goods, etc.
 - » Other parents welcome to attend and help - great way to get to know boys, coaches and other parents! No volunteer credits for donating.
- » Stick Chicks
 - » Girls Lacrosse players - paired with our guys;
 - » Bring goodies before games. Come to games to support.
- » Volunteering
 - » Spicewood Elementary Carnival; Purple Sage
 - » Other opportunities TBD
- » Alumni Game - May 28th
 - » Memorial Day weekend
 - » Followed by NCAA Finals Watch Party @ Third Base

Events - Cindi Johnson

Parent Bonding

- » Parents **reLAX** (formerly Moms & Margs)
 - » First event Wed. Sept 27th
 - » Chance for parents to connect
 - » Need Volunteer coordinator
- » Meet the Coaches / Lacrosse 101
 - » Saturday, Oct. 14th @ WHS
 - » Meet coaches and ask questions
 - » Learn lacrosse basics and prepare for volunteer duties
- » Away Games - only one trip this season
 - » Dallas Area Spring Break
 - » Will reserve block of rooms for team and families
- » Concessions
 - » Offered at all Home Games - donations only
 - » Boosters provide food - pizza, wraps/hot dogs, candy, etc.
 - » Need coordinator to arrange set up and service (5 credits)
 - » Signupgenius for workers (1 credit per game)

Events - Cindi Johnson

Player Recognition

- » Team Pictures
 - » January - Date TBD
 - » Taken before practice
 - » Options to purchase pictures other items; more details to come
- » Senior Night
 - » April 18th
 - » Coordinator with 2-3 volunteers
 - » Recognize graduating players and their parents
- » Spring Banquet
 - » May @ Avery Ranch Country Club
 - » Parents, players, guests
 - » Recognize all players for achievements over the season
 - » Seniors special recognition
 - » Need: 3-4 Banquet volunteers (1 credit each)

Fall Events Calendar: Sept - Dec

September

27th: Parent Social - reLAX Hour

October

TBD: Team/Family Dinner at Fuddruckers

6th: Tailgating @ KRS

9-10th: Homecoming Float workdays with women's team

11th: Homecoming Parade

13th: Tailgating @ KRS

20th: Tailgating @ KRS

27th: Tailgating @ KRS

28th: Stick Switch (TBD)

November

4-5th: Longhorn Shootout Tournament

11th: Lacrosse Clinic & Exhibition Game vs. McNeil - TBD

December:

9-10th: Bitter Tournament; End of Fall Season

TBD: First Team Dinner (Senior class)

Spring Events Calendar: Jan - May

January

20-21: Player Retreat @ Camp Buckner

February

TBD: 2nd Team Dinner (Freshman Class)

TBD: Parent reLAX

21st: First Youth Night (vs. Bowie)

March

TBD: 3rd Team Dinner (Sophomore Class)

TBD: Parent reLAX

10-11th: Lacrosse Clinic & Exhibition Game vs. McNeil - Tentative

April:

TBD: 4th Team Dinner (Junior class)

TBD: Parent reLAX

7th: Wounded Warriors Night (vs. RR)

18th: Senior Night (vs. Gateway)

May:

TBD: Spring Banquet

Events Volunteer Opportunities

Committee Members: 3 credits

- » **Concessions:**
 - » Secure volunteers
 - » Coordinate food plans
 - » Work w/ VP to ensure setup, service and cleanup
- » **Social Media/Facebook**
 - » Work with all VPs to solicit club info to post weekly
 - » Post regular team news and info - post-game pictures, event reminders, sponsors, etc.
- » Board Mtg attendance **NOT** required

Ongoing Volunteering:

- » Homecoming
- » Host Team Dinners
- » Lax Clinic
- » Team Retreat
- » Gameday Concessions
- » Special Game Nights
- » Senior Night
- » Spring Banquet

Events – Cindi Johnson

» IMPORTANT TO KNOW

- > Multiple Volunteer opportunities - earn credits
- > Dates on www.WestwoodLax.org
- > Signups via signupgenius
- > Events are for players AND parents
- > Help to drive awareness / attendance
- > Have FUN!

Thank you!

Cindi Johnson

vp-events@westwoodlax.org

512-965-1866 - Text preferred

Operations – Russell Griffin

» Coordinators:

- > Volunteer: Jenny Jensen
- > Equipment/Uniforms: Kacie Griffin
- > Medical: Bob Simpkins

» Fall Calendar

- > Season runs Oct.2 - December 10th
- > Practice every Monday, Thursday and Saturday (field location subject to change)

» Weekly Schedule (subject to change)

Monday	T&C Field 2	7:30-9:30
Tuesday	None	None
Wednesday	None	None
Thursday	T&C Field 2	7:30-9:30
Friday	None	None
Saturday	TBD	10:00 AM - 12:00 PM

- > Be on the field suiting up 5+ minutes prior to practice. Players are dismissed at the end of the scheduled time. Coaches will push players to leave the field as quickly as possible.

Operations – Russell Griffin

» Fall Season

- > Practice starts - Oct. 2nd
- > Fall Games/Tournaments
 - » Longhorn Shootout - Nov. 4th-5th
 - » Exhibition Game vs McNeil - Nov. 11th
 - » Bitters - Dec. 9th-10th

» Spring Season

- > Player Retreat – January 20th and 21st (overnight)
- > Practice Starts – January 16th
- > Notable Games
 - » Spring Break: Dallas March 10th-11th (vs McKinney & Rockwall)

Player Equipment

Lacrosse Stick – Required
Brand: personal preference
Color: any

Helmet/Chin strap – Required
Brand: Cascade S, Cascade R
Color: white, Cage: chrome, Chin strap: Black

Mouth Piece – Required
Color: any, cannot be clear
*NO STEPH CURRY/CHEWED UP Mouth pieces

Shoulder Pads – Required
Color: any

Elbow pads – Also called elbow guards and arm guards, Required
Color: white

Gloves – Required
Suggested brand: STX Surgeon 500
Color: white

Cup, Supporter – Required
Brand, personal preference

Shoes, cleats - Required, non-metal
Color: white



Game Day Uniform(s)

Home Jersey	White		Away Shorts	Black	
Away Jersey	Orange		Home Shorts	White	
Tournament Pinnie	Reversable Orange/White		Tournament Shorts	White	

Socks - Required

Color: white

Brand: Suggested Nike, Dri-Fit

Type: mid-calf height

Player Pack

Includes:

- Practice shirt, short sleeve
- Practice shorts
- Shooter shirt short sleeve
- Socks



Front



Back

Practice
Shirt
Practice Shirt



Shooter Shirt (2017 Design)

Additional Apparel

May be purchased separately

Nike Hoodie, Long Sleeve

Color: black

Nike Sweatpants (pockets)

Color: black

Practice Shirt

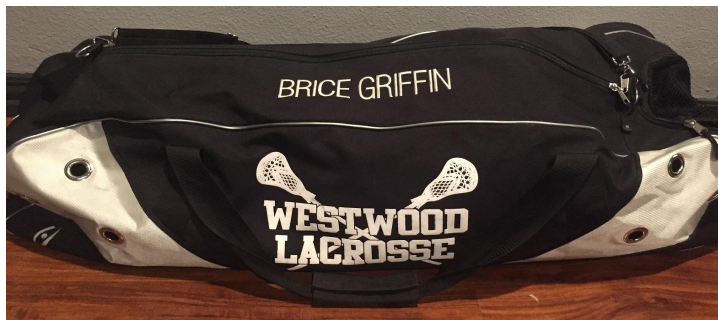
Color: white

Nike Shorts

Color: black

Personalized Lacrosse Bag - *Required*

First year players get discount



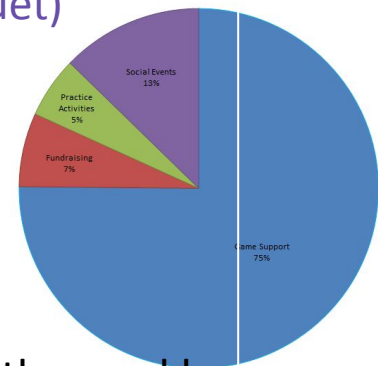
2017 - 2018



Operations – Russell Griffin

» Volunteering

- > Organization is funded and supported by parents
- > Total of ~460 volunteer credits are needed in total
- > Volunteer Opportunities include:
 - » Game Support (Scoreboard Operator, Announcer, Administrator)
 - » Social Events (Ex: Concessions, Team Dinners, EOY Banquet)
 - » Practice Activities (Tryouts/Combine)
 - » Fundraising (LAX-A-THON, Adelbert's, Fuddruckers)
- > \$500 deposit per family
- > Refundable if a minimum of 15 credits completed per family
- > Status emails for Volunteer credits will be sent out as part of the weekly team communications
- > Volunteer information can be found at westwoodlax.org
- > Sign ups will be handled through www.signupgenius.com
- > Link to Sign-Up Genius is located on our website



Treasurer - Allen Jensen

- » **Financial overview**
- » **Budget review/approval by membership**
- » **Audit recommendations**

Annual Audit

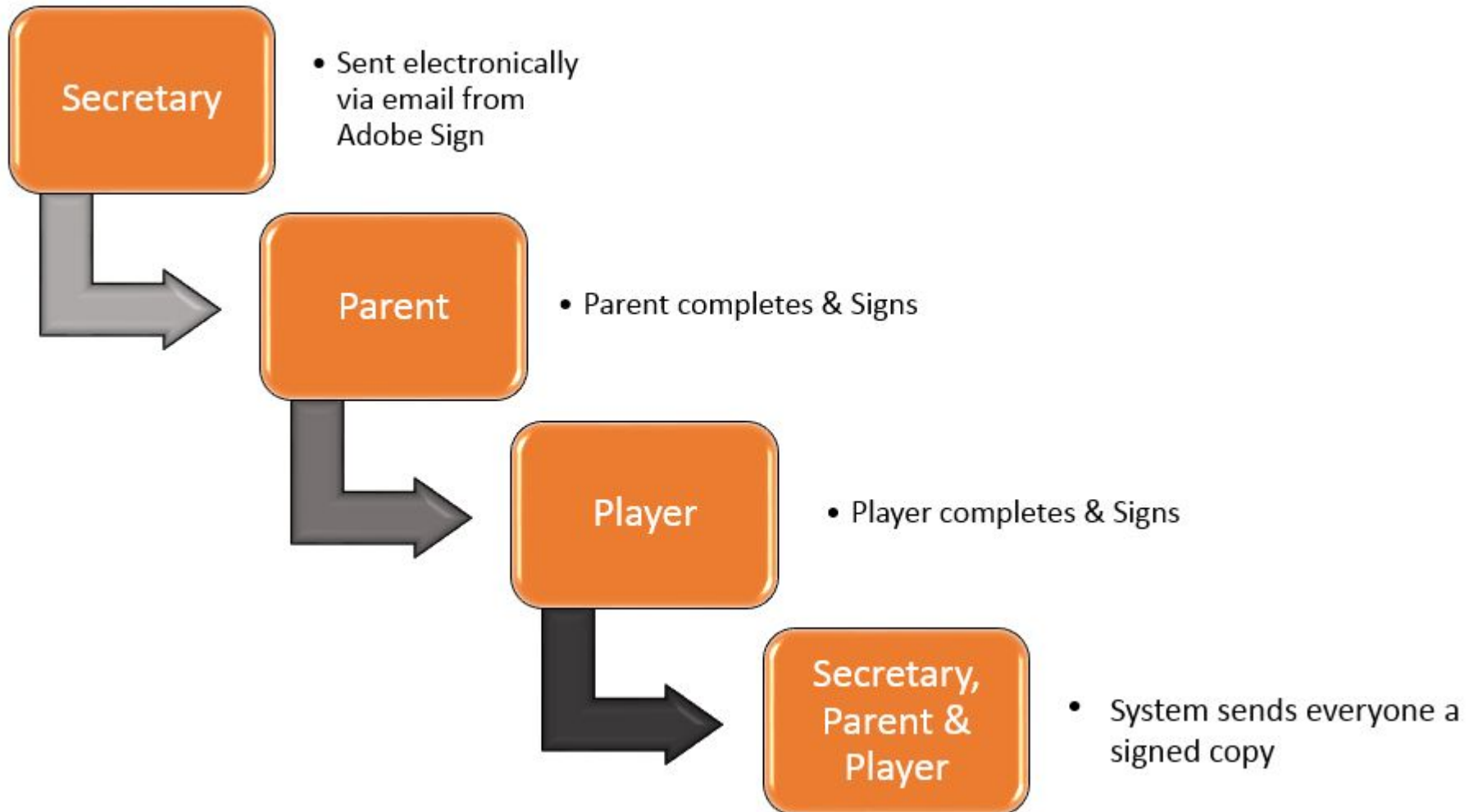
- » RRISD Booster Club requirement
- » Audit completed 8/8/2017
- » Audit committee
 - » Laurie Serafine
 - » Dawn Knauss
 - » Martie Knauss
- » Opportunity for any interested member to get a deep look into the financial status and operation of the club.

Audit Team - Recommendations

- Move to QuickBooks
- Using Square at games for ad hoc sales - easier to track than cash.
- Timely deposits
- Reimbursement requests with the use of club CC

Secretary – Rosie Alvarez

» Adobe Sign (used for obtaining all forms)



Secretary – Rosie Alvarez

Checklist for Players to Practice

- Required Registration Documentation
(completed and signed through Adobe Sign)
- Physical Completed by Physician
(email to secretary@westwoodlax.org)
- Annual Club Dues, Volunteer Deposit, and Uniform Deposit

Waivers

- Will be sent via Adobe Sign
- Must be received prior to event

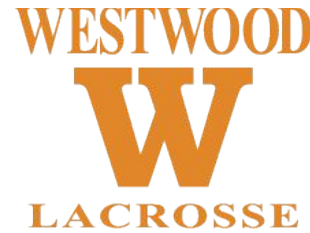
Questions???

- secretary@westwoodlax.org

Youth Program – Tyler Moore

- » Tomahawks - Year 3
 - > Program is now operating in the black and has built a small savings
 - > Initiated recruiting efforts at elementary schools
 - > With enough Westwood feeder players, will become Warriors in the spring
 - > Skills Clinic Sundays at 3PM
 - > Tournament teams Sundays at 5PM (Oct. 10th)
 - » Eligible for Volunteer Hours

Head Coach – Tyler Moore



- » **Priorities: Family, School, Lacrosse**
- » **Responsibility: The players own their commitment to this team**
- » **WWLax Concussion Protocol**

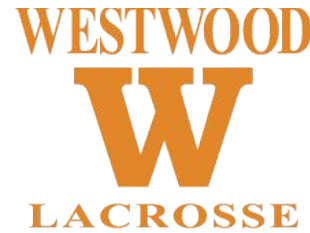


Head Coach – Tyler Moore

» Upcoming Season

- > Changes to THSLL:
 - North Division: Vista Ridge, McNeil, Rouse, Gateway, Georgetown, Cedar Ridge
 - Heavily lopsided in Varsity teams, few pure JV teams
- > Schedule:
 - 10 Home Dates, 10 Away Dates (20 Varsity Games, 14 JV)
 - Games Wed. & Sat. (2 Sunday games, 1 Thursday game)

Head Coach – Tyler Moore



» 2018 Season

- » Pre-Season Practices will begin Jan. 4th through Jan. 11th
- » First full week of practice begins January 16th:
Monday, Tuesday, Wednesday, Friday, Saturday
- » Team Combine January 19th
- » Team Retreat (MANDATORY) January 21st & 22nd
- » Spring Break Trip to Dallas 3/10 & 3/11



Head Coach – Tyler Moore

Combine:

REQUIRED on Combine Day (Jan. 19)

- Mile- Time set per player
- Pushups- Amount set per player, minimum 30
- Planks 2:00 Minutes
- 25 Yard Suicides- Time set per player
- Wall Ball- 2500 reps over break, 1000 reps between Jan 2nd and Jan 11th

Point System:

Teams picked at Retreat

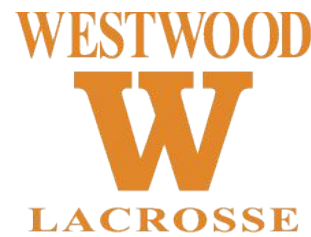
- Greater Emphasis on in-practice points
- More Competitions
- Convert Points to Prizes

Head Coach – Tyler Moore

THE WESTWOOD LACROSSE IDENTITY

- a) **Riding is the Westwood trademark. We WILL be the best riding team in the state.**
- b) **We WILL move the ball quickly and accurately. Poor stick skills are unacceptable.**
- c) **We WILL set standards and meet them. Not playing to the team standard is inexcusable.**
- d) **DISCIPLINE is going to be imperative, from the coaching staff to the newest players.**
- e) **The coaches WILL be the reason athletes WANT to play for Westwood.**

Head Coach – Tyler Moore



Coaching Staff

- Andrew Dover
- Gerald Logan (Fall Only)
- Duncan Moore



Head Coach – Tyler Moore

- About your Head Coach

Born in Houston

Grew up in Cincinnati

Attended UT

Started Playing Lacrosse in 2002

Started Coaching in 2008

Father- Basketball Coach

Mother- Gymnast/Dancer

Older sister, younger brother

Girlfriend- Rachel

Attend Crossroads Church

Myers Briggs- ENTP, Enneagram 7

Favorite Movies:

There Will Be Blood

Inglorious Basterds

The Matrix

The Dark Knight

Favorite Actor: Daniel Day Lewis

Sports Heroes:

Bruce Lee

Muhammed Ali

Michael Jordan

Vince Young

Favorite D1 Lax Team: Hopkins

Favorite Speakers:

Simon Sinek

Ravi Zacharias

Lou Holtz

Gary Vaynerchuk

Politics: Libertarian

Team Motto-

- 1) Preparation
- 2) Understanding the real strategies
- 3) The Sweet Science
 - a) Vasyl Lomachenko
- 4) Applying Analytics
- 5) Playing in the moment

Ready?

Head Coach – Tyler Moore



» Coaching Contact

> Coach Moore

513-401-2904

Coach@Westwoodlax.org

