



Cretin Derham Hall Women's Lacrosse

CDH Women's Lacrosse expectations...

1. Respect players, coaches, official's, fans, the game, and myself
2. Practice positive, constructive, inclusive communication on and off the field
3. Own my actions and be accountable
4. Be PRESENT. Be on time. Players should be fully dressed and ready to play before the designated start time of any practice/warm up/etc
5. Work hard

Preseason Checklists

- Complete your [online athletic registration](#). This includes a fee.
- Complete a [physical](#) every three years-- this is for our 9th graders and 12th graders! --- All these documents can be found by following the link in the upper right corner on the [CDH Athletics Homepage](#) ---

If these steps are not complete at the start of tryouts, that player will not be permitted to step on the field until she gets clearance from the athletic director.

What you need to bring to every tryout and training:

- Lacrosse Stick
- Goggles
- Mouth guard
- Cleats
- Tennis shoes
- Pinnie(given at tryouts to keep for the season)

Weather

- * Any changes (weather, cancellations, venue or time changes, etc.) will be communicated either through daily updates through the website or via direct email contact from coaches.

Coaching Staff

	Phone Number	Email
Head Coach: Sheala Osborne	651-331-9152	sosborne@c-dh.org
Asst Coach: Raelyn Korinek	612-219-9850	korinekr@csp.edu
Jv Coach: Tia Zachman	763-367-0234	zachmanc@csp.edu
Jv Coach: Leah Lawler	651-354-0697	leah.lawler@icloud.com

Tryout Dates, Times, & Locations

Varsity Tryout Mon/Tues: only players who would like to be considered for varsity should attend Mon/Tue. Tryouts on these day may be before and after school.

Monday APRIL 1ST	Tuesday	Wednesday	Thursday	Friday APRIL 5th	Saturday
Varsity ONLY Tryout Player mtg @ CDH rules/basics	Varsity ONLY Tryout Varsity pool selected	Varsity pool JV/B/ tryout	Varsity pool JV/B/tryout	Varsity pool JV/B/ tryout <u>ALL rosters finalized</u>	Program meeting & bonding @ CDH

Times and location will be announced as soon as possible depending on the weather/field conditions. Tryout locations may take place off site and be scheduled for 6am-7:00am.

Cutting Policy

Bsquad/9th Grade Level

The CDH lacrosse program firmly believes in a No Cut Policy* for our freshman lax players. Our coaches work hard to develop every player so they are prepared to tryout at the next level the following season.

The B-squad will have no more than 23 players on the roster. B-squad will practice or have games 4-6 days a week

Varsity/Junior Varsity Level

The Varsity team will have the top 17-20 players in the entire program. The Junior Varsity team will have no more than 20 players on the roster. Varsity/JV will practice, workout or have games up to 6 days a week.

- Cuts for Junior Varsity and Varsity will depend on how many players show up for tryouts but they will only apply to 10-12th graders.

Playing Policy:

Playing time is not equal at any level in the CDH lacrosse program. Coaches will do their bests to allow every player to get in every game at B- squad, and JV level. At the varsity level, playing time is not equal and will be awarded to the best players. The varsity coaching staff will do their best to make sure all the players receive some playing time, but there is no guarantee that every player will play every game.

Playing time will be measured by individual skill, effort, attitude, position needed, and team chemistry.

Various skills our coaching staff will be evaluating...

<u>Athleticism</u>	<u>Stick Skills</u>	<u>Shooting</u>	<u>Tactical</u>	<u>Intangibles</u>
Endurance Speed Agility	R/L passing Catching Ground Balls	Strength Accuracy	Lax IQ Overall understanding of the game/rules	Hustle Attitude Coachability
300 yard sprints 12 min run Yo-Yo test 40's Pushups Sit ups Foot work	Hand near top of stick when catching Moving feet towards the pass when catching Accurate passing Switches hands to catch on correct side of body Ability to adjust to pass	Follow through Placement Taking the correct shot depending on the situation Shooting angles Run through GB's	Understands TEAM concept Moves without the ball to support teammates On defense, keeps eyes on ball and player they are covering Slides to support team defense Communication	Paying attention Showing up ready to go/on time Helping your teammates Implementing constructive criticism Breaks out of comfort zone Chemistry amongst athletes