



Rockbridge Academy Athletics  
Lacrosse Parent/Player Meeting  
Wednesday, February 17, 2010

- Introductory Remarks
- Coaches
  - Varsity Girls—Coach Chwastyk, Assistant Coach Benner
  - MS Girls—Coach Feeney
  - Varsity Boys—Coach Cavallaro, Coach Gray
  - MS Boys—Coach Pasquarelli, Assistant Coach Taylor
- Eligibility
  - Middle school—students in grades 5-8
  - Varsity—students in grades 9-12
  - Tryouts begin Tuesday, March 2
    - equipment listed under ‘Gear’ is required for tryouts
    - MS Boys teams will be announced Tuesday, March 9; will potentially have Home and Travel teams
  - Players with conflicts must clear these with the AD prior to tryouts—*anything* which will keep a player from practice(s) or game(s) is considered a conflict (see player contract)
  - Grades
- Registration
  - Paperwork and fees due to Amy Boswell no later than **Tuesday, March 2 before practice**
    - All forms available at [www.rockbridge.org/slife/athletics.php](http://www.rockbridge.org/slife/athletics.php)
      - Health History (completed by player or parent)
      - Physical exam (**must** have a physical completed and signed by a physician)
      - Travel Indemnity
      - Player Contract
    - Fees
      - \$180 for Rockbridge Academy students + separate \$25 uniform deposit/\$270 for eligible home schooled students +separate \$25 uniform deposit
      - Athletic fee may be paid by check written to Rockbridge Academy, with ‘lacrosse’ written in the memo field **or** online at [www.rockbridge.org](http://www.rockbridge.org): click on *About Rockbridge*, then *Store*, then *Donations and Fees*, then *Athletic Fees*, then *Buy Now*.
      - Uniform Deposit *must* be paid by cash or separate check written to Rockbridge Academy. Uniform deposit cash/check will be returned

upon receipt of complete, clean, undamaged (save for normal wear and tear) uniform at the end of the season.

- Schedule
  - Players are to arrive and leave games and practices on time.
  - Players are to arrive no later than 30 minutes prior to games for warm ups.
  - Rain/snow/field closure contingencies
  - Potential extension of end of MS season due to weather
  - All facilities are to be well taken care of—clear Arden Park ASAP to allow rec league teams access
  - Away game directions and away start times will be posted online and in *This Week in Athletics*
- Gear
  - **All new gear must be Rockbridge colors** (grey, black, red, and white):
    - Girls: Required: girls' stick, eye wear, mouth guard (cannot be white or clear), cleats, athletic shoes (players will potentially practice on black top. Must have athletic shoes every day in addition to cleats). Optional: shooting gloves
    - Boys: Required: stick (40-42" in length for attackers and middies, 50-72" for defensemen); helmet with face mask, chin pad and chin strap; mouth guard (cannot be white or clear); shoulder pads; arm pads; cleats; athletic shoes (players will potentially practice on black top. Must have athletic shoes every day in addition to cleats); athletic cup. Optional: rib pads.
  - Game uniforms
    - Athletes will be issued pinnies and game day gear. These will be turned in one week after the conclusion of the season. Late turn-ins may result in holding the players report card. Damaged or missing items will be charged back to families.
  - Game day attire at school
    - Boys: jersey with black, red or white athletic shirt underneath and any Rockbridge Academy-emblazoned gear. Change into remainder of uniform at lunch.
    - Girls: jersey and Rockbridge Academy-emblazoned top. Change into remainder of uniform at the end of the day. No kilts in class.
  - Practice attire
    - *All* attire worn for practice or games must be Rockbridge colors—white, black, gray, or red. Shoes are to have non-marking soles.
  - Signature Promotional Products and Apparel orders are due by February 24 and will be delivered by March 19.
- Volunteers
  - We need parents and upper school students to volunteer to help reline the fields and with home games to run the scoreboard and sound system
  - Coaches need parents to arrange carpools, snacks, and team events
- Break into teams for specifics
- Parent Q&A