**Northview Men’s Lacrosse Annual Schedule**

To maintain our successful program at Northview, we offer developmental and skill activities that run almost continuously throughout the year. We believe in facilitating a team atmosphere at all times so while many activities are possible to do independently, we hope players will participate in these in a team setting.

An overview follows:

**Summer**
We offer strength training/weight lifting in the summer and into the beginning of the school year. These supervised sessions are held at the school weight room. **\***Players who are in a fall sport that involves a weight training program are exempt from these sessions.

**September**
A parent meeting is held in early fall so new and returning players and their parents can meet the coaching staff and hear the expectations for the upcoming season. Covered in this meeting are critical dates to be aware of, lacrosse activities planned, costs associated with the program, and fundraising opportunities. Northview Athletic Association has a separate fee required of all Northview athletic participants (currently $250). Fundraising will be available beginning in the fall.

**Sept-Oct: Fall Ball**
As noted in the Player Expectations, coaches would like players to participate in a fall lacrosse program so they can be fine-tuning stick skills. The fall program is not time-intensive; there are no practices, only games which are traditionally held on Sunday afternoons so that it's easy for even players in another fall sport to join. Watch for details on the fall program to arrive via email.

**Nov-Jan: Speed and Agility**
The second of our off-season two-part training begins after Thanksgiving and will carry through December and January until try-outs: Speed and Agility twice weekly sessions will work on the footwork and speed necessary in lacrosse. These sessions are held at The Forum which requires a small fee.

**January**
Pre-registration for try-outs will be available on this website and is requested of all players who intend to try-out.
End of January are lacrosse try-outs. These last for four consecutive days, for approximately 2-3 hours nightly. All potential players are welcome and will be evaluated for endurance, speed, lacrosse abilities, overall lacrosse IQ (knowledge of the game), and attitude.

Team rosters are announced via our website by the end of the week, and **daily** practices will begin immediately thereafter.

**February**
The season officially kicks off with a Face-Off dinner for all players and parents. At this dinner, players receive their uniforms, helmets, and player packs (bonus clothing items like sweatshirts and practice shorts, handed out if player has met established fundraising goals). At this meeting, all required forms should be submitted and required volunteer activities signed up for. Spirit wear is available for purchase.

First games will vary by team but usually begin in mid February.

**Coach/Player/Parent Communications**:
At the high school level, players are expected to be responsible for themselves and their participation in the sport. Communication about practices, games, player expectations and more are relayed **first** from coaches to players and **second** via our website. This is an adjustment for many incoming families but should be noted. Parents: be sure you’re communicating with your player so that you are always aware of scheduling. As a back-up, our website will contain as much up to date information as possible but will not always be as timely as gathering details from your player.

**--> This overview is designed to aid families in their expectations. It does not necessarily encompass all of the activities that we will participate in or hold.**