



Lacrosse Club Overview

www.sunsetlacrosse.com

January 17, 2018



Sunset Lacrosse

- A top program in the Northwest – National recognition
- Consistent Quarter/Semifinalist (or better) every year
- Proud - Sunset does it right; WE LEAVE IT BETTER THAN WE FOUND IT
- Build Champions on and off the field





A Year of Opportunity

Sunset's Success Formula

1. Quality and quantity of youth players
2. Build Well Rounded Athletes
3. Great Coaches
4. Committed Volunteers and Sponsors
5. History and Reputation



2018 Assessment

- High-quality returning players and new freshman
- Multi-sport, Academic, Community-minded
- Coaches will deliver top to bottom coordination
- Build enthusiasm and community
- Keep it growing



SHS LAX Board

VP Boys Eric Thompson*

Boys Registrar RayAnn Armon

Boys At Large Matt Sichel*

VP Girls Jim Hendrickson

Girls Registrar Janelle Lorts

Girls At Large Kathy Hall

President Eric Visintainer

Equipment, Fields & Coach Support Shellie Bailey-Shah*

Volunteer & Vendor Coordinator Nancy Pe Benito

Treasurer James Hankel*

Fundraising Open

Secretary Ellen Bradley*

Communications Steve Needham*

*New to Board in 2017/18



Head Coaches

BOYS

Justin Blackmore – Varsity Head Coach

Nate Beres – Varsity Assistant

Brennen Green – Varsity Assistant

Muncho Almerido – JV Head Coach

Tony Barone – JV Assistant

GIRLS

Mahea Wong – Varsity Head Coach

Allison Harvey – Varsity Assistant

Alexandra Greiner – JV Head Coach

Alexa Jellison - JV Assistant



What it Takes to Excel

- Funding

- It takes ~\$70,000 each season for club operations (fields, fees, coaches, uniforms, etc.).
- 80% covered by registration fees (maintained fees the past several years).
- Fundraising ~\$20,000/year gets us to break even.

- Families

- Volunteering is expected
 - Club requires ~1,500 hours each season to run smoothly
 - Board covers over half; 90 families cover the rest (7 hours per player family)
- We use SignUp Genius to coordinate volunteers www.signupgenius.com
 - Game day volunteers (announcer, scoreboard, net setup/takedown, spotter, etc) – Coordinated by Boys/Girls Committees
 - Project Specific (Write-a-Check, Team coordinators, End-of-Season Awards, etc.) – Coordinated by specific board member

- Players

- Every player gives back to the program: refereeing, coaching, or participating in clinics for the youth program (typically on weekends).



25 “Project” Volunteer Opportunities

Boys/Girls Committees

- Senior Nights
 - Player Surveys
 - Team Parent(s)
 - Stats
 - Game Day Volunteers
 - Tournament Coordinators
-

Volunteers & Vendors

- Game Day Programs
 - Game Film Coordinator
 - Team Photos/Yearbook
 - Trainer Coordinator
 - Game Announcer
 - Scoreboard
-

Equipment, Fields & Coach Support

- End of Year Letters & Certificates
 - Equipment Inventory / Storage Coordination
 - Balls/Gear/Goals/Nets Management
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Fundraising

- Write-A-Check (Team Coordination, Data Entry, Signatures/Stuffing, Thank You's)
 - Corporate sponsor acquisition
 - Banners/Graphics/Announcements
-



Pre-Season Overview

- Registration
 - www.sunsetlacrosse.com
 - Now thru Feb 15
 - \$490 returning players / \$540 new players (*add \$50 after Feb 8*)
- Saturday Captains' Practices
 - Every Saturday thru Feb. 10 at SHS
 - Boys: 12-2pm, Girls: 2-4pm
- CrossFit Conditioning
 - Jan 16 thru Feb 8; every Tues/Thurs from 3-4pm at Beaverton CrossFit
 - Optional, \$100, register online (see emails)
- Team Preseason Conditioning
 - Feb 12-23 (weeknights at SHS); Boys: 5:30-7pm, Girls: 6:30-8pm
 - With coaches, no gear, Valentines Day off!
- Tryouts
 - Feb 26-28 (Mon-Wed nights at SHS; specific times TBD)
- Family Day
 - March 3 from 9-11am at SHS
 - Team photos, volunteer sign-up, parents/players to attend



Season Overview

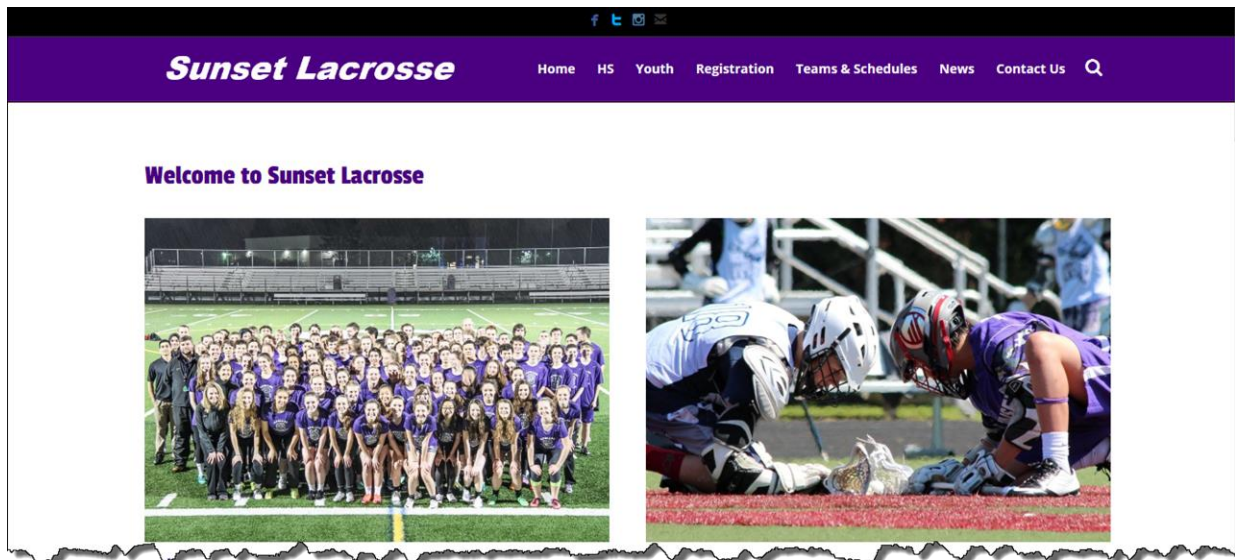
- Practices
 - Team-specific (Varsity, JV, JV2) begin March 1
 - Times TBD

- Games
 - Pre-season games begin mid-March
 - Conference games begin April 9
 - Regular season ends May 11
 - Playoffs start mid-May
 - Semifinals/Finals
 - Girls: Late May
 - Boys: Early June



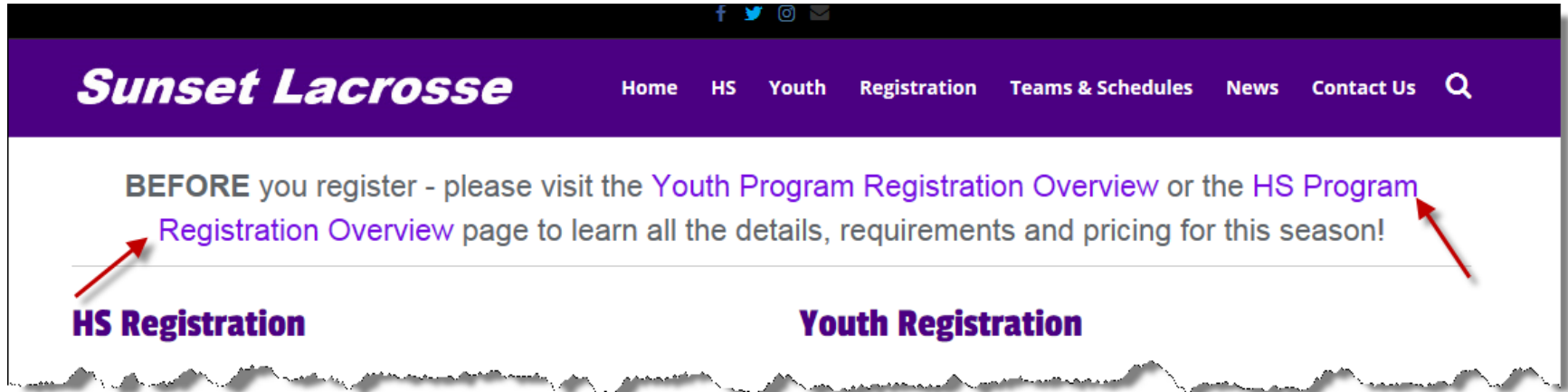
Action Items

- Use the website (sunsetlacrosse.com) to access club information
- Set up TeamSnap account
- Get your player registered
- Volunteer; see a board member or Signupgenius





Action Items Keys To Registration

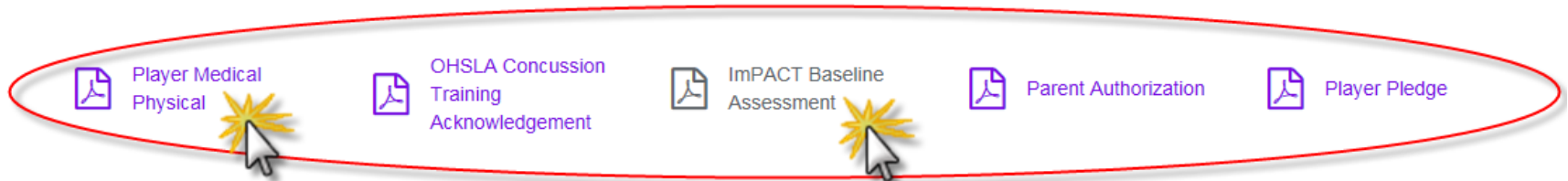


Waivers

Each player must complete and sign the following five waivers and documents. All players must scan or photograph the signed waivers and documents and [upload](#) into your Sunset Lacrosse profile. [Document Upload Instruction Link](#).

Registration is NOT complete without these documents and no player will be allowed to **tryout / practice** or compete without them.

The boys ([RayAnn Armony](#)) and girls ([Janelle Lorts](#)) registrars will collect all current (less than 2 years old) medical physicals and ImpACT tests already on file with Sunset HS - so there is no need for you to contact or collect these documents from the HS. Verbal confirmation with registrar of completing ImpACT assessment is OK too.





Questions

Boy's session in Media Center (stay here)

Girl's session in Community Room



Boys Session



Our Coaches

Varsity

- Justin Blackmore
- Nate Beres
- Brennen Green

JV/JV2

- Muncho Almerido
- Tony Barone



Volunteering & Fund Raising

Volunteer VIPs

- Team Parents (Varsity, JV, JV2)
- Tournament Coordinators
- Game Announcer
- Game Stats (on field)
- Scoreboard Operator
- End-of-Season Planning

Fund Raising

- Committee
- Ideas

Youth Refs

- Support the youth program
- Earn big \$\$
- Sign-up sheet
- Training: Immediately after Family Day on March 3 at SHS



Pre-Season Overview

- Registration
 - Now thru Feb 15 at www.sunsetlacrosse.com
 - \$490 returning players / \$540 new players (*add \$50 after Feb 8*)
 - 3 waivers and 2 medical forms (current physical and concussion baseline test)
- Saturday Captains' Practices
 - Every Saturday thru Feb. 10 at SHS from 12-2pm
- CrossFit Conditioning
 - Every Tues/Thurs thru Feb 8 at Beaverton CrossFit from 3-4pm
 - Optional, \$100, register online (see emails)
- Team Preseason Conditioning
 - Feb 12-23 (weeknights at SHS) from 5:30-7pm
 - With coaches, no gear, Valentines Day off!
- Tryouts
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 - All parents/players to attend



Season Dates

Practices

- Begin March 1
 - Varsity: 6:30-8:15pm
 - JV: 7:15-9pm
 - JV2: 7:30-9pm

Games

- First Game: March 16 at Lakeridge
- Spring Break Tournament
 - March 23-25 in Mercer Island
 - Varsity and JV
 - Team hotel; individual transportation
 - Cost: ~\$150 (covers hotel, entry fees, coaches)
- SALI Tournament
 - May 4-6 in Sisters
 - JV and JV2
 - Individual transportation and accommodations
 - Cost: TBD (<\$50)
- Last Regular Season Game: May 11 vs. Bend (Senior Night)
- Playoffs start May 18
 - Quarterfinals - May 25; Semifinals - May 30; Finals - June 2



National Lacrosse Invitational

What

- Prestigious invitational tournament
- Teams from NY, NJ, PA, FL, MA, IL, GA and WA
- Attended 2 years ago; set stage for Finals run last spring

When/Where

- June 30 thru July 1 in Melville NY

Who

- Returning Varsity and JV players (no graduated seniors)

Other Details

- ~\$750/player (airfare/hotel)
 - Scholarships available
- Additional fundraising (transportation, coaches, entry fees, meals, etc.)
- Side trips to NYC, Long Island sound, etc.
- Colleen/Gregg O'Mara coordinating logistics
- Need volunteer to head up fundraising efforts
- Parents welcome, but not required



Reminders

- Use the website to access club information and set up communication preferences in TeamSnap!
- Get your player registered
- Volunteer! See a board member or SignupGenius
- Eric Thompson – shslax.vpboys@gmail.com
- Matt Sichel – sichel.matthew@gmail.com