



## 2025 Santa Fe Boys High School Lacrosse Information

### Character, Community, Competition



Passing the Torch.

## Agenda

1. Thanksgiving and Gratitude
2. Coaches introduction
3. Leadership group.
4. Personal growth is team growth: Returning Players
5. Team information Packet
6. Parent/Guardian Involvement: Plea
  - a. Fundraising/Booster Group
  - b. Stats, Table, Home Game setup
  - c. Traveling with Team to AZ and CO
  - d. Social Media (facebook, Instagram, Web)
7. Wrap-up.
  - a. Hand out Championship hoodies
  - b. Hand out practice jerseys

## Team Philosophy

### **Team** *Power to Empower; Commitment to a shared goal, effective communicator*

Santa Fe Boys High School Lacrosse represents a community of coaches, guardians, and players working collaboratively to create an environment of social, emotional, physical, and spiritual support by which we are challenged and supported to reach our potential.

Focuses: Selflessness, Relationship Building, Communication

### **Coaches** *Lead by Example and provide a strong support system*

The role of coaches is to create a positive and supportive environment for participants to reach their full character and athletic potential. Coaches act as support systems for participants but their role transcends the lacrosse relationship in support of parents, teachers and school administrators roles in child development

Focuses: Effective Communication, Relationship Building, Explore and Support Your Edge

### **Parent/Guardians** *Communication and leading by example*

Parents/guardians should encourage their children to communicate with the coaching staff first regarding their engagement and experience with the team. The role of this program is to act as an added family support system of growth and accountability. It is the responsibility of parents and guardians to communicate effectively, appropriately, as role models for their children.

Focuses: Support, Communication, Love

### **Players** *Personal growth is team growth*

Players are expected to communicate to the coaching staff in regards to attendance and personal life as it relates to engaging as a teammate. It is expected that player priorities are as follows: Family, School, Lacrosse, Work/Social Life/Personal interests. Players are expected to be ambassadors of the game of lacrosse on the field and off and to hold one another to the highest expectation of role models in their communities.

Focuses: Commitment, Communication, Relationship Building

## Contact Information

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## Pre-Season Checklist

### 1. To Do: Season Preparation

- Reflect and ready one's commitment to excellence regarding personal and team goals
- If not in activity season or commitment attend team activities (strength/indoor)
- Register for communication (if not ready to pay/register) "pre-season wolverines"
- Upload Crossbar APP on phone with player and parents **email** to view schedule and team communication

### 2. To Submit

- Team Fee: \$475 Needs to be registered and paid by February 15, 2024. SFlax.org

### To be completed after registration by Feb 15

- Submit online an updated Physical
- Submit online Emergency Medical Form for each player
- Submit online: Student Athlete <https://nflslearn.com/courses/concussion-for-students>
- Submit online Concussion in Sports Parent and Athlete Facts Sheet :  
[https://www.nmact.org/file/Facts\\_4\\_Families.pdf](https://www.nmact.org/file/Facts_4_Families.pdf)
- Submit online Player Code of Conduct (attached)
- REFUNDABLE CHECK Helmet and Uniform for \$350: will be ripped up upon return at end of season
- Obtain USA Lacrosse Membership for this year (required for registration): \$35

### 3. Team Store

- <https://wolverines.secondslide.io/>

### 4. Team Hudl Video:

- Registration page:
  - i. [hudl.com/jointeam](http://hudl.com/jointeam)
- Team Code:
  - i. 0dbnldq

## 2025 Wolverine Season Schedule

*ALL GAMES AND EVENTS ARE SUBJECT TO CHANGE (see crossbar for updates)*

Date	Event/Opponent	Time
1/15/2025-2/20/2025	Indoor Lacrosse: Capshaw	5-6:30pm
1/23/2025-2/20/2025 Tuesday's and Thursday's	Undisputed Fitness Strength and Conditioning	4:30-5:45 PM
2/8/25	Air Force v Denver	12PM
2/21/25 2/22/25	Player Opening Ceremony Wall Ball Fundraiser	Reunity Farms 4:30PM Chavez Center 11:00AM
2/22/25	Wall Ball Fundraiser	Chavez Center 11:00AM
2/24/2025	Official Practice Begins	Location TBD 4:30-6:00
2/28 + 3/1	Coronado El Paso (Small Roster)	7PM Friday 1PM Saturday
3/14	@ Rio Rancho	5:00 PM
3/20-3/23	ARIZONA TRIP (ALL) 3 Team Practice Corona HS/Higley/DV2	3/21 7PM 3/22 6PM 3/23 10:30 AM
3/24-3/31	SPRING BREAK	SPRING BREAK
4/4/25	Duke City HOME	5PM IVAN HEAD
4/9/25	@ Los Alamos	5:30 PM Los Alamos MS
4/11/25	Rio Rancho HOME	6:30PM IVAN HEAD
4/17/25	@ Duke City	5:30pm Balloon Fiesta
4/26/25	Salida HS	12PM IVAN HEAD
4/30/25	Los Alamos HOME	6:00PM IVAN HEAD
5/3/25	@ Salida HS	TBD Salida, CO
5/8/25 and 5/9/25	NMLA Semifinals	HIGHEST SEED
5/16/25	NMLA Championship	Time and Location TBD

**Please REGISTER to see the official Crossbar Website Schedule!**

## **Other Important Details**

1. Season Preparation Stick and Body
  - a. Wall Ball: 25 reps in 30 sec strong/15 Reps in 30 sec weak
  - b. Conditioning: Man Maker Completion under 25 Minutes
    - i. 10 100's under 15 seconds 45 seconds rest
    - ii. 8 80's 30 seconds rest/6 60's 30 seconds rest/4 40's 30 seconds rest
2. Practice
  - a. Varsity practice will occur 5 days a week Including one strength day. It is Mandatory that Varsity players schedule personal activities and work activities AROUND the practice and game schedule
  - b. Varsity players should communicate their priorities to the team to parents regarding scheduling family activities where appropriate
3. Grades, School, Substance Abuse
  - a. All players are required to maintain a 2.0 GPA or above when the first official grades are reported in the spring
  - b. Players must attend school in order to participate in the activities of that day.
  - c. Two Strike Substance Abuse Policy
    - i. Strike One: Two weeks or two games (whichever comes first)
    - ii. Strike Two: Full Suspension from team activities for season
4. Parent/Guardian Involvement
  - a. All parents and/or guardians are expected to help regarding the smooth running of the season. Duties are as follows:
    - i. Parent Organization Group (25% off team fee)
    - ii. Fundraising (25% of funds raised goes to return on team fee)
    - iii. Volunteer for Games (organized by Parent Organization Group)
      1. Video recording of Games
      2. Recording Stats and/or table responsibilities for games
      3. Home game field setup and breakdown
      4. Travel out of state and to away games
      5. Social Media Posting and Media

## Emergency Medical Information Form

Name \_\_\_\_\_ Address \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_ **Home phone** \_\_\_\_\_

Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_ Email \_\_\_\_\_

**Date of Birth** \_\_\_\_\_ **SSN:** \_\_\_\_\_ **(keep this information secure)** **Blood Type** \_\_\_\_\_

**Prior transfusion reaction (describe)**

**Please check all that apply:**

Contact lenses  Dentures  Diabetic  Epileptic  Metal in body

**Additional information:**

**Allergies to medications?** Please list \_\_\_\_\_

**List all medical conditions:**

**List Dietary Restrictions:**

**List all surgeries and hospitalizations:**

**Medicare Beneficiary? Yes**  **No**  **Medicare Part D? Yes**  **No**  **Medicare #**

**Supplementary/Insurance Company** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Group #** **Policy #** **Attach Copy of Cards**

**Preferred Hospital:** \_\_\_\_\_

**Primary physician and/or medical treatment facility:**

Physician Name



## **Player Code of Conduct**

I accept responsibility for my behavior on and off the field. I understand that what I do and say affects my teammates, my school, and other people either positively or negatively.

I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.

I act with respect towards myself and the people and things around me including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators

I do not put people in boxes according to their race, sex, religion, neighborhood, sexual orientation, or abilities. I judge people by the content of their character

I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so I can be supportive and encouraging. I ask, “:How can I help you”

I serve as a role model at all times by talking publicly and acting courteously toward coaches, teammates, opponents, parents, and spectators. I understand that it is a privilege to represent my family, school, and community as a student athlete.

I give 100 % effort to practice, games, and events, I understand that that effort demonstrates my commitment to the team and my respect for my coaches and teammates.

I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and trash talking to members of other teams. I accept defeat graciously by congratulating my opponents on a game well played.

Because I represent my family, school, and team I abide by the policies, rules, and guidelines of the school, team, and coaches

**Print Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Sign Name** \_\_\_\_\_