

## **Modified Boys Lacrosse 2021**

- 1) Introductions and contact info:
  - a) Coach Mangan [nmangan@mamkschools.org](mailto:nmangan@mamkschools.org)
  - b) Coach Vargas [wvargas@mamkschools.org](mailto:wvargas@mamkschools.org)
- 2) Expectations
  - a) 5 day a week commitment M-F
  - b) **Please have your child fill out the [Daily Attestation form](#) PRIOR to arriving** and show the form upon arrival (doing this beforehand will allow us to maximize the time we have for tryouts). Athletes must complete the form for athletics each day. This means you will complete the one emailed to you in the morning and then this link for after school each day.
  - c) You are a student first, then an athlete. Students must follow the Hommocks Code of Conduct and the District Athletic Code of Conduct
  - d) Coaches should hear **directly from students via email or in person**
    - i) Absent, late, injury or any other information that will cause you to be unable to practice.
- 3) Google Classroom Code: **srd7e2z**
- 4) Register with Family ID and be cleared or you won't be allowed to participate
  - a) Mamaroneck District Athletic Web Page:
    - i) <https://www.mamkschools.org/parents-community/athletics>
    - ii) Schedules and Transportation waivers available here as well
- 5) First day of practice
  - a) On the first day(May 3rd), we meet in HMX gym 3:00 and walk to high school together for equipment distribution(Palmer Gym)
    - i) You will **all be dismissed at the same time from HS** so have your parents pick you up from HS at 5:00. (Bring all your belongings with you)
    - ii) 8th graders get equipment first, then they help 7th graders make adjustments to their equipment. Fitness if time permits.
    - iii) *By 5:00 every helmet has name taped on and every player's equipment is fitted so we can start practice right away Tue.*
    - iv) *(do mouthguard at home)*
  - b) Every day, unless specified, practice is: 3:15 - 5:00
    - i) You need to be laced up & ready to start at Flint Park Turf by 3:15. Nobody steps on the field without a coach. Parent pick up in the back parking lot by 5:00 (between HMX Gym and Hommocks Grass fields).
    - ii) *Game days are longer, especially away games.*