

HIGHLAND PARK GIRLS LACROSSE YOUTH FALL 2024

Welcome Highland Park to our Fall 2024 Grade Lacrosse Season! Please read through the below in preparation for our season which officially starts in February:

1. **Schedule and Communications:** All major communication for the season will be done using [LeagueApps](#). This will be your one-stop-shop to access on-demand information regarding scheduling, logistics and any announcements. Make sure to *turn on notifications AND to subscribe to your team calendar!*

2. **RSVP and Playing Time:** If you do not RSVP 'yes' to each and every tournament and/or game at least 72 hours prior to the start time, *your daughter is not guaranteed any playing time*. Please RSVP yes or no to games/tournaments on the LeagueApps app as early as possible. Additionally, please RSVP for all practices as early as possible so coaches have ample time to plan practices. Coaches build practice plans around attendance numbers and assign positions before practice, so RSVPing will help tremendously!

3. **Gear:** Please come to every practice and game with the below. Coaches will bring extra sticks and goggles for any girls who have yet to purchase their own.

- Girls lacrosse stick
- Practice Shorts (info on ordering to come)
- Practice Jersey (info on ordering to come)
- Lacrosse goggles
- Mouth Guard (white or clear NOT allowed; must be colored for easy visibility)
- Sneakers and/or cleats

4. **Arrival Time:** Arrive to all practices and games with enough time for your daughter to put her cleats, practice pinnie, mouth guard, and goggles on; chat



with her friends; do a cartwheel if needed (you know your daughter);
and be ready to start warmups right on the dot. For games, please be *ready to go* 30 minutes prior to the start of the game.

5. Your coaches:

7-8th Grade

- Dakota Mason
- Heather Anderson
- Madelyn Murphy

5-6th Grade

- Alyssa Swan
- Gracie Letter
- Gracie Willman
- Avery Morris

2-4th Grade

- Parker White
- Kaitlyn Kuthcer
- Talie Hess

6. Team Parent: If any parents feel led to help out by bringing snacks or water bottles to games, by taking action photos of our girls on game days for social media and end of season ceremonies, or any other ways which you foresee you might enjoy getting involved this season, please let your coaches know!

Thank you and see y'all on the field!

Alyssa Swan - HPGL Youth Coordinator