

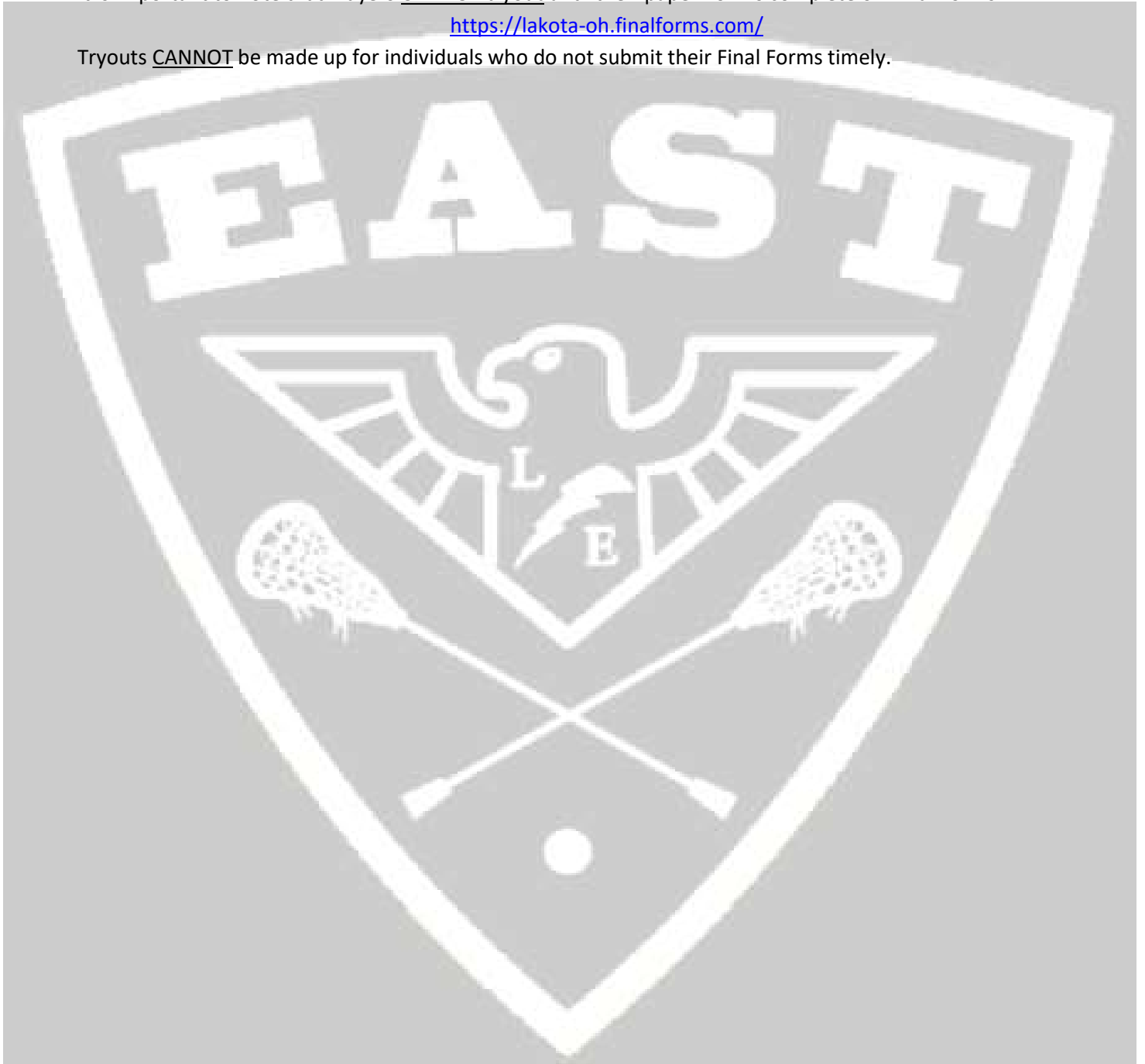
Lakota East High School Boys Lacrosse 2023 Lacrosse Tryout Forms & Information:

Thank you for your interest in the Lakota East High School Boys Lacrosse Program. We hope this packet answers all your questions for our tryout process.

It is important to note that Players CANNOT tryout until their paperwork is complete on Final Forms.

<https://lakota-oh.finalforms.com/>

Tryouts CANNOT be made up for individuals who do not submit their Final Forms timely.



Tryout Schedule and Format:

Tryout Duration/Times:

Tryouts start Monday February 20th, 2023, from 7:00-9:00pm. Saturday and/or Sunday practices times will vary if needed during the season. Selection for the Varsity team will conclude on March 10th, 2023; however we do reserve the right to move Players up or down between Varsity and Junior Varsity (JV) throughout the season. For a Player to be selected to the Varsity team, the Player must pass the catching/throwing/running skills required to play at a Varsity level. For Players who do not pass the catching/throwing/running skills the first time we will have various retest dates during the season.

Check-in

Players will be identified by a number. Players will be issued a pinnie starting at 6:30pm Monday, February 20th. Players must wear that same numbered pinnie each day. It is the responsibility of each Player to remember to bring their numbered pinnie. Each team (JV & Varsity) will select at a minimum 18-25 players. The exact number of players will be at the discretion of the Head Coach for JV and Varsity Teams. Scoring will be conducted by a minimum of 4 coaches.

INJURY/ILLNESS/LIMITED PARTICIPATION NOTIFICATION RULES!!!!

Players that want to play lacrosse at Lakota East must tryout. If you are injured/ill/have limited participation during our tryout schedule, on a case-by-case scenario your tryout dates MIGHT be able to be moved. If you have a known injury you are to be reporting to the trainer NOW! to be placed on a rehabilitation program as soon as possible, please do not show up on the first day of tryouts with an injury that you could have been rehabbing prior to tryouts, the goal is to be healthy PRIOR to tryouts or as soon as possible soon after, commencing rehab on the 1st day of tryouts with a known injury is irresponsible and will not help your case-by-case request for injury consideration.

-In the case of illness, please contact Coach Burkhardt via email burkhardt610@gmail.com or on GroupMe as early as possible to pre-arrange the absence. Absences MUST be arranged PRIOR to the start of tryouts on Monday, February 20th, 2023, 6:30pm.

-In case of injury or ANY limitations that may impede you from 100% tryout participation, the Player is to report to the Athletic Trainers office for sports treatment PRIOR to tryouts (if you are injured NOW, please immediately start seeing the athletic trainer to start a treatment plan so you can work towards being tryout ready by February 20th). Prior to the start of tryouts, you MUST bring a note from the trainer's office listing your condition, treatment plan and what your limited participation is.

Tryout Equipment/Appropriate Clothing Requirements:

Each day of tryouts Players must bring and MAINTAIN ALL of the following:

- a. Cleats **AND** Running Shoes (we often switch surfaces turf/track/indoor BOTH are a must)
- b. Mouth Guard
- c. Stick and back-up stick
- d. Pads, gloves, and helmet
- e. WARM LAYERS- LOTS AND LOTS OF LAYERS

Tryout Assessment:

In an effort to make the tryout fair and to provide equal experiences for all athletes we have created a list of the critical components we will consider as we make the final JV and Varsity Lacrosse team selections. The following is a list of the areas on which athletes will be evaluated during the tryout period.

Stick work:

1. Dominant Hand stick skills
 - a. Passing, catching, shooting, protection, accuracy
2. Non-Dominant Hand stick skills
 - a. Passing, catching, shooting, protection, accuracy
3. Over the Shoulder
 - a. 45deg. Angle, switch hands to catch pass on correct side of body, ability to adjust to pass
4. Ground Balls
 - a. Head over ball when scooping, runs thru the ball, does not shy away, scoops with both hands

****Stick work scoring is evaluated throughout tryouts; it is important that Players demonstrate their strong stick work throughout the whole tryout process****

Defensive Skillset:

1. Defensive positioning/footwork (awareness of ball and man with stick up or on an angle)
2. Communication
3. "6th sense" (early slide anticipation for help or doubles)
4. Fifty-fifty (Ground Ball/Draw Competition Possession)
5. Ability to double the ball well in the defensive area and midfield
6. Does not chase opponents stick

Offensive Skillset:

1. TEAM concept
2. Communication
3. Draw and dump ability
4. Head and eyes up field
5. Stick Skills/Protection
6. Shot placement
7. Open field dodging & crease dodging
8. Off ball movement to create scoring opportunities for teammates
9. Midfield transition (ability to quickly receive AND send leading passes up the field while on the move)

Fitness: The mile: Scoring will be based on the group, the top 10% of Players will have a perfect score and points will be deducted from there, Players who meet the "maximum time expected" will receive no less than 50% of the possible points, Players whose time falls below the expected time may earn zero points. Maryland test: This is a "pass/fail test" in order to pass Players must complete the test with no "misses", a "missed" run can equate to a score of zero. Players who make time will receive no less than 50% of the possible points, the top 10% of Players who arrive to the line a majority of the time will have a perfect score and points will be deducted from there.

1. Timed 1 mile (Max Time: 7:30 minutes)
2. Maryland Test (10 - 100yrd sprints, timed 60 second intervals – completion w/no misses)

****Fitness scoring can also be impacted in any drill throughout tryouts, it is important that Players demonstrate their fitness throughout the whole tryout process****

Coachability/Intensity/Time/Positional Needs:

1. Positional Needs: If the top scorers were mainly attackmen the coaches can look amongst the next group of close scores and select the individuals who scored higher in their “defensive” skillset to ensure the team is well balanced.
2. Time: Developmental time left to play in the program (e.g., a freshman who has the same score as a junior would have more time than a junior to develop; outside conflicts could also impact your time to develop-i.e., Band/Deca)
3. Coachability: Quick & proper execution of instructions (e.g., a new player quickly picking up the correct fundamentals would score higher than an experience player with a bad habit related to the fundamentals)
4. Intensity: Player displayed intensity throughout tryouts (player who goes all out at tryouts will most likely do so at practice and in games)

Game Sense:

1. 1v1, 2v2, 3v3, etc.: Attack: creating space & opportunities, scoring; Defense: Doubling ball, causing a turnover as a team
 2. 2v1, 3v2, 4v3, etc.: Attack: creating space & opportunities, scoring; Defense: Doubling ball, causing a turnover as a team
 3. Team Scrimmages – Ability to stand out in a scrimmage environment
- **Game Sense score - Players who “fly under the radar” or go unnoticed during unsettled drills or the scrimmage session will have a hard time gaining any scrimmage points.



WHAT IS IT LIKE TO BE A LAKOTA EAST LACROSSE PLAYER?!

-Practice 2-2.5-hours everyday Monday-Fridays at 7-9pm and Saturday at various times (arrive an early for team meeting).

-Any Saturday (*or Sunday*) practices or Games are mentioned on the calendar or at team meetings. These like all our practices and games throughout the week are mandatory.

-Mandatory team film sessions as mentioned on the calendar or at team meetings.

-Conditioning is incorporated into practice each day.

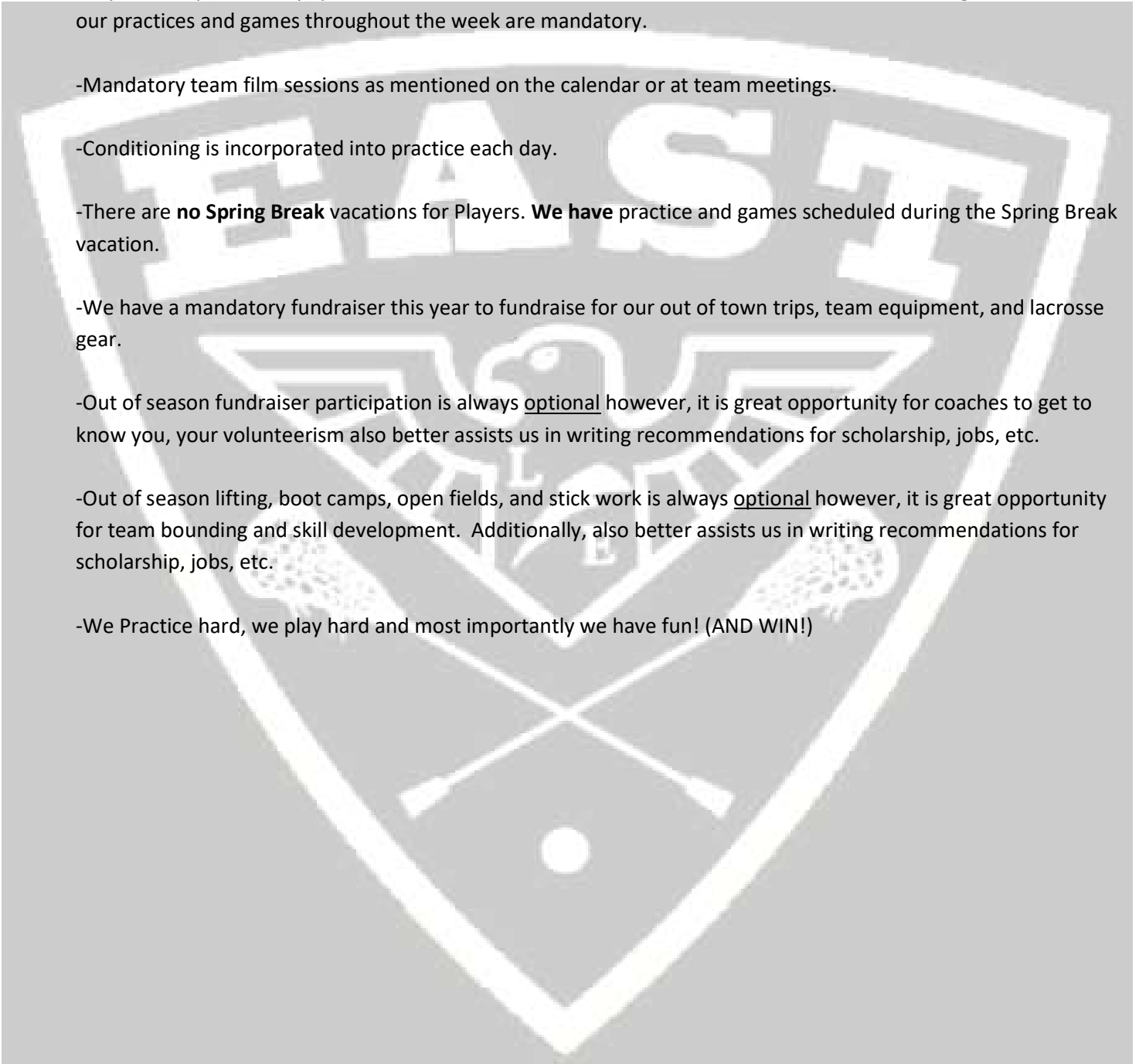
-There are **no Spring Break** vacations for Players. **We have** practice and games scheduled during the Spring Break vacation.

-We have a mandatory fundraiser this year to fundraise for our out of town trips, team equipment, and lacrosse gear.

-Out of season fundraiser participation is always optional however, it is great opportunity for coaches to get to know you, your volunteerism also better assists us in writing recommendations for scholarship, jobs, etc.

-Out of season lifting, boot camps, open fields, and stick work is always optional however, it is great opportunity for team bounding and skill development. Additionally, also better assists us in writing recommendations for scholarship, jobs, etc.

-We Practice hard, we play hard and most importantly we have fun! (AND WIN!)



Tryout Evaluation Form (2023)

Player Name: _____

Grade: _____

Total pts.: ___ / 100

- 1) Are you willing to play JV if not selected to the Varsity team? (YES/NO): _____
- 2) Are you involved with any outside clubs/sports that may impact your team participation? YES/NO (e.g. band/dance/theater/second-sport) IF YES, please explain the extent of any and ALL schedule conflicts you expect based on our team calendar, you may print the calendar out and attach if this is easier: _____
- 3) Were you at Lakota East last year for the entire school year? (YES/NO/NA) _____
- 4) Are you student placed at Lakota East AFTER the start of 9th grade: _____

Each Athlete will be evaluated on their lacrosse abilities in the 6 areas that were listed above during the tryout period. Outside Fitness, all other areas will be rated on a scale of 0-5, where 0 is the lowest score possible and 5 is the highest. Scoring is based on the input of the coaches and will be used for 5 of 6 areas. All Coaches will score Coachability/Intensity/Time/Positional Needs area after all other scores are tabulated. Scores are multiplied to reflect the value of each scoring area (e.g., a Player who scores a perfect 5 on all their "Defense" will be awarded 30 Defense points).

Fitness: (50 points)

1 mile – 25 Points _____

Maryland Test (Pass/Fail) – 25 points _____

Comments: _____

**Note Any drill throughout tryouts can impact Overall Fitness

Scoring** _____

Defense: (10 pts. Possible)

1v1, 2v2, 3v3, etc. _____

1v2, 2v3, 3v4, etc. _____

Comments: _____

**Note Any drill throughout tryouts can impact defensive

Scoring** _____

Offense: (10 pts. Possible)

1v1, 2v2, 3v3, etc. _____

2v1, 3v2, 4v3, etc. _____

Comments: _____

**Note Any drill throughout tryouts can impact offensive

Scoring** _____

Coachability/Intensity/Time/Positional Needs: (10 pts. Possible)

Comments: _____

**Note Any drill throughout tryouts can impact scoring

Scoring** _____

Game Sense: (8 pts. Possible)

Scrimmage: _____

Comments: _____

Scoring** _____

Stick Skills: (12 pts. Possible)

Dominant Hand (8 points): _____

Comments: _____

Non-Dominant Hand (4 points): _____

Comments: _____

**Note Any drill throughout tryouts can impact Stick Skill

Scoring** _____

BONUS SCORING: (10 pts. Possible)

Putting in extra work: _____

**Note Non-tracked stats; coaching staff will have input on point distribution (i.e., lifting, open fields, stick work)