

# HALL HIGH SCHOOL GIRLS LACROSSE

Meg Chaplin, Head Coach

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December 1, 2016

Dear Parents and Players,

Welcome to the Hall Girls Lacrosse Program. Hall Girls Lacrosse has traditionally been quite successful and it is our aim to build on that success this year. To do this, we will work hard both on and off the field. As coaches, we will provide guidance, instruction and training; we hope that parents will provide support and enthusiasm, but ultimately the success of the program depends on the players - what you are willing to put in to the season will determine what success we have as a team.

The season begins March 19th and runs into June. Practices will be held weekdays after school; the freshmen team practices directly after school, the JV/V is not yet determined but will be no later than 3:30-5:30. There are some Saturday games and we do play and practice during Spring Vacation. When someone is out, the whole team suffers, therefore attendance at all practices and games (including those scheduled during school vacation) is expected.

We have to be fit to succeed. Because the season is short, it is of utmost importance that everyone starts the season in excellent physical condition. Potential Varsity players must be prepared to run at varying speeds with short rests for the better part of 60 minutes. The sooner we start conditioning the more fit we will be. If you are playing on a club team, or at the bubble or playing on a winter sports team that is wonderful but keep in mind that it may not be sufficient. To that end, there is a conditioning/wallball program posted on the website. If you are not regularly running you should begin at week 1 and progress at the level that feels comfortable to you. If you reach week 18, you will be prepared to play at the college level! The important thing is to do regular conditioning building up to the season.

We expect that everyone on the team will maintain a grade point average well above that required by the CIAC and that they will comply with all Hall Athletic Policies including but not limited to the Substance Abuse policy.

Being part of a team is an excellent opportunity to learn and grow as athletes and as people. The coaching philosophy is that creating an environment that is fun and positive is the best way to help both individuals and the team develop and improve.

Often learning from our mistakes is the best way to learn. Players (and coaches) need to be willing to recognize both what they do well and where they can improve. High school sports are not for everyone, but for the player that is willing to dedicate the time and energy necessary, there is nothing that comes close to the feeling of competing as a high school team.

We are looking forward to a fun and successful season. Please do not hesitate to contact me with any questions or concerns.

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Jill Gengras

Rachel Tringali

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