



OCONOMOWOC LACROSSE CLUB

Welcome High School Boys & Girls
Parents

Oconomowoc Lacrosse Club Board of Directors

- Brian Schlieve – President
- Lynn Wolf - Vice President
- Lisa Johnson – Treasurer
- Kresta Finger – Secretary
- Bonnie Nowicki – High School Director
- Craig Finger – Coaching Director Boys
- Jeff Hermann – Coaching Director Girls
- Vacant – Director Boys Youth
- Meghan Davis– Director Girls Youth
- Jackie Kot - Fundraising/Special Events Coordinator
- Jenn Leinen – Publicity & Marketing Coordinator



How is Oconomowoc Lacrosse Structured?

- US Lacrosse
 - WLF (Wisconsin Lacrosse Federation)
- Youth Programs - Boys and Girls
 - Grade 3/4, 5/6, 7/8
 - MAYLA
 - 7/8 Grade – A/B level (boys only)
- High School Programs – Boys and Girls
 - Club, not WIAA
 - Classic 8
 - Varsity and JV (varsity only for girls)

Boys	Girls
25	18





New Classic 8 Conference Boys Divisions

- 3 divisions instead of 2: good, better, best
- Oconomowoc will be in the white (good) division
- Teams in white division:
 - Brookfield
 - Cedarburg
 - Kenosha
 - Sussex-Hamilton
 - Nicolet
 - Oak Creek
 - Oconomowoc



Classic 8 Conference Girls Division

- Teams

Arrowhead

Brookfield

Cedarburg

DSHA

Franklin

Homestead

Kenosha

Kettle Moraine

Mukwonago

Oconomowoc

Ozaukee

University School

Waukesha

(WNS) Whitefish/Nicolet/Shorewood



US Lacrosse Benefits

- Online training for players, parents and coaches
 - Answer common questions – What is the signal the referee just used?
- Insurance
 - This policy is an “excess” policy. Your personal insurance is used first and US Lacrosse insurance comes into play if there are additional non-covered items. See policy for details.
- Monthly magazine
 - Great articles, what's new in lacrosse.



Where do your fees go?

- Indoor practice facility
- Referees
- Equipment
 - Uniforms, Team Equipment bags, Balls, Goalie gear, Goals
- Storage
- League fees
- Insurance
- Field setup and maintenance supplies
- Bussing
- Coaching Stipends
- Krossover – stats program



New Volunteer Policy

- The club relies on volunteers to function
- Club growth = more help needed
- Other clubs in WI have a similar structure
- Wasn't included in registration fee because board was still developing the structure



New Volunteer Policy

- Each player required to submit a \$100 volunteer fee payment by March 1 - maximum of \$300 per family
- Earn your money back by volunteering
 - 4 credits fulfilled = refund of entire \$100 in June
(some positions fulfill the entire fee)
 - **We really don't want your money! We do need your time to ensure a successful club!**
 - Volunteer positions will be posted on the OLC website for signup
- If you know in advance you won't volunteer, write "buyout" in memo line

Volunteer Needs

- Field Preparation – pre-season / game day
- In-game (time clock, scorekeeper, stats backup)
- Video of games
- Away game meal prep / coordinator
- Fundraising
- End of Season Banquet Coordinator
- Equipment Manager
- Field shovel day (if necessary)





Volunteer Signup Demo

- www.oconomowoclacrosse.com



Fundraising Opportunities

- SCRIP – year round
- Spirit Wear*
- Team Store – ChalkTalk/ LuLulax
- Corporate Sponsorships
- Photo Buttons*
- Car Wash* (high school girls)
- Brat Stand* (high school boys)
- Raising the Steaks*
- Restaurant Fundraiser Nights
- Lacrosse Bags* – 2nd sale in spring
- Emil's Pizza sales*

* requires volunteers



Corporate sponsorships

- **Benefits of Sponsorship**

- **Donor Level (\$10 to \$250)** - Company name, description, and contact information will be listed on the website Sponsor page.
- **Silver Level (\$250 to \$500)** - In addition to Donor Level, company logo (if provided-see instr. below) will be displayed:
 - On home page banner (alternating)
 - On rolling basis to the right of the home page
- **Gold Level (\$500+)** In addition to Silver Level benefits:
 - Priority on Sponsors page
 - Logo and/or name will appear on any signs displayed at games or “off field” team events such as parades, community service, etc.



High School Coaches

BOYS

- Ryan Mayfield – Varsity head coach
- Wes Nichols – Varsity assistant
- Kory Mueller – JV head
- Carson Houk – JV assistant
- Craig Finger – Director of Coaching

GIRLS

- Erin Ennis – Head Coach
- Jeff Hermann – Assistant & Director of Coaching



Player, Parent, and Staff Expectations

- Player
 - Be on time with equipment ready
 - Maximum effort
 - Communication
 - Respect
 - Be a student first
 - Athletic code of conduct
 - Away games – adhere to bus departure times
 - Participate in fundraising efforts
 - Have fun; talk it up!
- Parent
 - Positive support
 - Respect
 - 24-hour rule
 - Volunteer
- Coaching Staff
 - Coach the players
 - Provide a positive and safe environment



High School Team Structure

- Coaches decide who is on Varsity vs JV (based on registration #'s)
 - Best players are on varsity
 - JV focuses to playing time and skill development
 - Players may move back and forth between the two
- Positions are earned, not granted
 - Hard work and skill improvement will be noticed
 - Preparedness and being a good teammate will be recognized
 - Players must be good students first, athletes second



Team Values

- Integrity of Competition
- Effort is more important than ability
 - Hard work beats talent when talent doesn't work hard
- Roots – Respect the...
 - Rules
 - Officials
 - Opponents
 - Teammates
 - Self

Concussion Protocol / Safety

CONCUSSION RECOGNITION TOOL 5

To help identify
concussion in children,
adolescents and adults



RECOGNIZE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow labored movements
- Facial injury after head trauma

STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More Irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(in athletes older than 12 years of age)

Failure to answer any of these questions (modified appropriately for lacrosse) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours)
- Not drink alcohol
- Not use recreational/prescription drugs
- Not be sent home by themselves. They need to be with a responsible adult
- Not drive a motor vehicle until cleared to do so by a healthcare professional

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ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

Required Equipment

- Helmet (boys) / Goggles (girls)
- Mouth Guard
- Field Stick
- Cleats
- Shoulder pads (boys only)
- Elbow pads (boys only)
- Gloves (boys only)
- Cup (boys only)
- Bag
- Uniform – Jersey and shorts/skirt (provided by the club)



How can you help?

- Volunteer Your Time!!!
- Support our teams
- Share those pictures!





Important Upcoming Dates

- Register before Jan 30 to avoid late fee
- Pay volunteer fee by March 1
- Indoor Practice through March 14
- Outdoor practice starts week of March 18 @ NHI (pending weather)
- Boys Tune-up Tournament March 3rd @ Carroll University

Home games are held at NHI for boys, OHS for girls

Where to get information

- www.oconomowoclacrosse.com
 - Key location for up to date info
 - SI Play mobile app
- www.uslacrosse.org
- www.wisconsinlacrosse.com
- Social Media
 - Facebook, Twitter, Instagram



Thank you for attending!

- Any questions?

