



LACROSSE

2022-2023

Player Packet

Varsity Game Schedule

February

- 11th – Canyon – Home – 10am
- 17th – Murrieta Mesa – Home – 4pm
- 22nd – Palos Verdes – Home – 5:30pm
- 24th – Patrick Henry – Away – 7pm
- 28th – St. Margaret's – Away – 7pm

March

- 4th – Santiago – Home – 10am
- 7th – Santa Margarita – Away – 4pm
- 9th – San Juan Hills – Away – 5:30pm
- 14th – Redondo Union – Away – 4:30pm
- 16th – Edison – Home – 4pm
- 20th – Cathedral Catholic – Away – 5pm
- 23rd – Corona Del Mar – Home – 4pm
- 28th – Mater Dei – Home – 3:30pm
- 31st – Los Alamitos – Home – 7pm

April

- 3rd – Newbury Park – Away – 6:30pm
- 14th – Grossmont – Away – 3pm
- 15th – La Costa Canyon – Away – 12pm
- 18th – Foothill – Home – 5:30pm
- 20th – Rosary – Home – 3:30pm (*Senior Night)
- 25th – Orange Lutheran – Away – 5:30pm

JV Game Schedule

February

11th – Canyon – Home – 11:30am

17th – Murrieta Mesa – Home – 5:30pm

22nd – Palos Verdes – Home – 4pm

24th – Patrick Henry – Away – 5:30pm

28th – Mater Dei – Away – 6pm

March

4th – Santiago – Home – 11:30am (JV-A) & 1pm (JV-B)

7th – Santa Margarita – Away – 5:30pm

9th – San Juan Hills – Away – 7pm

14th – Redondo Union – Away – 6pm

16th – Edison – Home – 5:30pm (JV-A) & 7pm (JV-B)

21st – Edison – Away – 4pm (JV-B) & 6pm (JV-A)

23rd – Corona Del Mar – Home – 5:30pm

28th – Mater Dei – Home – 5:30pm

31st – Los Alamitos – Home – 5pm

April

18th – Foothill – Home – 7pm

25th – Orange Lutheran – Away – 4pm

Expectations

General

- **Remember who you represent.**
 - Take pride in yourself, your school, and our program.
- Support your teammates on and off the field.
- ALWAYS be on time.
- Maintain appropriate dress at all times.
 - School, practice, travel, etc.
- Respect everyone.
- Take care of equipment.
- Maintain open lines of communication.
- Succeed in the classroom.
- Parents are great and provide amazing support, but I should not receive calls from them about your playing time.

Team

- Appropriate dress
 - Be proud of JSerra and our program. No other organization's gear allowed unless specified.
 - Wear the required practice attire each day as specified by your captains.
- Focus on improving your game.
 - Bring your best (whatever that looks like) and aim for 1% better than yesterday.
- Positive sportsmanship at all times.
- Only our training staff, nurses, and doctors can diagnose you. There will be no self-diagnosis.
 - If a medical professional outside of the JSerra organization is limiting your physical activity, please provide a medical note.
- Participation at practice is required unless our athletic trainers or a doctor say otherwise.
 - Playing time will be affected with any missed practice, even a partial miss.

- Fields should be set up *prior to practice time*. **It is everyone's responsibility.**

Academic

- Submit work you are proud to put your name on.
- Build relationships with your teachers.
 - o Go to class.
 - o Maintain communication.
- Study hall is required for anyone on Mrs. Hemphill's watch list, even if you are not below a 3.0

7th Period

- Class is required.
 - o Every absence will result in points being taken off your grade.
- **My 7th period is not the time to make up work in other classes due to absence, simply because it is a sport period, and I am your coach.**
 - o Email your teacher and set up a time to make up your work before or after school.

Travel

- if you have below a 2.0 GPA you will still travel, but you will not play.
- Travel in assigned and approved gear only.
- **Everyone** must make sure that all required equipment is on the bus for every away trip.

Week 1 (Jan. 9 – Jan. 14)

Monday, Jan. 9

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Back Third

Tuesday, Jan. 10

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

Wednesday, Jan. 11

Varsity: 6-8am, Field 1

JV: OFF

Thursday, Jan. 12

Varsity: OFF

JV: OFF

Friday, Jan. 13

Varsity: OFF

JV: OFF

Saturday, Jan. 14

Varsity: OFF

JV: OFF

Week 2 (Jan. 16 – Jan. 21)

Monday, Jan. 16

Varsity: OFF

JV: OFF

Tuesday, Jan. 17

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

Wednesday, Jan. 18

Varsity: 6-8am, Field 1

JV: OFF

Thursday, Jan. 19

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

Friday, Jan. 20

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Back Third

Saturday, Jan. 21

Varsity: 9am-12pm, Field 1

JV: OFF

Week 3 (Jan. 23 – Jan. 28)

Monday, Jan. 23

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Back Third

Tuesday, Jan. 24

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

Wednesday, Jan. 25

Varsity: 6-8am, Field 1

JV: OFF

Thursday, Jan. 26

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

Friday, Jan. 27

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Back Third

Saturday, Jan. 28

Varsity: 9am-12pm, Field 1

JV: OFF

Week 4 (Jan. 30 – Feb. 4)

Monday, Jan. 30

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Back Third

Tuesday, Jan. 31

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

Wednesday, Feb. 1

Varsity: 6-8am, Field 1

JV: OFF

Thursday, Feb. 2

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

Friday, Feb. 3

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Back Third

Saturday, Feb. 4

Varsity: 9am-12pm, Field 1

JV: OFF

Week 5 (Feb. 6 – Feb. 11)

Monday, Feb. 6

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Back Third

Tuesday, Feb. 7

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

Wednesday, Feb. 8

Varsity: 6-8am, Field 1

JV: OFF

Thursday, Feb. 9

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

Friday, Feb. 10

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Back Third

Saturday, Feb. 11 – Home vs. Canyon

Varsity: 9am Warm up, 10am First Draw

JV: 10:30am Warm Up, 11:30am First Draw

Week 6 (Feb. 13 – Feb. 18)

Monday, Feb. 13

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Tuesday, Feb. 14

Varsity: 3-5:30pm, Field 3

JV: 3-5:30pm, Field 3

Wednesday, Feb. 15

Varsity: 6-8am, Field 1

JV: OFF

Thursday, Feb. 16

Varsity: 3-5:30pm, Field 3

JV: 3-5:30pm, Field 3

Friday, Feb. 17 – Home vs. Murrieta Mesa

Varsity: 3pm Warm Up, 4pm First Draw

JV: 4:30pm Warm Up, 5:30pm First Draw

Saturday, Feb. 18

Varsity: 9am-12pm, Field 3

JV: OFF

Week 7 (Feb. 20 – Feb. 25)

Monday, Feb. 20

Varsity: 3-5:30pm, Field 1

JV: 3-5:30pm, Field 3

Tuesday, Feb. 21

Varsity: 3-5:30pm, Field 3

JV: 3-5:30pm, Field 3

Wednesday, Feb. 22 – Home vs. Palos Verdes

Varsity: 4:30pm Warm Up, 5:30pm First Draw

JV: 3pm Warm Up, 4pm First Draw

Thursday, Feb. 23

Varsity: 3-5:30pm, Field 3

JV: 3-5:30pm, Field 3

Friday, Feb. 24 – Away @ Patrick Henry

Varsity: 6pm Warm Up, 7pm First Draw

JV: 4:30pm Warm Up, 5:30pm First Draw

Saturday, Feb. 25

Varsity: 9am-12pm, Field 1

JV: OFF

Week 8 (Feb. 27 – Mar. 4)

Monday, Feb. 27

Varsity: 3-5:30pm, Field 1

JV: 3-5:30pm, Field 3

Tuesday, Feb. 28 – Away @ Various Locations

Varsity @ SMES: 6pm Warm Up, 7pm First Draw

JV @ Mater Dei: 5pm Warm Up, 6pm First Draw

Wednesday, Mar. 1

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Thursday, Mar. 2

Varsity: 3-5:30pm, Field 3

JV: 3-5:30pm, Field 3

Friday, Mar. 3

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Saturday, Mar. 4 – Home vs. Santiago

Varsity: 9am Warm Up, 10am First Draw

JV: Squad A: 10:30am Warm Up, 11:30am First Draw

Squad B: 12pm Warm Up, 1pm First Draw

Week 9 (Mar. 6 – Mar. 11)

Monday, Mar. 6

Varsity: 3-5:30pm, Field 1

JV: 3-5:30pm, Field 3

Tuesday, Mar. 7 – Away @ Santa Margarita

Varsity: 3pm Warm Up, 4pm First Draw

JV: 4:30pm Warm Up, 5:30pm First Draw

Wednesday, Mar. 8

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Thursday, Mar. 9 – Away @ San Juan Hills

Varsity: 4:30pm Warm Up, 5:30pm First Draw

JV: 6pm Warm Up, 7pm First Draw

Friday, Mar. 10

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Saturday, Mar. 11

Varsity: 9am-12pm, Field 1

JV: OFF

Week 10 (Mar. 13 – Mar. 18)

Monday, Mar. 13

Varsity: 3-5:30pm, Field 1

JV: 3-5:30pm, Field 3

Tuesday, Mar. 14 – Away @ Redondo Union

Varsity: 3:30pm Warm Up, 4:30pm First Draw

JV: 5pm Warm Up, 6pm First Draw

Wednesday, Mar. 15

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Thursday, Mar. 16 – Home vs. Edison

Varsity: 3pm Warm up, 4pm First Draw

JV: Squad A: 4:30pm Warm Up, 5:30pm First Draw

Squad B: 6pm Warm Up, 7pm First Draw

Friday, Mar. 17

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Saturday, Mar. 18

Varsity: 9am-12pm, Field 1

JV: OFF

Week 11 (Mar. 20 – Mar. 25)

Monday, Mar. 20 – Away @ Cathedral (V)

Varsity: 4pm Warm up, 5pm First Draw

JV: 3-5:30pm, Field 3

Tuesday, Mar. 21 – Away @ Edison (JV)

Varsity: 3-5:30pm, Field 3

JV: Squad A: 5pm Warm Up, 6pm First Draw

Squad B: 3pm Warm Up, 4pm First Draw

Wednesday, Mar. 22

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Thursday, Mar. 23 – Home vs. Corona Del Mar

Varsity: 3pm Warm Up, 4pm First Draw

JV: 4:30pm Warm Up, 5:30pm First Draw

Friday, Mar. 24

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 1

Saturday, Mar. 25

Varsity: 9am-12pm, Field 1

JV: OFF

Week 12 (Mar. 27 – Apr. 1)

Monday, Mar. 27

Varsity: 3-5:30pm, Field 1

JV: 3-5:30pm, Field 3

Tuesday, Mar. 28 – Home vs. Mater Dei

Varsity: 2:30pm Warm Up, 3:30pm First Draw

JV: 4:30pm Warm Up, 5:30pm First Draw

Wednesday, Mar. 29

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Thursday, Mar. 30

Varsity: 3-5:30pm, Field 1

JV: 3-5:30pm, Field 3

Friday, Mar. 31 – Home vs. Los Alamitos

Varsity: 6pm Warm Up, 7pm First Draw

JV: 4pm Warm Up, 5pm First Draw

Saturday, Apr. 1

Varsity: 9am-12pm, Field 1

JV: OFF

Week 13 (Apr. 3 – Apr. 8)

Monday, Apr. 3 – Away @ Newbury Park (V)

Varsity: 5:30pm Warm Up, 6:30pm First Draw

JV: 3-5:30pm, Field 3

Tuesday, Apr. 4

Varsity: 3-5:30, Field 3

JV: 3-5:30, Field 3

Wednesday, Apr. 5

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Thursday, Apr. 6

Varsity: OFF

JV: OFF

Friday, Apr. 7

Varsity: OFF

JV: OFF

Saturday, Apr. 8

Varsity: OFF

JV: OFF

Week 14 (Apr. 10 – Apr. 15)

Monday, Apr. 10

Varsity: OFF

JV: OFF

Tuesday, Apr. 11

Varsity: OFF

JV: OFF

Wednesday, Apr. 12

Varsity: 10am-12pm, Field 1

JV: OFF

Thursday, Apr. 13

Varsity: 10am-12pm, Field 1

JV: OFF

Friday, Apr. 14 – Away @ Grossmont (V)

Varsity: 2pm Warm Up, 3pm First Draw

JV: OFF

Saturday, Apr. 15 – Away @ La Costa Canyon

Varsity: 11am Warm Up, 12pm First Draw

JV: OFF

Week 15 (Apr. 17 – Apr. 22)

Monday, Apr. 17

Varsity: 3-5:30pm, Field 1

JV: 3-5:30pm, Field 3

Tuesday, Apr. 18 – Home vs. Foothill

Varsity: 4:30pm Warm Up, 5:30pm First Draw

JV: 6pm Warm Up, 7pm First Draw

Wednesday, Apr. 19

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 1

Thursday, Apr. 20 – Home vs. Rosary

Varsity: 2:30pm Warm Up, 3:30pm First Draw

JV: OFF (*Must* Attend Senior Night)

Friday, Apr. 21

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Saturday, Apr. 22

Varsity: 9am-12pm, Field 1

JV: OFF

Week 16 (Apr. 24 – Apr. 29)

Monday, Apr. 24

Varsity: 6-8am, Field 1

JV: 3-5:30pm, Field 3

Tuesday, Apr. 25 – Away @ Orange Lutheran

Varsity: 4:30pm Warm Up, 5:30pm First Draw

JV: 3pm Warm Up, 4pm First Draw

Wednesday, Apr. 26

Varsity: 6-8am, Field 1

JV: OFF

Thursday, Apr. 27

Varsity: 3-5pm, Field 1

JV: OFF

Friday, Apr. 28

Varsity: 6-8am, Field 1

JV: OFF

Saturday, Apr. 29

Varsity: 9am-12pm, Field 1

JV: OFF