



# LACROSSE

2022-2023

Player Packet

## Varsity Game Schedule

### February

- 11<sup>th</sup> – Canyon – Home – 10am
- 17<sup>th</sup> – Murrieta Mesa – Home – 12pm
- 22<sup>nd</sup> – Palos Verdes – Home – 5:30pm
- 24<sup>th</sup> – Patrick Henry – Away – 7pm
- 28<sup>th</sup> – St. Margaret's – Away – 7pm

### March

- 3<sup>rd</sup> – Bishop Gorman – Home – 3pm
- 7<sup>th</sup> – Santa Margarita – Away – 4pm
- 9<sup>th</sup> – San Juan Hills – Away – 5:30pm
- 14<sup>th</sup> – Redondo Union – Away – 4:30pm
- 16<sup>th</sup> – Edison – Home – 4pm
- 20<sup>th</sup> – Cathedral Catholic – Away – 5pm
- 23<sup>rd</sup> – Corona Del Mar – Home – 4pm (\*Lion Game)
- 28<sup>th</sup> – Mater Dei – Home – 3:30pm (\*V.I.T. Game)

### April

- 3<sup>rd</sup> – Newbury Park – Away – 6:30pm
- 14<sup>th</sup> – Grossmont – Away – 3pm
- 15<sup>th</sup> – La Costa Canyon – Away – 12pm
- 18<sup>th</sup> – Foothill – Home – 5:30pm
- 20<sup>th</sup> – Rosary – Home – 3:30pm (\*Senior Night)
- 22<sup>nd</sup> – Santiago – Home – 10am
- 25<sup>th</sup> – Orange Lutheran – Away – 5:30pm

## JV Game Schedule

### February

11<sup>th</sup> – Canyon – Home – 11:30am

17<sup>th</sup> – Murrieta Mesa – Home – 5:30pm

22<sup>nd</sup> – Palos Verdes – Home – 4pm

24<sup>th</sup> – Patrick Henry – Away – 5:30pm

28<sup>th</sup> – Mater Dei – Away – 6pm

### March

7<sup>th</sup> – Santa Margarita – Away – 5:30pm

9<sup>th</sup> – San Juan Hills – Away – 7pm

14<sup>th</sup> – Redondo Union – Away – 6pm

**16<sup>th</sup> – Edison – Home – 5:30pm (JV-A) & 7pm (JV-B)**

**21<sup>st</sup> – Edison – Away – 4pm (JV-B) & 6pm (JV-A)**

23<sup>rd</sup> – Corona Del Mar – Home – 5:30pm

28<sup>th</sup> – Mater Dei – Home – 5:30pm

### April

18<sup>th</sup> – Foothill – Home – 7pm

**22<sup>nd</sup> – Santiago – Home – 11:30am (JV-A) & 1pm (JV-B)**

25<sup>th</sup> – Orange Lutheran – Away – 4pm

# Expectations

## General

- **Remember who you represent.**
  - o 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.
  - o 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
  - o Be proud of JSerra and our program. No other organization's gear allowed unless specified.
  - o Wear the required practice attire each day as specified by your captains.
- Focus on improving your game.
  - o 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.
  - o 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.
  - o 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

## 7<sup>th</sup> Period

- Class is required.
  - o Every absence will result in points being taken off your grade.
- **My 7<sup>th</sup> 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: 3-4pm, 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 – Picture Day**

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

### **Wednesday, Feb. 8**

Varsity: 6-8am, Field 1

JV: OFF

### **Thursday, Feb. 9 – Scrimmage @ El Toro**

Varsity: 4pm Warm Up, 5pm First Draw

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

### **Friday, Feb. 10 (\*Team Dinner)**

Varsity: 3-5pm, Field 1

JV: 3-5pm, 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 (\*Team Dinner)**

Varsity: 3-5:30pm, Field 3

JV: 3-5:30pm, Field 3

### **Friday, Feb. 17 – Home vs. Murrieta Mesa**

**Varsity: 11am Warm Up, 12pm First Draw**

**JV: 12:30pm Warm Up, 1:30pm 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 (\*Team Dinner)**

Varsity: 3-5pm, Field 3

JV: 3-5pm, 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: 10am-1pm, 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: 3-5:30pm, Field 1

JV: 3-5:30pm, Field 3

### **Thursday, Mar. 2 (\*Team Dinner)**

Varsity: 3-5pm, Field 3

JV: 3-5pm, Field 3

### **Friday, Mar. 3 – Home vs. Bishop Gorman (V)**

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

JV: 3-5pm, watch varsity game

### **Saturday, Mar. 4**

Varsity: 10am-12pm, Lion's Den

JV: OFF

## **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: 3-5:30pm, 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 (\*Team Dinner)**

Varsity: 3-5pm, Field 1

JV: 3-5pm, 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: 3-5:30pm, 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: 3-5pm, Field 3**

### **Tuesday, Mar. 21 – Away @ Edison (JV)**

**Varsity: 3-5pm, 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 (\*Team Dinner)**

Varsity: 3-5pm, Field 1

JV: 3-5pm, 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**

Varsity: 6-8am Field 1

JV: 3-5:30pm, Field 3

### **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: 3-5:30pm, Field 3

JV: 3-5:30pm, Field 3

### **Wednesday, Apr. 5**

Varsity: 3-5:30pm, 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 (V)**

**Varsity: 11am Warm Up, 12pm First Draw**

JV: OFF

## **Week 15 (Apr. 17 – Apr. 22)**

### **Monday, Apr. 17 (\*Team Dinner)**

Varsity: 3-5pm, Field 1

JV: 3-5pm, 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 (\*Team Dinner)**

Varsity: 3-5pm, Field 1

JV: 3-5pm, Field 1

### **Thursday, Apr. 20 – Home vs. Rosary (\*SN)**

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

**JV: OFF (\*Must\* Attend Senior Night)**

### **Friday, Apr. 21 (\*Team Dinner)**

Varsity: 3-5pm, Field 1

JV: 3-5pm, Field 3

### **Saturday, Apr. 22 – 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 16 (Apr. 24 – Apr. 29)**

### **Monday, Apr. 24**

Varsity: 3-5:30pm, 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: 3-5pm, Field 1

JV: OFF

### **Thursday, Apr. 27**

Varsity: 3-5pm, Field 1

JV: OFF

### **Friday, Apr. 28**

Varsity: 3-5pm, Field 1

JV: OFF

### **Saturday, Apr. 29**

Varsity: 9am-12pm, Field 1

JV: OFF