**Letter to Parents prior to Try-Outs**

Dear Student Athlete and Parent/Guardian’s,

I would first like to thank you in advance for your dedication and willingness to your son, lacrosse program, and Sussex Technical High School. As a coaching staff, we are extremely excited to coach and positively influence your son throughout this lacrosse season. If you are interested, please let me or one of our coaching staff know.

February 27th is quickly approaching, and it is important that you and your student athlete is ready for the upcoming lacrosse season. Student athletes must have the following equipment and paperwork turned in **BEFORE** February 27th:

* **ACADEMICALLY ELIGIBLE**
* Updated physical completed (Given to nurse, Mrs. Heidel, or a coach)
* Completed and signed Player and Parent/Guardian contract (Given to a coach)
* Lacrosse stick
* Lacrosse Gloves and arm pads
* Chest Protector with shoulder pads NOCSAE CERTIFIED (ask if you are not sure)
* Cleats
* \*\*\*We will provide helmets for those student athletes that do not have them along with other equipment, however you may also purchase one at an additional cost prior to the season. (VOODOO lacrosse has them for sale in Camden)\*\*\*\*

Equipment hand out and locker assignments will be February 24th after school.

As a diverse school district, we understand that a student athlete may not be able to afford certain lacrosse equipment. Therefore, please have your student **privately** approach a coach and we will make sure that he is properly equipped. Since one of our goals is to grow the game of lacrosse, we will also accept any donations of lacrosse equipment new or used.

We will be starting try-outs on February 27thand they will last the following two days (three days total). In the event that your student athlete will not be present for a day at try-outs, it is pivotal that we know that information. After the conclusion of those three days, student athletes will be graded and designated to Varsity, junior varsity, or let go from the team.

There will also be information coming home with your student athlete about the parent/guardian team meeting once the season starts. This will be a great opportunity for you to ask any of the coaches’ questions along with getting to know the student athletes on our team.

\*\*Please feel free to forward any questions to me through email (Ryan.doherty@sussexvt.k12.de.us). \*\*

Sincerely,

Coach Ryan Doherty and the Sussex Tech Lacrosse coaching staff

[Ryan.doherty@sussexvt.k12.de.us](mailto:Ryan.doherty@sussexvt.k12.de.us)

302-853-1519