



**Champaign**  
**County**  
**Lacrosse**  
**Boys High**  
**School**

**2013**  
**Spring**  
**Season**

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Head Coach: Dan Dudley

Assistant Coach: J.T. Sears

JV Head Coach/Assistant Coach: Rich Evans

Equipment Manager/Assistant Coach: Griffin Miller

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## Checklist from Coaches for Incoming Players:

1. Join our Facebook group: “CC Lacrosse club: High School Boys”.
2. Submit Player registration packet to a Parent Board Representative
3. Take profile picture for roster bio.
4. Submit previous athletic obligation, and Schedules (if needed).
5. Players sign responsibility form.
6. Sign up for Athletic Participation form at: [centennial.8to18.com](http://centennial.8to18.com)
  - a. Create a login and Start at “Begin Registration”

## CCLC Boys High School Preseason Schedule:

### January:

Tuesday 15 <sup>th</sup> - Location: Centennial Weight Room	Time: 7 - 9PM
Thursday 17 <sup>th</sup> - Location: Mahomet Field House	Time: 8 - 10PM
Sunday 20 <sup>th</sup> - Location: Centennial Gym	Time: 6 -8PM
Monday 21 <sup>st</sup> - Location: Centennial Weight Room	Time 7 - 9PM
Tuesday 22 <sup>nd</sup> - PARENT MEETING Location: TBA	Time: 6:30PM
Thursday 24 <sup>th</sup> - Location: Centennial Weight Room	Time: 7 - 9PM
Sunday 27 <sup>th</sup> - Location: Centennial Gym	Time: 6 -8PM
Monday 28 <sup>st</sup> - Location: Centennial Weight Room	Time 7 - 9PM
Tuesday 29 <sup>th</sup> - Location: Centennial Weight Room	Time: 7 - 9PM
Thursday 31 <sup>st</sup> - Location: Mahomet Field House	Time: 8 - 9:30PM

### February:

Sunday 3 <sup>rd</sup> - Location: Centennial Gym	Time: 6 -8PM
Monday 4 <sup>th</sup> - Location: Centennial Weight Room	Time 7 - 9PM
Tuesday 5 <sup>th</sup> - Location: Centennial Weight Room	Time: 7 - 9PM
Thursday 7 <sup>th</sup> - Location: Centennial Weight Room	Time: 7 - 9PM
Friday 8 <sup>th</sup> - Location: Mahomet FH	Time:6 - 8PM
Sunday 10 <sup>th</sup> - Location: Centennial Gym	Time: 6 -8PM
Monday 11 <sup>th</sup> - Location: Centennial Weight Room	Time 7 - 9PM
Tuesday 12 <sup>th</sup> - Location Centennial Weight Room	Time: 7 - 9PM
Thursday 14 <sup>th</sup> - Location Centennial Weight Room	Time: 7 - 9PM

Sunday 17 <sup>th</sup> - Location: Centennial Gym	Time: 6 -8PM
Monday 18 <sup>th</sup> - Location: Centennial Weight Room	Time 7 - 9PM
Tuesday 19 <sup>th</sup> - Location: Mahomet Field House	Time: 7 - 9PM
Thursday 21 <sup>st</sup> - Location: Centennial Weight Room	Time: 7 - 9PM
Sunday 24 <sup>th</sup> - Location: Centennial Gym	Time: 6 -8PM
Monday 25 <sup>st</sup> - Location: Centennial Weight Room	Time 7 - 9PM
Tuesday 26 <sup>th</sup> - Location: Centennial Weight Room	Time: 7 - 9PM
Thursday 28 <sup>th</sup> - Location: Centennial Weight Room	Time: 7 - 9PM

March:

Sunday 3 <sup>rd</sup> - Location: Centennial Gym	Time: 6 -8PM
Monday 4 <sup>th</sup> - Location: Centennial Weight Room	Time 7 - 9PM
<u>Tuesday 5<sup>th</sup></u> OUTDOOR PRACTICE BEGINS: 3:35 - 6pm Schedule to Follow.	
Sunday 10 <sup>th</sup> - Location: Centennial Gym	Time: 6 -8PM

**Regular Season Game Schedule**

**Saturday March 30<sup>th</sup> - Location: Champaign**

Champaign JV vs Southwest JV	10:00 AM
Champaign vs Southwest	11:30 AM
<b>GFA vs Southwest</b>	<b>1:00 PM</b>
Champaign JV vs Peoria ND	2:30 PM
Champaign vs GFA	4:00 PM

**Saturday April 6<sup>th</sup> - Location: South West (Oswego, IL)**

Champaign JV vs Southwest JV	12:00 PM
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Champaign vs Southwest 1:30 PM

**Saturday April 13<sup>th</sup>**

JV Location: Morton

Morton JV vs Champaign JV 11:00 AM

Champaign JV vs Southwest JV 12:30 PM

Varsity Location: Springfield

Bloomington vs Champaign 1:15 PM

Springfield vs Champaign 2:30 PM

**Saturday April 20<sup>th</sup>**

JV Location: Southwest (Oswego IL)

Morton JV vs Champaign JV 11:00 AM

Champaign JV vs Dunlap JV 3:30 PM

Varsity Location: Bloomington

Bloomington vs Champaign 11:00 AM

**Saturday April 27<sup>th</sup> -Location: Bloomington**

Southwest JV vs Champaign JV 11:00 AM

Bloomington vs Champaign 12:15 PM

Bloomington vs Southwest 2:00 PM

Southwest vs Champaign 3:30 PM

**Saturday May 4<sup>th</sup> - Location: Champaign**

Champaign JV vs Morton JV 10:00 AM

Springfield vs Morton 11:30 AM

Champaign vs Springfield 12:45 AM

Champaign JV vs Dunlap JV 2:00 PM

Champaign vs Morton 3:15 PM

**Saturday May 11<sup>th</sup> - Location: Bloomington**

Bloomington vs GFA	10:00 AM
Champaign vs GFA	11:30 AM
Bloomington vs Champaign	1:00 PM

**Saturday/Sunday May 18<sup>th</sup> and 19<sup>th</sup> Location: Washington Invitational Tournament**

JV and Varsity

Game Times TBA

**Saturday May 25<sup>th</sup> Location: Champaign**

Champaign JV vs Morton JV	11:00 AM
GFA vs Morton	12:30 PM
Champaign Vs Morton	2:30 PM
Champaign vs GFA	4:30 PM

**Saturday June 1<sup>st</sup> Location Champaign**

Champaign Lacrosse Alumni Game:

JV/Coaches vs Varsity	11:00 AM
High school vs Alumni	12:30 AM

**Saturday/Sunday June 8<sup>th</sup> and 9<sup>th</sup> - CILAX Championship Weekend**

Location and Time TBA

## Regular season Practice Schedule

Tuesday 3/5: Outdoor	Friday 4/5: Outdoor	Thursday 5/9: Outdoor
**Wednesday 3/6: Outdoor	Tuesday 4/9: Outdoor	Friday 5/10: Outdoor
Thursday 3/7: Outdoor	Wednesday 4/10: Outdoor	Tuesday 5/14: Outdoor
Friday 3/8: Outdoors	Thursday 4/11: Outdoor	Wednesday 5/15: Outdoor
Tuesday 3/12: Outdoor	Friday 4/12: Outdoor	Thursday 5/16: Outdoor
**Wednesday 3/13: Outdoor	Tuesday 4/16: Outdoor	Friday 5/17: Outdoor
Thursday 3/14: Outdoor	Wednesday 4/17: Outdoor	Tuesday 5/21: Outdoor
Friday 3/15: Outdoor	Thursday 4/18: Outdoor	Wednesday 5/22: Outdoor
Tuesday 3/19: Outdoor	Friday 4/19: Outdoor	Thursday 5/23: Outdoor
**Wednesday 3/20: Outdoor	Tuesday 4/23: Outdoor	Friday 5/24: Outdoor
Thursday 3/21: Outdoor	Wednesday 4/24: Outdoor	Tuesday 5/28: Outdoor
Friday 3/22: Outdoor	Thursday 4/25: Outdoor	Wednesday 5/29: Outdoor
Tuesday 3/26: Outdoor	Friday 4/26: Outdoor	Thursday 5/30: Outdoor
Wednesday 3/27: Outdoor	Tuesday 4/30: Outdoor	Friday 5/31: Outdoor
Thursday 3/28: Outdoor	Wednesday 5/1: Outdoor	Tuesday 6/4: Outdoor
Friday 3/29: Outdoor	Thursday 5/2: Outdoor	Wednesday 6/5: Outdoor
Tuesday 4/2: Outdoor	Friday 5/3: Outdoor	Thursday 6/6: Outdoor
Wednesday 4/3: Outdoor	Tuesday 5/7: Outdoor	Friday 6/7: Outdoor
Thursday 4/4: Outdoor	Wednesday 5/8: Outdoor	

\*\* These Wednesdays will be class room sessions for all new Lacrosse Players. These sessions will meet at Centennial High School during the

regularly scheduled practices. All other returning players will meet at the regular Outdoor location.

# Anatomy of a Practice

## ❖ Beginning 4:00 pm

- Players will get out of school and will all meet at the fields across from Barkstall Elementary School. This is where their pads will be put on and they will begin stick work.
- A warm up will be taken and the whole team will line up and stretch.
  - This portion shall be run by the captains (under coach supervision).

## ❖ Drills 4:15 pm

- Toward the beginning of the season coaches will split experienced players and non experienced players when necessary. Each player will be taught according to his needs.
- Drills will be run emphasizing stick and ball control and running.
- The Goalies will, for the most part, be a separate entity during this portion.

## ❖ Scrimmage 5:00 pm

- A scrimmage will be generally be held at the end of each practice to apply everything learn for the day.

## ❖ Breakdown 5:45 pm

- The players will breakdown (give a cheer) and then will find all the balls used for the day. Freshmen will collect the goals and nets everything will be put up and the **players are free to go. Between 6:00 pm and 6:15 pm** (Parents, please be sure to arrive at 6:00 pm so coaches can attempt to be headed home by 6:15.)

## ▪ Definitions

- ✓ Home Base: The area covered by tents where players go every time the whistle is blown twice. This could be to get Water, First Aide, Equipment, or for a Huddle.
- ✓ On the Hop: The act of doing a task with hustle and not lagging.
- ✓ GLE: Goal Line Extended ( the imaginary line perpendicular to the goal posts)
- ✓ Squad up: The act of grouping with your Squad i.e. Midfielders, Attack, Defense.
- ✓ Hitting upper 90: Scoring in the upper 90 degree angle of the goal.
- ✓ Top Shelf: Hitting the upper part of the goal starting at the goalies shoulder.
- ✓ Shweppe: The act of portraying Shweppe



- ✓ Soda Pop: The reward for winning a crucial faceoff.



# Lacrosse Equipment

-Before choosing Lacrosse Equipment for a new lacrosse player one must ask themselves 3 Questions:

- How long will I be playing lacrosse?
- What is my overall limit to spend based on each piece of equipment?
- Do I want Cheap Cost/Cheap Quality or High Cost/High Quality?

-A general rule of thumb for buying lacrosse equipment is:

Buying low cost and package deals are great for new players, but the life expectancy of these items is most likely less than 2 years. Therefore the more you spend the longer it lasts. This is generally true with any sports equipment.

**TOP BRANDS TO LOOK FOR:** Warrior, STX, Brine

**EMERGING TOP BRANDS:** Nike, Adidas, Reebok, Maverick, Gait

-Here is each article that is mandatory in High School Lacrosse:

- Helmet
- Gloves
- Arm Pads
- Shoulder Pads
- Stick
- Mouth guard

**For our High School team:** Helmets will be uniform this season please hold off on buying this article until further updated. Gloves will need to be **Black/White**, or any **Dark Color** is acceptable and they can be any brand or type.

-Other than that any brands or types are acceptable for Sticks, Arm pads and Shoulder Pads.

#### WEB SITES TO VISIT:

LAX.com, LACROSSE.com, SPORTSTOP.com, LAXMONKEY.com, SPORTSUNLIMITED.com, QCLAX.com, Comlax.com, EBAY.com

### Champaign Centennial Boy's Lacrosse Team Rules and Expectations:

#### Player Responsibilities

- Maintain your grades throughout the season. Failure to do so will result in athletic ineligibility, dismissal from the team may occur if the head coach determines.
- Attend and be on time to all practice sessions, games, and team events. If you miss multiple practice session before a match, you are not eligible to participate unless the head coach approves.
- Any absence from practice requires a written note stating the reason for the absence, date, and signature of parent.  
An injured player is still responsible for attending practice sessions, games, and team events unless he is incapable of walking to the field or the illness makes going outside detrimental to the health and recovery of the player, or he is dying or dead.
- The following will be considered as acceptable absences:
  1. An appointment to see a Doctor
  2. Family emergencies
  3. Legitimate religious commitment
  4. Some other exceptions might apply
- All other absences will be considered unacceptable and may result in bar from game day play, or suspension from team at the coaches discretion
- Students will travel to and from all athletic events on the transportation provided by Centennial High School, or and acting parent/guardian of a registered CCL member. There will be no exceptions to this rule.
- All team members must follow all policies related to alcohol, tobacco and the use of other controlled/regulated substance that is standard of Centennial and other Unit 4 high schools. No exceptions

- Players must be respectful to every coach at all times and must also always show respect to their fellow teammates.
- Have fun and work hard!

*Player Signature:* \_\_\_\_\_