

# FALL NEWSLETTER



October 2024

## UP COMING FUNDRAISERS

Each High School Player has a fundraising goal of \$400 and each middle school player has a fundraising goal of \$200. Funds can be raised in one of two ways, either through Lax Raise with donations from friends and family or through sponsorships from local or corporate businesses.



### **All Season**

**Sponsorships** – Corporate or local businesses can provide sponsorships at one of 4 different levels, providing the opportunity to advertise their business to our lacrosse community. Depending on the level of sponsorship chosen, they will be advertised on our website, through signage displayed at our home games and verbally from our announcer during our home games. Be sure to reach out to family or friends that own businesses. All levels of sponsorship are appreciated. You can download the Sponsorship Letter and form from our website:

<https://cookevillelax.com/downloads>

### **Fall**

**Lax Raise** – Individualized fundraising supported by our Cookeville Lacrosse Board. Each player will provide 20 cell phone numbers and/or email addresses for friends and family members who might be interested in supporting the athlete with their fundraising goal. Each athlete will be provided with an image they can post on social media to seek donations.

### **Spirit Night**

Monday, November 18th at Raisin' Canes from 4:00–9:00 PM

### **Spring**

Save the date for our Chili Cook Off, Friday, January 24th. Be ready to put together a pot of chili and invite your friends and family to the event. More details to come!

## MESSAGING APP

In an attempt to streamline communications, we will be using the team sideline messaging app for all communications this season. This app is tied to our website to keep all information streamlined. Please take the time to download it this fall.

Go to [cookevillelax.com](http://cookevillelax.com). The links to the app install are at the very bottom of the page.



## MEET YOUR COACHES

Elliot Woods - HS Head Coach  
Brian May - Def Coordinator  
Scott Kolb - Assistant  
Corey Gleasman - Assistant

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Jonathan Aldrich - MS Head Coach  
Hunter Hoane - MS Assistant  
Stone Koehler - MS Assistant

## MERCHANDISE/SWAG

Visit [cookevillelax.com](http://cookevillelax.com) to see the latest swag to choose from.

Orders are due no later than November 15th

Expected date of delivery will be December 16th.

If you miss this order, there will be a second opportunity to purchase merchandise/swag in the spring.

## MEET YOUR BOARD

Jennifer Sexten - *President*  
Kathy May - *Vice President*  
Kurt Snider - *Vice President - Coaches*  
Michelle Roberts - *Treasurer*  
Sheila Reed - *Assistant Treasurer*  
Katrina Thompson - *Secretary*

Sara Sewell - *Apparel & Fundraising & Member-at-Large*  
Ashley Bray - *MS Representative*  
Dana Wilmoth - *HS Representative*  
Carrie Loghry - *Member-at-Large*  
John Bowen - *Registrar*

## UPCOMING DATES

October 21 - November 7 - Fall Ball

November 18 - Raisin Canes Spirit  
Night 4:00 - 9:00

November 27 - Alumni Game  
at the Stadium

December 4-15 - Winter workouts  
for High School  
5:00 - 6:30

January 6-24- Spring workouts  
for High School

January 27 - Spring practice  
begins

January 24 - Chili Cook-Off

## DO YOU HAVE EXTRA LACROSSE GEAR?

Ready to clean out  
your garage of any  
gear not being used?

*As we ready for the new season, your  
CHS Lax Team would love to take that  
gear off your hands to be shared with  
new players as we help grow the sport!*

Gear can be donated to any  
LAX Coach, Board Member  
or dropped on the porch at  
744 E Lowland Rd



## SPONSORSHIP OPPORTUNITY

Do you have a contact with a business  
or individual that would like to sponsor  
our team?

You can download the Sponsorship  
Letter and form from our website:  
<https://cookevillelax.com/downloads>



**DOES YOUR PLAYER  
WANT TO CONTINUE  
PLAYING AT THE NEXT  
LEVEL?**



**Have your player  
reach out to the  
coaches, so they can  
assist in the process!**

## VOLUNTEER OPPORTUNITIES

Be ready for the spring season! We will have lots of opportunities for families to volunteer. We will need all hands to volunteer during the season for both Middle School and High School games.



Gate Fee  
Score Board  
Timer Table  
Penalty Table  
Field Set-up  
Concessions  
Web Management

## WEBSITE

Please take note of our website.  
Bear with us as we work through all  
the upgrades!

[cookevillelax.com](http://cookevillelax.com)



## REQUIRED GEAR

**Whether you are a new player or a returning player, here's a review of gear that is required for play**

**Shoulder/Chest Pad** - All shoulder pads must have enhanced protection over the heart. This means all compliant pads will have a SEI Certified/Meets NOCSAE Standards stamp.

**Arm Protection** - Depends on your position.  
·*Attackmen* wear pads that cover more area and offer the greatest level of protection.  
·*Midfielders* use pads that offer protection but are a little bit smaller and allow for more mobility.  
·*Defenders* will wear elbow pads, which are even smaller than arm pads.

**Gloves** - Offensive and defensive players wear the same type of gloves; Goalie gloves are different and have extra thumb protection.

**Mouth Guard** - playing without a mouthguard can lead to a two-minute non-releasable penalty, while "fish hooking" (wearing the mouthguard outside the mouth like a fishhook) can result in a technical foul.

**Cup** -It's well-known that a lacrosse ball can hurt if it strikes you directly. Not only do you want to protect your chest, head, and other parts of your body from it—you also want to make sure you take care of the goods below the waist. You can wear a cup two different ways: with an old-school jockstrap or with compression shorts and a pocket at the front for it.

**Cleats** - There are specific lacrosse cleats, but soccer or football cleats will work also.  
Ankle height is based on preference.

**Water Bottle** - While water is usually provided, bringing your own bottle is highly encouraged.



## EXPECTATIONS FROM COACH ELLIOT

### Player Expectation

- Be stretched and ready before the start of practice.
- Have all necessary equipment with them: stick, helmet, shoulder pads, arm pads, cup, mouthguard, cleats, training/running shoes.
- Wear appropriate practice attire: red/navy/gray/white under shirt, gray/navy athletic shorts, team issued practice penny.
- Attend and be an active participant in every practice.
- Attend and many home middle school games as possible.
- Attend as many home girls games as possible
- Maintain a 2.5 GPA or better.

### Playing Time

- Playing time is earned not guaranteed.
- Performance/attendance at practice are two main factors in determining playing time.
- 18-20 players typically see the field during a high school game.

### Parent Participation

- We need your support in encouraging your son to be an active and engaged member of this program.
- I speak for all the coaches when I say thank you for supporting this program. You are a huge part in helping make it successful! Thank you!

## EXPECTATIONS FROM COACH LARRY

### Player Expectation

- - You can only be where your feet are, so practice is the focus at practice, same with games.
- - This isn't just a team, it's a family, so let's all be there for each other!
- - Older guys, set an example for these younger ones, you were in their shoes once too

### For the parents:

- - Support your kids, this may be stressful if they're new to the game or not.
- - Learn the game if you're able to as well, it can help with supporting the child!
- - Encourage your child as much as you can, confidence is fundamental for success!