

Virginia Tech Lacrosse

2018 – 2019



“We will”

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*** Note: Before you can participate, you **MUST** go on the Rec Sports website and complete the assumption of risk form ***



About the Team

This is an unmatched opportunity at Virginia Tech. This is a team for people with a passion for lacrosse and that love to win. While this team is undoubtedly a tremendous time commitment, especially during the spring, we have plenty of upperclassmen willing and able to help you find a balance between your schoolwork and extracurricular activities successfully. We encourage you to engage in other activities besides lacrosse, but lacrosse needs to be a high priority, right below academics.

If you are selected for this team you will get a chance to travel across the country with your friends, playing a sport you love. Although we work extremely hard, we have a lot of fun winning games.

Our goal is simple: **WIN THE MCLA NATIONAL CHAMPIONSHIP.**

Team Dues

The total dues for this year will be \$2,500.00 each player on the team and are non-refundable after the first game of the season (February 22nd, 2018). These dues help cover transportation and hotels for the entire year, as well as a team helmet, gloves, miscellaneous team needs (balls, nets), conference fees, league fees, and official fees. Player dues are to be turned into McComas Hall Rec Sports Office. **CASH OR CHECK ONLY!!!**

The following days are when a portion of your dues are due:

- Friday, September 14th – \$500 (non-refundable)
- Friday, November 2nd – \$1000
- Friday, February 15th – \$1000

If you have problems with these days or need a payment plan, you need to talk to Coach O'Brien **AT LEAST 1 WEEK BEFORE THEY ARE DUE**. When you turn in your dues, ask for a second receipt and write your name on it. This second receipt will be used by Matt Herrmann to ensure everyone has paid on time.

Failure to turn in dues this time will cost a late fee of \$25 per day!!

Dues can be paid early, and in whole for the year if you are able! Again, there will be no refunds given to anyone who initially makes the team and eventually quits or is dismissed after the first game of the season (February 15th, 2018).



Fall Schedule

Tryouts:

We will be conducting tryouts on the following dates from 6:00PM – 8:00PM on our field (Upper SRA Field). Throughout these 2 weeks, the coaches will inform you if you made the team. Cuts will be made on August 28^h, August 30^h, and September 5th.

Week 1: August 27th, 2018 – August 30th, 2018

Week 2: September 4th, 2018 – September 5th, 2018

This year, we will have a 50-55 man roster with a 38 man travel roster. That travel roster can change at any point throughout the year. If any player that makes the team does not wish to travel, please just notify Coach O'Brien during your individual meeting.

Once the team is picked, an online survey will be sent out to determine the optimal time slots to hold practices and lifting sessions. Practice will be held 3 nights a week during the fall semester and 4 nights a week with travel on most weekends during the spring semester.

Important Fall Dates:

September 8th – Prospect Weekend Session I

September 15th – Prospect Weekend Session II

September 28th – VT Men's Lacrosse vs. James Madison University

October 20th – Heart Walk

October 28th – VT Men's Lacrosse vs. University of Virginia

November 4th – VT Men's Lacrosse vs. United States Naval Academy

November 9th – VT Men's Lacrosse vs. Liberty University



Strength & Conditioning

A large part of our success last year was based on our strength and conditioning. We realize it isn't always fun, but if we want to win a championship, we have to be in shape. Each player will be assigned a lifting group and lifting captain based on their response to the online survey. You are expected to lift 3x/week with your group. These lifting sessions are **MANDATORY**, and unexcused absences will result in consequences. Team conditioning sessions will occur during fall and spring practice. There will be three (3) strength & conditioning tests throughout the year (2 during fall-ball, 1 during spring pre-season training).

We will always outwork our opponent!



Spring Schedule

The following is our schedule for the spring. We have 16 games confirmed right now. We will remind you before the spring semester, but please avoid signing up for class any time after 12pm on Friday.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Opponent</u>	<u>Location</u>
Fri.	2/22	TBD	West Virginia	Blacksburg, VA
Sun.	2/24	TBD	NC State	Blacksburg, VA
Fri.	3/1	TBD	UConn	Blacksburg, VA
Sat.	3/2	TBD	South Carolina	Columbia, SC
Sat.	3/4	TBD	Cal Poly	SLO, CA
Mon.	3/6	TBD	Stanford	Stanford, CA
Wed.	3/8	TBD	Cal Berkeley	Berkeley, CA
Fri.	3/17	TBD	Colorado State	Blacksburg, VA
Fri.	3/19	TBD	George Wash.	Baltimore, MD
Sat.	3/24	TBD	Grand Canyon	Baltimore, MD
Sun.	3/25	TBD	Northeastern	Baltimore, MD
Sat.	3/30	TBD	Michigan State	Columbus, OH
Sun.	3/31	TBD	Indiana	Columbus, OH
Sun.	4/7	TBD	Minnesota	Blacksburg, VA
Sun.	4/14	TBD	Tennessee	Blacksburg, VA
Sat.	4/20	TBD	Liberty	Blacksburg, VA
Fri. – Sun.	4/26 – 4/28	-	SELC Tournament	Duluth, Ga



Team Rules

Because we have plays, clears, and defensive formations that everyone needs to know, **practice is mandatory**. You are encouraged to be involved on campus, but should you decide to join a fraternity (social/ academic), it is likely that there will be conflicts with practices and games. Lacrosse comes before Greek life events.

- The only acceptable excuses to miss a practice/ team event are the following:
 - class, exam, appointment with professor/TA
 - extreme illness, passing of a family member

If you have to miss practice, you **have to email Coach O'Brien before 2:00 pm** on the day of practice. If you fail to email Coach O'Brien, you will be benched for the first half of next scrimmage/game/tournament.

You must carry at least 12 credits. That is an MCLA rule and if you drop below that, you must let Coach O'Brien know **IMMEDIATELY**.

Drug use of any kind **WILL NOT** be tolerated. If you receive a conduct referral from the University, talk to Coach O'Brien/ Coach Schroeder right away about the situation.

If there are problems in the hotel or on a trip for any reason, there will be penalties based on the incident. **BE RESPECTFUL!**

Anytime you pay dues, Matt Herrmann must know. We keep track of our own finances and need to know who has paid and when they paid.

- **Ask for a second receipt**
- **Write your name on it**
- Give it to Matt Herrmann **BEFORE** the deadline

You should be preparing your bodies 24-48 hours prior to any game. We are going for a National Championship and need to play our best. **Every game counts.**

