



Welcome to the Ridge HS Boys Lacrosse Program!

Communications regarding all practices and games will be given to your student. It is THEIR responsibility to provide this information to you.

Should you have further questions, or suggestions of ways to improve communications, please reach out to any of the Ridge LAX Board Members!

Looking forward to meeting you on the sidelines at upcoming games!

1. Coaches communicate with the players, not with the parents.

Coaches use GroupMe to communicate with all players regarding practice updates, game updates and other important details. If your player is not on the GroupMe chat, please have them join the GroupMe for the Freshman team.

Please be aware that there are times where information is disseminated to the upper classmen and it is their responsibility to communicate to the under classmen. If they feel as if they are not receiving information or communications, they should reach out to the Varsity Team Captains to be added to any other team groups.

Parents will receive communication about special events, fundraising, etc. through email communications from the Ridge Lax Board. ALL information regarding training, practices and games will be communicated directly to the players from Coaches.

2. Pre-Season

Weight Room:

If your student is available in the fall or winter prior to the start of lacrosse, team members will meet up 2-3 times a week to lift & train. If your student plays another sport during the fall or winter seasons, they are not expected to be in the weight room.

Helmets & Helmet Certification:

Helmets should reflect the Ridge colors & decals and if needed, can be purchased through Universal Lacrosse in Somerville. They can be white, green, or black and need to display the Ridge decals. If you have a helmet from a prior season or team and can remove the decals to display the Ridge team decals, then please submit to coach for certification and use during the season.

All USED helmets will need to be certified for safety prior to use in practice or games. All helmets will need be turned in to Coach Marsh by Mid-January with your son's name taped across the brim.

Certification process involves sending the helmets back to the manufacturer and will take more than a few weeks. Should you need a helmet in the meantime, please plan accordingly.



Physicals:

If your student played a fall or winter sport, they need to submit an updated physical form to the trainer's office at the school. If not, then they will need to submit a current physical from their doctor or have the school's doctor do a physical for a fee of \$40. Information about physicals can be found on the Ridge HS Athletic page and reminders will be sent out in January from the Ridge Lax Board, as well as through Ridge HS communications. If you have questions about physicals and any required paperwork, please contact the Ridge High Athletic office.

Concussion Testing:

IMPACT Concussion testing is conducted and recorded twice—once prior to the freshman season, and once again junior year. This must be done before they can play or practice. The test can be done at home. Info about the test can be found at:

http://ridgehigh.bernardsboe.com/sports/cognitive_testing_impact

Participation Fees & Fundraising:

Each year, RLI will promote a fundraising event or activity that will take place in the fall and winter to help offset the cost of the participation fee. This information is distributed to all Ridge Lacrosse Families via email. If you are not receiving the email communications, please contact Doug Ward, the Freshman Parent Liaison, to be added to the distribution list.

Each student is expected to pay a participation fee. The fee is due in the beginning of February.

Details about what the fundraising and participation fees cover can be found on the boys lax site at:

<https://www.ridgeboyslax.com/fundraising-information.html>

3. In Season

Freshman Practices:

The Freshman team is a walk-on team. They will have their own coach and will practice separately from the Varsity and JV teams. When practice schedules are released for the Varsity/JV teams, please note that the Freshman schedule will be different from theirs. The Freshman practice schedule will be released to the Freshman team by the Freshman Coaches at the beginning of the season in March.

The Freshman team will practice on Varsity field, Astor field, and in the parking lot.

Changes to practice and games do occur frequently and can be challenging, so it is best to be prepared for this. ****Recognizing that freshman cannot drive yet, we encourage freshman parents to create a parent text/email chain****



Uniforms:

Uniforms will be distributed in early March. Players will get 2 pairs of shorts, 2 Jerseys (home and away), and a shooting shirt. Players get to keep the shooters and the shorts and jerseys will be returned to the coaches at the end of the season. ***Please note that you will not receive your uniform until your participation fee has been paid***

Regarding helmets & decals, please see earlier section.

Gloves, elbow pads, cleats, and socks should coordinate with the Ridge High color scheme.

(As a little background, each year, the senior class of lacrosse players chooses the design for the season's uniform!)

General Calendar of Events:

Will be given out at the Parent meeting, but is also available online on the boys lax site:

<https://www.ridgeboyslax.com/key-dates--info.html>

Ridge Lacrosse Inc., (RLI):

Ridge Lacrosse, Inc. is a parent run organization that was incorporated in 2007 as a non-profit, 501 (c) (3) organization. The board was developed to help raise funds for the boy's lacrosse program and offset costs associated with hiring coaches, new equipment needs, and other necessary requirements for the programs and coaching staff.

Mission

Provide the financial, administrative, and programmatic support for the Ridge High School Boys' Lacrosse Program enabling the staff to focus on developing leadership, teamwork, and integrity in all players both on and off the field.

New members are welcomed onto the board each fall. If you would like to join, please keep an eye out for the emails looking for volunteers. Additionally, there are always other ways you can help us support the team!

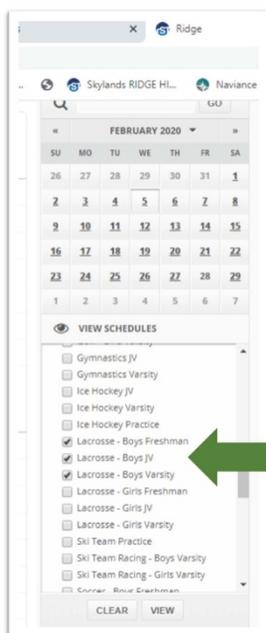
Thank you, and welcome!



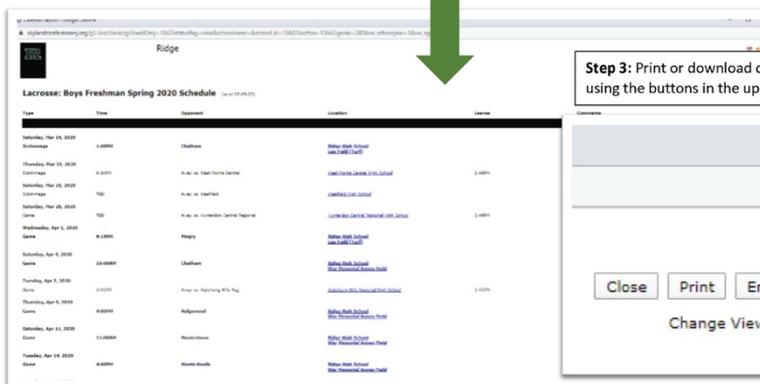
Skyland Game Schedules:

Can be found online at <https://www.skylandconferencenj.org/public/genie/380/school/18/>

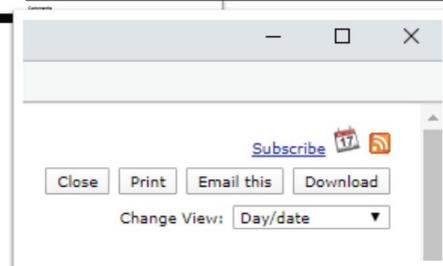
Step 1: Below the 30 day calendar on the right hand side of the screen, click on "View Schedules." Scroll down to click on the team you want to view.



Step 2: Game schedule will then pull up in a pop-up window like below.



Step 3: Print or download directly to your calendar app by using the buttons in the upper corner.



Download the mobile app, "Activity Scheduler."

Set up your app.

1. Start by selecting state, New Jersey
2. Scroll down to Skyland Conference and Select Ridge.
3. You can select to view schedules by type/sport or date

