



KENNESAW MOUNTAIN HIGH SCHOOL  
COBB COUNTY SCHOOL DISTRICT  
BOYS LACROSSE 2009-2010

24 September 2009

Dear Parent or Guardian:

Your son has expressed an interest in playing Lacrosse for KMHS. Last season was the most successful Varsity season in the history of our young program. Our record was 11-5 and we hope to improve on it this season. The areas have been realigned so we should make the playoffs for the first time. The purpose of this letter is to provide you with information regarding the coaches' expectations of players that make the team as well as to provide other pertinent information pertaining to Kennesaw Mountain High School Mustangs Boys Lacrosse teams. Your son must have this letter signed both by you and him and he must have an individual physical and a signed Code of Conduct Policy on file in order to participate in any KMHS Lacrosse-related activity beginning in November 2009.

**2009 - 2010 Conditioning:**

- Weight Training:** Own body weight exercises to include push-ups, crunches, pull-ups, and squats. If you have access to weights, we encourage him to additionally do bench presses, curls, standing presses, power cleans, squats, and dead lifts.
- Cardio/Sprint** Every Monday and Wednesday beginning 9 November (not 23-27 Nov) thru 10 December; resume 6 January thru 20 January; 3:45 – 4:45 PM; meet in the 600 Commons area outside of room 622.
- Two-a-days** 25-29 January; 6:30 – 7:30 AM (big gym)  
3:45 – 5 PM (Lacrosse Game Field – weather permitting)
- Sticks:** Ongoing; utilize our ball wall (or some flat wall) plus get with others to throw and catch as much as possible.
- Official Practices** Begin Monday, 1 February 2010; 3:50 – 6 PM
- Tryouts** 3- 5 February; 3:50 – 6 PM

**Coaching Staff**

- |  |  |  |
|--|--|--|
| Doug Michalke<br>Head Coach                            | 678-594-8190 x638<br>770-833-1629 (cell) | <a href="mailto:douglas.michalke@cobbk12.org">douglas.michalke@cobbk12.org</a> |
| Renee Bogert<br>JV Coach                               | 678-594-8190 x507                        | <a href="mailto:renee.bogert@cobbk12.org">renee.bogert@cobbk12.org</a>         |
| Gary Jackson<br>JV Coach                               | 678-594-8190 x493                        | <a href="mailto:gary.jackson@cobbk12.org">gary.jackson@cobbk12.org</a>         |
| David Jones<br>Community Coach / Offensive Coordinator | 404-307-2930 (cell)                      | <a href="mailto:dmjones@flightline.com">dmjones@flightline.com</a>             |

Karl Schwelm 770-377-5618 (cell)  
Community Coach / Defensive Coordinator

[ktschwelm@att.net](mailto:ktschwelm@att.net)

### Coaches' Expectations

1. All players are expected to attend all practices (morning and afternoon) on time. If a player has a prior school obligation which will result in him having to miss practice or be late to practice, notification must be given to the head coach 48 hours in advance. If a player needs to miss practice or arrive late to practice for academic reasons, the player must give notification to the head coach before lunch of the day of that practice. Unexcused tardiness will be punished by extra running/sprints. Excessive absenteeism or tardiness could result in game suspensions or dismissal from the team. If a player is absent from school or is ruled ineligible for the day (due to ISS or OSS), they cannot attend practice. Students missing practice for ISS/OSS will be suspended for a quarter of the next game for every practice that is missed. Future violations could result in full-game suspensions and eventual dismissal from the team. Practices over Spring Break will be voluntary (at this time).
2. All players are expected to attend all of their respective games. No game should be missed for any reason unless the player has communicated this to the head coach by February 15, 2009. If a player is absent from school on the day of a game, they are ruled ineligible for that game. Missing a game without prior notification or an excused absence could result in future game suspensions or dismissal from the team. Missing a game due to ISS/OSS ineligibility will result in a one game suspension for every game missed.
3. Junior Varsity players are required to serve field duty (ball retrieval, stats, etc.) at three (3) Varsity home games.
4. All players should be respectful to their fellow players, coaching staff, and officials. In addition, players should be respectful of their own bodies, minds, and words. Players will **not** use drugs, tobacco, or alcohol and will **not** use foul or derogatory language. Violations of this rule will result in extra push-ups, running/sprints, dismissal from practice, game suspensions, and/or eventual dismissal from the team. This rule applies both out-of-season and in-season.
5. If a player is ejected from a game, they will serve the GHSA-mandated suspension plus one extra game. It is our belief that we should hold our players to a higher standard than what the GHSA dictates.
6. Any act committed by a player deemed detrimental to the team by the coaching staff will result in extra running/sprints, game suspensions, or dismissal from the team. The coaching staff has the final say in regards to all such instances. If a player is suspended, they are not allowed on the bench during the game.
7. Players and parents are expected to abide by all school, state, and local rules and laws. Any violation of these rules/laws will result in disciplinary action. The US Lacrosse Code of Conduct is attached.

### **Schedules**

In-season practices will be conducted every day after school beginning at 3:50 PM on the practice field, unless otherwise instructed. Players are expected to be dressed in full pads and ready to go at that time.

On game days, if the game is at home, players are expected to be on the game field 45 minutes before game time.

In case we have bad weather, notification in changes in practice and game schedules will be communicated via afternoon announcements. Students are welcomed to stop by after school and check with the head coach if they are unsure.

### **Web Site**

Additional information can be found on our KMHS Lacrosse web site at [www.kmhslacrosse.com](http://www.kmhslacrosse.com). The schedule is posted there along with other pertinent information for parents. All parents should complete a hero form linked on this web site. This provides valuable information for our booster club and coaching staff.

### **Academic Study Hall**

An academic study hall will be assigned to players who do not have a 75% average in all their classes. Players who do not meet this standard will be required to attend study hall every morning from 7:30 – 8:15 AM in room 622. Grades will be shown to the head coach after the first six (6) weeks' progress and study hall assignments will be determined. A progress report will then be shown to the head coach every two (2) weeks thereafter until the standard is met or exceeded.

### **Cuts**

We will have between 55 – 65 players on both the Varsity and Junior Varsity teams. Depending on how many try out, there may have to be cuts. The criteria for cuts (in no specific order) will be (1) Lacrosse ability / potential; (2) Attitude; (3) Athletic ability; (4) Conditioning. The coaches will have an evaluation sheet and each athlete will be graded on different lacrosse and athletic skills.

### **Lettering Requirements**

In order for a player to earn a Varsity letter, he must play in 18 quarters of Varsity games.

If there are any questions, comments, or concerns, my contact information is listed. I look forward to a great and meaningful season with your son.

**GO LACROSSE MUSTANGS!**

Doug Michalke  
Head Coach

**BOYS Lacrosse 2009-2010**

**Parent / Player Signature Sheet**

(Please return to the head coach upon signing)

**I acknowledge that I have read and understand the information printed in or attached to the Parent Letter.**

---

**Parent Signature**

---

**Date**

---

**Player Signature**

---

**Print Name of Player**