



COLORADO MEN'S LACROSSE

2019 Fall Information Meeting

"The PROCESS is much more important than the result."



STAFF CONTACT

John Galvin - Head Coach

- john.galvin@colorado.edu
- 303-349-7801

Jon Cohen – Assistant Coach

- jonrcohen@gmail.com
- 303-949-2997

John Roach – Assistant Coach

- john.roach@Colorado.edu
- 303-521-8923



FORMS

2 Forms you **MUST** fill out before you step on the field:

1. [Register for Men's Lacrosse](#) is a Waiver form. It is ONLINE and must be completed before first tryout/practice on Sept. 9th

- Two options: Link on www.culax.org OR access through Univ. of Colorado Collegiate Sport Clubs – Men's Lacrosse

2. Sign-In Sheet (Must be completed before Sept. 9th)

- Complete before you leave

- Go to cu.lax.org and click Fall Info Meeting

- Find this page and [click here](#)

- OR use this QR code:





RECOMMENDED INSURANCE

- Private Insurance
- University of Colorado Insurance Plans
- Coverages vary and may or may not include CU Sports Medicine (2nd Floor Champions Center, CU-Boulder Campus)



UNIVERSITY AND TEAM POLICIES

- Must be enrolled in 12 credit hours in either:
 - CU-Boulder
 - Continuing Education

- Practice conflicts will ONLY be for:
 - Scheduled university academic events
 - Serious family emergency

- Late for or will miss practice – Message the coaches via Slack
(For tryouts please email or text entire coaching staff)



ACADEMIC POLICY & STUDY HALL

Eligible Spring:	Overall GPA 2.2+
Probation Spring:	Overall GPA 2.0 – 2.2
Ineligible Spring:	Overall GPA < 2.0

Study Hall

- Mandatory for ALL FR and current players under a 2.5 GPA
- Open to ALL
- Starts Monday September 17th
- Tues. & Thurs. 5:30-7:30 – Location TBA
- Wed. 8-10pm – Location TBA



TRYOUT ATTIRE

- Black shorts (accents ONLY CU colors)
- White or black socks
- Gray or white t-shirt (sleeveless NOT acceptable)

****Recommend going to Bookstore and purchasing University of Colorado apparel**

- Grey sweatpants
 - Black shorts
 - White/gray t-shirt – Remember you are a BUFF now.
-
- We provide reversible jerseys
 - Will be returned at the end of each day in # order

**ALL TRYOUT/PRACTICE ATTIRE MUST BE
UNIVERSITY OF COLORADO APPAREL or GENERIC**



NEWCOMER PRACTICE/TRYOUT

1st Day: Monday, September 9th

- Practice/Tryout at 6-8pm – Kittredge Field (North)
(Dressed and ready; DO NOT go on field until told to do so)

2nd Day: Tuesday, September 10th

- Practice/Tryout 8-10pm – Kittredge Field (North)
- Fall Roster posted on www.culax.org on Wednesday,
September 11th

1st Fall Developmental and Performance Practice

- Wednesday, September 11th 6-7PM
- Wednesday Team Meeting 7:30PM – 8:30PM

2nd Fall Development & Performance Practice

- Thursday, September 12th 8-10PM



FITNESS TEST

Sept. 11th 6PM before 1st Fall Development Practice

300 (2x Under 1minute) – 25yd Intervals

1st Accountability Assignment:

On a notecard (3x5) – please have the following information in this order and per line:

Coaches will NOT supply notecards OR pens – individual pieces of paper, and crumbled/folded note cards will not be accepted

Roach, John – Attack – SO
Hometown: Denver, CO
High School: Wheat Ridge
300 1: 2:



IDEAL CU LACROSSE PLAYER

Are you of good character?

Do you have desire to be a good citizen to the community?

Do you love lacrosse?

Do you have a competitive spirit?

Do you love to run?

Can you commit to getting better everyday?



FALL DEVELOPMENTAL & PERFORMANCE SCHEDULE

Lifting*: Mon. and Wed. 6:30am, 7:00am or 7:30am (1st Day Monday 9/16)

- Dynamic starts 10 minutes before; be in weight room by time designated

10/12 Fridays – Lifts will start at 6:30am & go to your designated lifting group's time (**9/20 is mandatory & 12/6 is last day**)

Field practice: Mon., and Wed. 6:00 – 7:30 pm, Tues. 6:30-7:45AM, ****Friday
TBA

Position Individuals & Indoor

Monday 6:00 – 8:00pm (Starts 10/21 – 11/18)

Tuesday 6:30-9:00am Indoor Turf (Starts 10/15 – 12/3)

Wed 6:00 – 7:30pm Kittredge Field (Starts 10/23 – 11/20)

*****Fri. practices* will consist of field work, yoga, and/or community service.



FALL DEVELOPMENTAL & PERFORMANCE SCHEDULE

Individual Meetings: Oct. 14th – 17th 5:00 - 8:00pm

- 10 minute sessions both w/ Coaches and Strength Staff
- Small Meeting Room – overlooking hockey arena

Study Hall: Tues/Thurs. 5:30 – 7:30pm; Wednesday 8:00 – 10:00pm

- Room schedule will be posted on D2L after Sept. 11th Meeting
- Starts Tuesday Sept. 17th

Leadership Talks w/ Professor Bennett (Leeds Business School)

- (Schedule TBA)



FALL SCHEDULE

Team Hike: Saturday September 21st or 28th – Led by team leaders

Fall-Ball Tourney: October 5th @ Colorado College (Games start at 10AM)

Alumni Game: Friday October 11th 6:00pm (Arrive 5:30PM)

Team Fundraising Activities: Ticket Scanning at Air Force and Stanford games (45 players each game)



TENTATIVE SPRING PRACTICE SCHEDULE

Mon. and Wed. 6 – 8pm practice on Kittredge

Mon. & Wed. morning strength training

Tues., Thurs., and Fri. 6:30 - 8:30am practice in Bubble

(Will move to Kittredge 6:30 – 8:30am once Bubble is removed)

Tues/Thurs. Film/Chalk Talk – 5:00-6:00pm (Before Study Hall)

Sat. 12-2pm Kittredge or Bubble



SPRING OPPONENTS

Saturday February 1st
Saturday February 9th

Colorado College-NCAA DIII (Scrim)
@CSU-Pueblo-NCAA DII (Scrim)

1PM Kittredge Field, Boulder CO
1PM Pueblo, CO

Monday March 2nd
Friday March 6th
Saturday March 7th
Friday March 13th
Sunday March 15th
Saturday March 21st
Tuesday March 24th
Thursday March 26th

Northeastern University
University of Minnesota
North Dakota State University
@Chapman
@Concordia University-Irvine
University of California-Berkeley
Cal Poly
UCSB

6PM Kittredge Field, Boulder CO
6PM Kittredge Field, Boulder CO
1PM Kittredge Field, Boulder CO
7PM Orange County, CA
1PM Irvine, CA
1PM Kittredge Field, Boulder CO
6PM Kittredge Field, Boulder CO
6PM Kittredge Field, Boulder CO

Friday April 3rd
Sunday April 5th
Thursday April 9th
Saturday April 11th
Saturday April 18th
April 24th – 25th

@University of Oklahoma*
University of Texas* @ OU
BYU*
Utah Valley University*
Colorado State University*
RMLC Conference Playoffs

7PM Norman OK
12PM Norman OK
7PM Kittredge Field, Boulder CO
1PM Kittredge Field, Boulder CO
1PM Kittredge Field, Boulder CO
TBA, Utah

May 4th – 9th

MCLA National Championships

Salt Lake City, UT



HIRING INTERNS

- Team Managers
- Sports Public Relations Director
- Website Manager
- Sport Video Coordinator

FOR MORE INFORMATION OR TO APPLY (INCLUDE RESUME AND COVER LETTER) CONTACT:

John Roach - Assistant Coach
- john.roach@coplorado.edu
- 303-521-8923

Or

Jon Cohen – Assistant Coach
- jonrcohen@gmail.com
- 303-949-2997



DUES

Fall Ball: \$1000 (Due Friday, October 4th or before)

- Payment via Fusion – online system at Rec Center
- Must slack receipt to Coaching Staff

Spring: \$2550 (optional three payments)(Same system)

Separate Cost

- STX Equipment Package separate from dues \$180-200
- Cascade S Helmet \$150
- Returners (choice of desired kit)



CONTACT INFORMATION

john.galvin@colorado.edu – Head Coach

jonrcohen@gmail.com – Assistant Coach

john.roach@Colorado.edu – Assistant Coach

SLACK – Official Team Communication Platform

- Updated practice/meeting times
- Contact coaching staff
- Class conflict

Open Door Policy for communicating with Coaches