



COLORADO MEN'S LACROSSE

Spring Meeting

January 17, 2019

6:30 – 7:30pm

“The PROCESS is much more important than the result.”



COLORADO MEN'S LACROSSE

John Galvin - Head Coach

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

Derek Mayer - Assistant Coach

- mayerd23@gmail.com
- 832-326-0744

Jon Cohen – Assistant Coach

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

John Roach – Assistant Coach

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

Kinori Rosnow – Assistant Coach

- Kinori.sr@gmail.com
- 425-647-6690



COLORADO MEN'S LACROSSE

- Waiver form is ONLINE and must be completed before January 22nd (All players here in the fall be sure that this is completed – needed for eligibility checks)
 - access through [Univ. of Colorado Collegiate Sport Clubs](#) – Men's Lacrosse
- Sign-In Sheet (Must fill-out to be on roster)

 - Write legibly
 - Fill-out completely
 - Sign ALL areas needed
 - Sign before leaving



COLORADO MEN'S LACROSSE

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)



COLORADO MEN'S LACROSSE
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 First Touch or during the first week please text all coaches

****1st Touch or txt please have all coaches on message****



COLORADO MEN'S LACROSSE

Academics

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

Progress Reports Due: Feb. 21st & April 7th

- Progress report on D2L under Academics

Study Hall: T/THRS 6:00-8:00pm in Stad 140 (after film review)

- Starts Tuesday January 29th



COLORADO MEN'S LACROSSE

Academics and Travel

- Unofficial Transcripts due – **ALL (Fall Returners)**
- Class & **EXAM** Schedules due – **ALL** (If you drop/add class tell the coaching staff)
- We will set Lifting Groups per schedule
- 12 Credits for the entire semester, **CANNOT** go below

- **ALL classes & Exam excuse forms must be turned into your professors by January 25th**
 - Forms can be filled out online, then picked up at the Collegiate Sport Club Office (Office Hours 9am-5pm)
 - Turn forms into professor(s) and be sure to discuss test, paper, project, and final exam conflicts
 - Remember there is a possibility we will be traveling during the week of final exams; **PREPARE BEFOREHAND.**

FORMS & INFORMATION

- **[STUDENT EXCUSE FORMS](#)**
- **[CU SPRING 2019 EXAM SCHEDULE](#)**
- **FINAL EXAM_ITIN TO PROFESSOR (Go to: *D2L_MEN'S LACROSSE_ACADEMICS*)**
- **PROCTORED EXAM APPROVAL FORM (Go to: *D2L_MEN'S LACROSSE_ACADEMICS*)**



COLORADO MEN'S LACROSSE

Social Media and Off-the-Field Behavior

- Facebook, Twitter etc. – Clean up your image
- Rethink before you hit send (includes videos)
- No pictures of alcohol, drugs, etc.
- Appropriate pictures - use privacy settings
- **Common Sense RULE:** Don't do anything that's detrimental to yourself. If it's detrimental to you, it'll be detrimental to our program and to the University of Colorado.



COLORADO MEN'S LACROSSE

ATTIRE

Please wear Fall '18 Attire or if transfer please wear:

- 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 ATTIRE MUST BE UNIVERSITY OF COLORADO APPAREL or GENERIC



COLORADO MEN'S LACROSSE

Spring Practice Schedule

*****First day of Practice: Tuesday January 22nd @6:30AM in the Bubble*****

Regularly Scheduled Practices for Spring 2018 are as follows:

Monday & Wednesday 6:00-8:00pm Kittredge Field

Tuesday & Thursday 6:30 – 8:30am (Bubble) and if necessary 8:00-9:30pm (Bubble)

*****Mid March Practice will move to T/TH 8:00-10:00pm Kittredge Field or 6:30AM-8:30AM*****

*****Bubble will be open at 6:15AM, ready to go at 6:30AM*****

Friday 6-8pm Kittredge Field

- Options for Friday:

- (7:30-9:30/8:30-10:30pm Bubble; *****Inclement weather***)
- (Indoor Soccer Field; Rec Center 6:30-8:00am)

Saturday 12-2pm Kittredge (Bubble – if inclement weather 9-11am or 12-2pm)

Film / Whiteboard

- T/Th 5:00-6:00PM (Before Study Hall in Stadium 140 – through Gate 7 of Folsom Field)
- *Saturday Times TBA*



COLORADO MEN'S LACROSSE

Sports Performance Schedule

Wednesday January 23rd 1st Day of lifting – Rec. Center WR (6:30/7:00/7:30AM)

- M/W Lifting Dates: **JAN:** 23, 28, & 30 **FEB:** 4, 6, 11, 13, 18, & 25 **MARCH:** 11, 13, 18, & 20, **APRIL:** 8, 17, 22, 24, & 29, **MAY:** 1
- Friday Lifting Dates: **JAN:** 25, **FEB:** 1, 8, & 15 **APRIL:** 5
- Tuesday Lifts b/c of Travel/Game weekends are possible i.e.: **MARCH:** 5 **APRIL:** 2, 16

****Possible for some lifts to move to DW in the mornings/evenings after practice****

Practice Being a Good Citizen to the Community in the Weight Room

- Put Weights Away / Respectful to Weight Room Staff and other Students
- Represent the University of Colorado Men's Lacrosse Team in respectful manner
- There's a reason you're in the weight room – time to work!
- Once done lifting Abs + Roll + Stretch in another area other than weight area



COLORADO MEN'S LACROSSE

Sports Performance

Brian Powers (Strength and Conditioning Coach)

- powersbrian@comcast.net

Will Brown (Strength and Conditioning Coach)

- wrbrown3530@gmail.com



COLORADO MEN'S LACROSSE

Dues

Total for the year: \$3500 (Transfers or Abroad will pay total)

Spring: \$2550

Lump Sum Due Feb. 8th

OR

Optional three installment payment due dates (\$850/)

- Feb 8th, March 8th, & April 5th

Separate Cost

Cascade S Helmet: \$135

Additional Head/Shafts/Shoes: Cost dependent on order



COLORADO MEN'S LACROSSE

University of Colorado 2019 Men's Lacrosse Schedule

Dates

Opponent

Time & Place

Saturday February 2nd

Saturday February 9th

Friday February 22nd

Saturday February 23rd

Thursday February 28th

@Colorado College-NCAA D III (Scrimmage)

CSU-Pueblo-NCAA DII (Scrimmage)

University of Oregon

Oregon State University

@ Grand Canyon University

1PM, Colorado Springs CO

1PM Bubble, Boulder CO

6PM Kittredge Field, Boulder CO

4PM Kittredge Field, Boulder CO

6PM Phoenix, AZ

Saturday March 2nd

Friday March 8th

Friday March 22nd

Sunday March 24th

Thursday March 28th

Friday March 29th

@Arizona State

Clemson

Chapman

Concordia University-Irvine

@Texas Christian University (TCU)

@Southern Methodist University (SMU)

1PM Tempe, AZ

7PM Kittredge Field, Boulder CO

7PM Kittredge Field, Boulder CO

12PM Kittredge Field, Boulder CO

7PM Fort Worth, TX

7PM Dallas, TX

Thursday April 11th

Saturday April 13th

Saturday April 20th

April 26th – 27th

@BYU*

@Utah Valley University*

@Colorado State University*

RMLC Conference Playoffs

7PM Provo, UT

1PM Orem, UT

1PM Fort Collins, CO

Boulder, CO (Kittredge Fields)

May 6th – 11th

MCLA National Championships

Salt Lake City, UT

**RMLC Games*



COLORADO MEN'S LACROSSE

Team Travel Dates

Saturday Feb. 2nd - @Colorado College 1pm (Colorado Springs, CO)

Tuesday Feb 26th – March 3rd @GCU & ASU (AZ)

- Depart Tuesday evening 9PM Feb. 26th for Phoenix, AZ (*Overnight Bus Trip*)
- ****Tuesday Feb 26th morning practice 6:30-8:00am Bubble****

Tuesday March 26th – March 30th @TCU & SMU (Dallas, TX)

- Depart Tuesday March 26th 9:00PM for Dallas, TX (*Overnight Bus Trip*)
- ****Tuesday March 26th morning practice 10:00-12:00PM Kitt or Bubble****

Wednesday April 10th – April 13th @BYU & UVU (UT)

- Depart Wednesday April 10th 8:00AM for Sandy, UT

Saturday May 4th Depart MCLA National Tournament (Salt Lake City, UT)

****If Achieved & EXAM WEEK (4th – 8th)**

- Depart Saturday May 4th 6:00AM for SLC, UT



COLORADO MEN'S LACROSSE

“THE ONLY EASY DAY WAS YESTERDAY”

