



Parents and Players

The Governor has cleared lacrosse to begin skills training and conditioning starting on Tuesday, May 26. This is in line with our planning and the calendar we sent out after our conference call of May 4. It is also in line with the update we sent out last week. We see no reason to change our summer calendar at this time. The calendar gives us 3 weeks of conditioning / stick work to make sure that you are physically able to participate followed by 4 weeks of practice to get ready for the first tournament. We believe that this gives us enough time to prepare without the players getting bored because all we ever do is practice.

By starting this way we also gain time to:

- Work with our rental locations to address any concerns they have. Please remember that every city / facility has lawyers, mayors, insurance companies, etc to we need to deal with.
- Line the fields and build the cages.
- Give our families time to adjust to the practice dates and times. Our current plan and reasoning is below
 - HS teams will practice from 3:45 to 6:00 pm – for the most part they can drive themselves and it gives parents more time to deal with things for the young players.
 - MS and Youth Teams will practice from 6:30 to 8:30 pm. These players need parents to drive them. By starting later parents will have more time to deal with dinner / family issues.
 - **PARENTS – IF WE HAVE THIS BACKWARDS NOW IS THE TIME TO CONTACT US. IT IS EASY TO MAKE CHANGES IN THE NEXT FEW DAYS. IT IS TOUGH TO MAKE THEM IN 3 WEEKS.**

Starting on Tuesday May 26, 2020 (conditioning days are listed at the end of the email)

All of our players (travel team & flex) are required to do the individual conditioning plans that we will send out.

The plans will be posted to our blog and emailed out the night before. Players are then required to complete the plan before 10 pm that next day. Once they have completed the assigned conditioning players must initial / post their time in the google doc we have created. The google sheet link is here.

These workouts will be done by the players on their own. No BR coaches will be involved.

[BR Conditioning Sign In Sheet](#)

Please let us know if you are not on the sheet so that we can correct our error immediately.

Other things for you

Team conditioning

It is our expectation that starting on Monday, June 8 we will be able to begin team conditioning practices at a BR team location and with BR coaches running them. We will send those dates, times and locations once we have confirmed our contracts. We will use these dates for conditioning (2 conditioning tests) and stick work.

The Practice Guidelines that we sent to Broadview Heights are attached. Please familiarize yourself with them as we will have to follow them once we start team conditioning / practice.

Practices

It is our expectation that starting on Monday, June 15 we will be able to begin actual practices. We will send those dates, times and locations once we have confirmed our contracts. We will treat the four weeks from June 15 until the first tournament as we would a high school or middle school practice. The practices will be for 2 to 2:30 hours and will include conditioning, stick / foot work and team concepts (rides / clears, unsettled and settled off /def, and team concepts – at the HS level look for a 10 man ride, end line plays, more doubling and more transition).

HS Tournaments

Inside Lacrosse and Sweetlax have given us updates this week. No changes to the current timeframe that is on our calendar. We plan on checking in with all the tournaments on June 1.

MS and Youth Tournaments

Sweetlax have given us updates this week. No changes to the current timeframe that is on our calendar. We plan on checking in with all the tournaments on June 1.

Individual conditioning will happen on the following dates:

- Tuesday, May 26
- Wednesday, May 27
- Friday, May 29

- Monday, June 1
- Tuesday, June 2
- Thursday, June 4
- Friday, June 5