



North Hardin Varsity Lacrosse (aka Hard Knox Lacrosse)

The Hard Knox Lacrosse program is a combined team with players from North Hardin, Fort Knox, and John Hardin High Schools. Our team is a member of the Commonwealth Lacrosse League and plays in the District 3 South Division with Bowling Green, Anderson County, Elizabethtown, South Warren and Central Hardin. Our team is in its eighth full season.

What is lacrosse?

Lacrosse the oldest known sport in North America and is the fastest growing in the country. The game was initially played by native Iroquois Indian tribes dating back 500 years or more. The modern game has been popular in the Eastern US for many years, but has been spreading rapidly throughout the US at all levels to now include Kentucky. Lacrosse is a fast-paced field sport, with elements that crossover to sports like soccer, basketball, football, baseball and ice hockey. Lacrosse is the one sport that allows more playing time for the entire roster better than any other.

How do you play lacrosse?

Lacrosse is played on a field similar in size to a football or soccer field, with goals at each end. Players use sticks of varied length with a mesh net at one end. A hard rubber ball is thrown, caught, and carried using the stick. The objective is to outmaneuver the defense and shoot the ball into a 6' x 6' goal, defended by a goalie. Lacrosse is a relatively high scoring sport, with scores often exceeding 10 goals per side during a game.

Lacrosse is a physical game.

Boy's high school lacrosse is a full contact game, which includes some forms of body checking. Contact is generally more that you would see in soccer or basketball, but less than in football or hockey. Additionally, physical conditioning is an important aspect of lacrosse, as it is a fast-paced full-field sport. We will ensure we are physically fit this season so we can wear down our opponents and dominate all four quarters. I believe that at least 50% of success in lacrosse is due to superior conditioning.

Lacrosse Skills.

Our team will have players of all abilities, but to be a successful and contributing player you must be able to develop skill in: hand-eye coordination, footwork, agility, stick handling, tenacity and teamwork. Throwing and catching are the first and foremost skills that must be mastered to the fullest extent possible. Nothing is more fun to watch than a team that executes crisp passing. Stick handling is the ability to maintain control of the ball through cradling and to be able to gain possession primarily when the ball is on the ground. These two skills are what a new player must master through persistent repetition. Footwork and agility are important on both offense and defense. Tenacity is about playing hard and giving your best effort. Lacrosse is a team sport, requiring everyone to play for the benefit of the team. If we focus on team success, then individual success will happen. Above all else, we want our players to have a fun and positive experience.

Lacrosse season.

The primary season for high school lacrosse is spring. Official spring season practices start on February 15, 2022. We will practice every week day from 4:30--6:00 pm at North Middle School and 5:00-6:30 pm starting March 13 after daylight savings time. First game is Friday March 4 at ML Collins HS in Shelbyville with the season going through early May. Home games are planned for the Elizabethtown Sports Park. We could have a game in the Radcliff area as well. Travel to and from games is an individual responsibility, however, carpooling is encouraged and available for those players needing rides. Some away games will be up to 2 hours away. Most away games are scheduled around a weekend so late return home does not impact school attendance. We will try to schedule at least 11 games for this year.

Captains' Practices

Our winter/pre-season will be known as Captains' Practices. Captain's practices will start in December and continue thru early February. Indoor or outdoor practice will be determined based on weather and field conditions and held at a location TBD. Players need to bring both running shoes and cleats as well as all lacrosse equipment. Captains' practices will focus on conditioning, basic fundamentals (throwing, catching, ground balls, dodging, footwork) and strength training. Generally these practices occur on T, W, Th each week from 4:30-6:00 pm, facility availability may alter this plan a bit. The purpose of these practices is to prepare our new players to throw, catch and cradle properly prior to the regular season.

Team Commitment.

We do not hold tryouts for our team. A continual assessment of skills, capabilities and overall ability is always ongoing by coaches. As a result players who demonstrate the best basic skills will get the most playing time. Lacrosse is not a game that a player can just show up for games and expect to do well. It takes a full commitment to be a member of the team and to fulfill your responsibility to your fellow teammates. Again lacrosse is a spring sport, so if you participate on a club team that is not considered a spring sport (i.e. basketball, swimming, soccer, wrestling, etc.), I expect you to work your club schedule around our team schedule. We have fall and winter lacrosse teams and tournaments, but I do not want them to interfere with a player's primary fall or winter sport. This season requires that we hold nearly every practice with our full team roster. If you must miss a practice or game I expect you or your parents to notify one of the coaches in advance. Unexcused absences will result in reduced playing time in games, extra conditioning at practice. Ideally we will have a roster size of 18-24 players.

Expenses.

All expenses incurred during the season are paid through the Hardin County Lacrosse Club. Having a high school team is not an inexpensive venture. The following fees are just some of the expenses paid out during the season.

Referee Assignor's Fee: \$120, Liability Insurance: \$380, 501(c)3 Filing: \$25, Referees: up to \$2,100, Field Prep materials: \$150, PO Box: \$76, Lacrosse Balls (1 case): \$200, Equipment supplies: \$150 and Field Rental: \$250/game. The total adds up pretty quick.

Registration.

All players must be a current member of US Lacrosse. You can register online at uslacrosse.org for \$35. Cost of registration has been determined by our parent organization, the Hardin County Lacrosse Club, to be \$115 this season. This assists in offsetting the expenses we incur each season. If one-time payment is not possible, we can set up a payment option. Registration and US Lacrosse membership must be completed prior to February 15. Anyone who fails to register and pay will be ineligible to participate. Sports physicals are needed to participate as well. If you have one from playing a previous sport, then you are good. If not, you will need to secure a physical with your health provider or a provider like the Zip Clinic in Etown who does them in 15 minutes for a reasonable price.

Fundraising.

This is quite possibly the most important aspect of our non-lacrosse related activities. Since we are considered a “club” program, we receive no funding from any of our high schools. Fundraising helps cover operating expenses each season as well as provides for any additional expenses. We have to fundraise in order to provide season items to our players. Usually this covers a spirit package of some sort which can include items like a practice pinnie, t-shirt, shorts, sweats, ball cap and sometimes a gear bag. What we can purchase is strictly related to how much we raise as a team. The more money we take in and the earlier we do it, then the more items we can purchase. We need good ideas and a good volunteer fundraising coordinator. This season will include two primary fundraisers. One will be for each player to find at least one community or business sponsor to donate \$100. If we have 20 players who do this, then we raise \$2,000. We will place all sponsors on our game roster handouts for home games. The second fundraiser is working for Contemporary Services Company at Churchill Downs for Kentucky Derby week. We worked Opening night in the past and it has been very successful. This year Opening Night is April 30th. Both of these fundraisers are mandatory for all players.

Parent's Role.

Lacrosse is a sport that is stronger and more enjoyable when there is active participation and involvement by our parents. It gives the parents an opportunity to learn and share in the love of lacrosse with their player. It also leads to involvement with team activities greatly reducing the peripheral workload of the coaches, therefore allowing them to do what they do best – coach.

Volunteering.

Our team does not have a booster club so it is vitally important to rely on volunteers. There are numerous jobs that require volunteers in order for them to be done properly. It is imperative to have willing and able parents who can help fulfill these requirements. For this upcoming season we will need volunteers for the following areas: Fundraising Coordinator, Home Game Coordinator, Videographer, Photographer, Sideline Manager, Scorekeeper/Timekeeper, Penalty Table Support, Statistician, Game First Aid Support, Transportation Coordinator, Senior Night Coordinator, Post Season Banquet and some I am forgetting. We would love and need to have your help!

Staying Informed.

I usually get information out by multiple means. E-mail is a primary means to get lots of information out at once. I also use our Remind 101 account to get out short messages to everyone who has provided a cell phone number. To join our Remind group simply text @hardknx to 81010. Sometimes you may get a direct text or phone call. We maintain a Facebook page which I keep updated with lots of lacrosse related information at <https://www.facebook.com/NHHSTROJANLAX/> Ensure you go onto Facebook and like or follow our page so you get notifications of postings. Our official website is at <https://hardknoxlacrosse.wixsite.com/home> which is where there is additional information and all the team documents. Finally, game schedule, season stats and team historical info are in MaxPreps [https://www.maxpreps.com/high-schools/north-hardin-trojans-\(radcliff,ky\)/lacrosse/home.htm](https://www.maxpreps.com/high-schools/north-hardin-trojans-(radcliff,ky)/lacrosse/home.htm)

Get smart.

If you want to learn about lacrosse, there are many places you can go.

Great information can be found by googling Lacrosse 101 and checking out the videos that pop up from YouTube.

College lacrosse starts in early February and ESPNU usually carries Division 1 games every week during the regular season.

Try to attend a college game as possible. There are college lacrosse teams to go watch nearby; Division I is Bellarmine University, Division III is Centre College in Danville, KY, Transylvania University in Lexington, KY, NAIA is Spalding University in Louisville. UofL also has a Men's Club Lacrosse team.

When you become a member of US Lacrosse you receive the monthly publication of Lacrosse Magazine. Read the articles. It is a great source of lacrosse information.

YouTube videos. Search for what will help you. You can search for any lacrosse topic and find out about it from faceoff to playing goalie to penalties.

Let's get this going and have a great 2022 season.

Coach Andrew Doehring