



**Sturgis Public Charter School**  
Sturgis West Athletic Department  
Tel.: 508-771-2780 Ext. 407  
E-mail: [banand@sturgischarterschool.org](mailto:banand@sturgischarterschool.org)

**Season Information for  
Boys & Girls Lacrosse**

Dear Parents & Student-Athlete,

Welcome to the **Sturgis West lacrosse season**. Please take the time to read this season information letter carefully. There is a lot of information and we hope that this letter answers many of your questions. The official season begins on **Monday 19<sup>th</sup> March** and lasts for approximately ten weeks. If you have questions feel free to contact the athletic office at any time.

**Who can participate?** This athletic season is open to grades 9-12. Sturgis has a no cut policy for its sports teams. We believe that the lifelong lessons imparted through an athletic program should be accessible to all. If we have more than 40 players then a full JV team will also proceed. The first few practices will be considered as tryouts for the varsity / JV teams. Coaches will communicate who is on which team by the end of the first week of practice. Please understand that tryouts are exactly that. **No one has a guaranteed place on a team based on last season or their grade level.** Your coaches will explain the selection procedure and rationale.

**Practices** There are a maximum of **5 scheduled practices/games per week for varsity and 4 for junior varsity**. All athletes must attend every practice. Each student-athlete will need to bring **appropriate athletic footwear, clothing and water bottle**. If an athlete is unable to attend a practice, he / she should speak with the head coach. If a student is absent from school, please contact the coach directly.

**Practice times and venues.** Practices start at 3:45 or 4:00 PM. Venues may include Hyannis West Elementary School and Simpkins Field. Students walk to Hy-West and bus transport is provided to Simpkins. Each practice can last for 1 ½ to 2 hours.

**Schedule** A link to the schedule and games can be found at <http://sturgiswestathletics.com/>. We encourage each student / parent to create a Big Teams account. **Please note that there are contests on Saturdays, inclement weather may dictate that contests take place over Memorial Day weekend and school time will be missed for some games.** If you wish to prioritize other events over this season, be proactive and talk with your coach. Be sensitive to the fact that missing games and practices will affect your playing time.

**Before signing up for an athletic season**, each parent and student-athlete should read the online **Athletic Parent Handbook**. **By giving permission for your child to participate in this activity you and your child understand and agree to the policies referring to;** Commitment; Health requirements (physical exam, opioid misuse prevention information for Student-athlete and Parent, impact concussion assessment); Submission of Paperwork; Attendance; Student Conduct and Behavior; Academics; Chemical Health; Transportation; Taunting, Hazing and Bullying; Uniforms **set out in the handbook**. This can be accessed at <http://sturgischarterschool.org/athletics/AthleticParentStudentHandbook.html>

**All Girls Lacrosse Players Are Required to Have The Following Equipment:**

- US Lacrosse Regulation Women's Lacrosse Stick
- US Lacrosse Regulation Protective Eyewear
- US Lacrosse Regulation Mouthguard
- Running Shoes
- Cleats

**All Boys Lacrosse Players Are Required to Have The Following Equipment:**

- US Lacrosse Regulation Male Lacrosse Stick
- NOCSAE Regulation Helmet
- US Lacrosse Regulation Mouthguard
- Running Shoes
- Cleats

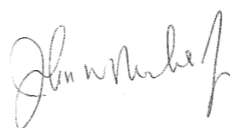
The sign up process involves **3 steps**:

1. **By February 1<sup>st</sup>**. Complete the Online Registration. **Please complete this event if you are still not sure you wish to participate.**
2. **By March 1<sup>st</sup>** Apparel order forms. Please also complete the attached **apparel order form and return it by**. After this time we cannot guarantee that honour your request.
3. **By March 14<sup>st</sup>** Return the participation waiver and emergency contact form (if you have already listed the spring sport on a previous form you are all set) and a \$100 participation fee.

Kind regards



Brij Anand,  
Director of Athletics



John Newcombe,  
Assistant Director of Athletics