

# Ponderosa Lacrosse Newsletter

2022-23 Volume #7

February 11th, 2023



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## TO DO LIST

See below for details

- Register with the school.
- Register with the Crease Crew (booster club).
- Sign up for the early time slots for PT conferences, if applicable.
- Be there for pictures. See below for details.
- RSVP for the injury prevention class.
- Dine at Chicken Shack Wednesday, Feb 15th, and mention Pondo Lax.

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## NEW INFORMATION

### School Registration.

Spring sports registration opened on February 1st on the Athletic Department's website. The link is provided below and instructions can be found on the website. Registration closes Friday, February 24th. Any player not fully registered by the end of the school day on Friday, February 24th, including digital upload of their current physical, will not be eligible to participate in the first practice on Monday, February 27th.

<https://phs-ar.schooltoday.com/>

### Crease Crew Registration.

The fee for the spring season was established during a meeting of the Crease Crew on February 6th after reviewing past, current, and forecasted expenses. The full amount is \$425. If you have a King Soopers (KS) credit, then pay the net amount owed after deducting the KS credit as reported by the Crease Crew Treasurer. If you wish to pay with installments instead of the full amount, then manually enter an amount less than the full fee and contact the Crease Crew Treasurer (Rebecca Coakley, rebacoakley@gmail.com) to define the timing and amounts to satisfy the balance.

<https://2022-crease-crew-fee-for-chsaa-spring-season-copy.cheddarup.com>

### Parent Teacher Conferences.

The spring parent teacher conferences are Wednesday, March 1st, which is the same day as our annual Cardinal & Gold Scrimmage at EchoPark and the Pancake Dinner afterwards. The sign up for parents will open on Tuesday, February 21st. If you're planning to meet with a teacher and cannot arrange for

a different day or time, then please jump on the signup early and pick one of the time slots shortly after school ends. I will adjust the report time at the stadium for players to 4:30 to allow as much opportunity as possible for players to accomplish both PT meetings and participate in the traditional scrimmage.

### **Academic Eligibility.**

The coaching staff will pull grades soon and talk to any players at risk. Focus on getting all assignments completed and turned in. Below is the link to explain the Pondo policy. Pondo uses the quarterly program. Current eligibility is based on 2nd quarter grades, and 3rd quarter grades ending Friday, March 10th, supersede for the balance of the season (4th quarter).

[https://ponderosahs.rschooteams.com/sites/ponderosahs.rschooteams.com/files/Private\\_User/allison.porter/ELIGIBILITY.pdf](https://ponderosahs.rschooteams.com/sites/ponderosahs.rschooteams.com/files/Private_User/allison.porter/ELIGIBILITY.pdf)

### **Pictures.**

Team Photos are this Wednesday, Feb 15th. All players need to come to the cafeteria after school to put on a uniform and be ready for the team photo at 3:25 pm. It's recommended they wear a shooter short from last year or white/light gray t-shirt, and some kind of tennis shoes. They need their sticks, and can bring gloves if they choose. After the team photos, each player will have individual photos taken, starting with seniors and working down all the grades. When their individual photo is complete they will turn in the uniform and are free to leave. The whole event typically takes one hour. In the event of a weather closure our back up photo date is Thursday, Feb 23rd.

Here is the link to order photos in advance:

<https://form.jotform.com/230385971643159>.

You may also order online about a week after photos when proofs are uploaded here: <https://www.mattdanphoto.com/Galleries/Team-Galleries-Fldr>.

Each player will receive one team poster as part of the Crease Crew fee. Team posters are different from the team photo. You can see our team posters from 2022 and 2021 at:

<https://www.mattdanphoto.com/Team-Photography/Sport-Posters>


More details about senior banners will come out soon for those seniors wishing to purchase one.

## **Injury Prevention Class.**

Tiffany Katrana has organized a free class hosted by a local physical therapist to help players with injury prevention. Parents and siblings are also welcome. Please RSVP within BAND.

### ***Injury Prevention Class***

Ponderosa Lacrosse is excited to host Dr. Frank Lee, and a few other Physical Therapists from The Fitness Lab, for an Injury Prevention Class. The class is **FREE** & will be about 1 hour long. The Physical Therapists will do movement screenings for injury prevention, and demonstrate some exercises & stretches, to maintain mobility. Everyone is strongly encouraged to come to the class!

The class is being held, ***Saturday Feb 25th***, at 10:30am. The address is  10471 S Parker Rd Unit 6A, Parker, CO 80134(SW corner of Parker & Plaza) It is located in the Jazzercise center behind the Liquor store. Please RSVP in BAND so we can let Dr. Lee know how many to expect. Wear clothes you can move in.



Dr. Frank Lee PT, DPT, OCS, FAAOMPT, CSCS

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## **REMINDERS & UPDATES**

### **Helmets.**

Only a few helmets remain in stock. You can place your order here:  
<https://new-helmet-2022-23.cheddarup.com>.

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## CONNECT WITH PONDO LAX

Main Website: <https://pondolax.com>

Schedule & Chat Platform: [BAND](#) (Available to current players, coaches, & parents)

Game Film: [ScoreBreak](#) (Available to current players, coaches, & parents)

Playbook: [Folder on Google Drive](#) (Request permission to access)

Social Media: [Facebook](#) and [Instagram](#)

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I'm available for your thoughts and questions at [andrew.trietley@grytlacrosse.com](mailto:andrew.trietley@grytlacrosse.com) and (720) 413-3948. You can also find more information within previous newsletters on the website (<https://pondolax.com>).

*#123stangs456family* Go Mustangs!

### **Andrew Trietley**

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