

Trabuco Hills High School Lacrosse

Overview: 2024/25



IT TAKES ALL OF US

We have very FEW GAME opportunities.
We have MANY PRACTICE opportunities.
Most of our Lacrosse is played against our own TEAM.
WE have to commit to giving our best effort EVERY DAY.

WE have to COMPETE against each other in practice.

The harder WE go at each other in practice, the better WE will be on game day.

EVERY PLAYER IN THIS PROGRAM IS PART OF OUR SUCCESS OR FAILURE

If you are the first or last player to get on the field in a game...
...your commitment in practice, can be the difference maker for the TEAM

to WIN or lose a game.

WE compete TOGETHER as a PROGRAM on game day.

WE WIN or LOSE TOGETHER.

IT TAKES ALL OF US.



Rich Madrid: Head Coach

Personal

- 48 Married 3 kids. 2 Grandchildren. Both of my boys and I played Lacrosse for Trabuco Hills High School
- I have a passion for my family, teaching and coaching lacrosse and helping to develop young people.
- My goal is to develop the Lacrosse community at Trabuco Hills High School and the surrounding area. I want to leave something that can run on its own with a thriving feeder program, players capable of playing at the next level and a home for players that want to coach or play post collegiate whether that's summer or year round for those that end up back in OC/SD/LA.
- Personal values:
Creativity, Perseverance, Humility, Compassion, Joy, Effort, Respect, Love

Background

- Played Trabuco Hills High School Lacrosse
- Switched to Junior Hockey after High School before College
- Returned to the sport as coach and men's player many years later
- Coaching: 10 plus years of youth 7-8 years of High School
- Handful of players I have coached have gone on to play different levels of College Lacrosse. Division I, Division II, Division III. MCLA. NAIA

Coaching Staff

Everett Arman - Trabuco Hills, Concordia University-Irvine DII

Orry Butler - Capo Valley HS, UC Davis

Marc Stern - Teacher Trabuco Hills, On campus Coach

Matt Thibodeau - Mission Viejo High School

Need more Strength and Conditioning, Goalie, Faceoff etc

Principles

ON FIELD

- TEAMWORK
- COMMUNICATION
- COMPETE/PLAY PHYSICAL
- BALL MOVEMENT
- OFF BALL AWARENESS
- UNSELFISHNESS
- POSITIVE ENTHUSIASM

Core Values

HONOR

Be a good human being. Never lie, steal, or cheat and do not tolerate those who do. Set a good example and encourage others to follow you. Remember that honor is very precious, and once lost, it takes a long time to earn back.

INTEGRITY

Do the right thing when no one is looking. Be the same person at all times and adhere to your values regardless of the situation. Always be someone you are proud of.

RESPECT

Be respectful of others. Always be a gentleman and treat others with kindness. Remember the golden rule – treat others as you would wish to be treated. Remember that words can be uplifting and healing or very hurtful. Act with empathy.

SPORTSMANSHIP

We will play physically, but by the rules. We will celebrate our team. We will not gloat in victory, and we will be gracious in defeat. We will promote friendship with teammates and opponents alike and we will respect officials.

EXCELLENCE

Strive for excellence in all that you do – academics, athletics, and character. Do not settle for less than your best effort. **If you put forward your best effort, no one can ask for more.**

Player Development

Athletes develop at different rates and not everyone may have the same ability in any given age group.

Our goals:

I want our players to fall in love with Lacrosse.

Over the next 4 years, or during your remaining eligibility, we will help every Trabuco Hills lacrosse player grow, making daily improvements, and attempt to reach full potential on and off the field.

1. We will teach and practice the game. Mechanics and strategy.
2. All players will be evaluated on a weekly basis.
3. In season, We will play to win Varsity games and to play JV games competitively.
4. On JV, playing time will be based on player development goals as much as possible but competition is one of our ideals so in a close game I will not blame a JV coach for going for it.
5. On Varsity, playing time will be based on TEAM needs. PERIOD. This is the one aspect of our community that I will not socialize. Players have an open door to discuss playing time and evaluation. Many of the boys know this. Talk to them.

IMPORTANT REALITY

No matter what level you are at, if you only practice during our time, your progress will be slower. If you want to move up the depth chart, or if you aspire to play after high school, or just want to be the best you can be, you need to put in the work.

PLAYERS PERSONAL AT HOME DEVELOPMENT

Discussion about player portal. Importance of club opportunities. This area is blank but I have a lot to say on this topic. Expect this document to be updated.

Trabuco Hills High School 2024-2025 Lacrosse Program

Calendar Link:

<https://www.oclaxclub.com/calendar>

*Calendar dates are subject to change prior to seasons. Will be moved to Trabuco Hills site ASAP. Updates will be delivered via the Trabuco Hills Lacrosse and OCLC mailing lists.

https://mailchi.mp/178505763141/thhs_announcement_list

and

<https://mailchi.mp/20e6eb09af7f/oclclist>

Registration and Donation info in BOLD.

June

- **Summer Camp and League Registration @\$250 THHS WEBSTORE**
- Summer Camp and League

July

- Summer Camp and League
- Bonus Summer Camp????
- **Fall Box Lacrosse Registration - CLUB LACROSSE OPPORTUNITY @\$375 8/19-10/19 (Playoffs)**

August

- School begins
- Fall Box
- 1st Steering Committee Meeting to prepare for season (late August/early September)
- **Fall Camp Registration - 2 Days a week @\$75 8/19-11/7 THHS WEBSTORE**
- Steering Team Meeting TBA

September

- Fall Box Lacrosse

- Fall Camp
- Steering Team Meeting TBA

October

- Fall Box Lacrosse
- Fall Camp
- Steering Team Meeting TBA

November

- TEAM MEETING (Athletic Paperwork, General Info, Parent Volunteers)
- *Evening at THHS/Reserve Multipurpose Room/Guide families to Athletic Paperwork (Contracts)

<https://trabucohillslacrosse.com/forms.html>

Trabuco Boys Lacrosse Donation Ask Last Year's Donation Suggestion was \$650.

- Volunteers
- **WINTER CAMP REGISTRATION** @\$200 THHS WEBSTORE Start Date TBD.
- Steering Team Meeting TBA
- OCLC Tournament Opportunities

December

- Team Meeting(Players) for potential Gear Order. Sizing etc.
- Player Evaluations/Tryouts
- Winter Camp, Strength and Speed components.
- Donations
- Steering Team Meeting TBA
- OCLC Tournament Opportunities

January

- Team Meeting (Players) Pass out Gear/Uniforms, transportation waivers, donations, and volunteer sign ups
- Schedule Transportation
- Season Rosters and Schedule posted
- Volunteers. Volun-tolds if spots needed.
- Steering Team Meeting TBA

- OCLC Tournament Opportunity

February

- Season begins 1st week of Feb.
- Team Pictures Early Feb \$25-30 per player.
- Games begins late February

March

- SPRING SEASON

April

- End of Season
- Senior Night
- Begin Banquet Prep

May

- End of Season. Playoffs
- Awards/Team Banquet
- Final Steering Team Meeting to wrap up the season
- Summer Tournament Options Announcements. OCLC. Travel Team Tryouts.

COMMUNITY AND SUPPORT

1. EVERY PARENT IS INVITED TO STEERING COMMITTEE MEETINGS (NOTE: We don't have an official "Booster Club".)

Volunteer List (Sarah)

Banquet Coordinator

Senior Night Coordinator

Fundraiser Coordinator are a few of the biggies but there are a lot more.

2. Our program will only be as good as the parents make it.

You can GIVE your TIME, your EXPERTISE, your MONEY.

3. This program also believes in "paying it forward".
We want to leave this program better than when we got here.

IMPORTANT:

Beyond the Per Player donation suggestion (to run the program, additional fundraising will be needed for our annual 'pay it forward' special project/s.)

2024/25 Team: "Pay it forward" Project funding:

1. Video setup to video practice. Still researching cost. Will discuss at steering meetings. Everyone invited.

2. Purchase 12 additional starter sets of gear. (Future Project)

(TH Helmet, chest protector, elbows, gloves, stick, practice jersey)

Intended use:

For future Trabuco Hills Lacrosse players 3rd through 8th Grade Youth camps that our Trabuco Lacrosse team members can volunteer at, to build up hours on their community service requirements to graduate.

Intended use:

For anyone that wants to come try Lacrosse at TH.

(Temporary use)

(If they join the team, they will be required to buy their own gear)

Approximate cost: \$7,000.00

VOLUNTEER ROLES

Banquet	
Fundraising	
Game Day Coordinator	Marc Stern
Game Day Coordinator	
Game Day JV Scoreboard - Announcer	
Game Day JV Scoreboard - Score Keeper	
Game Day JV Scoreboard - Spotter	
Game Day JV Scoreboard - Timer/Scoreboard	
Game Day JV Stats	
Game Day JV Stats	
Game Day JV Stats	
Game Day Varsity Scoreboard - Announcer	
Game Day Varsity Scoreboard - Clock	
Game Day Varsity Scoreboard - Spotter	
Game Day Varsity Stats	
Game Day Varsity Stats	
Game Day Varsity Stats	
Game Day Varsity Scoreboard - Timer/Scoreboard	
Game Film	Yellow Hat
Gear/Spirit Pack Distribution & Collection	
Photographer JV	
Photographer Varsity	
Photographer Varsity	
Picture Day	Rich Madrid-FORMER PARENT
Senior Night	
Senior Night	
Snack Bar Coordinator	
Snack Bar Coordinator	
Social Media-Instagram/Facebook/Twitter	
Team Mom JV	OPEN
Team Mom Varsity	Sarah
Website	Rich Madrid