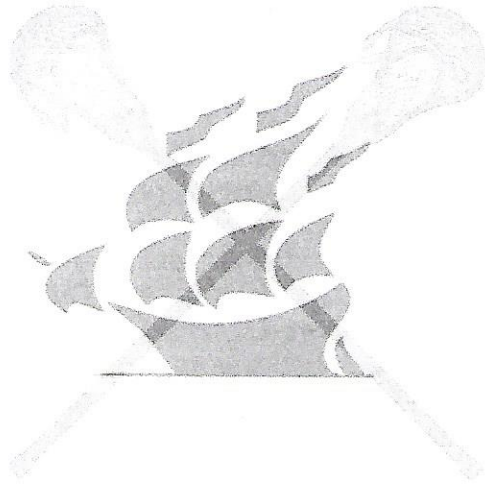


HUDSON GIRLS LACROSSE 2015



@Hudsongirlslax

HEAD COACH

Sarah Sibila

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330-687-8005

ASSISTANT COACH

Megan Gaffney

gaffneym@setoncatholicschools.org

JUNIOR VARSITY COACH

Kristen LaScola

lascolakr@hudson.edu

COACHING STAFF

HEAD COACH

Sarah Sibila

Sarah is a HHS graduate. She played both varsity lacrosse and soccer at Hudson. She changed her focus from sports to art and graduated with a BFA from the Columbus College of Art & Design. After art school, Sarah moved to Michigan to pursue her teaching degree at Oakland University. She played on Oakland club lacrosse team and soon found herself coaching youth lacrosse at Cranbrook Schools. For the next couple years, Sarah developed the girls youth lacrosse program at Cranbrook. She focused on preparing the girls physically and mentally for high school level lacrosse.

Sarah graduated with a BA in Art Education from Oakland University this past Winter. She is looking forward to finding an art teaching position and combine her passion for art and coaching lacrosse. Sarah is humbled to be the head coach back at her hometown. She is excited to be apart of a great school and can't wait for the season start!

ASSISTANT COACH

Megan Gaffney

Megan Gaffney grew up in Hudson with her parents and four younger siblings. In high school Megan was a student athlete. She participated on the lacrosse, soccer, and swimming teams. Megan continued her education and lacrosse career at John Carroll University. In addition to playing in college, Megan also started her lacrosse coaching career at Hudson Middle School. Megan continued coaching at HMS for the next seven years, while getting her undergraduate degree in education and starting her teaching career at Seton Catholic School in Hudson. Megan took time away from coaching to focus on teaching and getting her Masters Degree in Educational Administration. She came back last year and coached the JV team. This year, we are thrilled to have Megan as the assistant varsity coach. She looks forward to working with the girls, developing their skills, and promoting her love of the game!

JV / ASSISTANT COACH

Kristen LaScola

Kristen graduated from Hudson in 2004. Returning back home to her alma mater has truly been a humbling experience of which she is extremely grateful. After graduation, Kristen went to Belmont University in Nashville, Tennessee where she pursued her passion of music. Her experience at Belmont was incredible, as she grew both personally and professionally, while also following her dreams of music. Kristen graduated from Belmont in 2008 with a degree in Music Business. After a few years in the music business world, she enrolled at John Carroll University. With the help of my family, friends and colleagues Kristen graduated with a Masters of Education in May 2014.

This is Kristen's first year as a 3rd grade teacher at McDowell and has had a wonderful experience so far. This past Fall, Kristen coached the JV Field Hockey team at Hudson. She is excited to get a chance to coach another sport at HHS and can't wait for a wonderful lacrosse season. Go Explorers!

Communication

Girls Lax Page! Please make sure you familiarize yourself with the girls lacrosse page located on the Hudson High Schools website. All scheduling information is uploaded on the page as well as rosters, forms and daily announcements.

Twitter - @Hudsongirlslax

If there are issues or concerns throughout the season, the first line of communication must be from the player to the coach. It is important for the student athletes to develop proper skills to communicate their questions/concerns with the coach. If parent involvement is necessary, contact coach by leaving a message on voicemail or via email to arrange a time to talk.

Before or after a game is not the appropriate time to voice concerns. Parents are encouraged to wait 24 hours after a game to contact the coach with questions or concerns.

Attendance

Practice is mandatory! If a player misses a practice the day before a game, they will not be able to play in the game the next day.

- If a player misses for a school related event or a college visit, they will be excused and able to play the following game.
- If you daughter has specific concerns or questions about the attendance policy, have her speak to a coach directly.

Practice

Practice time and place will differ week to week. Our goal is to always be on turf at 3:30-5:30, however, that will not always happen due to the scheduling of multiple spring sports. Changes may occur during the day of practice. If this happens, an announcement on the team page and a tweet will go out to all players. Your daughter is responsible for checking the webpage/ twitter as well as being prepared for indoor and outdoor practices.

Equipment

All players should come prepared to practice and games every day. This includes their stick, mouth guards, goggles, cleats, turf shoes, reversible, and all uniforms pieces. Players must carry both home and away jersey with them to each game.

Injury

If at any time your daughter is severely injured at practice or a game we will notify you immediately. If they have a minor injury, they will be directed to Dan and Melanie, our athletic trainers at the High School. Dan and Melanie will determine when they can return to play. If they feel a further evaluation is required, then they will recommend it to your daughter. It is important that your daughter communicates with the coach about an injury as soon as it happened to prevent further injury.

Dan Devoe - devoed@hudson.edu
Melanie Bitterscuff

Concussion

All players will participate in the impact concussion testing process completed through the High School athletic training department. If they have not been tested yet they will soon. If a concussion is suspected, a player will not return to play that day or until a release is given to the coach. No exceptions!

Playing Time

Playing time is not a given. Each player will work to earn their spot or playing time during games. Practice, play, attitude, and coach-ability will be observed closely each day to determine who will start and participate in each game. It is our job as a coaching staff to make the decision and put the best combination of 12 individuals on the field. Junior Varsity will follow these same guidelines, however there will be more of an emphasis on equal playing time. Playing time should only be discussed between the player and coach.

- Attendance at practice
- Performance at practice
- Performance at games
- Attitude
- Coaches evaluation

Athletic Lettering

OSLA allows for 16 regular season games to be played (32 halves). In order to receive an athletic letter during the season, a player must play in 8 regular season games (or 16 halves). This information will be kept with the stat book each game.

Stats

Stats will be kept by one or two designated parents and/or student volunteers. These records are extremely important for a couple of reasons:

- Ohio Awards (1st, 2nd, honorable mention)
- All American /Academic All American awards (Juniors/ Seniors)
- Review stats to see where we need to improve.

Video

Each game will be recorded and uploaded to HUDL. With a username and password, players and parents can access these videos. These video records are important for our team to review and also for All American awards. More information regarding username and password will be send out shortly.