



Dear Parents,

My name is Sam Zullo and I am honored and excited to have the opportunity to coach the varsity girls lacrosse program at Simsbury High School this season. I have been either a fan or a coach of the sport for many years and it is a privilege to guide the Simsbury program moving forward.

Our program will focus on playing great man-to-man defense, executing scoring opportunities for our top scorers on offense and limiting our turnovers. I believe that all of our players must:

- Act with respect towards one another and towards the coaching staff
- Hold themselves accountable on/off the field
- Be a GREAT teammate regardless of personal disposition towards a situation

These are the qualities I hold myself accountable for every day as a coach and I demand that my players do the same.

It is my job and my responsibility to make decisions that I believe are in the best interest of not only the individual players but also the entire team and program. I also understand that as parents it is your job to want what is best for your child. Therefore, questions/concerns from parents are a natural and necessary part of us working together to develop your daughter into an even better lacrosse player and to also teach her valuable life lessons about quality communication and being a great teammate. Should these situations arise, I ask that you handle them with respect and a collaborative mindset. It is important to remember that at the end of the day we have the same goals for the girls. We all want what is best for them and we want to teach them as many valuable lessons as we can along the way to prepare them for their future on and off the field.

I look forward to meeting and getting to know all of you over the course of the season. We will have a parent meeting on Saturday, March 24th from 10:30 – 11:30 for all parents of players in the program. Please don't hesitate to bring questions to that meeting. We will go over everything you and your daughter will need to know about the season.

Go Trojans!

Sincerely,

A handwritten signature in black ink that reads "Sam Zullo".

Sam Zullo
518-848-5017
szullo@simsburyschools.net



Meet the Coaches

- Varsity: Sam Zullo
- Varsity Assistant: Marcy Drees
- Junior Varsity: Erica Martino
- Thirds: Nicole Bailey-Gates

How Do I Sign Up?

- Please visit: <https://www.simsbury.k12.ct.us/schools/shs/athletics>
- Click on “Register for Spring Sports” and you will have all the information that you need!
- Players are encouraged to visit the athletic office during the day if they are unsure of their status

What Does My Daughter Need for Tryouts?

- Mouth guard
- Standard lacrosse or field hockey goggles (can purchase online or at any sports store)
- Girls lacrosse stick
- Athletic clothes, cleats, indoor shoes (will be indoors at times), positive attitude, strong work ethic
- Gloves/warm clothes – we will be outside if possible in whatever conditions allow

Coaches Tryout Responsibilities

- Assemble a competitive varsity roster of 16-18 players and begin getting them ready for competition
- Place all other players on the appropriate developmental level team
- Find a roster spot for all Freshmen and Sophomores that display a positive attitude and work hard
- Make roster decisions on Juniors in line with school and program philosophy

Tryout Process/First Week of Season**

- Sat, 3/17: 10:00 AM arrival on the Turf, expectation setting. 10:30 – 1:00, full program tryout*
- Sun, 3/18: 12:00 – 3:00 on the Turf, full program tryout*
- Mon, 3/19: OFF
- Tue, 3/20: 5:00 – 6:00 in Blue Gym, 6:00 – 7:30 on the Turf
- Wed, 3/21: 5:00 – 6:00 in Blue Gym, 6:00 – 7:30 on the Turf*

**Thirds team and players not making a team will be communicated at the end of this day via 1 on 1 meetings.*

- Thu, 3/22: 4:30 – 6:30 on the Turf (JV/VAR only) – Thirds team is OFF
- Fri, 3/23: 4:30 – 6:30 on the Turf* (JV/VAR only) – Thirds team will be in the Blue Gym TBD

**Final JV/VAR roster assignments will be communicated via 1 on 1 at the end of this practice.*

- Sat, 3/24: 10:30 – 11:30 mandatory parent meeting for entire program in PE classroom
- Sat, 3/24: 12:00 – 2:00 practice for varsity only on the Turf

**Players will be split into different groupings based on skill and positional ability as soon as we see differentiation. This includes the first day of tryouts. None of these groupings are final until rosters are announced. The expectation of the players is that they give maximum effort and maintain a positive attitude throughout the tryout process.

For additional information and updates please visit our website: www.simsburygirlslacrosse.com