

# Trabuco Hills High School Lacrosse

## Overview: 2025-2026



## IT TAKES ALL OF US

**All of us TOGETHER make ONE team**

We show up not only for ourselves, but for one another!  
The mindset is to want what is best for each other, so that we can be better together!

We spend more time practicing and playing with (and against) one another than we do playing opposing teams. The harder we go at practice, the better WE will be on game day!

EVERY PLAYER in our program is part of our wins or losses. Even the best of players have good and bad days on the field. When we lose we will practice good sportsmanship with graciousness and unity...allowing the losses to make us STRONGER TOGETHER!

This Boys Lacrosse program was established at THHS in 1988.  
When we put on that game jersey we proudly represent the legacy of this program. CHARACTER on and off the field counts. The goal is that Lacrosse helps to grow us into people of greater CHARACTER leaving a lasting impression on our hearts of how the game changed us.



# **Head Coach & Director: Rich Madrid**

## **Personal**

- 49 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**

Marc Stern - Teacher Trabuco Hills, On campus Coach

Matt Thibodeau - Mission Viejo High School

Eric Obispo

Matthew Valbuena

Craig Freisen

\*Looking to bring on more Strength and Conditioning

# 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. I 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. With that, 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.

# PLAYER DEVELOPMENT

## opportunities & suggestions

### Club Opportunities:



- OCLC - Orange County Lacrosse Club
  - Director - Rich Madrid



- Team 241
  - Team of Coaches from different schools
    - Coach Rich Madrid

Various other clubs Stags, Mad Dog, True, etc

### Suggested independent training:

→ Wall Ball

→ Speed & Endurance training

→ Weight training

→ TRAINING WITH OCLC SOME FREE SESSIONS

\*With whatever you choose to do, please practice safely and responsibly to avoid injury.

# Trabuco Hills High School 2024-2025 Lacrosse Program

**The official season of Lacrosse is in the Spring, and the players will have Lacrosse as their 6th period class through the second semester of the school year.**

The boys from the THHS Lacrosse team practice and play all year round. Some of which is through the OCLC program (Orange County Lacrosse Club), and some of which takes place at Trabuco Hills High School, even though it is outside of their official season.

\*In addition to this there are various club & tournament options.

The Lacrosse year is divided into the following:

- Summer Camp session \$290
- Fall Camp Session (THHS field) \$ 175
- Winter Camp Session (THHS field) \$290
- **Official Spring Season (THHS field for practices & games at various schools) \$\_\_TBD\_\_**

## Calendar Information

Calendar Link:

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

\*Calendar dates are subject to change prior to seasons.

- Updates will be delivered via the Trabuco Hills Lacrosse and OCLC Band apps

Additional Important website and apps that you will want to have saved for reference:

- ☐ BAND App - <https://band.us/n/aaafbalc06gex>
- ☐ THHS Boys Lacrosse Website - <https://www.trabucohillslax.com/>
- ☐ OCLC (Orange County Lacrosse Club) - <https://www.oclaxclub.com/oclc>
- ☐ Tourney/Sports Engine (Tournament information) - <https://www.sportsengine.com/tourney>
- ☐ THHS WEBSTORE - <https://www.svusd.org/schools/high-schools/trabuco-hills/resources/thhs-webstore>

# 2025-2026 Events

## SEE CALENDAR

- **Practices** - regularly through season (breaks align w/ school holidays)
- **Games** - see schedule
- **Tournaments** - TBD
  
- **Team Building Events** - TBD
- **Team Pictures** - TBD
- **Senior Pictures** - TBD
  
- **LAX Goal Club Meetings (for parents)** - Monthly
- **Family Gatherings** - Quarterly
  - November - Fall (Friendsgiving style)
- **Senior Night** - TBD
- **Banquet** - Friday, May 29th at 6:00pm
  
- **Dine Outs** (fundraisers) - TBD
- **Fundraisers** - TBD

# 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 to cover our annual costs & additional "pay it forward" projects.)

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

1. Video setup to video practice. Still researching cost. Will discuss at steering meetings. Everyone is 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 8<sup>th</sup> 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

- ☐ **Special Events**
  - ☐ Annual Lacrosse Mandatory Meeting
  - ☐ Family Gatherings
  - ☐ Team Pictures
  - ☐ Senior Night
  - ☐ Banquet
  - ☐ Senior Dinner
- ☐ **Fundraising**
  - ☐ Corporate Sponsorship
  - ☐ Crowdfunding - Snap Raise
  - ☐ Snack Bar/table
  - ☐ Misc. - Dine Out, Clothing Drive, Ralphs etc.
- ☐ **Team Parents**
  - ☐ Update team on changes (time/location of practices/games/tournaments)
  - ☐ Reminders to parents
  - ☐ End of Year Coach Gifts
- ☐ **Web/Social Media**
  - ☐ Updated Game Schedule
  - ☐ Sponsor Appreciation & Acknowledgement
- ☐ **Spirit Wear Coordination**
- ☐ **Game Day Volunteers**
  - ☐ Set Up & Tear-down
  - ☐ Announcer
  - ☐ Score Board/Timer
  - ☐ Stats
  - ☐ Spotter
  - ☐ Drone

This program will only succeed if we ALL contribute and work together. Even with family donations, that meets the bare minimum to cover essential costs. This program is primarily run on volunteer hours.

## IT TAKES ALL OF US!

Looking forward to 2025-2026 being a GREAT YEAR!  
GO BLUE!!!! 🎤💙