



Keep Playing

Costs

- Participation Fee: \$228 Checks to FLHS
- Equipment Deposit: \$100 Checks to FLHS
- Uniform: \$90 Checks to FLHS
- Fundraising Deposit: \$100 Checks to FLLBC

Coaching Staff

- Head Coach: Jon Loo
 - Email: jonathan.loo@anoka.k12.mn.us
 - Cell phone: 763-227-1656
- Assistant Coach: Greg Sowden
- More TBD

Defining Success

- SMART practice makes you better
- Team emphasis makes you better
- Always Undefeated
- Winning is fun
- Keep Playing

Expectations - Coaches

- Ensure Fairness
- Put players in positions to succeed
- Listen
- Make final decisions
- Keep focus on success

Expectations - Players

■ Communication

➤ the bell rings on time

- Phone or e-mail before or at the scheduled time

■ Attitude (Ben Franklin)

➤ Pressure

➤ Time

■ Fundraising

Expectations - Parents

- Communication
 - Voice concerns/needs with Coach Loo
 - Check Website for information
 - Use e-mail as primary means of communication

Website

- Mnlaxhub.com
- Link: <http://www.mnlaxhub.com/page/show/291600?subseason=41285>
- Schedule, Stats, Announcements, Other teams info

Website

MSHSL Varsity MSHSL Suburban East Forest Lake

FOREST LAKE MSHSL 2011 Regular Season

Game Schedule Statistics

Forest Lake Team Stats - MSHSL 2011 Regular Season

W	L	T	GF	GA	GPG Avg	FO	FO%	PP	PIM
0	0	0	0	0	0.00	0 - 0	0.00	0 PPG / 0 PPC	0.0

RECENT RESULTS/UPCOMING GAME

Team	1	2	3	4	T
Forest Lake	-	-	-	-	-
St. Cloud Tech	-	-	-	-	-

Date: Tue Apr 12, 2011 Time: 06:30 PM Location: Oak Hill Elementary School, St. Cloud Scheduled →

STANDINGS

MSHSL Suburban East

Team	W	L	T	GB	WPCT
ERIDGE	0	0	0	0.0	0.000
RSVLLLE	0	0	0	0.0	0.000
WBLAKE	0	0	0	0.0	0.000
EPSTLK	0	0	0	0.0	0.000

TEAM INFORMATION

School

- School is **more important** than Lacrosse
- Any school violation will be taken very seriously – **no matter how small**

Schedule

- Practice @ FLCLC 3:30 – 5:30
 - Players are encouraged to use time before practice to finish homework or get to the field and work on individual skills
- There will be two busses to each game: JV and Varsity
- There will be **no busses to prep team games**
- Every event will be posted on the website

Support

- Need stats and scoreboard volunteers
- Need people to join the booster club
- Fundraising: April 4th



Adidas

- All orders must be done through the website:
- Link will be on the website and the Facebook page
- Website will close on March 13th
- All orders will be delivered to your home
- <http://bigteamsales.impactgroup.us/>



LACROSSE



Adidas Logo on Opposite Side

