



2019 Pre-Season Meeting
PRIOR LAKE GIRLS LACROSSE

Welcome Lacrosse Family!

Varsity Coaches		
Heather Pierson	piers168@d.umn.edu	(952) 270-5711
Jessica Jurovich	jessjurovich@gmail.com	(952) 797-3953
Goalie Coach		
Taylor Tvedt	tvedtt@augsborg.edu	(612) 219-1188
JV Coach		
Alexa Bloedow	alexabloedow@gmail.com	(952) 374-8494
B Team Coach		
Chelsea Cross	chelsealcross@gmail.com	(612) 618-4628

Coaches' Philosophy

Mission

To maintain a positive, family-oriented lacrosse community that strives to develop girls physically, academically, mentally, and in character.

Vision

Working together as one lacrosse team to challenge ourselves and our sisters, grow as athletes and individuals, and realize there is always potential to be gained.

Values

- Build a positive and successful lacrosse community
- Maintain a team culture of hard work, preparation, commitment, respect, and accountability
- Creating cohesion between individual goals and team goals.
- Providing open, positive and direct communication between coaches, players, and parents.

Captains

Jordan Anderson	jordan.anderson2019@gmail.com	(952) 210-0944
Grace Mattox	gracepmattox@gmail.com	(651) 276-6724
Kelsey Viger	kelsey17@mchsi.com	(952) 923-5564
Josie Kropp	jkropp43@gmail.com	(952) 423-8033

Team Managers

Sena Fogt	fogtsena@icloud.com	(612) 804-7767
Reagan Montross	regsmontross@hotmail.com	(612) 300-2906

Team Goals

- Team chemistry - staying positive
- Always striving to get better
- Positive self talk
- Be supportive of one another
- Setting goals
- Accountability - be accountable for YOU and own your mistakes
- Control the controllables

- Changing our conversations in our on field huddles
- Play both halves!
- Striving to meet the Six Qualities of an Elite Player
- Beating Apple Valley and Eden Prairie
- State Champions!!
- Leave a Legacy

Off Season Training

**** Wall Ball will continue at PLHS gym on Monday and Wednesday mornings from 7:20 - 7:50am****

March Captain's Practices

Savage Dome

Saturday, 2nd – Field 2 – 9-10am

Tuesday, 5th – Field 3 – 5-6pm

Thursday, 7th – Field 2 – 4-5pm

Tuesday, 12th – Field 2 – 5-6pm

Thursday, 14th – Field 3 – 5-6pm

Saturday, 16th – Field 3 – 12-1pm

Tuesday, 19th – Field 1 – 5-6pm

Sunday, 24th – Field 1 – 6-7pm

Tuesday, 26th – Field 1 – 6-7pm

Thursday, 28th – Field 2 – 4-5pm

Website: <https://priorlakegirlslax19.itemorder.com>

Store will be open from March 11th-17th and again April 1st-7th

Apparel



**Name required
(lower back)

Booster Item

New players who did not receive a shooter shirt last year will receive one paid for by the Booster Club. Please make sure you order ONE shirt per new player through the website in order to receive.

There is an option to order a new shooter shirt for returning players, but this will be paid for by the player not the booster club.

NOTE: This year the shooter shirts are unisex fit.



Mandatory Items

If players wear long sleeves or pants on game day, they will be required to wear white tops with white uniforms, navy tops with navy uniforms, and black bottoms under their uniforms. Navy socks also required.



These items are not required to be purchased through the online store. They are offered here for your convenience. You may wear any brand you like as long as the color is correct. If you already have these items, you are not required to buy new ones.

Apparel



**Name optional
(lower back)



**Number optional
(under logo)

Recommended Items

Warm-ups will be worn by most players before games.

These warm-ups vary slightly from last year, but the color is the same.

We keep the same warm-ups for 2 years - next year we will be getting new warm-ups.



**Name optional
(mid-back)



**Number optional
(under logo)



**Name optional
(right arm)



**Name optional
(under logo)



Optional Items

Items players may like that are not required.

Fan Apparel



**Name optional
(mid-back)



**Name optional
(mid-back)



"Super Fan" T-Shirts



The Boosters will purchase 2 t-shirts per family.

Name on the back is an extra \$5

Additional t-shirts will be available for purchase

Online Store will be open
March 11-31

This ensures delivery prior to first game

Online Store Link:
<https://2019plgirlslacrosse.itemorder.com/sale>

PLHS Girls Lacrosse Booster Club

Current Executive Voting Board is responsible for allocating funds to needs of the program

- Coach Heather Pierson
- President Angie Mattox ('18 - '19) → Jim Collins ('19 - '20)
- Vice President Jim Collins ('18 - '19) → Shannon Bloedow ('19 - '20)
- Treasurer Brent Viger ('18 - '19) → Jill Easton ('19 - '20)

Charter: Promote the sport of Lacrosse to the girls of Prior Lake High School with oversight by the Athletic Director and the PLHS coaching staff

Objective: Support the long term growth of the girls lacrosse program and to ensure that the players have proper training, equipment and facilities in which to learn, compete and win a State Championship

We are a not for profit organization

Booster Club Responsibilities

What we do:

- Provide support (financial and volunteer) to ensure the girls lacrosse program is viewed positively in the community and has the equipment to compete
- Raise money to support program needs
- Organize in season volunteer hours
- Organize out of season activities to promote girls lacrosse and PLHS team spirit

How Can You Help?

You can participate in many ways!

Positions we fill each year: President, Vice President, Treasurer, Web & Communications, Stats Leads, LABC representative, Volunteer Coordinator, Fundraising Coordinator, Off Season & Chillax League Coordinator, Equipment Manager, Concessions Coordinator

In Season Volunteer hours

We need your support in filling volunteer hours to help make the season a success! 10 hours per family
Sign up genius will be sent out shortly

Support for the players during season and especially in the off season

Where Do Lacrosse Booster Club Funds Go?

Includes (but not limited to):

- Try-out expenses
- In season dome time
- Scrimmage costs – i.e. Referees
- Pre Game Video, Game Filming, Game Video Analysis via Krossover, Banquet Video
- Equipment including balls, bags, training equipment, etc..
- Lacrosse and Life Journals
- Coach Training
- Coach Salary (for one coach)
- Coach Apparel
- Team Photographer to capture pictures for all teams
- Alumni Night
- PLAY Night
- Provide Financial assistance for families in the program in need
- Shooter Shirts

Financially we are well positioned in 2019! We will continue to invest in the PL Girls Lacrosse to focus on strengthening our program for years to come.

Fundraising, Volunteering, and Fees

MYLAS Basketball Tourney

March 16th and 17th (*17th is Girls Lax)

At PLHS

Player /Family Requirement: 1-2 shifts per parent & per player (2 shifts total per family)

Provided by Booster

Shooter Shirt for NEW players
(mandatory uniform item)

Family Volunteer Hours

All families required to volunteer during the season 10 hours total (does not include Basketball Tourney)

*Our goal is that ALL families volunteer!

LABC Booster Key Fob

\$25 PLHS Membership Fee

(Suggested 1 membership/family)

See PL Activities Office

Uniform Deposit

Check to LABC Girls Lacrosse for \$100

Deposit held until the end of the season and ONLY cashed if uniform not returned to Coach Heather or Jessica

*All uniforms must be returned at the end of season

Season Fee – Required for all players

Check to LABC Girls Lacrosse for \$50

B Jamboree & Sponsorship

B Jamboree

Saturday, May 4th

9am-1:00 pm Laker & TOMS fields

JV/V Player requirement: 1 shift

Set up will begin at 8am

We will pack bags for Jamboree on
May 3rd after practice.

Sponsorship

- * We need to secure 3 additional poster sponsors -- outside of the 8 sponsors already on the poster.
- * Each additional sponsor is \$250 (unless the business sponsors more than 1 athletic/activity per year).
- * Please contact Julie Bernick if you have a sponsor.

Thank You For Your Support!

Treasurer: Brent Viger → Jill Easton

Lead Stats: Scott Bloedow & Steve Little

Equipment & Uniform Coordinator: Kim King → Megan Schiltz

Concessions Coordinator: Shannon Montross → Open Position

Travel Game Online Food coordinator: Julie Anderson → Open Position

Web & Communications: Kristin Haugen

Fundraising Coordinator: Erin Fleming, Michelle Wilhelm, & Shannon Montross

PLAY/ PLHS Cohesion Rep: Heather Pierson & Jessica Jurovich

LABC for Girls Lax: Julie Bernick

Volunteer Coordinator: Rebecca Pelton → Open Position

Events Coordinator - Jamboree + Banquet: Gwen Wick & Megan Schiltz

Please reach out to these individuals and thank them for their extra time and support to help make this program a success!

Tryouts

All Team Tryouts - TOMS/Laker Field

Thursday, April 4th – 5-7pm (TOMS)

Friday, April 5th – 5-7pm (Dome)

Saturday, April 6th – 1-3pm (Dome)

Team Announcement/Team Bonding

Saturday, April 6th (most the day/night - details to come)

Announcements:

For players who are at spring break tryouts, will be assigned a team on April 6th.

For those players who attend the April 8th & 9th tryouts, will be placed on a team on April 10th.

JV/B Tryouts

For those who are not at Spring Break tryouts

Monday, April 8th – 5-7pm - TOMS

Tuesday, April 9th – 5-7pm - TOMS

Team Announcement Wednesday, April 10th

What Coaches Are Looking For At Tryouts

- Stick/Ball Control
- Knowledge of the game
- Athleticism
- Field Awareness
- Communication
- Aggressiveness/Grit
- Confidence/Poise
- Creativity
- 100% Effort
- Hustle
- Attitude/Coachability

Practice Schedule

Monday - Friday (non-game days)

TOMS fields

5-7pm

Players need to have practice pinnies with them.

Field players must have goggles and mouth guard to be eligible to practice

Goalies must have proper protective gear and mouth guards to be eligible to practice

Start time of practice will not change even when athletes do not have school.

*Varsity will be practicing on Memorial Day

Film

Saturdays (non-game days)

PLHS Health Rooms

9-11am

*We will have film on Prom

All Team Pasta Dinners

April 19th, May 8th, May 17th

Inside TOMS after practice

Athlete Expectations

- * Attend all practices, film sessions, & games.
- * Be on time, and field ready by 5pm for practices, 9am for film, and the specified time for games.
- * Give advance notice of planned absences.
- * JV/B - Equal playing time for equal effort.
- * Varsity playing time is determined by effort, focus, and ability in practice and game warm ups.

EXCUSED VS NOT EXCUSED

- * Attendance at practice prior to a game is required to be eligible to start.
- * Players will be ineligible to start if they have a tardy (not applicable to first hour).
- * Unexcused absences: If a student is absent from school for any part of the day without administrative approval, the student is ineligible to practice or play in a game that day.

Transportation - All students are to ride the district transportation to and from all practices and games if transportation is provided. If a player has to ride to or from a game with another player's family, they must have approval by the Activities Director and Activities will notify me -- there is an online form to fill out.

Parent Involvement

Support your athletes - at home and in the stands - remember they are students before athletes

Get involved - volunteer and create community.

Contact the coaches with questions, concerns, (compliments)

Respecting the 24 hour rule

Playing time & team placement questions/concerns - needs to come from players

Be positive role models - sportsmanship, sideline conduct, time management, conflict resolution, commitment

All of Prior Lake Girls Lacrosse coaches thank you for your involvement and support. Because of you, our program is this successful!

Awards & Acknowledgements

All State Team

- * Teams Lax Power ranking determines how many nominations they receive for the All State Team

- * These players are nominated by their coaches based on performance, leadership, skill level, number of yellow cards (no more than 5).

- * Players are chosen by a committee in May

1st Team - 15 Players

2nd Team - 15 Players

3rd Team - 20 Players

- * Participates in the All Star game

All American

- * A US Lacrosse All-American player is one who exhibits superior skills and techniques as well as possessing exceptional game sense and knowledge while embodying good sportsmanship.

- * Players are nominated by their coaches

- * Players are chosen by all MN coaches at a meeting towards the end of the season.

- * MN receives 13 All Americans

Awards & Acknowledgements

All Academic Team

A US Lacrosse All-Academic Team member is a player who exhibits exemplary lacrosse skills, good sportsmanship on the field, and represents high standards of academic achievement in the classroom. This player should also have left her mark beyond the lacrosse field and the classroom by making significant contributions of service to the school and/or community. Note, this is an academic AND lacrosse award. Players demonstrate not only high levels of academic achievement but is a starter and is a significant contributor to the game.

Requirements:

Juniors and Seniors only

Minimum 3.7 GPA (not weighted)

MN receives 13 All Academic Team Players

Jackie Pitts

This award recognizes a senior in each chapter who truly honors the game of lacrosse, is invested in the development of the game in her community, is an exceptional player who continually strives to improve her game, and is an exemplary member of her team. She exemplifies the spirit of the game, on and off the field. Academically, she is an outstanding student and a valued role model in her school.

Awards & Acknowledgements

All Conference & All Conference Honorable Mention

- * Most outstanding players in their conference
- * Chosen by Conference Head Coaches
- * Depending on a team's conference rankings, gives the team how many players a coach can nominate

Varsity Letter Winners

- * The participant must complete the entire season.
- * The participant must play in 1/3 or more of the quarters or periods played by the varsity during the regular season.
- * Who else can letter? Managers, seniors out for the sport for 2+ years, coach discretion on additional

Ms. Lacrosse/Goalie

- * Honors the most outstanding senior lacrosse player in Minnesota.
- * Represented on the panel will be MSHSL high school coaches, NCAA coaches, scouts, referees, members of the media and other lacrosse enthusiasts.
- * To determine a Mr. & Ms. Lacrosse, the selection panel selects the top 7 senior lacrosse players and top 2 goalies from the total pool of High School aged lacrosse players in Minnesota.

All State Tournament Team

- * Most outstanding players in the State Tournament
- * Chosen by the MN Lacrosse Coaches Association
- * Players are recognized after the State Championship game

New This Year

Self Start

For a whistle blown for a foul outside the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle.

All Section Team

- * Most outstanding players in their Section
- * All Section team is picked by Section Team Head Coaches
- * Each Section receives 13 first team All Section players and 13 second team All Section players

2019 High School Girls Lacrosse Rule Changes



B Team State Tournament

- * Coaches are still working out the details for the Prep Team State Tournament - hoping this will happen
- * Homegrown puts on the tournament
- * June 2nd at McMurray in St. Paul

Recruiting Info / Lax & Life Journal

Recruiting Information

Anyone can play college lacrosse!

Recruiting meetings can be scheduled during the season with Coach Heather

Talk about what goes into a player profile, school interest, recruiting information, emailing potential colleges, given resources and any other questions.

Creating a highlight reel is ideal but not required for recruiting purposes – Marv Gilbert is a great resource.

Lacrosse & Life Journal

Each player will receive a journal

There will be specific due dates for journal pages

Players should have journals with them at all times

Coaches will meet with players throughout the season to check in about journals

Other Information

Please be sure you update your contact information.

There is a Groupme for all players -- talk to a captain about being added to it.

Be sure to register for lacrosse!

Updated physicals

Concussion Testing with Liz (trainer) on March 19th & 21st - 3rd floor testing area at 3:30pm - ALL players are required to do this every 2 years.

- Training Room hours: 3-5pm - training room will close early on event days.
- Any athlete that sees a physician/licensed medical professional for a surgery, injury, or serious illness (i.e. mono) must have a note from that provider to certify students readiness to return to play.
- Contact information: ecerven1@fairview.org or 952-226-8694

Sponsorship - Northern Life Wellness

Dr. Bryan Belcher

northernlifewellness.com

Student Expectations

Raise the bar!

- Attendance: You need be in class in order to practice
- Grades: You need to be passing all your classes in order to play
- Student Code of Conduct: In/Out of school & on social media
- Chemical Policy: 1st 25%, 2nd 50% 3rd Calendar year

Communication

- Message delivered vs Message received
- 24 hour rule (includes sending an email)
- Meeting procedures
 - Athlete & Coach
 - Athlete, Parents & Coach
 - Athlete, Parents, Coach & A.D.
 - Athlete, Parents, Coach, A.D. & Principal

Resources

Prior Lake High School Activities www.plhsactivities.org

PLHS Girls Lacrosse Page <http://www.plhsactivities.org/page/show/835600-girls-lacrosse->

Minnesota State High School League (section and state tournament info) www.mshsl.org

South Suburban Conference (game schedules) www.southsuburbanconference.org

*Take advantage of the option to sign up for text/email notifications

USLacrosse (rules info and other great resources) www.uslacrosse.org

Star Tribune's MN Lax Hub (stats and rankings) www.mnlaxhub.com

Thank You!
We look forward to
another successful
season!