

MINNETONKA LACROSSE



2020



Coach Contact Info

Head Coach | Krista Crandall
krista.crandall@minnetonkaschools.org | 952.807.5181

Assistant Coach | Jim Pekarek
james.pekarek@minnetonkaschools.org | 612.910.1673

JV Coaches | Stephanie Cahill & Michelle Hromatka
stephanieebattista@gmail.com | mthromatka@gmail.com

Prep Coach | Alexandra Goedderz
goedderz7@gmail.com

Volunteer Coach | Britta Anderson
britta.anderson@comcast.net



ATHLETIC TRAINER

Trainer | Mitch Toda
michita.toda@allina.com | 608-635-6369



BOOSTERS

Our website is www.mtkalax.org
emails come from tonkagirlslax20@gmail.com

GroupMe App on Phone

Send email to above and opt into the group chat/text - or fill out the form

Board Members:

Nicholle Durkee (Ellah-junior)
Alison Schmidt (Sammy-junior)
Sara Muench (Lindsey-junior)
Katie Kost (Sophie-sophomore)
Alisa Lacomby (Tori- freshman)

Captain Parents:

Ann Baskin (Hanna-junior)
Jill DuLac (Brynn-junior)
Tomasa Helling (Josie-senior)



TEAM INFO

ALL CURRENT TEAM INFO: www.mtkalax.org

GAME SCHEDULE (Things are still changing) www.lakeconference.org

Team outings to watch for: team trip to Duluth - April 25th

- COUNTRIES -

Pre-Tryout Practices

March 30th - Tonka Dome 10-noon: Practice for those in town

March 31st - Tonka Dome 10-noon: Practice for those in town

April 1st - Upper Turf 11-1p: Practice for those in town



TRYOUT INFO

April 2nd TRYOUTS

- 7-9a - Upper Turf: for anyone wanting to be evaluated for Varsity
- 1-3p - Upper Turf: All athletes

April 3rd TRYOUTS

- 7-9a - Upper Turf: for anyone wanting to be evaluated for Varsity
- 1-3p - Upper Turf: All athletes

April 4th TRYOUTS

- 7-9a - Upper Turf
- 1p-TBD - SCRIMMAGE v Chisago Lakes
- 7-10p - Team Night - Location TBD



SELECTION PROCESS

Athletes will be sent home from the team night with sealed letters detailing their team placement and feedback from the coaches.

Any follow-up conversations needed, the player should set up a meeting with someone from the coaching staff outside of practice.

Parents, please do not reach out to the coaching staff regarding team placement. Support your daughters, and encourage them to speak with us if they are confused.



BUT WE'LL BE GONE...

Anyone absent from all tryouts will not be considered for Varsity. There will be an opportunity for girls returning from spring break to be seen and evaluated in the coming weeks.

Next year, 2021, seems like a similar situation, please plan accordingly.



POST-TRYOUTS

Practices start on Monday, April 6th. Times are as follows:

Prep - M-TH 3-4:30p Upper Turf

JV/V - M-TH 4:30-6p Upper Turf

Fridays are **TEAM CHALLENGE DAYS** with countries -

Open hour with coach - 3-4p - Upper Turf

4-6p - all teams



PROGRAM VISION

MINNETONKA LACROSSE GOAL/VISION

To be a top program in the state of Minnesota - consistently in the coaches poll top 10, competing for first in our conference, in our section, and eventually in our state.

To be a top program in the Midwest - college coaches will recognize "Minnetonka HS" on recruiting questionnaires.

To be respected not only for our ability, but for our sportsmanship and our support of our teammates, our community, and the representation of our colors.



PROGRAM PHILOSOPHY

THE MINNETONKA ATHLETE PROMISE

“As a Minnetonka athlete, I promise to never give up, to put my team first, and to play to the final whistle. Win or lose, I will leave the field victorious - with class and character.”



PROGRAM VALUES

MINNETONKA LACROSSE CORE VALUES - S.P.A.R.

- SELFLESSNESS - Team first - it's not about YOU | WE not ME - you are a part of something bigger than yourself
- PERSEVERANCE - Never give up | Stay positive - keep encouraging your teammates | Rethink something that doesn't work
- ACCOUNTABILITY - Be the teammate your teammates depend on | Don't be the first one off the field - be a finisher | Take ownership - no excuses - no blame | BE YOURSELF - honest and reliable
- RESPECT - Practice empathy with your teammates - be your ideal teammate | Listen to your coaches - listen to your teammates | Be EARLY | Do not argue with the refs | Be the first to the huddle | Be the first to offer to help