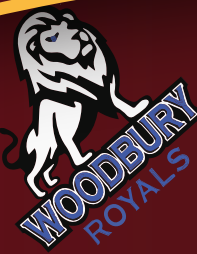




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Girls Lacrosse Captain's Cup Schedule March 10, 2024

Event	Team 1	Team 2	Start Time	End Time
Setup/Check-in	Everyone		1:30 PM	2:00 PM
Introductions	Coaching Staff		2:00 PM	2:15 PM
Keynote Speaker	Lizzie Colson		2:15 PM	3:00 PM
Group Pictures	Photographer		3:00 PM	3:15 PM
Game 1	North	South	3:15 PM	4:00 PM
Game 2	East	West	4:00 PM	4:45 PM
Game 3	3rd Place Game		4:45 PM	5:30 PM
Game 4	1st Place Game		5:30 PM	6:15 PM
Event Ends	Everyone		6:15 PM	6:30 PM

Boys Lacrosse Captain's Cup Schedule March 17, 2024

Event	Team 1	Team 2	Start Time	End Time
Setup/Check-in	Everyone		1:30 PM	2:00 PM
Introductions	Coaching Staff		2:00 PM	2:15 PM
Game 1	North	South	2:15 PM	3:00 PM
Game 2	East	West	3:00 PM	3:45 PM
Keynote Speaker	Jules Heningburg		3:45 PM	4:30 PM
Group Pictures	Photographer		4:30 PM	4:45 PM
Game 3	3rd Place Game		4:45 PM	5:30 PM
Game 4	1st Place Game		5:30 PM	6:15 PM
Event Ends	Everyone		6:15 PM	6:30 PM



North

Ivy	Benner	Woodbury	Coach	
Barrie	Bahr	Grand Rapids/Greenway	Attack	75
Sydney	Martinson	Moorhead	Attack	66
Justyce	Ohlgren	Rogers	Attack	64
Piper	Perron	Monticello	Attack	69
Morgan	Peterson	Elk River	Attack	57
Molly	Pierce	Grand Rapids/Greenway	Attack	15
Ali	Schaefer	Monticello	Attack	33
Ryleigh	Sherlock	Grand Rapids/Greenway	Attack	17
Lauren	Rainerson	Osseo/Park Center	Attack	41
Alison	Andrews	Hermantown/Proctor	Midfield	65
Husaina	Bah	Osseo/Park Center	Midfield	39
Mackenzie	Moir	Rogers	Midfield	76
Lauren	Moorhouse	Monticello	Midfield	25
Cami	Woidtke	Moorhead	Midfield	6
Reagan	Zywicki	Hermantown/Proctor	Midfield	28
Sophia	Jermstad	Osseo/Park Center	Midfield	44
Katelyn	Wozney	Elk River	Midfield	14
Ashlynn	Coleman	Rogers	Defense	56
Katelyn	Kanuch	Moorhead	Defense	48
Sophie	Klinefelter	Grand Rapids/Greenway	Defense	3
Makenna	Olson	Chisago Lakes	Defense	78
Laura	Carlson	Chisago Lakes	Goalie	87
Chloe	Lamothe	Osseo/Park Center	Goalie	90



East

Kate	Pearson	St. Louis Park	Coach	
Avelyn	Anderson	Mounds View	Attack	23
Soren	Barrios	St. Croix Prep	Attack	
Lydia	Glass	Stillwater	Attack	30
Charlotte	Goings	St. Paul Academy	Attack	26
Ella	Hanus	Irondale	Attack	42
Ava	Haugen	Irondale	Attack	58
Lillyanna	Hess	St. Paul/Two Rivers	Attack	52
Kate	Hooley	Woodbury	Attack	80
Isabella	Munz	Gentry Academy	Attack	35
Joy	Vang	Irondale	Attack	37
Dia	Chaney	St. Paul Academy	Midfield	12
Annie	Dorelien	St. Paul Academy	Midfield	9
Lilly	Leitner	St. Paul/Two Rivers	Midfield	71
Jane	Stangler	Cretin-Derham Hall	Midfield	82
Annie	Tanner	Mahtomedi	Midfield	53
Veronica	Ziemer	St. Croix Prep	Midfield	19
Lauren	Deering	Gentry Academy	Defense	61
Stella	Hunter	St. Paul Academy	Defense	34
Marin	Miroslavich	Cretin-Derham Hall	Defense	21
Addie	DeMars	Mahtomedi	Goalie	84
Hannah	Duffee	St. Croix Prep	Goalie	81



South

Maya	Hernandez	Mounds View	Coach	
Gabby	Bjugan	Chanhassen	Attack	92
Alexis	Bogardus	West Des Moines (IA)	Attack	49
Autumn	Dick	Chaska	Attack	
Hannah	Grimm	Chanhassen	Attack	47
Elizabeth	McCann	Millard West (NE)	Attack	40
Miranda	Menousek	Sarpy County (NE)	Attack	81
Izzy	Mroczenski	Rosemount	Attack	72
Morghan	Pollock	Chaska	Attack	11
Sara	Siman	Chaska	Attack	70
Kylie	Jones	Bloomington Jefferson	Midfield	13
Anna	Millard	New Prague	Midfield	32
Beatrice	Ruble	Bloomington Jefferson	Midfield	51
Sofia	Watts	Cretin-Derham Hall	Midfield	22
Aubrey	Zaun	Rosemount	Midfield	38
Jadyn	Hahn	Chanhassen	Defense	68
Lilly	Parrott	New Prague	Defense	60
Rowan	Sandvig	Apple Valley/Burnsville	Defense	1
Brayden	Schmitz	Chaska	Defense	27
Katie	Colleran	Chanhassen	Goalie	77
Caroline (CJ)	Seurer	New Prague	Goalie	46



West

Taylor	Tvedt	St. Paul Academy	Coach	
Karsyn	Elliott	Benilde-St. Margaret's	Attack	50
Clara	Gilbert	Minnetonka	Attack	67
Maggie	Graczyk	Benilde-St. Margaret's	Attack	89
Jordyn	Helling	Minnetonka	Attack	24
Ella	Knock	Mound Westonka	Attack	18
Margaux	Pollock	St. Louis Park	Attack	59
Emma	Ryan	Rocori	Attack	63
Danika	Weiland	St. Michael-Albertville	Attack	55
Ava	Wixo	Minnetonka	Attack	36
Josie	Brill	St. Michael-Albertville	Attack	79
Meg	Ridgway	St. Louis Park	Attack	7
Maria	DeMann	Minnetonka	Midfield	73
Julia	Evens	Benilde-St. Margaret's	Midfield	10
Elli	Fuchs	Minnetonka	Midfield	2
Rachel	Jensen	Mound Westonka	Midfield	16
Madeline	Kaltsas	Benilde-St. Margaret's	Midfield	31
Cynthia	Lyman	Blake	Midfield	88
Piper	Peterson	St. Michael-Albertville	Midfield	43
Ashley	Berry	St. Louis Park	Defense	5
Jada	Chenitz	Blake	Defense	29
Adeline	Reiswig	St. Michael-Albertville	Defense	62
Katarina	Rice	St. Michael-Albertville	Goalie	85



North

Lance	Kuehn	Rosemount	Coach	
Jace	Blythe	Moorhead	Attack	1
Cody	Kalkbrenner	Hermantown/Proctor	Attack	2
Omar	Knighten	Osseo/Park Center	Attack	3
Gabe	Polacsek	Duluth	Attack	4
Kaleb	Weikel	Andover	Attack	5
Michael	Aber	Blaine	Midfield, FO	6
Kyler	Black	Duluth Marshall	Midfield	7
Gavin	Braley	Elk River	Midfield, FO	8
Welles	Carbert	Duluth	Midfield	9
Brighton	Kjos	Moorhead	Midfield	10
Carter	Midthune	Moorhead	Midfield	12
Owen	Pfieffer	Elk River	Midfield	13
Dakota	Rowan	Hermantown/Proctor	Midfield	14
Kale	Smith	Hermantown/Proctor	Midfield	15
Blake	Stueber	Elk River	Midfield	16
Luke	Donley	Andover	LSM	17
Carson	Kuntz	Moorhead	LSM	54
Chris	Tornell	Buffalo	LSM	11
Matthew	Acker	Hermantown/Proctor	Defense	18
Jamison	Adams	Osseo/Park Center	Defense	19
Alex	Dahlk	Blaine	Defense	20
Rilo	Heydt	Duluth Marshall	Defense	21
Wyatt	Vallie	Duluth	Defense	22
Zack	Wuotila	Forest Lake	Defense	23
Connor	Kiergaard	Duluth	Goalie	25



East

Derek	Michalski	Mound Westonka	Coach	
Grant	Anderson	Roseville	Attack	24
Emmett	Eischens	St. Paul/Two Rivers	Attack	26
Brody	Herr	Mounds view	Attack	27
Jackson	Knutson	Roseville	Attack	28
Brock	Lynskey	Stillwater	Attack	29
Cameron	Triplett	Chisago Lakes	Attack	30
Caden	Ayshford	Mounds View	Midfield	31
Judah	Goehring	Chisago Lakes	Midfield	32
Charlie	Goodland	Stillwater	Midfield	33
Charlie	Jacobson	Woodbury	Midfield	34
Leo	Muller	St. Paul/Two Rivers	Midfield	35
Jackson	Murphy	Hill-Murray	Midfield	36
Tommy	Rust	St. Paul/Two Rivers	Midfield	37
Nicholas	Hornbuckle	Stillwater	Midfield, FO	38
Nathyn	Poirier	Roseville	Midfield, FO	39
Jacob	King	St. Paul/Two Rivers	LSM	40
Tim	McCullough	Chisago Lakes	LSM	41
Wyatt	Carroll	Stillwater	Defense	42
Dain	Gibson	Chisago Lakes	Defense	43
Dylan	Schroeder	TriMAC	Defense	44
Quinlan	Toelke	Woodbury	Defense	45
Daniel	Koontz	TriMAC	Goalie	46



South

Ken	Weikel	Andover	Coach	
Luke	Chorlton	Cretin-Derham Hall	Attack	47
Nicolo	Donati	Rosemount	Attack	48
Jack	Strom	Owatonna	Attack	45
Hayden	Ungs	New Prague	Attack	49
Ryan	Blaszczak	Rosemount	Midfield	50
Colin	Buetow	New Prague	Midfield	51
Austin	Clark	Eagan	Midfield	52
Connor	Coulson	Eastview/Apple Valley	Midfield	53
Peter	Dias	New Prague	Midfield, FO	54
Alex	Gilbertson	Eastview/Apple Valley	Midfield	55
Carter	Harris	Eastview/Apple Valley	Midfield, FO	56
Joey	Henningsgard	Cretin-Derham Hall	Midfield	57
Caleb	Hullopeter	Owatonna	Midfield	58
Thomas	Lund	Farmington	Midfield	59
Will	McLoone	Eagan	Midfield, FO	60
Jack	Rosa	Farmington	Midfield	61
Connor	Schauer	Rosemount	Midfield	62
Alex	Nelson	New Prague	LSM	63
Ethan	Fitch	Owatonna	Defense	64
Beck	Lewis	Cretin-Derham Hall	Defense	65
Luca	Salak	Rosemount	Defense	66
Aidan	Siegfried	Cretin-Derham Hall	Defense	67
Jaymeson	Zackery	Eastview/Apple Valley	Goalie	69



West

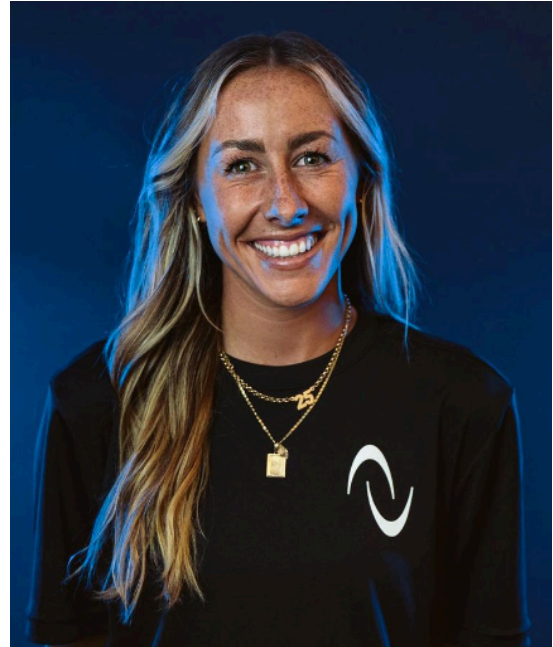
Peter	Flock	Stillwater	Coach	
Maxwell	Anderson	Mound Westonka	Attack	74
August	Bell	Benilde-St. Margaret's	Attack	68
Luke	Erlandson	St. Michael Albertville	Attack	70
Ryan	Jernander	Chaska	Attack	71
Kamren	Atteberry	Chaska	Midfield	72
Zach	Docteur	Shakopee	Midfield	73
Thomas	Farren	Rogers	Midfield	74
Noah	Klindworth	Chaska	Midfield	75
Reme	Lobitz	St. Michael Albertville	Midfield	76
Jake	Marschall	Shakopee	Midfield	77
Brady	Menne	Rogers	Midfield	78
Mason	Mogard	St. Michael Albertville	Midfield	79
Isaac	Paul	Mound Westonka	Midfield	80
Seth	Strehlo	Minneapolis	Midfield	81
Nolan	Faulhaber	Minneapolis	LSM	82
Trenton	Hogendorf	Rogers	LSM	83
Jacob	Lee	Shakopee	LSM	84
Dominic	Zattler	Mound Westonka	LSM	85
Tanner	Bachelor	Shakopee	Defense	86
Ayden	Ince	Chaska	Defense	87
Cael	LaRose	St. Michael Albertville	Defense	88
Logan	Mullen	Minneapolis	Defense	89
Matthew	Neumann	Mound Westonka	Defense	90
Brady	Smith	Rogers	Defense	91
Griffin	Freedman	Minneapolis	Goalie	92



Keynote Speakers

Lizzie Colson

Lizzie is a highly decorated player, known for her exceptional career at the University of Maryland, playing for Team USA, and her current role at the pro level with Athleten Unlimited. As a defender, Lizzie stood out for her remarkable skill set, being a pivotal player throughout her college years, leading as a senior captain, and contributing significantly to her team's success, which included winning a national championship and securing multiple appearances in the NCAA tournament. Her defensive prowess earned her numerous accolades, including being named an All-American and a Tewaaraton finalist.



Off the field, Lizzie is equally passionate about coaching, where she channels her extensive knowledge and love for lacrosse into nurturing the next generation of players. Her approach to coaching is rooted in encouragement and skill development, aiming to inspire young athletes to pursue excellence in both their athletic and personal lives.

Jules Heningburg

Jules has played professional lacrosse since 2019 and currently plays for the Chaos (PLL). Jules is a 3-time All-Star and has been a core piece of many team's offenses. Prior to his professional career, Jules attended Rutgers University, and graduated in 2018 finishing 2nd in career points at Rutgers.



Beyond his accolades as a player, Jules also runs the Juke Lab in New Jersey dedicated to offensive lacrosse training. Additionally, Jules helped establish the Black Lacrosse Alliance, which works to increase diversity in lacrosse and create a more inclusive culture. Jules is an advocate and mentor to young people and works to help them not only exceed on the field, but also to create meaningful life skills that will stick with them for years to come.



Summer Leadership & Job Opportunities

Leadership Development Program - Homegrown Summer Camp

The Leadership Development Program (L.D.P.) provides high school and college volunteers an opportunity to coach alongside Homegrown senior staff at the Homegrown Summer Camp in July. L.D.P. counselors gain confidence in their coaching ability and develop a better understanding of lacrosse from a new perspective. This experience includes a volunteer stipend and is excellent for highlighting on resumes and counts toward volunteer hours needed for NHS and other organizations. Skills learned as a counselor translate to a greater understanding of the game and expand to life skills off the field.

[LEARN MORE ABOUT APPLYING TO BE AN LDP COUNSELOR HERE](#)



Officiating - Boys & Girls Lacrosse

Looking to make some extra money this summer while staying around the game? Northland Officials Association and Minnesota Lacrosse Umpire Association are always looking for more officials to officiate youth games all over the state. If you are interested, click the links below to find out more about how to get involved with officiating.

[Northland Officials Association - Boys Lacrosse](#)



[Minnesota Lacrosse Umpire Association - Girls Lacrosse](#)



Homegrown Lacrosse: About Us

ABOUT US: Founded in 2003, Homegrown Lacrosse, a Twin-Cities based 501(c)(3) nonprofit organization, works to create positive change in the lives of young people. The organization's mission is to build a community that inspires and empowers youth to excel in life and lacrosse. We achieve our mission through a wide variety of programs designed to develop character, build self-confidence, and instill a sense of community.



Program offerings include nationally recognized overnight summer camps, year-round skill training, leagues, tournaments, Captain's Cup, special events, travel team experiences, an in-school physical education program, inner-city after-school programs, a youth leadership development program, scholarship fund and several other "Grow the Game" initiatives including training of community leaders, coaches, and referees.

Each work to provide valuable life and perspective-changing experiences to over 10,000 youth who come from a diverse array of socio-economic, cultural, and geographic backgrounds. We also partner with and support over 120 community lacrosse organizations each year.

Donations

In lieu of admission fees, we encourage donations to support our scholarship fund which provides need-based assistance for Homegrown programs. Donations additionally support the [Lax-4-Life Summer Camp](#), a community partnership with the Fond du Lac Band of Lake Superior Chippewa to support the revitalization of lacrosse in Minnesota's indigenous communities. All donations made to Homegrown Lacrosse are tax deductible.



[CLICK HERE TO DONATE](#)

