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# Eureka Lacrosse Club

Preseason Parent-Player Meeting

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# Important Events

DAYS 'TIL FIRST PRACTICE



## Parent Tip

All events are listed on our website calendar.

You can sort by "tag" at the bottom right of the menu so you see events that are relevant just to you.

Team-specific events are also on the app!

# Checklist

- Practice Clothing Orders Due Now
- Mandatory Helmet: Available Now
- Pay Uniform Deposit
- Purchase Super Bowl Square(s)
- Purchase Trivia Night Tickets-Min. of 2
- New! March Madness Fundraiser
- Player Code of Conduct Signatures
- Grade Forms



## Parent Tip!

Once teams are finalized, you will be able to access your son's team on the app!

You'll find rosters, schedules and be able to chat with other team parents.

# January

- Mandatory Conditioning for All Athletes Not Involved in Winter Sports
  - EHS Weight Room
  - Every Tuesday & Thursday 6-7:15 pm
  - Begins January 3
- Likely: Captains' "Stickwork" 1-2x/Week
- Super Bowl Squares Fundraiser!



**Don't Forget!**

**Trivia tickets are  
available now!**

**Visit the website &  
click on the  
Fundraising tab for  
details!**

# February

- Feb. 20: Spring Practices Begin
  - First Week: EHS Turf
  - Thereafter: LaSalle Springs
    - Back-up: LaSalle Institute
- Team Placements
- Uniforms Assignments



## Parent Tip!

Once teams are finalized, you will be able to access your son's team on the app!

You'll find rosters, schedules and be able to chat with other team parents.

# March

- March 5: Scrimmage vs. KC Northland (at EHS).
  - JV and Varsity
- March 8: Regular Season (@ PW South)
- March 11: Trivia Night
- March 22-25: MANDATORY Varsity Spring Break Trip to Memphis
  - JV WILL practice during S.B.

**Important!**

**Parents: Book your hotel room if you'd like to go.**

**Details coming later in presentation.**

# April

- Regular Season continues
- April 22-23: Varsity & JV trip to KC
- April 28: Senior Night (vs. Marquette)

## Parent Tip!

You can sign up to get all our tweets without a Twitter account.

Just text

Follow  
@EurekaLacrosse\_

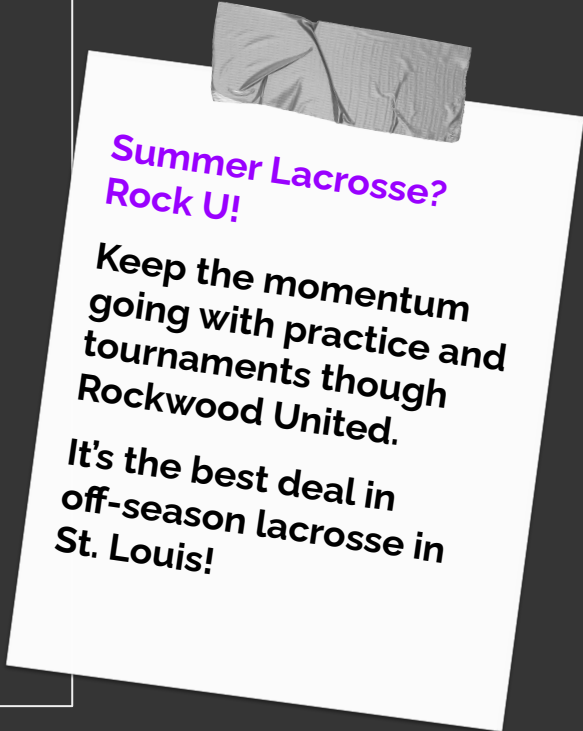
to 40404.

#beintheknow

#parentscantweettoo

# May

- May 7: Regular season concludes
  - Vs. Shawnee Mission East
- TBD: JV Post Season Tournaments
- May 9: Inaugural Suburban West Conference Tournament
- Week of May 15: MSLA Postseason
- May 30: Rockwood United Begins



**Summer Lacrosse?  
Rock U!**

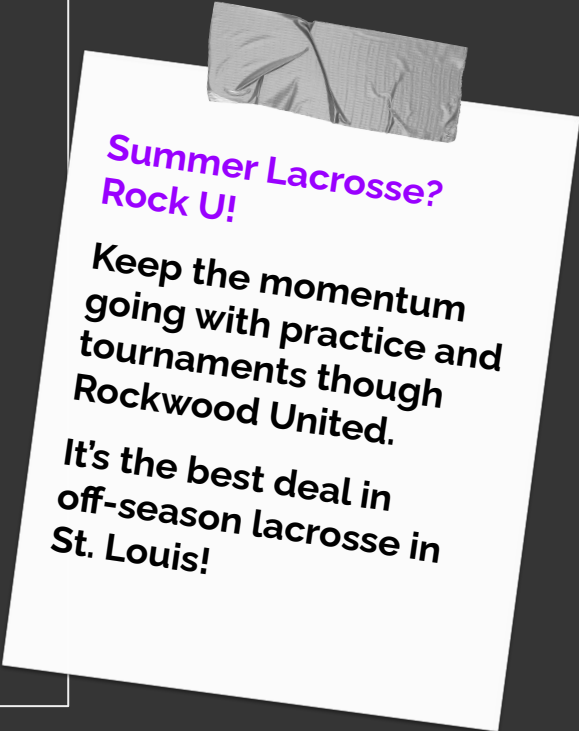
Keep the momentum  
going with practice and  
tournaments though  
Rockwood United.

It's the best deal in  
off-season lacrosse in  
St. Louis!



# June

- June 3: Alumni Game & Freshmen Orientation Game
- June 5: End of Season Banquet
- June 10-11: RU @ Trilogy (Cincy)
- June 17-18: RU @ Laxconsin



**Summer Lacrosse?  
Rock U!**

Keep the momentum  
going with practice and  
tournaments though  
Rockwood United.

It's the best deal in  
off-season lacrosse in  
St. Louis!

# Practice Plans

- **February 20-26, 2023**

Eureka High School

- **March thru May, 2023**

LaSalle Springs Middle School

Alt: LaSalle Institute

- **Practice Changes?**

Communicated ASAP to Players and Parents



## Parent Tip

The best way to stay up to date about practices is to make sure you receive text notifications every time the Club sends an email.

Visit the website for details.

Eureka Lacrosse



# 2023 VARSITY SCHEDULE



March 5



March 8



March 11



March 15



March 23



March 24



March 25



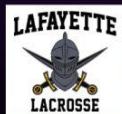
March 27



March 29



April 1



April 4



April 7



April 14



April 18



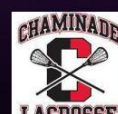
April 22



April 23



April 28



May 3



May 7

Home  
Away

# League Alignment



## MCC

CBC  
Chaminade  
Vianney  
SLUH  
DeSmet



## Metro

John  
Burroughs  
Ladue  
MICDS  
Westminster  
Priory



## Gateway

Francis  
Howell  
Clayton  
Fort  
Zumwalt  
Wentzville  
Hickman  
Rock  
Bridge



## Suburban 12

Rockwood  
Summit  
O'Fallon  
Parkway  
West  
Webster  
Groves  
Kirkwood  
Republic



## Suburban West

Lafayette  
Marquette  
Eureka  
Lindbergh  
Parkway  
South  
Seckman

All teams play everyone in their conference. All additional games are chosen by the team, for a total of 10-14.

# March Game Schedule

March 5th vs. Northland (KC) scrimmage

March 8th at Parkway South

March 11th home vs Lindbergh

March 15th at Seckman

March 23rd at Briarcrest TN (Mandatory Varsity Trip)

March 24th at Evangelical Christian (Mandatory Varsity Trip)

March 25th at St George (Mandatory Varsity Trip)

March 27 home vs. Priory

March 29th home vs Vianney

# April Game Schedule

April 1st home vs De Smet

April 4th away at Lafayette

April 7th away at MICDS

April 14th home vs Burroughs

April 18 away at SLUH

April 22nd away at Pembroke Hill (JV AND VARSITY - KC TRIP)

April 23rd away at Olathe (JV AND VARSITY - KC TRIP)

April 28th Senior night home vs Marquette

# May Game Schedule

May 3rd at Chaminade

May 7th home vs Shawnee Mission East

May 8th Conference tourney semi-finals

May 10th Conference tourney finals

May 15h: MSLA post season tournament begins

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# Tim Borroff-Coaching Director; Varsity Head Coach

Coach B: 9th year coaching at Eureka, 8th year on Varsity Staff.

Our Mission: Help our student athletes reach their maximum potential as lacrosse players, students, and young men.

Accountability: Players are expected to be at every practice. Lack of attendance shows a lack of accountability, leading to lesser playing time.

Practice Attire: At **EVERY PRACTICE** Players must wear either the practice pack OR: Black shorts, purple or white shirts, gray hoodie, gray sweatpants. **Polos** will be worn at school on game days, on trips, and to the locker room on game days.

Excused Absences: Sickness, family **emergencies**, school **emergencies**, etc... Time management is KEY.

Grades: Grade check forms. Solution focused, how can we manage better? Will not impact eligibility. Players will be honored for their grades at the end of year banquet.

Team Placement: Varsity- Goal every year is a state championship. The players that best suit this goal make the varsity roster. JV- The goal is to win games, while developing every player on the JV roster. It's a core part of our program's culture that we value every team equally. (2018 JV STATE CHAMPS).



# — 68 days until tryouts start

Looking Ahead: weekend/saturday Games. Plan ahead!

Strength of Schedule: 12 in state games against 7 private schools. Games against teams from KC and TN.

Preseason Scrimmages for Varsity and JV at Eureka against Northland (KC) **March 5th.**

Spring Break- March 22nd-March 25th

Varsity traveling to Memphis TN to play three great programs. ALL SPRING BREAK PRACTICES AND GAMES ARE MANDATORY. This is part of the commitment to playing lacrosse, players that miss over spring break are ineligible to be captain.

Senior Day April 28th at EHS vs Marquette

Player Expectations: Be accountable, buy into the program/culture we have here. Support your teammates and never settle for anything less than your best.

SubWest Conference Tournament: May 8th Semi-Finals, May 10th finals.

# 2022 COACHES

## Varsity

Tim Borroff (Head Coach)

**2019 MSLA Assistant Coach of the Year**

Ben Eder (10th year–Offensive Coordinator) **2019 JV State Champ!**

Tim Ganey (Defensive Coordinator) **2018 MSLA Coach of the Year**

## Junior Varsity

Dan Shovlain (Head Coach) **2013 Eureka Grad**

Christian Schevninger (Offensive Coordinator) **2013 CBC State champ**

Danny Heinrich (Defensive Coordinator)

## Positions

Dustin Reis - Goalies

What's a "ward"?

Why are the refs tapping their heads?

What does "over & back" mean?

**Still Confused by Lacrosse Rules? You're not alone!**

Learn more about the rules of the game by attending **VIRTUAL Scorekeeper Training Feb 23**

**Watch for the link!**

# **Session**

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## **Parent Session Continues**

## **Introduce Krystina Scarmana**

# Expectations & Code of Conduct

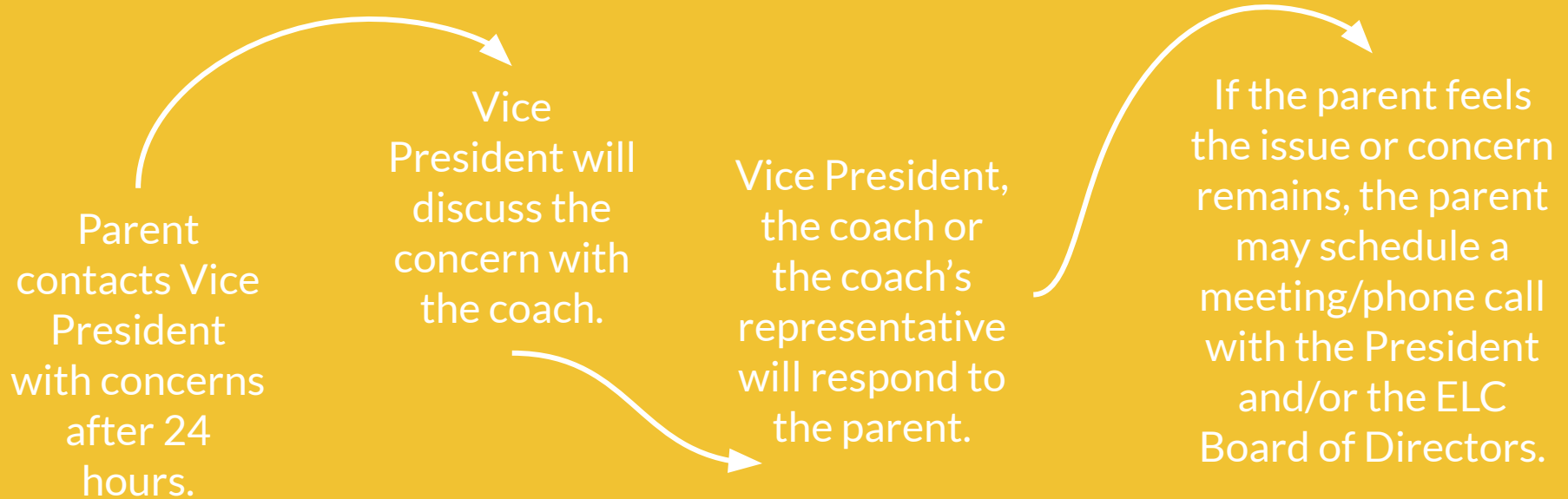
All parents and players agreed to Player and Parent Expectations during the registration process.

A critical characteristic of a good sports parent is the ability to keep things in perspective.

[coachingyoungathletes.com](http://coachingyoungathletes.com)

# 24-Hour Rule

Always encourage your player to discuss his concerns with his coach first.



# Common Concerns

## Playing Time

- Everyone wants to play more.
- Son should ask coach, “What should I be doing differently to play more?”

## Team Placement

- Some players “play up” to increase team depth



# 5 Ways to Be a GREAT Eureka Fan

1. Cheer for positive plays and examples of good sportsmanship.
2. Let the coaches coach.
3. Let the referees ref.
4. Stay positive with other parents and fans.
5. Take time to enjoy the game and the season. Eventually, it all comes to an end.



# Concussion Protocol

- Trainer at every game.
- Any player who is diagnosed with a concussion must follow an established “Return to Play” protocol.
- The EHS trainer is able to work with our players on the protocol and other injuries.

More information can be found on the website under “Connect / Parent Portal” tab.

## Parent Tip

Every player is unique and not all concussion symptoms are the same.

A player should notify the coaches immediately if they suspect they might have a concussion, whether that's during a game or practice.



# EHS Trainer

**Nathan Wilmes**, MEd, ATC, CSCS

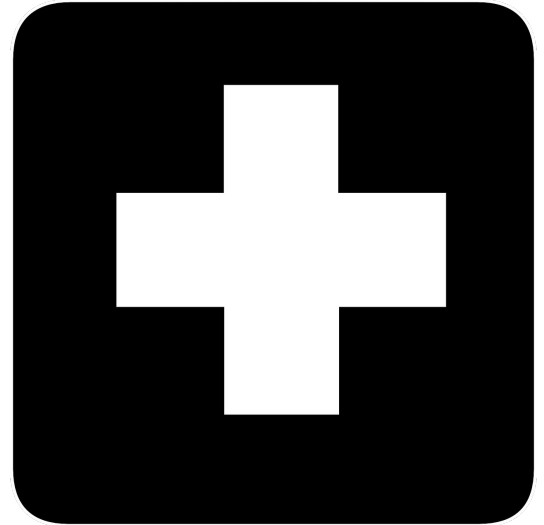
Certified Athletic Trainer | Certified Strength and  
Conditioning Specialist

Mercy Sports Medicine

633 Emerson Road, Suite 20, Creve Coeur, MO  
61341

Nathan.Wilmes@Mercy.Net

314-325-3068 | 636-706-9827 cell



# Safety-Medical

- Coaches have individual health information & emergency contact info for all players.
- Severe Injuries/Emergencies  
Parent is contacted immediately.
- Less Severe  
Athlete is responsible for communicating with parents and following up with coach.





# Safety-Weather

- Lightning within a 6 mile limit -  
Game/practice suspended
- Heat  
Enhanced water breaks
- Rain/Snow  
We play. Bundle up!
- Notification  
Email, text and/or tweet

# Safety-Hydration

Water is at all practices/games.

Rotating list of players are responsible for bringing water to practice for each team.

Parent volunteers are needed to sign up for home and away games.

A group of lacrosse players in purple uniforms are on a green field. Some players are in the foreground, and others are further back. A brick building is visible in the background.

## Parent Tip

If your son brings home the water bottles, please help him to remember to bring them back to practice.

It might also be a good idea to wash them. :)

# Spring Break Trip (Varsity)

- 3/22
  - Leave for Memphis
  - Attend Grizzlies Game
- 3/23
  - Play Briarcrest
- 3/24
  - Play Evangelical Christian
- 3/25
  - Play St. George's Independent School
- Price to be determined soon

# Hotel for Memphis

- Players will stay at Springhill Suites Memphis East Galleria
- No block of rooms for parents. If parents want to attend (not required) they will need to book hotel room on your own



# Kansas City Trip (V & JV)

- Depart Saturday early 4/22
- 4/22 play Pembroke Hill
- 4/23 play Olathe
- 4/23 depart after game

For trips, 4 players  
are assigned to  
each hotel room by  
the coaches.

Rooms are checked  
at curfew.



# Kansas City Trip

## (V & JV)

Hotel:

Springwood Suites

Overland Park / Leawood

Phone reservations are up and running

5 queens and 5 kings are left for parents- \$149

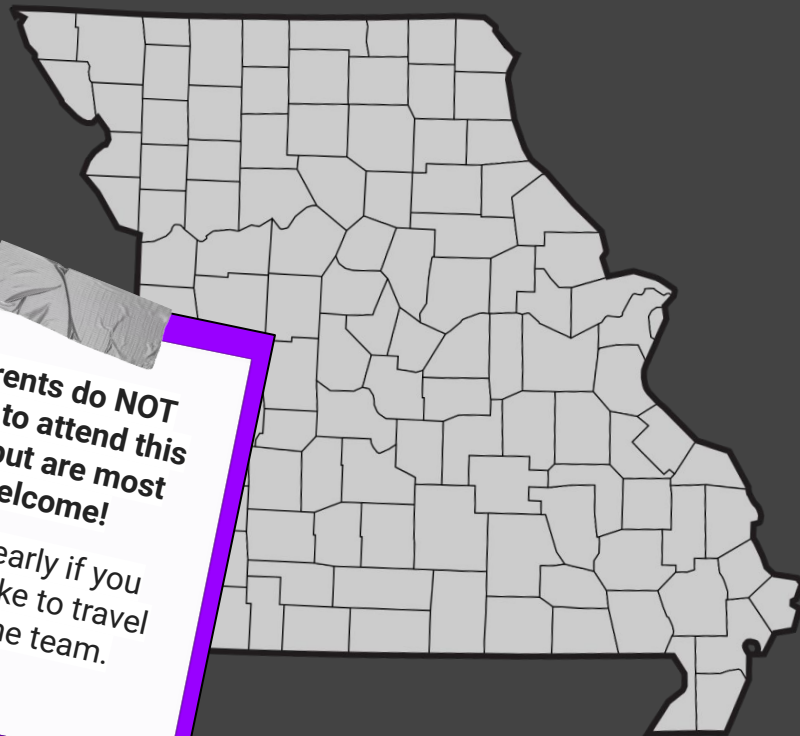
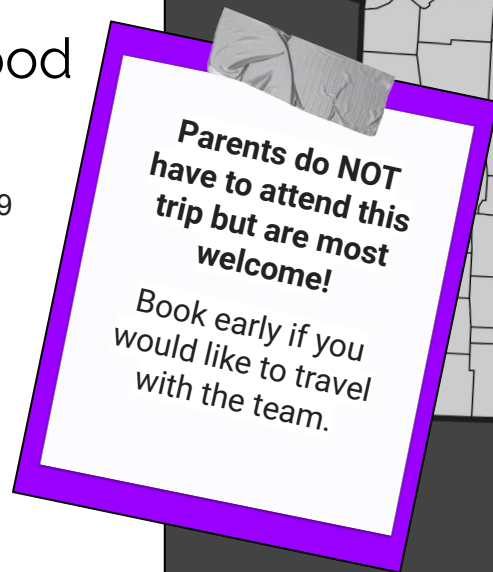
Call 913-340-7270 and ask for reservations

Eureka Lacrosse Club

Code is ELL

Our online links are down Marriott is currently working on them to get them back up and running.

We will have to use the phone for now





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## **2021-22 ELC Budget**

# Budget

## ELC 2022-2023 Budget - APPROVED 08-10-2022

September 1, 2022 - August 31 2023

Category	2022-2023 Budget			
	High School	Rockwood United	Youth	OVERALL TOTAL
<u>INCOME</u>				
Team Registrations	32,750	25,000	25,150	<b>82,900</b>
<u>Fundraising</u>				
Superbowl Squares	2,500	-	-	<b>2,500</b>
March Madness	1,500			
Trivia Night (Income)		-	-	-
Trivia Night (Expense)	-	-	-	-
Net Trivia Night	15,450	-	-	-
Calendar Donations (Income)	-	-	-	-
Calendar Donations (Expense)	-	-	-	-
Net Calendar Donations	-	-	-	-
Spirit Wear (Income)		-	-	-
Spirit Wear (Expense)	-	-	-	-
Net Spirit Wear/Prac Packs	1,500	-	-	-
Restaurant nights	1,000	-	-	<b>1,000</b>
Varsity Game Helmet and Jersey - Player Fundraiser	7,500			
Youth Camps	2,000			
<b>TOTAL INCOME</b>	<b>64,200</b>	<b>25,000</b>	<b>25,150</b>	<b>114,350</b>

## ELC 2022-2023 Budget - APPROVED 08-10-2022

September 1, 2022 - August 31 2023

### Category

#### EXPENSES

Administrative (Office)

Coaching Salaries

Field Rental

Field Supplies

Uniforms

Miscellaneous - HS Picnic and RU Coach Travel

Officials and Trainers

League Fees

Senior Night (Expense)

TOTAL EXPENSES

**OVERALL TOTAL**

2022-2023 Budget			
High School	Rockwood United	Youth	OVERALL TOTAL
(4,000)	-	(1,125)	<b>(5,125)</b>
(25,800)	(9,300)	(6,025)	<b>(41,125)</b>
(5,000)	(550)	(3,375)	<b>(8,925)</b>
(3,240)	(360)	(1,600)	<b>(5,200)</b>
(15,200)	(3,015)	(6,475)	<b>(24,690)</b>
(750)	(5,000)	-	<b>(5,750)</b>
(7,000)	-	(800)	<b>(7,800)</b>
(3,000)	-	(3,625)	<b>(6,625)</b>
(1,000)	-	-	<b>(1,000)</b>
(65,990)	(25,225)	(23,025)	<b>(114,240)</b>
<b>(1,790)</b>	<b>(225)</b>	<b>2,125</b>	<b>110</b>

# Fees

- Registration remains open.
- Players must be registered in order to practice.
- Players with unpaid bills will not be permitted to practice after February 20.



# FUNDRAISING

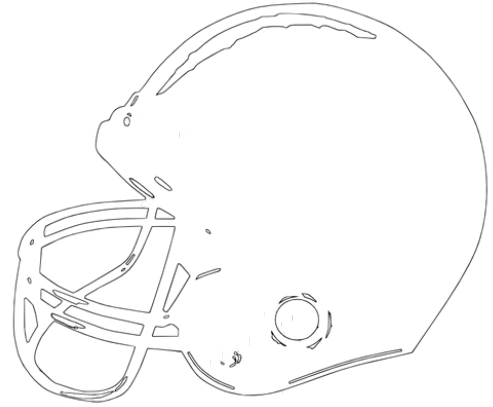
Carie Jennings & Heather Hammerschmidt

# Get your Eureka Lacrosse Yard Sign!



- Order by January 13 Delivery end of January
- Venmo \$25 to @Eureka-LacrosseClub “yardsign” comment
- Questions to Heather Hammerschmidt  
[heather906@yahoo.com](mailto:heather906@yahoo.com) 314-495-2109

# SuperBowl Squares!



- Players must sell at least 1 space.
- Completely online!
- Buy as many as you want!
- **<https://www.footballsquaresonline.com/game/603290>**
- Authorization code: Elax22
- Price per square \$50
- Win \$625 for each quarter

?s: Email Cole Taylor (cktaylor5@yahoo.com)

# — Trivia!

Saturday, March 11 @ Eureka Community Center | 6-10 pm

- 25 tables of 10
- Deadline: March 1
- Buy 2 tickets for \$25 each or buyout for \$200
- Ticket holders MUST attend
- BYO drinks and snacks.
- Trivia, games, raffles, auction & more!



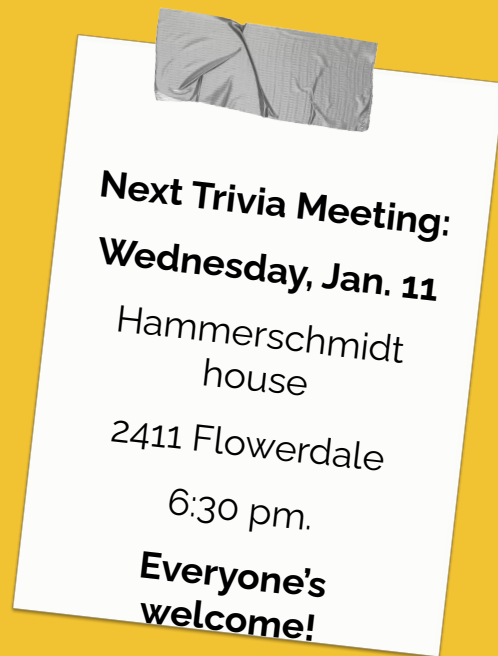


# Question?

How many people does it take to run Trivia Night?

- Auction baskets
- Pick up donations
- Judges
- Scorekeepers
- Check-in table
- Raffle ticket sales
- Runners

Answer: Lots!



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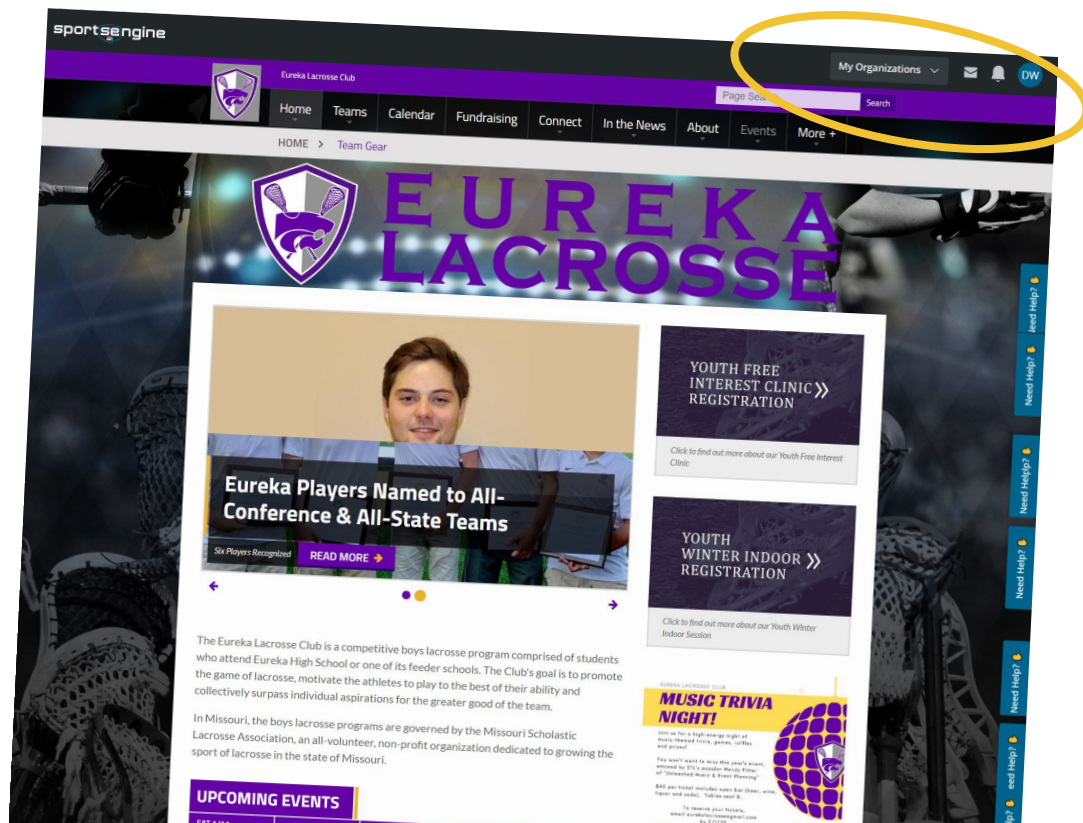
**Nicole Weckherlin - Communications Director**

# Communication

*Make sure you're logged in!*

## Find it on the website

- Public website
- Sports Engine membership portal



# Sports Engine Profile

(parent who registers player)



Household  
(Players)



Teams  
(member)



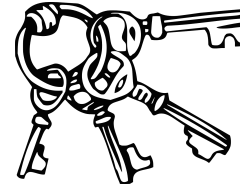
App access

## Parent Hack

The #1 reason most people have trouble navigating the website is because they aren't logged in with the account they used to register their son.

# When you're logged in, you can...

- Add another email address
- See every email that has been sent to you from the Club...ever!
- Choose how you are notified
  - Text, email or both
- See your upcoming schedule
- See your bill



Visit [www.eurekalacrosse.com/parent-portal](http://www.eurekalacrosse.com/parent-portal) for more info.

# Other Avenues of Communication



eurekalacrosseclub

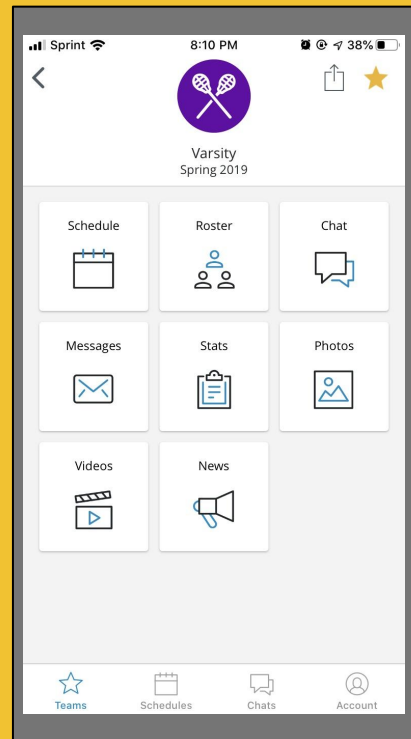
eurekalacrosse

@EurekaLacrosse\_



[Eurekalacrosse.shutterfly.com](https://eurekalacrosse.shutterfly.com)  
(must be signed in as a "member" to  
download photos)

## SportsEngine App



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**Mike Robb - Rockwood United**

# Rockwood United

Summer opp for players graduating in '24-'27



## 2 Tournaments

Midwest Prime Trilogy  
Cincinnati, OH  
6/10 & 6/11

Laxconsin Summer  
Kickoff  
Franksville, WI 6/17-6/18

## \$595 includes

- Tournament fees
- Uniforms
- Coaching
- Field rental for practices
- Lunch on tournament days and 1 team dinner

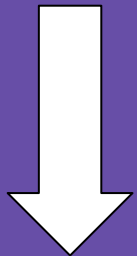
## Not included

- Travel to and from tournaments
- Hotel
- Some meals

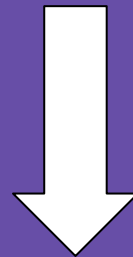
More details & registration  
on the website



Poppy Parker - Volunteer Coordinator  
(poppy2parker@gmail.com)



We need you!  
Sign up to help!



<https://www.signupgenius.com/go/409044BADAC2CAB9-eureka>

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## Poppy Parker - Volunteer Coordinator

Our greatest need for this season is  
Scorekeepers, Spotters and a JV  
Announcer. Please consider helping.  
We will train you!



# Volunteers!

- Set-up & take down on game days
- Host/Food help for video sessions
- Scoring/Spotting/Clock
- Snacks & coolers for trips
- Senior Night
- Announcers
- Videographers

...and more!

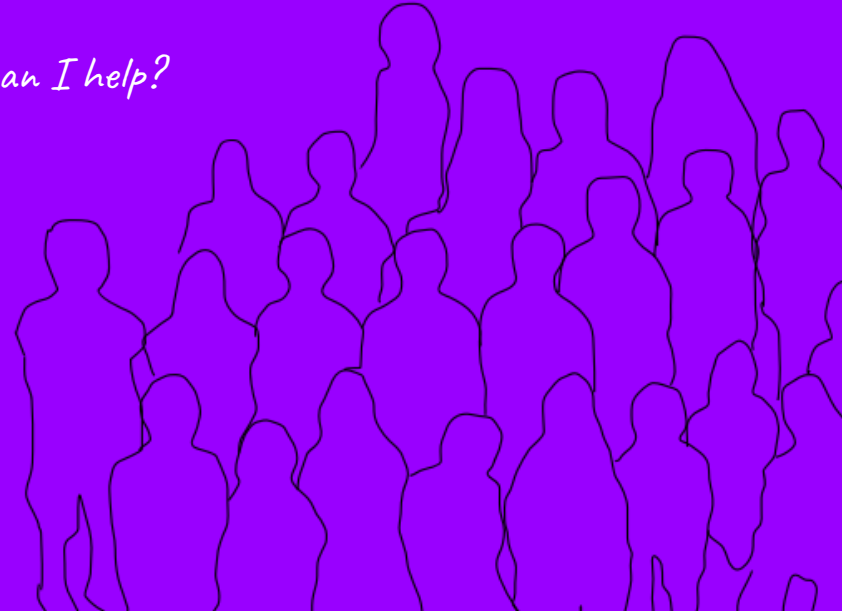
*Yes!*

*That was fun!*

*What can I do?*

*Count me in!*

*How can I help?*



# Volunteer Board

**Sheldon  
Ripson**  
*President*

**Krystina  
Scarmata**  
*Vice-President*

**Kim Taylor**  
*Director -  
Finance*

**Nicole  
Weckherlin**  
*Director -  
Communications*

**Carie Jennings**  
*Director -  
Fundraising*

**Shannon  
Quinn**  
*Director -  
Youth*

**Tim Borroff**  
*Director -  
Coaching*

**Chadd Lamason**  
*EHS Faculty  
Sponsor  
Field Coordinator*

**Heather  
Hammerschmidt**  
*Fundraising  
Coordinator*

**Mike Robb**  
*Rockwood United  
Coordinator*

**Jacki Ripson**  
*Gear Coordinator  
& Photographer*

**Poppy Parker**  
*Volunteer  
Coordinator*

*Parent  
Representative*

**Kristin Ritchie**  
*Parent  
Representative*

# Questions?

All Board Members can be contacted through the website (Connect -> Our Board)

Email:  
[eurekalacrosse@gmail.com](mailto:eurekalacrosse@gmail.com)

# GET *EXCITED!*

