

# **2024 Boys Lacrosse Activity Packet**

## **TRYOUT INFORMATION**

**In order to tryout, players must have all registration forms including:**



**MHS spring sports registration is online only.** To register go to: [minnetonkaschools.org](https://minnetonkaschools.org) , click on **Activities** in the menu bar:

then scroll down to High School Athletics and click on:

REGISTER NOW FOR HIGH SCHOOL ACTIVITIES AND SPORTS

or click on **Registration** under the Athletics options. Note the following \*required procedures with this online registration process:

1. If you have not previously registered for middle school or high school sports and/or clubs or enrichments where a fee payment was required, you will need to create a **NEW family login and password**. Once you have created one, the online registration will connect you to your middle and high school students for you to choose which student you wish to register. **NOTE: First time users will be asked to provide your student's 6-digit school ID# (noted as "Other ID" in Student Skyward). When asked if you have a Key, please choose the "I do not have a key" option.**
2. **SPORTS PHYSICALS.** All MSHSL sanctioned sports athletes are required to have a sports physical on file dated within 3 years that **must remain current throughout the sports season** they are participating in. **\*If your student does not have a current sports physical on file with the MHS Activities Office, or it will expire during the season, you will not be able to register them for any MSHSL sports until a current one is on file.** To see what date is currently on file, go to your student's SSO|Student Skyward and under their Health Information choose "Physical" to see what date is on file.

**\*IMPORTANT:** If you are a **transfer student** or **foreign exchange student**: **Prior to registering, you must first complete the respective form located under High School Files and Links located on the right hand side of the online registration homepage.** If you are **requesting a scholarship**: Please read the information located under the payment box on the left hand side on how to register.

The MHS Activities Office is open Monday through Friday from 7:30 a.m. - 4:00 p.m. We are accepting online registrations only. If you are not able to register online at home, we have laptops available for your use in the MHS Activities Office.

**Questions regarding registration?** If you have difficulty creating your family log-in or registering, please click on the "Need Help?" option at the top of the registration homepage. There is also a "Contact Us" option if you have any registration questions for the Activities Office Staff.

## **Tryout Dates:**

**2024 Minnetonka Boys Lacrosse Tryouts** (Varsity, JV, 9/10 Team)

**Dates:** April 4th - April 5th

**Times:** April 4th and 5th will be a 2-A-Day Tryout (Morning/Afternoon exact times TBD)

**Location:** MHS Upper Fields

There will not be spots held for players on any team who do not make tryouts. Any 9th and 10th grader that is not at tryouts will be placed on the 9/10 Team. Exceptions will be made for injuries. The teams will be announced and/or posted on the night of April 5th for Varsity, JV and 9/10th grade teams.

**Cuts:** All attempts will be made to allow as many players as possible to be part of the lacrosse programs while maintaining integrity to the program(s) and allowing for a fair and enjoyable experience for the participants. We are limited in the sizes of our rosters, athletic department policy, field space, and coaching limitations, and ages of our players that can compete on certain teams. Seniors will not be placed on the JV team, Juniors must evaluate at a JV talent level to remain with the program. Tenure and seniority are not decisive factors. Our teams will be selected with the best players, best “team guys”, and best overall team that we can field at all levels.

**Lettering Criteria:**

- Any player that records a positive stat in a Varsity game will be considered to have met the criteria for lettering.

***\*STUDENTS CANNOT PRACTICE OR TRYOUT IF THEY ARE NOT CLEARED  
BY THE ACTIVITIES DEPARTMENT\****

## **2024 Boys Lacrosse Practice and Game Schedules:**

### **Practice**

Practices will begin April 6th for all 3 teams

The Boys' lacrosse teams will practice every day during the week, except Sundays.

- Weekday practices for Varsity and JV will be held from 4:00-6:00pm on the upper turf fields.
- 9/10<sup>th</sup> Grade team Practice will be from 5:30-7pm on the MHS Stadium.
- Saturday practice times will be TBD and will be completed by noon on all non-game day Saturdays
- No practice on Sundays

### **Games**

Varsity, Junior Varsity and 9/10<sup>th</sup> grade team schedules can be found at the link below:

[2024 MINNETONKA BOYS LACROSSE SCHEDULE](#)

If there are any changes to the schedule they will update in real time.

### **Varsity Game Admission**

- a. Home games will be held at the MHS stadium
- b. There are admission fees for all spectators at all home, away, and playoff games
- c. The Varsity and Junior Varsity teams travel separately to most games via school bus, but only one bus returns after the Varsity game. The bus travel times will vary based on travel time

**Teams:** The Varsity and JV teams are sponsored through the high school and are MSHSL sanctioned teams. The 9/10<sup>th</sup> grade team, while operating under the umbrella and supervision of the high school coaching staff, play a separate and independent schedule against schools that have a 9/10 team. Registration for all three teams will be done through the Activities Website.

### **Roster Limits:**

- **Varsity:** Roster is limited to 24 players for the section tournament

- **Junior Varsity:** Roster will be 18-22 players (no seniors)
- **9/10th Grade Team:** Roster size may vary (No Juniors/Seniors)

## **2023-2024 Off Season Training**

### **Open Dome Schedule**

- We have ongoing open dome practices running **1/9/22 - 3/1/23**. These practices run from 4:00-5:00pm on Mondays and 3:00-4:00 on Wednesdays. These practices are open, but optional for all players 9th-12th grade interested in trying out for the 2024 Minnetonka Lacrosse Team. In addition the team is participating in offseason strength training at the Pagel Activity Center Tuesday/Thursday 3:00-4:00pm

### **Player and Parent Communication:**

Minnetonka High School Lacrosse has many avenues of communication. All official email communication will be relayed through the Sport NGIN team webpage. You can find that page and the link to register for communication at <https://www.mtkalax.org/boyshs>.

Players must text "Add [their name] to MHS LAX GroupMe" to Coach Yue @ 612-719-4160 to receive captain practice and team communication. As teams are formed, communication will be sent out accordingly.

Follow us on twitter and Instagram

Twitter: @tonkalax\_BoysHS

Instagram: @Minnetonka\_Skippers\_Lacrosse

### **Additional Lacrosse Fees:**

There is an additional player fee that will be collected at the preseason meeting from the Fastbreak Club boosters. The exact amount of the fee will be communicated once roster sizes are determined after tryouts. These fees aid the program in the following areas:

- Assistant coach salaries
- Team operations
- Banquet
- Dome time rental
- Senior night

- Video & pictures
- Game program
- Team dinners
- Misc equipment

## Equipment Needs:

Varsity, JV and 9/10 team players will be provided with a full uniform set as well as team bag and a helmet. Players are responsible for providing their own shoulder pads, arm guards, gloves, helmets (for practice on JV and Varsity, and practice and game use for the Prep Team), two sticks, athletic supporter, cleats, and mouth guard, team practice shorts and pinney (no club or college apparel allowed). Practice apparel can be purchased from our online team store.

*\*\*Please note the new NOCSAE certification for shoulder pads starting in 2022. Information found here <https://www.usalacrosse.com/lacrosse-chest-protector-faq> \*\**

## Team Policies:

Players interested in playing lacrosse must be 100% committed to the team. Each player is expected to attend every practice and abide by school and MSHSL policy regarding academics, athletics, sportsmanship, and substance abuse.

- *Academics:* Players are expected to maintain grades that meet the eligibility requirements set by the school. Homework and school projects are not excuses to miss practice. Students must learn to balance their schedule.
- *Practice Attendance Policy:* Any unexcused missed practice will result in automatic ¼ game suspension
- *Excused Absence from Practice:*
  - Doctors Note- for injury or sickness
  - College Visit by Junior or Senior
  - College Testing (ACT, SAT, etc.)
- *Injuries:* Injured players are expected to attend practice. Injured players will not be able to return to practice without a note of clearance from a doctor or trainer. New concussion standards take a player's return out of a coach's hand.

## Awards:

- Parisi Award – Given to a player who helps out the team on as well as off the field. The player that IS the embodiment of Minnetonka Lacrosse.

- Offensive MVP– Given to the player who has contributed the most to the success of the team on the field offensively.
- Defensive MVP – Given to a player who has displayed all of the intangible skills in practice and games defensively.
- Blue Collar Award – Given to the player that works the hardest, puts in the effort, leaves it all on the field, without major recognition.
- Rookie of the Year – Given to a first time letter winner that contributed the most to the team.

**Anticipated Maximum Number of Missed Classes and or Days:**

- 0

\*\* Majority of team information, and any updates to this packet will be found online at <https://www.mtkalax.org/boyshs> \*\*

**2024 MHS Boys Lacrosse PAC Meeting:**

PAC (Parent, Athlete and Coach)

Date: TBD

Location: Online Meeting

Time: 7:00pm

**Coach Contact Information:**

Josh Yue	Varsity Head Coach	612-719-4160	Yuejosh21@hotmail.com
Connor Gatenby	Varsity Offensive Coordinator	952-687-1624	<a href="mailto:connor.gatenby@gmail.com">connor.gatenby@gmail.com</a>
Ryan Terefenko	Varsity Defensive Coordinator		
Blake Barta	JV CO-Head Coach	612-991-7059	blakebartaj@gmail.com
Jon Dryke	JV CO-Head Coach	612-532-7139	jondryke@gmail.com
Mason Dunlap	9/10 <sup>th</sup> Team Head Coach	612-913-1066	masondunlap2@gmail.com

Luke Schmidt	9/10 <sup>th</sup> Team Assistant Coach		
Blake Nastrom	Goalie Coach		