

# 2025 INGLA SPRING COACHES MEETING

Saturday, February 1, 2025

WIFI- Guest

Center Grove Middle School Central- Host Site



INGLA

# 2025 INGLA SPRING COACHES MEETING

Saturday, February 1, 2025

President- Joe Bellflower

Vice-President- Beth Boles

Secretary- M.E. Mildenberg

Development- Rachel Frantz

Treasurer- Aaron Kadel

PastPresident- Josh

Officials Rep- John Sherman

# Agenda

- Welcome from the INGLA Executive Committee - *Joe Bellflower*
- Officials Update - 2025 Fees, Rule Changes, Game Change Form - *Sherman*
- Rules Interpretation & Review - *John Sherman*
- Financial Report - *Joe Bellflower*
- Development Report - *Rachel Frantz*
- Awards Update - *Mary Ann White*
- Break - Attendance/lunch
- INGLA Calendar Review - Indiana SRN - *Joe Bellflower*
- Registration/Scheduling/Website - *M.E. Mildenberg*
- President report – Play-off/tournament, IHSAA– *Bellflower*
- Q & A — *All*
- Break- snacks
- Committee Meetings – *All*



# Officials Update

[Rules Interpretation Slides  
Link](#)



# 2025 GIRLS' HIGH SCHOOL LACROSSE RULES INTERPRETATION

JEFFREY GROSE – NATIONAL RULES INTERPRETER | JANUARY 2025



# Officials Fee Structure

2025 Season INGLA Official Fees and Game Timing				
Level	Game Timing	3 Person Game fees	2 Person Game Fees	1 Person Game Fee
Varsity	4 - 12 Minute Stopped Clock Quarters. 2 Minutes Between Each Quarter. 5 - 10 Minutes for Half Time.	\$80	\$90	\$135
Junior Varsity	4 - 12 Minute <i>Running</i> Clock Quarters. 2 Minutes Between Each Quarter. 5 - 10 Minutes for Half Time.	\$60	\$80	\$120
Stand Alone JV Game	Regular JV Timing	N/A	\$90	\$127
<p>Varsity - Clock will stop <b>ON ALL WHISTLES IN THE CSA IN THE LAST MINUTE OF EACH QUARTER</b>, unless there is a 10-goal differential. If the clock expires when setting up Free Position Shot, the Free Position Shot shall NOT be administered.</p> <p>ALL PLAY DAY GAMES THAT HAVE 3 OR MORE GAMES ARE RUNNING CLOCK GAMES</p> <p>The clock will stop on TO's/ INJURY / CARDS</p>				
Travel Allowance For All Levels		50 - 100 miles (one way) \$25		
		100+ miles (one way) \$50		

# Team time outs

**Each team is permitted 2 time outs during regulation play that do not carry over in over time.**

**(They are not restricted to only one per quarter or half)**

**Each team is permitted one time out during the entire duration of over time.**

**The time out may be requested by the head coach or any player on the field after a goal is scored or anytime the team is in clear possession of the ball.**

**Successive timeouts are not permitted**

**If a coach wishes to use a time out to ask the officials a question, they may do so.**

**The opposing coach must be invited to join the conversation**

**The opposing coach may attend the meeting, they may choose to send an assistant coach to the meeting, or they may choose to not attend at all and continue to coach their players during the time out.**

# Game Change Cheat Sheet

For all games (since we are passed the 12.1.24 deadline)

Time until game starts	Use the game change google form on the INGLA website	Send a follow up email to jandasherman314@gmail.com	Send a text to April <u>and</u> John notifying the change	Send a text/email to all officials assigned to the game
One week or more	✓	✓	✗	✗
Under one week to 48 hours	✓	✓	✓	✗
Under 48 hours	✓	✓	✓	✓



# Game Scheduling & Changes

## ARBITER

- Emails have been sent asking you to **confirm game details; date, time, location and teams** on Arbiter.
- You should also confirm your field location and primary point of contact - WITH a cell phone number.
- If anyone needs access to Arbiter, please let April ([jandasherm314@gmail.com](mailto:jandasherm314@gmail.com)) know and she will get them in and able to see their games - Coaches should be looking in ARBITER to confirm their games NOT INGLA.

## GAME CHANGES

- Use the INGLA Game Change Google Form on the website and email April ([jandasherm314@gmail.com](mailto:jandasherm314@gmail.com)).
- See the timeline information and contact requirements on the Game Change Form page of the website.
- Please make sure that ONLY the HOME team submits the change in the change form. If a game needs to be canceled within 2 days or LESS ( or that day due to weather, etc), please text both John and April and email [Jandasherm314@gmail.com](mailto:Jandasherm314@gmail.com) ( it should still go in the game change form but a text will notify us right away)
- John 315-532-7292 / April 315-591-4761



inglatreasurer@gmail.com

# Financial Report - Aaron

Bank



\$41,493


2025 Dues



\$2,900

9 Teams

2024 Due

 INDIANA GIRLS LACROSSE ASSOCIATION

Bill To: Girl Lacrosse

Invoice No. 2024  
04 JUL 1776

Quantity	Description	Rate	Amount
1	2024 Varsity Dues	\$300	\$300
		Total	\$300

Please make timely payment via check made out to Indiana Girls Lacrosse Association and mail to the address below. These 2024 season dues are due by 02 FEB 2024. If you are unable to pay by the due date, please notify the INGLA Treasurer at the information below.

\$500

Ref Pay Program



17 Teams

\$3,000 Due

Est. Expenses



\$25,000

INGLA Grant



\$2,300

Scholarship



\$500

Payment Methods



# Development Committee Update - Rachel

- ❖ Helping new and young teams grow to be sustainable
  - Grant program



# Development Committee Update - Rachel

- ❖ Helping new and young teams grow to be sustainable
  - Grant program
- ❖ USE ME!!!
  - Not affiliated with a high school program
  - St. Joe's player and coaches clinic
  - Drop in clinics

What would you say is the FIRST thing a new coach or new program needs to do?

8 responses

We are not a new team friendly operation. (That may be just how it is, not a judgement.) I would hope that a new coach had someone to help them navigate the rules, fees, ins and outs of our league. I was fortunate to have that or we would probably not have made it past the second season.

New Coach (established program) first step- come up with your goals for the season/program, then meet with various constituent parties (parents/AD/board/past varsity players) and make sure those goals align and he various groups support you and are prepared for the expectations that come with that vision. New Program fist step- if you don't have personal experience playing or coaching wlax before I would start by watching a game on youtube and heading over to usa lacrosse for some basics, then start trying to gauge interest in the new program or doing events/social media to drum up interest. Meeting with the AD to start off on the right foot with the school. Reaching out to INGLA for help and figuring out what basics you need to get the program going. If you've played before you can skip to drumming up interest- it is critical that the girls who are most interested become recruiters if you aren't working at the school.

I am not a new coach but new to Indiana Lax. I think reaching out to other coaches for advice on the ins and outs of the league has been helpful to me.

Understand basics of the game - common terminology - layout of field - progression of basic skills

# Development Committee Update - Rachel

- ❖ Helping new and young teams grow to be sustainable
  - Grant program
- ❖ USE ME!!!
  - Not affiliated with a high school program
  - St. Joe's player and coaches clinic
  - Drop in clinics
- ❖ Coach Mentorship Program
  - Have you touched base with your pair?
  - Spread the coaching love- drills, logistics, tips and tricks

I am not a new coach but new to Indiana Lax. I think reaching out to other coaches for advice on the ins and outs of the league has been helpful to me.

Understand basics of the game - common terminology - layout of field - progression of basic skills

how to run a practice and learn the game

FIELD space / cost

Contact INGLA Board for assistance

Understand current state before you change anything. If starting a new program, understand the relationships you have with the community and the school and utilize the one's that you have strong connections with.

# Development Committee Update - Rachel

## Coach Mentorship Program

- ❖ Let's hangout!
- ❖ Find your trio (or pair) and chat about the following things:
  - What are you excited for?
  - What hurdles have you faced so far?
  - What hurdles are you anticipating?
  - How can you all help each other?
  - 5 min chat :)

- 1) Carmel / Valpo / Leo
- 2) HSE / Columbus North / Penn
- 3) Guerin / Northridge / Evansville Memorial
- 4) Heritage Christian / Perry / Avon
- 5) Westfield / Jeff Hart / Jeff Plasse
- 6) Fishers / Munster / Zionsville
- 7) Cathedral / Southport / Chesterton
- 8) Brebeuf / Franklin Community / St. Joe
- 9) Bishop Chatard / Homestead / Castle
- 10) Park Tudor / South Bend / Lafayette Harrison
- 11) Brownsburg / Bloomington
- 12) Center Grove / F.J. Reitz / Lawrence North
- 13) Evansville North / North Central / Culver
- 14) Warren Central / Noblesville / Crown Point
- 15) Bosse / Roncalli

## 2A Coaches - North Region

**Carmel —Josh Miller**

[jmiller32@ccs.k12.in.us](mailto:jmiller32@ccs.k12.in.us)

**Culver —Moir Kelley**

[moira.kelley@culver.com](mailto:moira.kelley@culver.com)

**Center Grove —Craig Jarrett**

[craig.jarrett12@gmail.com](mailto:craig.jarrett12@gmail.com)

**Hamilton Southeastern —Steffi Fleagle**

[steffifleagle@gmail.com](mailto:steffifleagle@gmail.com)

**Noblesville —Morgan Sonderholm**

[m24soderholm@gmail.com](mailto:m24soderholm@gmail.com)

**Penn —Rebecca Plantz**

[plantzrebecca@gmail.com](mailto:plantzrebecca@gmail.com)

**Westfield - Kirk Reis**

[kdrew622@gmail.com](mailto:kdrew622@gmail.com)

**Zionsville —Lindsey Goane**

[lgoane@zcs.k12.in.us](mailto:lgoane@zcs.k12.in.us)

## 2A Coaches - South Region

**Bishop Chatard —Julie Jerrell**

jjerrell06@yahoo.com

**Brebeuf Jesuit —Nick Estey**

nestey@brebeuf.org

**Park Tudor - Leslie Sherman**

leslie.sherman@gmail.com

**Cathedral —Mary Ann White**

white@gocathedral.com

**Evansville Memorial —Tracy Martin**

tracy lm97@hotmail.com

**Evansville North —Troy Shekell**

troy shekell@hotmail.com

**Guerin Catholic —Joe Bellflower**

jbellflower@guerincatholic.org

**Heritage Christian - Beth Boles**

bsm@tds.net



# 1A Coaches- Sectional 5

**Chesterton —Jason Kresal**

spetasal\_1@yahoo.com

**Crown Point —Kaitlyn Papka**

kaitlynpapka0@gmail.com

**Munster —Tim Ringer**

tfb2066@gmail.com and emma@emmaterrazas.com

**Northridge —?**

nhs raiders lax@gmail.com

**Saint Joseph —Josie**

sjgirlslax453@gmail.com

**South Bend - Kate McCall**

sbbears.girlslax@gmail.com

# 1A Coaches- Sectional 6

**Avon —Tiffany Green**

[tiffanyhgreen@gmail.com](mailto:tiffanyhgreen@gmail.com)

**Fishers —Bill Laffin**

[blaffin@hse.k12.in.us](mailto:blaffin@hse.k12.in.us)

**Homestead —Emily Wyss**

[wyss.lacrosse@gmail.com](mailto:wyss.lacrosse@gmail.com)

**Lafayette Harrison —Elle Hibler**

[ghibler@purdue.edu](mailto:ghibler@purdue.edu)

**North Central —Ruben St. Louis**

[coachstlouis@gmail.com](mailto:coachstlouis@gmail.com)

**Warren Central —Gary Roberts**

[robert\\_swchs@gmail.com](mailto:robert_swchs@gmail.com)

**Lawrence North —Alexandra Kocher**

[alexandra\\_kocher@msdlt.k12.in.us](mailto:alexandra_kocher@msdlt.k12.in.us)

# 1A Coaches- Sectional 7

**Bloomington —Leslie Cook**

brown pride slax@gmail.com

**Columbus North —Maddisyn Weisman**

maddisyn.weisman@gmail.com

**Franklin Community - Shaun Bingham**

lacrosse@franklinschools.org

**Brownsburg —Jeremy Kinman**

brownsburglax@gmail.com

**Roncalli —TJ Marsh**

tjmarsh137@gmail.com

**Southport —Chloe May**

maychloe86@gmail.com

**Perry Meridian —Sean Terry**

terrysean02@gmail.com

# 1A Coaches- Sectional 8

**Castle —Sheila Byrd**

shelia.byrd@evsck12.com

**Bosse —Kenny Benoit**

boss girls lax@gmail.com

**Evansville Central —Jeff Hart**

jeffrey.hart@rb.com

**FJ Reitz —John Helfert**

reitzgirlslax@gmail.com

**South Gibson —Jeff Plasse**

jeffplasse7@yahoo.com

# JV Team Coaches

**Valparaiso- Kelly Frye and Courtney  
Papka**

[kelewiles@gmail.com](mailto:kelewiles@gmail.com)

**Leo —?**

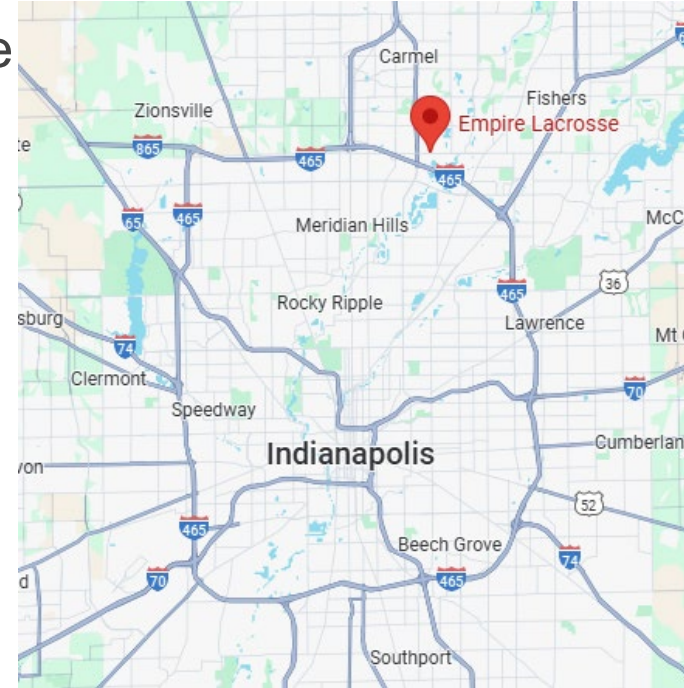
[kgoehring@leolionslacrosse.org](mailto:kgoehring@leolionslacrosse.org)

# INGLA Loaner Stick Program

In 2023, INGLA partnered with Empire Lacrosse and purchased 25 girls lacrosse sticks to be available to any school or program to use for free, for free learn to play clinics and events.

Empire Lacrosse, [cberju@empirelax.com](mailto:cberju@empirelax.com) or 317-574-4529, stores the sticks and is the contact point to pick up and return the sticks.

Let's keep it up and continue to grow the game!



## Awards - Mary Ann

<b>INGLA</b>	<b>USA Lacrosse</b>
All-Sectional (1A) / All-Area (2A)	Coach of the Year
All-State (1A and 2A)	Jackie Pitts
Indiana All-Academic	All-American
All-Tournament Team	Academic All-American
Candi Parry Award	<a href="https://docs.google.com/document/d/1ISONv75Ngtn0iTR75Nb5j4FRLpSogNB046uL03fj6wA/edit?usp=sharing">https://docs.google.com/document/d/1ISONv75Ngtn0iTR75Nb5j4FRLpSogNB046uL03fj6wA/edit?usp=sharing</a>

# End of Season Awards Timeline

March 1 - May 1	Submit nominations for Watch List	<a href="https://forms.gle/46j3am9QFh1r9Cph6">https://forms.gle/46j3am9QFh1r9Cph6</a>
April 1- May 1	Ask school/counselors for GPA of your Varsity roster and ask players for resumes/extracurriculars	Give your schools time to get this info!
May 1-11	Complete the ONLINE application for: 1) All-American Nominations 2) Academic All-American Nominations 3) Jackie Pitts Award 4) Coach of the Year Award	Go to: <a href="https://www.usalacrosse.com/high-school-awards">https://www.usalacrosse.com/high-school-awards</a> Find the links at the bottom of the page for "Girls Awards" / "Girls' Coaches"
May 1-11	Fill out form for ALL SECTIONAL players	<a href="https://forms.gle/aRwF4m9Dk77gxamj7">https://forms.gle/aRwF4m9Dk77gxamj7</a>
May 1-18	Send list for INDIANA ALL ACADEMIC	<a href="https://forms.gle/LwLvmz1oo15kh8T6">https://forms.gle/LwLvmz1oo15kh8T6</a>
May 12	ALL SECTIONAL PLAYERS announced - NO VOTING	
May 12-18	Fill out form for ALL State nominees	<a href="https://forms.gle/w1aTsT1F1Za5TBVL9">https://forms.gle/w1aTsT1F1Za5TBVL9</a>
May 19-30	Committee meets to vote on All State and USA Lacrosse Awards	
May 31	Awards announced at State Tournament	



# Important Notes

- Confidentiality is essential. Head coaches (and non-parents) only on this committee
- Committee can review candidates from submitted nomination forms only.
- These awards recognize individual players, not teams.
- Cards should be noted and play a role in the discussion and decision. Sportsmanship is a crucial component.
- Make sure stats are UP TO DATE throughout the season.
- Graduation year of the player will be part of the discussion.
- Players must play in a minimum of 9 in-state games.
- Filling out Watch List form early (with correct names and numbers is extremely helpful to the committee.

# Break & Attendance

<https://forms.gle/rwb65URsuKrVVdYG6>



Please use the link to mark your attendance.

We'll take a 5 minute break to allow you to do this.



INGLA

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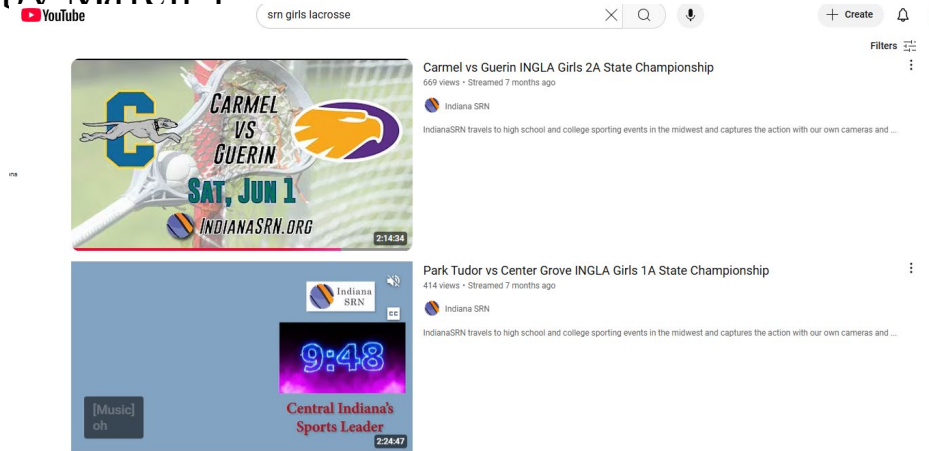
# INGLA 2025 Playoff Calendar

## ● May / June

	Class 1A	Class 2A
Rising Star/Junior Senior Showcase Submission	April 28	April 28
Last day to withdraw from tournament	May 1	May 1
Last day of regular season games	May 7	May 7
Sectionals / Round 1	May 14-21	May 9-10
Quarter Finals	N/A	May 16-17
Semi Finals	May 27-28	May 27-29
Finals	May 31	May 31

# Indiana SRN (Sports Radio Network)

- Beth Boles has been in contact about doing games this season
- Best viewing times were Tuesday and Thursday nights
- They would like a proposed schedule by March 1
- Cost is around 600\$/game
- They are asking for teams to submit as much information as possible on their teams prior to the games





What did you think of SRN  
streaming INGLA games last  
year?

# INGLA Website - M.E.

- Same web address - [www.indianagirlslacrosse.com](http://www.indianagirlslacrosse.com) .

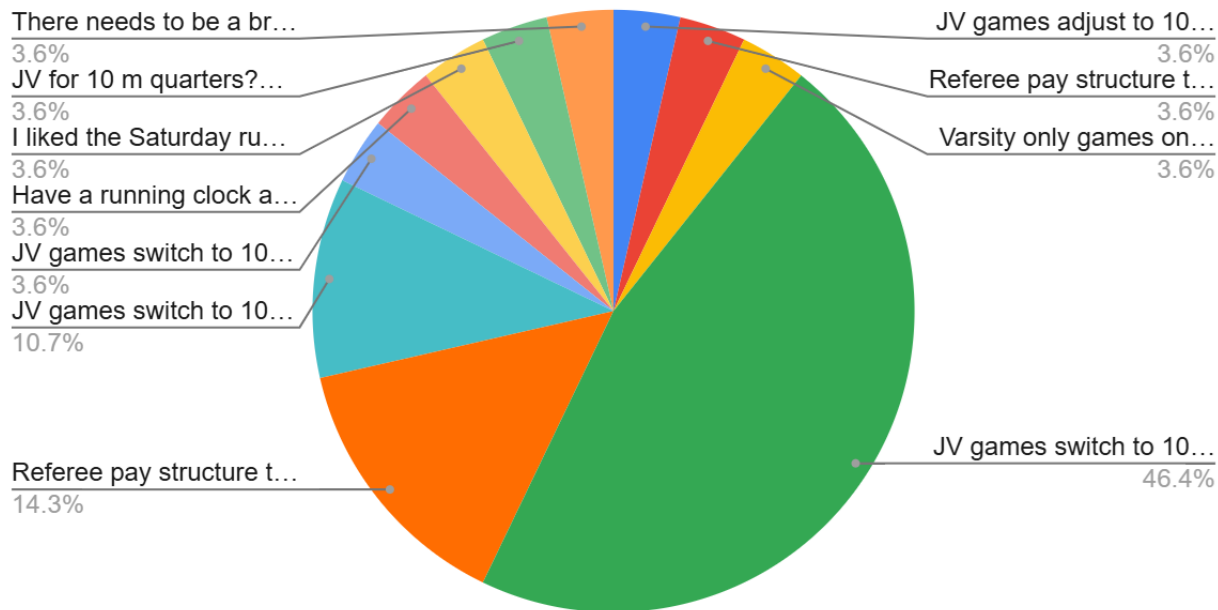
- Tutorials for the site in the Documents section:

- Scheduling
- Rostering (updated)
- Statistics
  - Working on a zoom



# Results from poll at Fall Meeting

Count of What would you like to see happen with Saturday games this season?



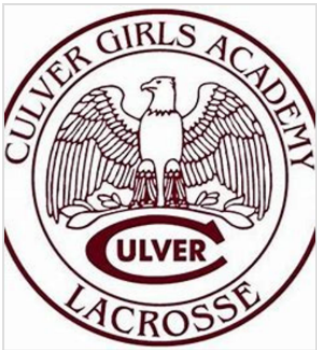
- Majority favors 10 minute quarters for JV games that are part of a play day
- Lots of you pointed out I wrote “halves” instead of “quarters”
- Lots of other ideas

# Update your INGLA page

- Update your team's information - <https://forms.gle/phFGbxRG2ccPVrK9A>
  - Please check your Team Pages for the correct information:
    - Coach List - V & JV - Head Coach and Assistants and Managers
    - School or Program logo (png or jpg)
    - Your team's social media information - Twitter, Instagram, Facebook
    - Your team's home game hosting location(s), address and field/stadium name if there is one.

## Culver

HOME ROSTER SCHEDULE STANDINGS STATISTICS



MOIRA  
**Kelley**  
Head Coach

GARY  
**Christleib**  
Assistant Coach



ELIZABETH  
**Birsner**  
Assistant Coach

**SCHRAGE FIELD** ➔

Turf Field!! State Road 10, Culver In 46511 East of Sycamore Road and west of 117. Parking is in the parking lot just beyond the field.

**CULVER WOMENS LACROSSE** ➔



Culver Athletics Team Page

**CULVER CALENDAR**

MON 1/27	TUE 1/28	WED 1/29	THU 1/30	FRI 1/31
no events	no events	no events	no events	no events

**RECENT CULVER NEWS**

➔ VIEW ALL |  RSS |  I CAL



# INGLA Registration

## Current Registrations

- Players - 276
- Coaches - 63
- Manager / Volunteer - 16

Please reach out to your staff to ensure they are all receiving the INGLA emails. Some people have SportsEngine accounts, though they have not yet registered as a coach yet and will not receive the emails until they do.

## Last year Registrations

- Players - 1,382
- Coaches - 183
- Manager / Volunteer - 35

# INGLA Rostering



To be able to roster players, you will need to have HQ  
access to Competition (right).

If you do not, reach out to INGLA Secretary. This  
access will be limited to one person per team.

# Season Management

The screenshot displays the 'Season Management' interface for the Indiana Girls Lacrosse Association (INGLA) on the sportsenginehq platform. The interface is divided into a dark sidebar on the left and a main content area on the right.

**Sidebar (Left):**

- Logo: Indiana Girls Lacrosse Association (INGLA)
- Home
- Members
- Registration
- Season Management** (highlighted with a red box)
- Rostering
- Schedule Upload
- Add-Ons
- Website
- Settings

**Main Content Area (Right):**

- Header: Season Management (with a 'What's New?' button)
- Tabs: Active Seasons (selected), Past Seasons, Venues
- Search bar: Search
- Upcoming button
- INGLA 2025** (Aug 23, 2024 - Jun 7, 2025)
- Buttons: Overview, Settings, Divisions, Teams, **Rostering** (highlighted with a red box), Schedule
- Add Season button

# Do not write in players

This does not link to a registration

No registration = no USA Lacrosse #

We must have USA Lacrosse #'s in order to get league insurance

### Add Players

First Name \*

Last Name \*

Email Address

<input type="text"/>	<input type="text"/>	<input type="text"/>	✕
<input type="text"/>	<input type="text"/>	<input type="text"/>	✕
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<input type="text"/>	<input type="text"/>	<input type="text"/>	✕

+

Add Another

CANCEL

ADD PLAYERS

# INGLA Expectations (in season)



# Sunday February 9, 2025

- All Coaches must have USA Lacrosse membership (Bronze Level at least) and be registered on INGLA Website.  
■ <https://pub.usalacrosse.com/>
- Head Coaches must have signed code of conduct form (available today at committee meetings) and fill out google form with coaching staff bronze completion

# Bronze Certification

USA Lacrosse revamped their Certification Program on January 1, 2024. All coaches are required to be a Bronze Level Certified Coach through USA Lacrosse (Included with USA Lacrosse coach membership for no additional fee). INGLA expects all head coaches to be at least Silver Level Certified prior to the beginning of their second year of coaching, though sooner is even better!

## Bronze Requirements:

- Valid Membership
- Background Check
- Abuse Prevention Course
- Cardiac Care Course
- Concussion Course
- Cultural Competency Course
- Annual Rules Test

Gold and Platinum Level Certifications are also encouraged.

<https://www.usalacrosse.com/coach-certification>

## BRONZE

*INCLUDED WITH COACH MEMBERSHIP*

### Entry Level Coach Certification

#### Requirements:

- » Valid Membership
- » Background Check
- » Abuse Prevention
- » Cardiac Care
- » Concussion
- » Cultural Competency
- » Annual Rules Test

#### Other Benefits

- » Additional materials for practice planning
- » Basics of lacrosse and the Athlete Development Model [ADM]

# USA Lacrosse - Coach Certifications



## COACH DEVELOPMENT PROGRAM

# LEARNING PATHWAYS

USA Lacrosse is expanding the resources available in our Coach Development Program to enhance educational opportunities and increase safety for both coaches and players. These new Learning Pathways provide educational options for every level of coach.

**Certification Pathways** These offer coaches the opportunity to advance their learning through structured levels and to achieve nationally recognized certifications. All coach members also gain access to the USA Lacrosse Mobile Coach App.

BRONZE

INCLUDED WITH COACH MEMBERSHIP

Entry Level Coach Certification

Requirements:

- » Valid Membership
- » Background Check
- » Abuse Prevention
- » Cardiac Care
- » Concussion
- » Cultural Competency
- » Annual Rules Test

Level 1

SILVER

\$35

Foundational Level Coach Certification

Requirements:

- » Valid Bronze Level
- » Proper Contact Course
- » 4 additional Silver Level courses

Other Benefits

- » Full access to all Silver level courses
- » Discounts on Educational Academies

Level 2

GOLD

\$35

Intermediate Level Coach Certification

Requirements:

- » Bronze & Silver Levels
- » 5 Gold Level courses

Other Benefits

- » Full access to Silver & Gold level courses
- » Discounts on Educational Academies

Level 3

PLATINUM

\$35

Advanced Level Coach Certification

Requirements:

- » Bronze, Silver, & Gold Levels
- » 5 Platinum Level courses

Other Benefits

- » Full access to entire library of courses
- » Discounts on Educational Academies
- » Eligible for Coach Camps



Level	Game Type	Country *	State/Province
Any	Women's /	United States of America	Indiana
First Name		Last Name	Zip/Postal Code
			00000-0000

Name

State/Province

Zip/Postal Code

Level

Total: 218

**MALIYA HOMER**

IN

47404

**Women's / Girl's Bronze**

**ANTHONY RUFATTO**

IN

46040-9128

**Women's / Girl's Bronze**

**RANDY GRAVES**

IN

46224

**KODY FEDORCHA**

IN

46074-1110

# Head Coaches must email all coaches certifications

- Fill out the form
- People lie, screenshots usually don't
- Next year I will try to build this into the registration
- Yes, this is part of roster verification
- No, I will not be trying to match people
- <https://forms.gle/Txg6d4BTBsC2gzgS9>



# Monday February 10, 2025

- Practice can begin
- Players must have a USA Lacrosse membership before they step onto the field for any practice.

# Tuesday February 25th, 2025

- Players must have a USA Lacrosse membership and be registered on INGLA
- One person (coach/manager) from each team can receive access to the registration/roster portal

# Website Expectations During the Season :

Home Teams Must input game scores within

- A. 48 hours
- B. 24 hours
- C. 1 hour

Of the end of the game



# Website Expectations During the Season :

Teams Must input game statistics within

- A. 72 hours
- B. 2 weeks
- C. 1 week

Of the end of the game



# Website Expectations

It would be really cool if you could keep updated the

- A. Location of your field(s)
- B. Player positions
- C. Jersey numbers

# All of them!



# Website - Stats Recording

- Tutorial for recording stats on SportsEngine is in the Documents section of the website.
- As in the past, for the recorded INGLA stats, we will follow the 2024 Women's Lacrosse Statisticians' Manual, also in the Documents section.

Working on a zoom meeting in early March for parents/coaches who will be taking stats





# Website - Stats Recording



## ● Field Player Stats:

- G = Goal
- A = Assist
- **PIM = Red Card**
- **INF = Yellow Card**
- SOG = Shots on Goal
- GB = Ground Ball
- TO = Turnover
- FT = Forced Turnover
- DC = Draw Control


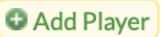
## ● Goaltender Stats:

- SOG = Shots on Goal
- GA = Goals Allowed
- GB = Ground Ball

### CARMEL JV GOLD: RUNNER STATS


<input type="checkbox"/> PLAYED	#	NAME	G	A	PIM	INF	SOG	GB	TO	FT	DC
		Unattributed									
- Sophia Galvin  											

### CARMEL JV GOLD: GOALTENDER STATS

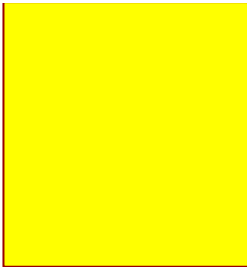
<input type="checkbox"/> PLAYED	#	NAME	SOG	GA	GB
		Unattributed			
- Sophia Galvin  					

# SportsEngine Problems

**RUNNER**

TEAM	GP	G	A	PTS	PIM	INF
 Fishers	18	103	24	127	20	192
Opponent	18	235	92	327	5	6

INF =



# Shots on Goal (SOG)

A shot on goal is not the same thing as a shot at the goal. The latter encompasses all shots; the former encompasses only shots scoring and those having been saved by the goalie.



# Website Expectations (last slide)



## INDIANA GIRLS LACROSSE ASSOCIATION

- Access information in **Coaching Documents**
- Assign teams once rosters are set and before first game

### Coaching Documents

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2025 SEASON

2024 SEASON

2023 SEASON

2022 SEASON

2021 SEASON

2020 SEASON

AWARD TEMPLATES

BYLAWS



2024 Women's Lacrosse Stat Manual Guide



2025 NFHS Points of Emphasis

### GUIDES FOR COACHES

# Bylaws

- Can be found under coaching documents
- Updated in 2024
- Modeled after IHSAA
- Board cannot change bylaws or grant exemptions
- Bylaws can be changed by proposal to bylaws committee and vote of the membership



# Competition Rules / Coaches Compliance and Guidelines

- Competition rules can be found on the INGLA website under coaching documents
- **Every home team must have an official scorekeeper on the sideline**
  - **Can't be a coach**
- Coaches code of conduct. Available on USA Lacrosse website
- There is no rule regarding double-rostered players. Players that participate in Varsity or JV contests must be rostered correctly on both teams on INGLA.
- Carmel asked and was granted waiver on 50 mile rule



# INGLA State Tournament Review

- No New Changes for 2025
- Application to host 2025 Semi -State and State Games

We are accepting applications. Please download the application from the website and submit to Joe: [Jbellflower@guerincatholic.org](mailto:Jbellflower@guerincatholic.org)



# IHSAA UPDATE

## Benefits

- Legitimacy to the game which may make schools more receptive
- No need for INGLA
- State Championship, Awards through IHSAA
- Insurance

## Challenges

- Several schools are not receptive to starting a team or making it a varsity sport
- We no longer have any say on rules, punishments, etc
- Growing to 100 teams in 2 years \*\*\*\*\*



# IHSAA UPDATE

- We are an emerging sport starting August 1, 2025
- We are to follow IHSAA Bylaws starting August 1, 2025
- INGLA will continue to operate while in the emerging process and is responsible for running the tournament
- IHSAA can impose a penalty for any rule broken during the emerging process



# IHSAA UPDATE

## ● Club Team vs Varsity team

Varsity team will need to follow all IHSAA rules Starting in August

Club teams during emerging. Unsure of rules right now

Once sanctioned Club teams cannot play in state tournament

# IHSAA UPDATE

## ● Officials

IHSAA takes over officials in 2026 season

Teams are responsible for finding officials

Most schools will use an assignor



# IHSAA UPDATE

Rules to know now

1. Season Start date 3/10/26 End date 5/31/26
2. Summer has no restrictions outside of moratorium week
3. No contact during school year with team except during contact periods

Contact periods : 9/1-10/18      12/8-3/2

Can do 3/2hr sessions per week

Must be on your campus. Off site indoor rental is not currently allowed

1. Nothing allowed on Sundays

# IHSAA UPDATE

## Rules to know

5. Coaches can't coach a travel team from August to June that has players from their own school on the team
6. No tryouts for a travel team during the season
7. Any travel team, league, clinic or camp during the school year can only have (5 -6) players from the same school on the same team or at the same clinic

# IHSAA UPDATE

- 11. Players can only play 6 quarters in a day. This doesn't apply on a playday provided the field is cleared of fans and parents. Parents and fans will need to purchase a ticket for the second game
- 12. 2 Yellow cards results in suspension for the next game.
- 13. Limit on number of games 16-18?

# Questions & Answers



INDIANA GIRLS  
LACROSSE ASSOCIATION

# INGLA COMMITTEES

**Awards – Mary Ann White (Beth Boles)**

**Bylaws – Morgan S. (Aaron Kadel)**

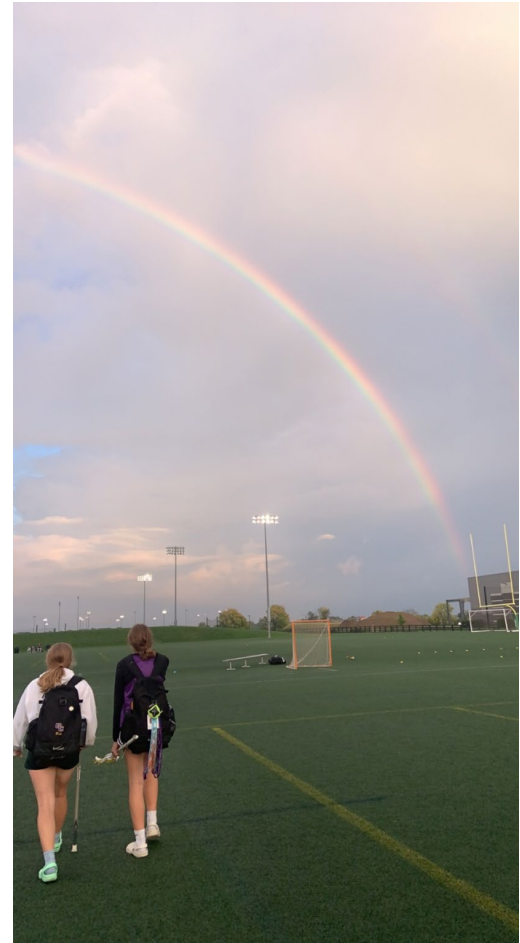
**Communications –Alex Kocher (M.E Mildenberg)**

**Development – Lindsey Goane (Rachel Frantz)**

**Playoff/tournament - (Joe Bellflower)**

**Rules and Officials – (John Sherman)**

**Scheduling – (Josh)**





## 2024-2025 INGLA Committees

Awards Committee			Playoff/Tournament Committee		
Name	School	Email Address	Name	School	Email Address
Mary Ann White	Cathedral	<a href="mailto:mwhite@gocathedral.com">mwhite@gocathedral.com</a>	David Williams	Northridge	<a href="mailto:nhsraiderslax@gmail.com">nhsraiderslax@gmail.com</a>
Kenny Benoit	Bosse	<a href="mailto:bossegirlslax@gmail.com">bossegirlslax@gmail.com</a>	Kenny Benoit	Bosse	<a href="mailto:bossegirlslax@gmail.com">bossegirlslax@gmail.com</a>
Steffi Fleagle	HSE		Becca Plantz	Penn	<a href="mailto:plantzrebecca@gmail.com">plantzrebecca@gmail.com</a>
Joe Bellflower	Guerin Catholic	<a href="mailto:jbelleflower@guerincatholic.com">jbelleflower@guerincatholic.com</a>	Kirk Reis	Westfield	<a href="mailto:kdrew622@yahoo.com">kdrew622@yahoo.com</a>
Moirra Kelly	Culver Academies		Gary Roberts	Warren Central	<a href="mailto:robertswchs@gmail.com">robertswchs@gmail.com</a>
Chloe May	Southport		Craig Jarrett	Center Grove	<a href="mailto:jarrett@centergrove.k12.in.us">jarrett@centergrove.k12.in.us</a>
Beth Boles - EC	Heritage Christian	<a href="mailto:bsm@tds.net">bsm@tds.net</a>	Joe Bellflower	Guerin	
Bylaws Committee			Rules Committee		
Name	School	Email Address	Name	School	Email Address
Tiffany Green	Avon	<a href="mailto:tiffanyhgreen@gmail.com">tiffanyhgreen@gmail.com</a>	Shelia Byrd	Castle	<a href="mailto:tracylm97@hotmail.com">tracylm97@hotmail.com</a>
Tim Ringer	Munster	<a href="mailto:tmrringer@gmail.com">tmrringer@gmail.com</a>	Julie Jerrell	Bishop Chatard	<a href="mailto:jjerrell06@yahoo.com">jjerrell06@yahoo.com</a>
Morgan Sonderholm	Noblesville	<a href="mailto:m24soderholm@gmail.com">m24soderholm@gmail.com</a>	Kelly Frye	Valparaiso	<a href="mailto:kelewiles@gmail.com">kelewiles@gmail.com</a>
Kaitlyn Papka	Crown Point	<a href="mailto:kaitlynpapka0@gmail.com">kaitlynpapka0@gmail.com</a>	Leslie Sherman	Park Tudor	<a href="mailto:lesliedsherman@gmail.com">lesliedsherman@gmail.com</a>
Jason Kresal	Chesterton	<a href="mailto:spetasa1@yahoo.com">spetasa1@yahoo.com</a>	Maddisyn Weisman	Columbus North	<a href="mailto:maddisynweisman@gmail.com">maddisynweisman@gmail.com</a>
Aaron Kadel - EC	Perry Meridian	<a href="mailto:aaron.kadel@gmail.com">aaron.kadel@gmail.com</a>	John Sherman	Officials - EC	<a href="mailto:jandasherm314@gmail.com">jandasherm314@gmail.com</a>

Development Committee			Communication Committee		
Name	School	Email Address	Name	School	Email Address
Lindsey Goane	Zionsville	lgoane@zcs.k12.in.us	Alex Kocher	Lawrence North	<a href="mailto:Alexandrakocher@msdlit.k12.in.us">Alexandrakocher@msdlit.k12.in.us</a>
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Kaitlyn Lawson	Brownsburg	klawson@idoc.in.gov	TJ Marsh	Roncalli	tbd
Sophie Mazzaro	North Central	mazzsophie@gmail.com	Bill Laffin	Fishers	blaffin@hse.k12.in.us
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April Kadel	Perry Meridian	april.kadel@gmail.com	M.E. Mildenberg		<a href="mailto:mmildenberg13@gmail.com">mmildenberg13@gmail.com</a>
Rachel Frantz - EC	Southport	<a href="mailto:rfrantz@perryschools.org">rfrantz@perryschools.org</a>	Scheduling Committee		
			Name	School	Email Address
			Emily Morthost	Homestead	<a href="mailto:wysse.lacrosse@gmail.com">wysse.lacrosse@gmail.com</a>
			Tracy Martin	Memorial	tracylm97@hotmail.com
			Kate McCall	South Bend	sbbears.girlslax@gmail.com
			Elle Hibler	Lafayette Harrison	<a href="mailto:ghibler@purdue.edu">ghibler@purdue.edu</a>
			Sydney Jackson	Gibson Southern	sydneylynn2003@gmail.com
			Josh	Carmel	

Thank you for attending the  
2025 INGLA SPRING COACHES MEETING



INDIANA GIRLS  
LACROSSE ASSOCIATION