



Issaquah Lacrosse
2026 - Youth
Jan 23, 2026



Overview

- 1) Director and Board Introductions
- 2) Schedule
- 3) Player and Parent Expectations
- 4) Communication Overview
- 5) Off Season Highlights
- 6) Financials
- 7) Fundraising



Directors

Ian O'Hern:

ILC Youth Director

HS Co-Head Coach (Offense)

ian@issylax.org

Nolan Harris:

ILC High School Director

HS Co-Head Coach (Defense)

nolan@issylax.org



Board Members

Joei Gaines:

ILC President

Son's: Gunnar 12th and Gavin 10th

president@issylax.org

Jamie Armstrong:

ILC Youth Director

Son's: Nate 7th and Landon 11th

vp youth@issylax.org



Board Members

Betsy Grant:

ILC Treasurer

Son: Ty 9th

treasurer@issylax.org

Craig Stoller:

ILC Fundraising/Sponsorship

Son: Beckett 11th

sponsorship@issylax.org



Board Members

Will Tuttle:

ILC Communication

Son: Charlie 10th

treasurer@issylax.org

Kristen Bristol:

ILC Secretary

Son: Cole 10th

secretary@issylax.org

Board Members

Eric Gaston:

ILC VP High School

Son: Nick 12th

vphighschool@issylax.org



Practice Schedule

Team	Monday	Tuesday	Wednesday	Thursday	Friday
K2			7pm-8pm		5pm-6pm
3/4	7pm-8:30pm	7pm-8:30pm		7pm-8:30pm	
5/6		7pm-9pm	7pm-9pm	7pm-9pm	
7/8	7pm-9pm		7pm-9pm		5pm-7pm

Practices held at Central Park Field #2. Later in the season we may move some practices to Pacific Cascade Middle School to accommodate some HS games at Central Park.



Game Schedule

Games will be held on Saturdays with K2 and 3/4 starting 9:00am to 12:00pm. 5/6 and 7/8 generally starting 12:00pm to 3:00pm.

Date of first game

K2: 03/14

3/4: 03/07

5/6: 02/28

7/8: 02/28



Breaks

No practices:

Mid-Winter Break: 02/16-02/20

Spring Break: 04/13-04/17

No games:

Spring Break: 04/11,04/18



Player Expectations

Effort and Attitude

- Always be ready to learn
- Give your best effort even on tough days
- Take responsibility for your actions on and off the field
- Respect your teammates, coaches, officials, and opponents

Commitment and Accountability

- Be prepared for all team activities (equipment, attitude, and effort are present)
- Communicate with you coaches! Ask questions! Let them know when you need help!
- For 5/6 and 7/8, Communicate with your coaches if you will miss team events!



Parent Expectations

Role

- #1 role is to be a positive fan and cheer on the team!
- Allow coaches to handle instruction, strategy, and decisions

Perspective & Support

- Emphasize effort, learning, and enjoyment over outcomes (but remember, winning is fun!)
- Reinforce commitment and team responsibilities
- Model sportsmanlike behavior by respecting officials and opposing teams (Please note - by registering your child for ILC you are bound by the ILC Parents Code of Conduct)



Parent Expectations Cont.

Communication

- Use established club channels for communication (email, Sports Engine, GroupMe if applicable)
- Keep conversations respectful and solution-oriented
- Notify coaches of conflicts in schedule as soon as possible - 5/6 and up, players are expected to inform coaches in addition to your communication.

24 Hour Rule – To support respectful and productive communication, families and athletes are asked to wait 24 hours after a game, practice, or team event before sending emails or messages related to concerns, frustrations, or disagreements. This does not apply to cases concerning player safety, injuries, medical concerns, or unsafe conditions. You are welcome to include program directors if you feel it is necessary.



Youth Communication Overview

- Weekly review and next weeks overview goes out Sunday
- RSVP for practice on SE
- Notify Coaches if you will miss practices as early as possible



Coaches

7/8: Declan Larm

Beckett Stoller

5/6: Brandon Tan

Mike Ryan

3/4: Jeff Roberts

Ryan Miller

Damian Madan

K2: Ian O'Hern

HS Seniors

Open Volunteer Roles

- ILC Tailgate FUNraiser Volunteers
- Team Parent(s)
- Field Scheduler
- Board Positions
- WA CUP!!!!!!

Team Parent Role

- Serves as the point of contact between families and coaches
- Helps with weekly communication, including game reminders and equipment needs
- Shares messages on behalf of coaches or the ILC club
- Works with the VP of Youth to help answer questions and find solutions when issues come up
- Helps organize volunteers for home game duties (score table, etc.)
- Helps plan or delegates the end-of-season team party



Off Season Highlights

- Veo Livestream
- Partner with Don DeCaprio (Iron Eagle Strength)
- Website Overhauled
- New Youth Jerseys/Arriving Mid-Feb
- New to ILC- youth gear rental program

Please contact Jamie @ vpoyouth@issylax.org

New Uniforms





Craig Stoller Sponsorships

