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# Meet Your Board

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President: Micki Simons

VP: Shelly Tamm

Treasurer: Wendy Sturino-Terney

Secretary: Kristi Kaiser

Boys Coaching Director: Kate Kim

Boys Youth Director: Bryan Sieradzki

Girls Coaching Director: Rich Trewyn

Girls Youth Director: Dionna Krall



# MLC Mission

The primary goal of the Mukwonago Lacrosse Club is to develop a positive environment where youth have an opportunity to play lacrosse, athletes are able to learn and improve lacrosse skills, and to promote and expand lacrosse.

Emphasis will be placed on showing respect for individuals, teams, coaches, officials and serving as positive role models within our school and community.

Players will develop self-confidence, good sportsmanship, and a passion for the sport of lacrosse.



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# Website

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[www.mukwonagolacrosse.com](http://www.mukwonagolacrosse.com)

- Contact info
- Registration
- Forms (boundary waivers, USA lacrosse info, etc)
- Calendar Updates
- Equipment Info



Mukwonago Lacrosse Club



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# Pre-Season

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- Winter Training
  - Sundays, MHS South Gym
  - U8-U10 Boys 8am-9am
  - U12-U14 Boys 9am-10:30am
  - Girls Youth 10:30am-12pm
- Previous players must be registered to attend
- Bring a friend to winter training for 1x free try-it session
- Ends Feb 25th. Starting in March we transition into season practices, which will most likely be indoors due to weather.



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# Season Practice Schedule

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- Practices:

U8s practice 1x night per week, 90minutes

Girls: M/W 5:30-7pm @ Eagle Town Park

U8s *day is TBD*

Thursday (U14 only/ optional) *location TBD*

Boys: Tues/ Thurs 5:30-7:30pm @ Eagle Town Park

U8s Tuesday 5:30-7pm

Mon 5pm-7pm (U14 only/ optional at MHS)



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# Game Schedule

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- Girls

MAYLA weekend games (April-Jun)

Invitationals/ Tournaments

- Boys

Scrimmages with MAYLA teams

Invitationals/ Tournaments

Invitationals/ Tournaments

Badger Spring Invite April 13(girls) April 14 (boys)

M&M Youth Invitational May 18 & May 19

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Top Cheese (May 11-12) and/or Norski Tournament (June 1-2)



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# Equipment

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- Must be NOSCA certified
- Examples on website
- Cleats– any cleats will do (NO metal spikes)
- Can rent equipment from Hot4Lax in Brookfield
- 10% discount from Burkhardt's or Lax Shack





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# Girls Equipment Required

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## GIRLS YOUTH

- Girls Lacrosse Stick
- Eye Gear or Helmet
- Mouth Guard
- Cleats



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# Boys Equipment Required

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## BOYS YOUTH

- White Helmet - Cascade XRS preferred (S is okay too)
- Chest Protector (NOCSAE 2022)
- Arm Guards
- Gloves
- Cleats
- Athletic Cup
- Stick
- Mouth Guard

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# Volunteering

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Why we do it?

- 10 volunteer points per family
- Many opportunities now and in season
- Sign up sheet available for pre-season coordinators
- Dibs (online tracking) to see volunteer opportunities
- In season opportunities posted once schedules released

*\*\*Not required for U8 families*

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# Fundraising

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Why we do it? Pays for fields, officials, equipment maintenance, training with certified coaches, etc.

NCAA Cards      March 3rd- 17th

Trivia Night      March 16th

Tropical Plants      April (plants arrive in time for Mother's Day!)

Other ways to reduce the cost of your player's registration:

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Discount Cards

Referral Program

Sponsorships





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# Final Comments

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Spiritwear store opens Jan 19th-Feb 2nd

Season Registration ends March 1st

*Kickoff Event on March 3rd in MHS South Gym at 11am*

[www.mukwonagolacrosse.com](http://www.mukwonagolacrosse.com)

