

2024 Great Northern Lacrosse League Season Overview + Operations Meeting

Wednesday November 8, 2023
7-8:30PM

Time zone: America/Chicago
Google Meet joining info

Video call link: <https://meet.google.com/edk-sszx-qbk>
Or dial: (US) +1 319-449-0063 PIN: 708 296 126#

More phone numbers:
<https://tel.meet/edk-sszx-qbk?pin=3804689474506>

The logo for the Great Northern Lacrosse League is displayed in a white rectangular box. The words "GREAT NORTHERN" are written in a large, bold, blue, italicized serif font, with a thin blue horizontal line above and below the text. Below this, the words "LACROSSE LEAGUE" are written in a smaller, blue, all-caps, spaced-out sans-serif font.

GREAT NORTHERN
LACROSSE LEAGUE

Agenda

- Introductions
 - Jing Peng - Director of Leagues and Events
 - Isaiah Neal- Asst. Director of Leagues and Events
 - Kathryn Knippenberg- Girls Director (Spring & Summer)
 - Aron Lipkin- Homegrown Lacrosse Founder & President
 - Matt Burke- USA Lacrosse Midwest Regional Manager
- [Attendance Form](#) & [Attendance List](#)
- USA Lacrosse Updates- Matt Burke
- Glance at the 2023 Season & History of GNLL/Homegrown
- Year Overview of GNLL Leagues & Tournament Options
- Overview of GNLL Boys/Girls Sunday Fall League
- Overview of GNLL Boys Pre-Season Box League/Girls Pre-Season Sixes
- Overview of GNLL Spring League
- Overview of GNLL Summer League
- Operating Policy & General Updates
- Resources for Program Leaders
- Resources for Coaches
- Challenges
- Questions/Discussions

USA Lacrosse Updates

Account Landing Page

MATTHEW BURKE'S PROFILE

USA LACROSSE

MATTHEW BURKE
PLAYER COACH OFFICIAL

MEMBERSHIP NUMBER:
000008271305
VALID THRU: 12/2023
DOB: 01/19/92

BACKGROUND CHECK REQUIRED
ABUSE PREVENTION EXPIRES: 01/03/2025
CERTIFICATIONS:
MENS GAME LEVEL 1 COACH CERTIFICATION

- VIEW/EDIT PROFILE
- AFFILIATIONS
- BACKGROUND CHECK
- ABUSE PREVENTION
- TRANSCRIPT
- E-LEARNING

Coach Development

COACH DEVELOPMENT PROGRAM
LEARNING PATHWAYS
EFFECTIVE JAN. 1, 2024

CURRENT LEVEL 3	PLATINUM Advanced Level Coach Certification
CURRENT LEVEL 2	GOLD Intermediate Level Coach Certification
CURRENT LEVEL 1	SILVER Foundational Level Coach Certification
ALL COACH MEMBERS INCLUDED WITH COACH MEMBERSHIP	BRONZE INCLUDED WITH COACH MEMBERSHIP Entry level coach certification included with USA Lacrosse membership

Existing certifications will be transitioned to the appropriate new category at no additional cost

New Event Structure



2028 LA Olympics



USA Lacrosse Questions?

MIDWEST REGION CONTACTS



MATT BURKE

Regional Manager

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LOU CORSETTI

Regional Director

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Glance at the 2023 Season By the Numbers & History of Homegrown Lacrosse

The Great Northern Lacrosse League (GNLL) represents the League and Events division of Homegrown Lacrosse, a Twin Cities-based 501(c)(3) non-profit organization founded in 2003. Guided by two dedicated full-time directors and one part-time director, GNLL currently administers 14 leagues and 12 tournaments, catering to a wide spectrum of participants, including youth associations, high school teams, club lacrosse programs, and 28 adult teams within the scope of our 2022-2023 fiscal year (September to August).

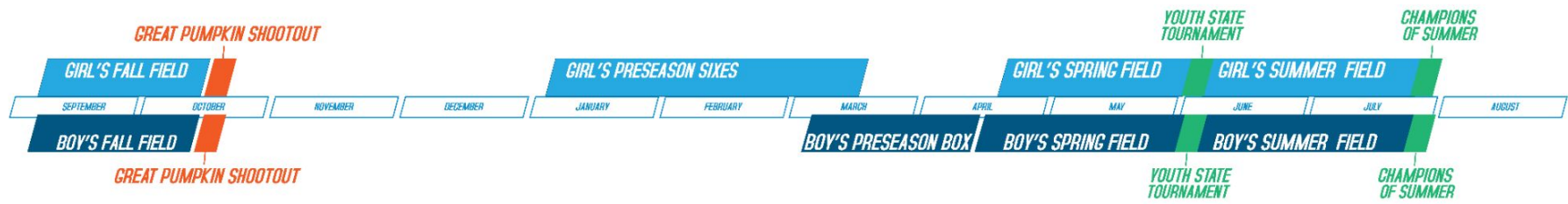
[2023 Homegrown Programs
by Department](#)

[2023 Association List](#)

[2021-2023 Program Chart](#)

Overview of GNLL Youth Leagues & Tournaments

Mission Statement: To provide a fun, safe, and supportive environment where area high school and youth players can compete, learn, and grow.



**GNLL Boys/Girls Sunday Fall
League & Great Pumpkin
Shootout**



Sunday Fall League (September–October)

Boys Sunday Fall League

7 Games across 5 Weeks: Sundays September 10- October 8, 2023

Regional Locations:

North: National Sports Center/Irondale HS

East: McMurray Fields St. Paul/Concordia University St. Paul

South: Burnsville HS

Northwest: Wayzata HS

Divisions: 14U/12U/10U

2022: 29 Teams

2023: 40 Teams

Girls Sunday Fall League

7 Games across 5 Weeks: Sundays September 10- October 8, 2023

Regional Locations:

Northwest/West: Fernbrook Fields, Maple

Grove/Wayzata HS

East: St. Paul Central HS/McMurray Fields St. Paul

Divisions: 14U/12U/10U

2022 (Year 2): 34 Teams

2023: 59 Teams

Association Great Pumpkin Shootout (Mid October)

[Association Great Pumpkin Shootout](#)

Saturday & Sunday October 14-15, 2023

Divisions: Varsity/JV/14U/12U/10U

Format: 4 Game Guarantee. 22 Minute Running Halves.

2023 Numbers

141 Teams

35 Boys Youth Teams

41 Boys HS Teams

36 Girls Youth Teams

21 Girls HS Teams

**GNLL Boys Pre-Season Box
League/Girls Pre-Season Sixes**



Pre-Season Leagues (February-April)

Boys Pre-Season Box League

6 Games across 6 Weeks- Sat & Sun March 9-April 14, 2024

Regional Locations:

Northeast: Northeast Ice Arena

Southeast: Eagan Civic Arena

Northwest: Anoka Ice Arena

Southwest: Hopkins Pavilion/St. Louis Park ROC

Divisions: 14U/12U/10U

Cost: \$1350/ 12 & 14U team, \$1150 for 10U teams

2023: 29 Teams

2022: 28 Teams

Girls Pre-Season Sixes League

6 Games across 5 Sundays February 2-March 24, 2024

Conway Recreation Center, St. Paul Minnesota

Divisions: 14U

Cost: \$720

2023: (Year 2): 4 Teams

2022 (Year 1): 5 Teams

GNLL Youth Spring Leagues



2024 GNLL Boys Spring League (Mid April–Early June)

[GNLL Boys Spring Field League](#)

League Dates:

Spring Regular Season: Saturday April 13-Wednesday June 5, 2024

No Games May 25-26, 2024

Spring Youth State Tournament: Friday-Sunday June 7-9, 2024

Administrative Dates:

Association Registration Open/Close: Monday January 1-Friday February 16, 2024

Team Registration Deadline: Friday March 1, 2024

Spring Scheduling Meeting: Sunday March 3, 2024

League Fees:

	8U	10U	12U	14U
Team Fee	\$25	\$50	\$50	\$50
Game Fee	\$0 or \$39/game No officials or one official	\$39/game One official	\$78/game Two officials	\$78/game Two officials
		\$50/game Two officials *subsidized*		

West	NW	N/NE	South
ACYLA	Andover	Arrowhead	Mankato
Buffalo	Anoka Ramsey	Blaine	Mendota Heights 12U
BSM 14U	Becker	Cambridge-Isanti	New Prague
Delano	Big Lake	Centennial	Owatonna
Hutchinson	Champlin Park	Chisago Lakes	Rochester
Maple Grove	Elk River	Duluth	Rosemount
Minneapolis	Monticello	Forest Lake	
Minnnetonka	Rocori	Grand Rapids	
Orono	Red River Valley	Mahtomedi	
St. Louis Park	Sartell-Sauk Rapids	Mounds View Irondale	
Wayzata	St. Cloud	Northern Siege	
	STMA	Superior	
		Spring Lake Park	
		St. Paul 12U	
		Tri-Mac 14U	
		White Bear Lake	

2022: 41 Associations; 173 Teams

2023: 45 Associations; 200 Teams (Table Above)

2024 GNLL Girls Spring League (Mid April–Early June

[GNLL Girls Spring Field League](#)

League Dates:

Spring Regular Season: Saturday April 13–Thursday May 30, 2024

No Games May 25–26, 2024

Spring Youth State Tournament: Friday–Sunday May 31– June 2, 2024

Administrative Dates:

Association Registration Open/Close: Monday January 1–Friday February 16, 2024

Team Registration Deadline: Friday March 1, 2024

Spring Scheduling Meeting: Saturday March 2, 2024

League Fees:

	8U	10U	12U	14U
Team Fee	\$25	\$50	\$50	\$50
Game Fee	\$0 or \$39/game No officials or one official	\$39/game One official	\$78/game Two officials	\$78/game Two officials

GNLL Youth Summer Leagues



2024 GNLL Boys Summer League (Mid June–End of July)

Boys Summer Field League

League Dates:

Summer Regular Season: Monday June 10-Wednesday July 24, 2024
(Wednesday July 17 for 6/8/10U)

No games on Fridays or July 3-4.

Summer Youth Jamboree: Saturday July 20, 2024

Summer Youth State Tournament: Saturday & Sunday July 27-28, 2024

Administrative Dates:

Association Registration Open/Close: Monday January 1-Friday February 16, 2024

Host Availability/Scheduling Form: Sunday April 19, 2024

Team Registration: Monday March 4- Sunday April 28, 2024

League Fees (Includes Summer State Tournament/End of Season Jamboree):

	6U	8U	10U	12U	14U
Team Fee	\$0	\$750	\$1175	\$1375	\$1375

West	Northwest	Central	Northeast
ACYLA	Buffalo	Andover	Centennial
Delano	Champlin Park	Blaine	Chisago
Hopkins	Elk River	Cambridge-Isanti	Forest Lake
Orono	Maple Grove	Minneapolis	Mahtomedi
St. Louis Park	Monticello	Mounds View Irondale	White Bear Lake
Wayzata	Rogers	Roseville	
	St. Cloud		
	Sartell Sauk Rapids		

2022 (Year 1): 25 Associations; 114 Teams

2023: 24 Associations; 108 Teams

2024 GNLL Girls Summer League (Mid June–End of July)

Girls Summer Field League

League Dates:

Summer Regular Season: Monday June 10-Wednesday July 24, 2024
(Wednesday July 17 for 6/8/10U)
No games on Fridays or July 3-4.

Summer Youth Jamboree: Saturday July 20, 2024

Summer Youth State Tournament: Saturday & Sunday July 27-28, 2024

Administrative Dates:

Association Registration Open/Close: Monday January 1-Friday February 16, 2024

Host Availability/Scheduling Form: Sunday April 19, 2024

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League Fees:

	8U	10U	12U	14U
Team Fee	TBD	\$1150 (8 Games + Tournament)	\$1300 (8 Games + Tournament)	\$1300 (8 Games + Tournament)

Operating Policy & League Updates



2024 Operating Policy and League Updates

Rules & Compliance Committee

- Two directors from each region will serve on the waiver committee for one season. There will be separate spring and summer waiver committees which will be decided on shortly after the association registration deadline for each season.
- The committee will review any A/B team waiver requests along with any other special team cases sent to the GNLL Directors along with managing any serious disciplinary matters and/or grievances.

Coaches Requirements

- Limit of 3 coaches in a coaching area for youth
- Enforcement of Head Coach Certification Requirements
- Updates to USA Lacrosse Coach Development Program
 - Silver Coach Certification Requirement (Equivalent of Level 1)

Spring State Boys Date Changed to June 7-9, 2024

- Due to facility availability, pushed back a week which adds an additional week of spring league play

Age Division Waiver Up Requests No Longer Needed

- Age Division waiver requests to play up one division are no longer required for players.

2024 League Items for Vote

Boys- # of 10U Officials for Boys Spring & Summer League Games

- Please vote [HERE](#) for your associations' preference on the number of 10U officials for Spring and Summer
- Due Dec 1 for associations that participate in GNLL Boys Spring and/or Summer Field

Girls- 8U Format

- Hybrid Season (as is) or separate Spring & Summer Season
- Votes collected through GNLL Girls League Interest Survey due Dec 1

GNLL GOALS

SHORT TERM

- Support 3-4 TryLax Events yearly in various areas of the state
- Host multiple coaching clinics
- Continue partnership with local collegiate programs (UST, Concordia, Hamline etc)
- Become a better resource for the community (local event awareness etc)

LONG TERM

- Helping drive long term growth of the sport which includes players, coaches, officials and board members
- Help facilitate collaboration across association/organizations
- Provide more equitable affordable opportunities for girls players to participate in off-season
- Help develop lacrosse in cities further away from the Twin Cities

Resources for Program Leaders

RESOURCES FOR PROGRAM LEADERS

USA Lacrosse

- [Grant Options](#)
 - Equipment Grants
 - Player Clinic Grants
 - Financial Support
- [Certificates of Insurance](#)
 - Liability protection for facility rentals and events
 - Medical coverage for player injuries during organized lacrosse activities
 - New coverage starting January 1, more info to come
- Midwest Regional Manager Support from Matt Burke
 - mburke@usalacrosse.com
- [Online Lacrosse Team Management System](#)
- [League Standards and Best Practice Guidelines](#)
- [Flex 6](#)
- Hardship Memberships
 - Contact mburke@usalacrosse.com

Homegrown Lacrosse

- [Team Evaluations](#)
- Private Clinics
 - Contact kyle@homegrownlacrosse.org
- Minnesota Youth Lacrosse Snapshot Survey (Email to come)

Great Northern Lacrosse Leagues

- [Operating Policies](#)
- [*New to 2024* Grant Applications](#)
- TryLax Support
 - Equipment and Volunteer Coaches
- Clinic Support
 - Equipment and Volunteer Coaches

OFFICIALS' RECRUITMENT

USA Lacrosse

- [USA Lacrosse Officials Resources](#)

Boys Officials in Minnesota

- [Northland Lacrosse Officials Association](#) (NLOA)
- [Upper Midwest Lacrosse Officials Association](#) (UMLOA)

Girls Officials in Minnesota

- [Minnesota Lacrosse Umpires Association](#) (MLUA)



Resources for Coaches



RESOURCES FOR COACHES

USA Lacrosse

- [Coaching Resources](#)
 - Mobile Coach
 - Rule Changes
- USA Lacrosse Coach Development Clinics no longer running

Homegrown Lacrosse

- Shadow [Homegrown Academy Sessions](#)
 - Contact Kyle@homegrownlacrosse.org if interested
- Free Homegrown Lacrosse Boys & Girls On-Field Coaching Clinic Saturday March 2 10-12PM at Concordia Dome
 - Click [HERE](#) for more information and register

Great Northern Lacrosse Leagues

- [Boys Drill Compilation & Coaching Resources](#)
- [Girls Drill Compilation & Coaching Resources](#)



Challenges



Challenges

- Travel Team Conflicts
 - Particularly in the summer which makes game cancellations more frequent
 - Generally M/W for 8 & 10U Games
 - Generally Tue/Thur for 12 & 14U Games
 - Potentially looking into a different model (possibly one game a week) for 2025 season to help mitigate
- Rising Costs
 - Increased officials cost (game fee & travel)
 - Increased EMT cost
 - Increased general COL for families
- Weather (AQI)
 - Navigated with best practices & guidelines for the league (AQI above 150 cancellations)

Questions/Discussion

