



Eureka Lacrosse Club

Preseason Parent-Player Meeting

Important Events

DAYS 'TIL FIRST PRACTICE



Parent Tip

All events are listed on our website calendar.

You can sort by "tag" at the bottom right of the menu so you see events that are relevant just to you.

Team-specific events are also on the app!

Checklist

- Player Pictures
- Pay Uniform Deposit
- Bags distributed (Jackets delayed)
- Purchase Super Bowl Square(s)
- Purchase Trivia Night Tickets-Min. Of 2
- Player Code of Conduct Signatures
- Grade Forms



Parent Tip!

Once teams are finalized, you will be able to access your son's team on the app!

You'll find rosters, schedules and be able to chat with other team parents.

January

- Indoor Practices
 - Midwest Sport Hockey - Ballwin
 - Fridays 6-7 pm
- Super Bowl Squares Fundraiser!



Don't Forget!

**Trivia tickets are
available now!**

**Visit the website &
click on the
Fundraising tab for
details!**

February

- Feb. 10: Eureka Lacrosse Night at Freddy's
- Friday Indoor Practices end Feb. 18
- Feb. 20: Rockwood United Placements
- Feb. 21: 11am-1pm:
 - Spring Practices begin
- Feb 23/24: Scorekeeper training
 - Virtual sessions: Watch for link



Parent Tip!

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March

- March 6: Possible Scrimmages
- March 9: Games Begin
- March 12: Trivia Night
- March 23-26: Varsity Spring Break Trip to Louisville and Lexington

Important!

**Parents: book your
hotel room by 2/22
and 2/24**

**(Details previously
sent - Check Your
Email!)**

April

- Regular Season continues
- April 4 ELC Sharenight at Lion's Choice Eureka
- April 8-10: Varsity & JV trip to KC
- TBD: JV Tournaments

Parent Tip!

You can sign up to get all our tweets without a Twitter account.

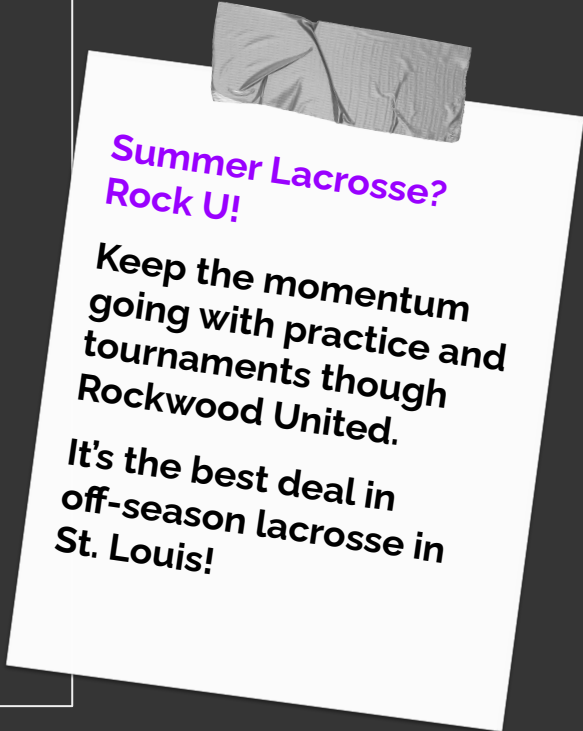
Just text

Follow
@EurekaLacrosse_
to 40404.

#beintheknow
#parentscantweettoo

May

- Regular season concludes
- May 7: Senior Day (vs. Lafayette)
- Week of May 16: MSLA Postseason
- May 31: Rockwood United Begins



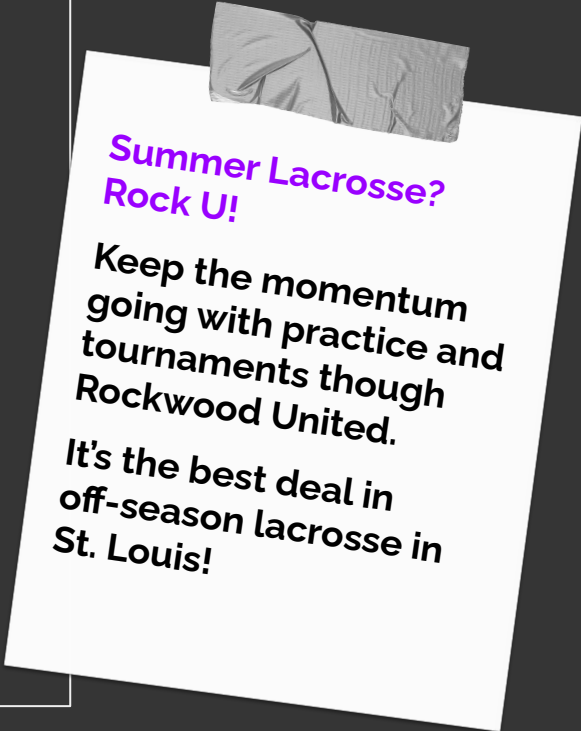
**Summer Lacrosse?
Rock U!**

Keep the momentum
going with practice and
tournaments though
Rockwood United.

It's the best deal in
off-season lacrosse in
St. Louis!

June

- June 4: Alumni Game & Freshmen Orientation Game
- June 6: End of Season Banquet
- June 11-12: RU in Cincy
- June 25-26: RU in KC



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Rock U!**

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going with practice and
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St. Louis!

Practice Plans

- **February 21-27, 2022**

Eureka High School

- **March thru May, 2022**

LaSalle Springs Middle School

- **Practice Changes?**

Communicated ASAP to Players and Parents



Parent Tip

The best way to stay up to date about practices is to make sure you receive text notifications every time the Club sends an email.

Visit the website for details.

League Alignment



MCC

CBC
Chaminade
Vianney
SLUH
DeSmet



Metro

John
Burroughs
Ladue
MICDS
Westminster
Priory



Gateway

Francis
Howell
Clayton
Fort
Zumwalt
Wentzville
Hickman
Rock
Bridge



Suburban 12

Rockwood
Summit
O'Fallon
Parkway
West
Webster
Groves
Kirkwood
Republic



Suburban West

Lafayette
Marquette
Eureka
Lindbergh
Parkway
South
Seckman

All teams play everyone in their conference. All additional games are chosen by the team, for a total of 12-14.

Eureka Lacrosse



2022 Schedule



March 3
7 PM



March 16
5 PM



March 18
6:45 PM



March 24



March 25



March 27
11 AM



March 30
7 PM



April 2
1 PM



April 6
5 PM



April 9
1 PM

Home
Away



April 10
2:30



April 13
7 PM



April 20
6:30 PM



April 23
1 PM



April 27
5 PM



April 30
1 PM



MAY 6
5 PM



May 7
11 AM



May 11
7 PM

Tim Borroff-Coaching Director; Varsity Head Coach

Coach B: 8th year coaching at Eureka, 7th year on Varsity Staff.

Our Mission: Help our student athletes reach their maximum potential as lacrosse players, students, and young men.

Accountability: Players are expected to be at every practice. Lack of attendance shows a lack of accountability, leading to lesser playing time.

Excused Absences: Sickness, family emergencies, school emergencies, etc... Time management is KEY.

Grades: Grade check forms. Solution focused, how can we manage better? Will not impact eligibility.

Team Placement: Varsity- Goal every year is a state championship. The players that best suit this goal make the varsity roster. JV- The goal is still to win games, while developing every player on the JV roster. It's a core part of our program's culture that we value every team equally. (2018 JV STATE CHAMPS).

— **27 days until
practice starts**

Looking Ahead: weekend/saturday Games.

Strength of Schedule: 14 in state games against 8 private schools. Games against teams from WI, KS, KY. Raise the bar.

Spring Break- March 18th-March 27th Varsity and JV will play Kettle Moraine (WI) and Pembroke Hill (Kansas City). Varsity traveling to Lexington and Louisville to play two solid opponents. ALL SPRING BREAK PRACTICES AND GAMES ARE MANDATORY. This is part of the commitment to playing lacrosse, players that miss over spring break are ineligible to be captain.

Senior Day May 7th (Prom) 11am vs. Lafayette.

Player Expectations: Be accountable, buy into the program/culture we have here. Support your teammates and never settle for anything less than your best.



2022 COACHES

Varsity

Tim Borroff (Head Coach)

Ben Eder (9th year-Offensive Coordinator)

Austin Dahl (Defensive Coordinator)

Junior Varsity

Dan Shovlain (Head Coach)

Christian Schevninger (Offensive Coordinator)

Danny Heinrich (Defensive Coordinator)

Positions

Dustin Reis - Goalies

Noah Campbell - Face-offs

What's a "ward"?

Why are the refs tapping their heads?

What does "over & back" mean?

Still Confused by Lacrosse Rules? You're not alone!

Learn more about the rules of the game by attending
VIRTUAL Scorekeeper Training
Feb 23 @5:30 central and Feb 24 @6pm central.

Watch for the link!

**Players and Coaches Depart for Break-out
Session**

Parent Session Continues

Mitch Mitchell - VP

Expectations & Code of Conduct

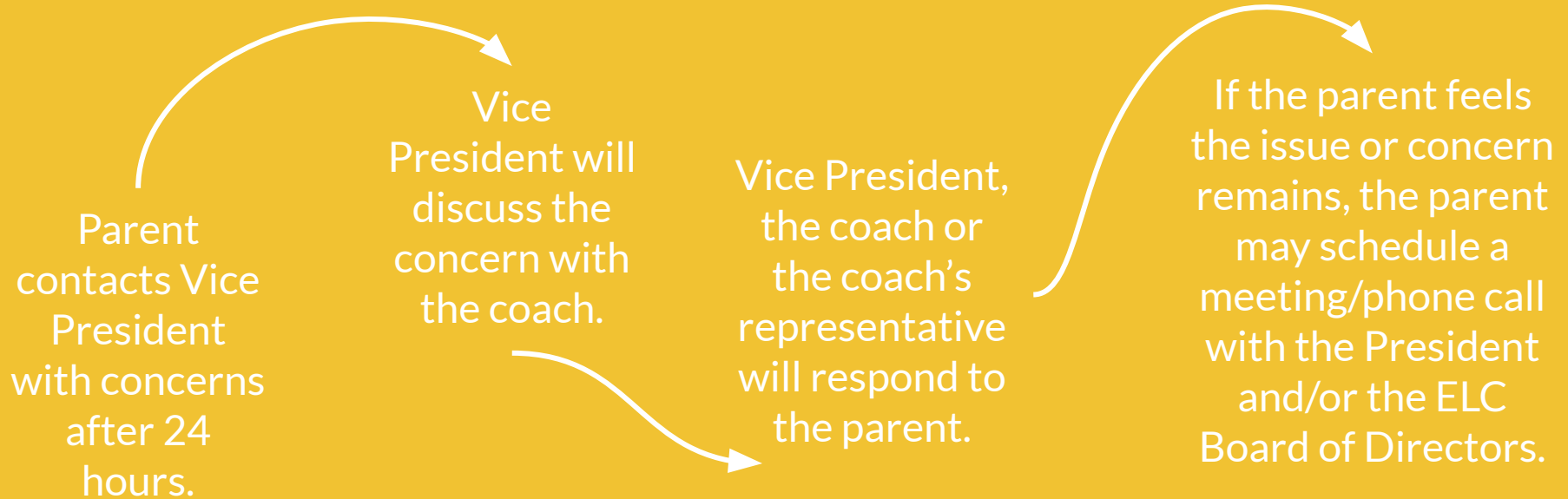
All parents and players agreed to Player and Parent Expectations during the registration process.

A critical characteristic of a good sports parent is the ability to keep things in perspective.

coachingyoungathletes.com

24-Hour Rule

Always encourage your player to discuss his concerns with his coach first.



Common Concerns

Playing Time

- Everyone wants to play more.
- Son should ask coach, “What should I be doing differently to play more?”

Team Placement

- Some players “play up” to increase team depth



5 Ways to Be a GREAT Eureka Fan

1. Cheer for positive plays and examples of good sportsmanship.
2. Let the coaches coach.
3. Let the referees ref.
4. Stay positive with other parents and fans.
5. Take time to enjoy the game and the season. Eventually, it all comes to an end.



Concussion Protocol

- Trainer at every game from Mercy.
- Any player who is diagnosed with a concussion must follow an established “Return to Play” protocol.
- The EHS trainer is able to work with our players on the protocol and other injuries.

More information can be found on the website under “Connect / Parent Portal” tab.

Parent Tip

Every player is unique and not all concussion symptoms are the same.

A player should notify the coaches immediately if they suspect they might have a concussion, whether that's during a game or practice.

Mercy Trainers

Nathan Wilmes, MEd, ATC, CSCS

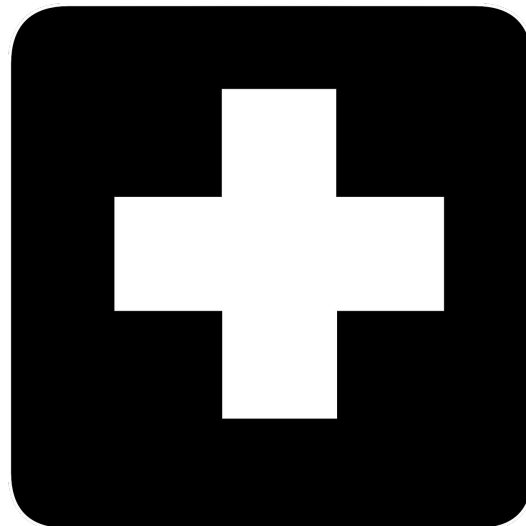
Certified Athletic Trainer | Certified Strength and
Conditioning Specialist

Mercy Sports Medicine

633 Emerson Road, Suite 20, Creve Coeur, MO
61341

Nathan.Wilmes@Mercy.Net

314-325-3068 | 636-706-9827 cell



Safety-Medical

- Coaches have individual health information & emergency contact info for all players.
- Severe Injuries/Emergencies
Parent is contacted immediately.
- Less Severe
Athlete is responsible for communicating with parents and following up with coach.





Safety-Weather

- Lightning within a 6 mile limit -
Game/practice suspended
- Heat
Enhanced water breaks
- Rain/Snow
We play. Bundle up!
- Notification
Email, text and/or tweet

Safety-Hydration

Water is at all practices/games.

Rotating list of players are responsible for bringing water to practice for each team.

Parent volunteers are needed to sign up for home and away games.

A group of lacrosse players in purple uniforms are on a green field. Some players are in the foreground, and others are further back. A brick building is visible in the background.

Parent Tip

If your son brings home the water bottles, please help him to remember to bring them back to practice.

It might also be a good idea to wash them. :)

Shannon Quinn - Trip details

Spring Break Trip (Varsity)

- 3/23
 - Depart 9:30 am; Team Activity in Louisville
- 3/24
 - Watch D1 Bellarmine Lacrosse Practice
 - Game Vs. DuPont Manual
 - Depart for Lexington
- 3/25
 - Explore Lexington
 - 6pm Game vs. Henry Clay
- 3/26
 - Return for early afternoon arrival



Fuel for the Team!

Be on the lookout for an opportunity to donate snacks and water/sports drinks for Spring Break and the KC trip.

Spring Break Trip (Varsity)

Cost: \$460 per player; includes all travel expenses

Parent Rooms

Louisville (3/23) - \$113/night at Drury Inn.

Must reserve by Tuesday, February 22, 2022.

Refer to your group number 2444577.

Lexington (3/24 & 3/25)- \$99/night at SpringHill Suites

Near the University of Kentucky.

Must reserve by Thursday, February 24, 2022.



Kansas City Trip (V & JV)

- Depart Friday, 4/8 @ 4:30 pm
- 4-9: Games vs. Shawnee Mission East
- 4-10: Games vs. Blue Valley Southwest
- Return Sunday afternoon, 4/10
- \$280 per player includes transportation, meals and hotel

For trips, 4 players
are assigned to
each hotel room by
the coaches.

Rooms are checked
at curfew.



Kansas City Trip

(V & JV)

Hotel:

Springwood Suites

Overland Park / Leawood

***Parents Note: We are NOT
able to hold a block of
rooms for parents. Price
and availability may change.***



**Parents do NOT
have to attend this
trip but are most
welcome!**

Book early if you
would like to travel
with the team.

—

2021-22 ELC Budget

Budget

ELC 2021-2022 Budget

Category

INCOME

Team Registrations

Fundraising

Superbowl Squares

Trivia Night (Income)

Trivia Night (Expense)

Net Virtual Trivia Night

Pizza Sales (Income)

Pizza Sales (Expense)

Net Pizza Sales

Spirit Wear/Prac Packs (Income)

Spirit Wear/Prac Packs (Expense)

Net Spirit Wear/Prac Packs

Miscellaneous-Restaurant nights, New ideas

TOTAL INCOME

2021-2022 Budget			
High School	Rockwood United	Youth	OVERALL TOTAL
41,300	19,800	18,805	79,905
2,500	-	-	2,500
15,000	-	-	15,000
(4,000)	-	-	(4,000)
11,000	-	-	11,000
5,000	-	-	5,000
-	-	-	-
5,000	-	-	5,000
3,500	-	-	3,500
(500)	-	-	(500)
3,000	-	-	3,000
2,500	-	-	2,500
65,300	19,800	18,805	103,905

Budget

EXPENSES

Administrative (Office)	(3,568)	-	(800)	(4,368)
Coaching Salaries	(23,030)	(7,760)	(7,250)	(38,040)
Field Rental	(6,500)	(1,950)	(1,700)	(10,150)
Field Supplies	(2,280)	-	(840)	(3,120)
Uniforms	(12,340)	(3,015)	(2,500)	(17,855)
Miscellaneous - Includes RU Travel	(600)	(7,120)	-	(7,720)
	(5,400)	-	-	(5,400)
League Fees	(3,000)	-	(2,450)	(5,450)
Senior Night (Expense)	(250)	-	-	(250)
<u>Pass-through Expenses</u>				
Equipment (Income)	600	-	1,000	1,600
Equipment (Expense)	(600)	-	(1,000)	(1,600)
Net Equipment	-	-	-	-
Tournaments (Income)	3,600	7,000	-	10,600
Tournaments (Expense)	(3,600)	(7,000)	-	(10,600)
Net Tournaments	-	-	-	-
Banquet (Income)	2,500	-	250	2,750
Banquet (Expense)	(2,500)	-	(250)	(2,750)
Net Banquet	-	-	-	-
Trip Registrations - Spring Break	12,780	-	-	12,780
Trip Costs - Spring Break	(12,780)	-	-	(12,780)
Net Spring Break Trip	-	-	-	-
Trip Registrations - 2nd Trip	7,525	-	-	7,525
Trip - 2nd Trip	(7,525)	-	-	(7,525)
Net 2nd Trip	-	-	-	-
TOTAL EXPENSES	(56,968)	(19,845)	(15,540)	(92,353)
OVERALL TOTAL	8,332	(45)	3,265	11,552

Fees

- Registration remains open.
- Players must be registered in order to practice.
- Players with unpaid bills will not be permitted to practice after February 21.

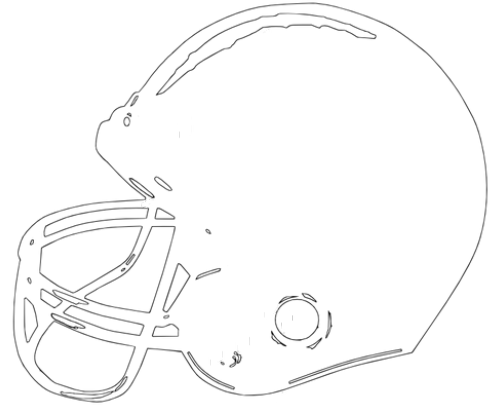


Bleed Purple

Our "Flash Store" is now open! Visit the website and click the link to purchase your Eureka Lacrosse Spirit Wear in time for the season.

Carie Jennings and Heather Hammerschmidt - Fundraising

SuperBowl Squares!



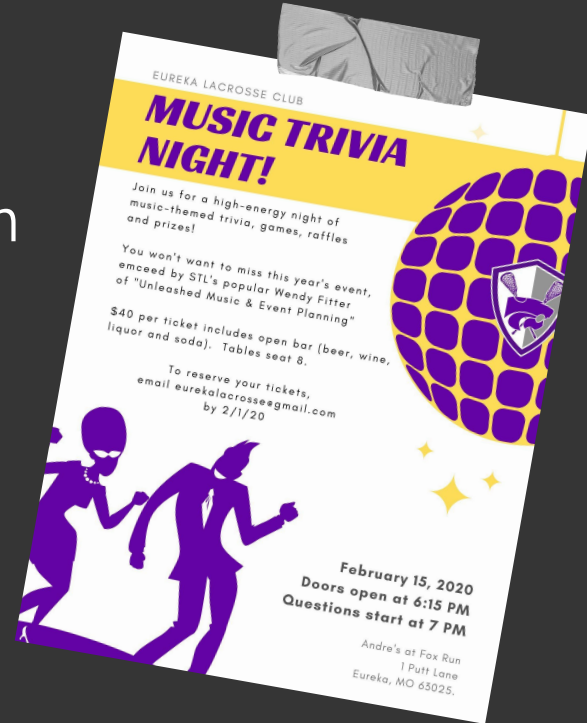
- Players must sell at least 1 space.
- Completely online!
- Buy as many as you want!
- **<https://www.footballsquaresonline.com/game/603290>**
- Authorization code: Elax22
- Price per square \$50
- Win \$625 for each quarter

?s: Email Cole Taylor (cktaylor5@yahoo.com)

Trivia!

Saturday, March 12 @ Eureka Community Center | 6-10 pm

- 25 tables of 10
- Deadline: March 1
- Buy 2 tickets for \$25 each or miss the fun & buyout for \$200
- Ticket holders **MUST** attend
- BYO drinks and snacks.
- Trivia, games, raffles, auction & more!



Question?

How many people does it take to run Trivia Night?

- Auction baskets
- Pick up donations
- Judges
- Scorekeepers
- Check-in table
- Raffle ticket sales
- Runners

Answer: Lots!



Next Trivia Meeting:

Monday, Jan. 31

Heather's house

2411 Flowerdale

7 pm.

**Everyone's
welcome!**

Double Good



*100% Virtual

* All money earned goes directly to the individual player

*ONLY 4 DAYS

*February 15- February 19

*Completely optional

*No collecting money or delivering product

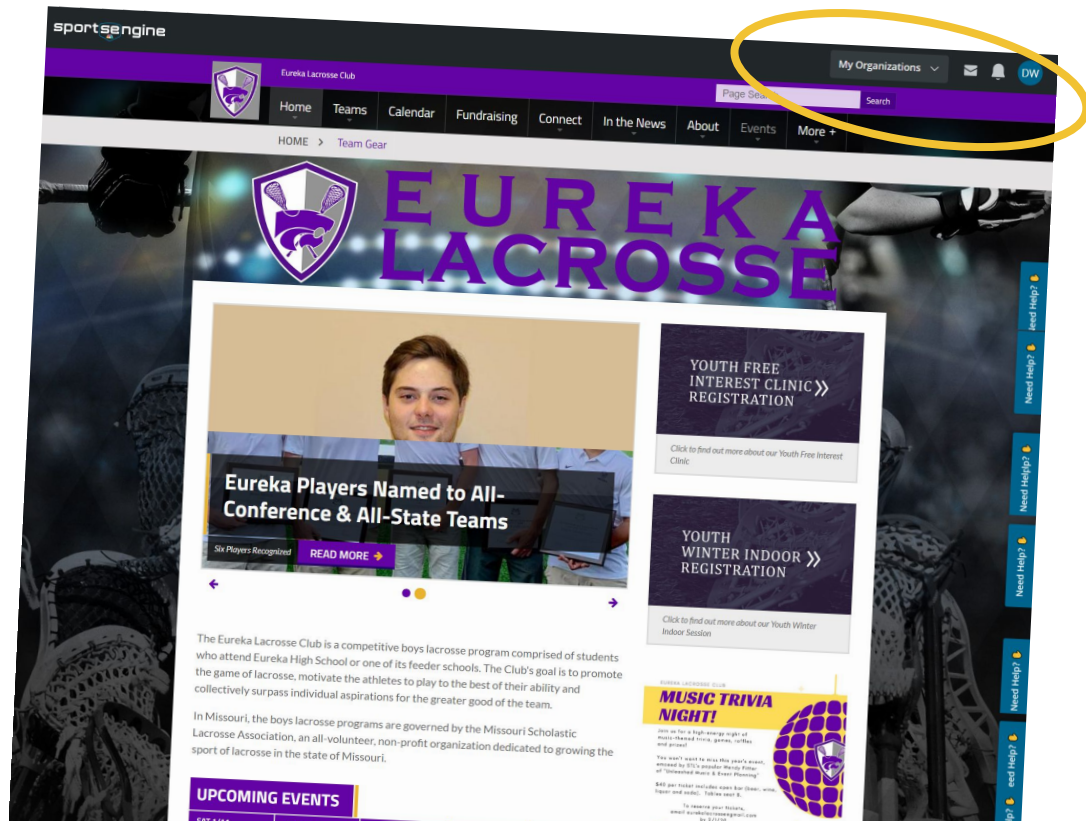
Nicole Weckherlin - Communications Director

Communication

Make sure you're logged in!

Find it on the website

- Public website
- Sports Engine membership portal



Sports Engine Profile

(parent who registers player)



Household
(Players)



Teams
(member)



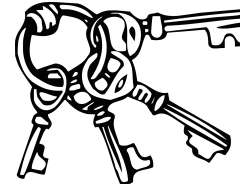
App access

Parent Hack

The #1 reason most people have trouble navigating the website is because they aren't logged in with the account they used to register their son.

When you're logged in, you can...

- Add another email address
- See every email that has been sent to you from the Club...ever!
- Choose how you are notified
 - Text, email or both
- See your upcoming schedule
- See your bill
- See “non-public” pages (like game film)



Visit www.eurekalacrosse.com/parent-portal for more info.

Other Avenues of Communication



eurekalacrosseclub

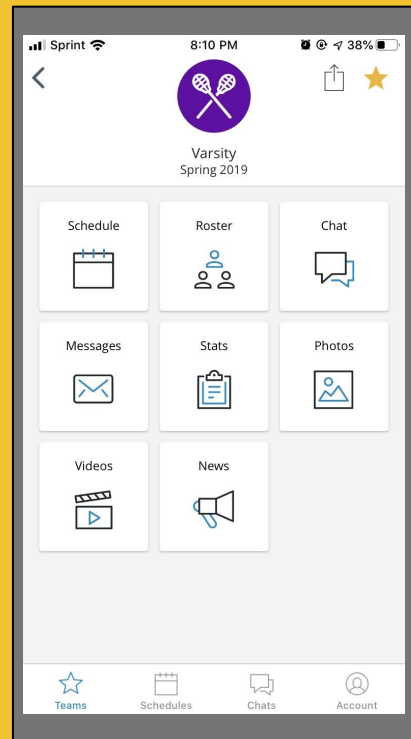
eurekalacrosse

@EurekaLacrosse_



Eurekalacrosse.shutterfly.com
(must be signed in as a "member" to
download photos)

SportsEngine App



—

Scott Stubblefield - Rockwood United

Rockwood United

Summer opp for players graduating in '23-'26



2 Tourneys

Midwest Prime Trilogy
Cincinnati, OH
6/11 & 6/12

KC BBQ Showdown
Overland Park, KS

6/25 & 26

\$495 includes

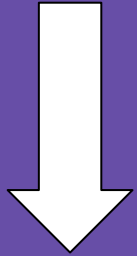
- Tourney fees
- Uniforms
- Coaching
- Field rental for practices
- Lunch on tourney days and 1 team dinner

Not included

- Travel to and from tournaments
- Hotel
- Some meals

More details & registration
on the website

Poppy Parker - Volunteer Coordinator
(poppy2parker@gmail.com)



Sign up to help!



<https://www.signupgenius.com/go/409044BADAC2CAB9-eureka>

Poppy Parker - Volunteer Coordinator



Volunteers!

- “Hydration engineers”
- Set-up & take down
- Host for video sessions
- Scoring/Spotting/Clock
- Snacks & coolers for trips
- Senior Night
- JV Photographer

...and more!

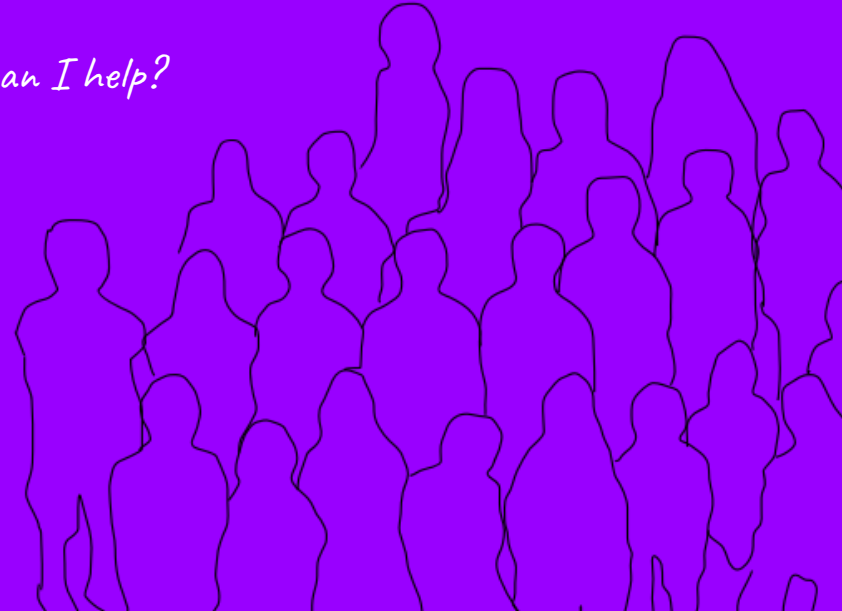
Yes!

That was fun!

What can I do?

Count me in!

How can I help?



Volunteer Board

**Sheldon
Ripson**
President

**Mitch
Mitchell**
Vice-President

Kim Taylor
*Director -
Finance*

**Nicole
Weckherlin**
*Director -
Communications*

Carie Jennings
*Director -
Fundraising*

**Shannon
Quinn**
*Director -
Youth*

Tim Borroff
*Director -
Coaching*

Chadd Lamason
*EHS Faculty
Sponsor
Field Coordinator*

**Heather
Hammerschmidt**
*Fundraising
Coordinator*

**Scott
Stubblefield**
*Rockwood United
Coordinator*

Jacki Ripson
*Gear Coordinator
& Photographer*

Poppy Parker
*Volunteer
Coordinator*

*Parent
Representative*

*Parent
Representative*

Questions?

All Board Members can be contacted through the website (Connect -> Our Board)

Email:
eurekalacrosse@gmail.com

GET *EXCITED!*

