



GRAND CITIES LACROSSE

Parent Meeting

March 2026

ABOUT GRAND CITIES LACROSSE

Since 2012, Grand Cities Lacrosse has been a competitive lacrosse club offering both boys and girls lacrosse. Ages range from 8U to Varsity. We play in the Northern Plains Lacrosse League and compete with teams from North and South Dakota, Minnesota, and Nebraska.



2025

ANNUAL REPORT



Grand Cities Lacrosse Association Annual Report

2024-2025 Season Summary

A Message from the Board

The past year has been one of growth, energy, and accomplishment for our players and our association. We are proud of the hard work shown across all age groups—from first-time athletes picking up a stick to our competitive teams earning recognition at NPLL events and regional tournaments. The enthusiasm and resilience of our players inspire us every day.

As we continue to strengthen our programs, we are also looking toward the future. This annual report reflects not only the achievements of the past year but also the foundation we are building for success. Your sponsorships, donations, and volunteer efforts help create a strong foundation for the future. In the year ahead, the Board will launch several new initiatives, set financial goals, and vision for the continued growth of our association.

BOYS' LACROSSE

A fast-paced mix of hockey, soccer, and basketball. Develop or enhance your speed and agility. A competitive team sport focused on athletic development and teamwork.



GIRLS' LACROSSE

Girls' lacrosse showcases the best of sports - speed, athleticism, skill, heart, determination - and it's a recipe for a lifelong love affair. The first girls' lacrosse program in the United States was established nearly a century ago and the sport continues to thrive. **No other sport is growing faster at the high school or college level.**



GOVERNING BODIES



usalacrosse.com

USA Lacrosse Mission

As the governing body, USA Lacrosse provides leadership, structure, and resources to fuel the sport's growth and enrich the experience of participants.

All players must be USA Lacrosse members.

You will need your player's membership # to complete your GCLA Registration

GOVERNING BODIES



Northern Plains Lacrosse League

The NPLL is the league in which Grand Cities Lacrosse participates. With each team in the league having a representative, the NPLL:

- Establishes operating procedures
 - Creates season schedules
- Develops policies and rules to create a fair, safe, and enjoyable playing environment

2026 PRACTICE SCHEDULE

Indoor

Dates and locations coming soon!

Expected Start Dates:

Varsity Boys and Varsity Girls - Week of March 16

10U Travel, 12U, 12U Girls, 14U - Week of March 30

2026 PRACTICE SCHEDULE

Outdoor

	Mon	Tues	Wed	Thur	Fri
8U		6-7:00		6-7:00	
10U		7-8:00		7-8:00	
10U-Travel	7-8:00	7-8:00		7-8:00	
12U	7-8:00	7-8:00		7-8:00	
12U-Girls	6-7:00	6-7:00		6-7:00	
14U	6-7:30	6-7:30		6-7:30	
Varsity Boys	4-6:00	4-6:00	4-6:00	4-6:00	4-6:00
Varsity Girls	5-7:00	5-7:00	4:30-6:00	5-7:00	

STARTING DATE WILL BE POSTED WHEN CONDITIONS ALLOW

2026 SPRING SEASON

High School

April 10-12	Omaha, NE
May 2-3	Fargo, ND
May 9-10	Rapid City, SD
May 13	Cushman Field vs Fargo Polars
May 16-17	Grand Forks, ND
May 30-31	Watertown, SD
June 6-7	Championships in Bismarck, ND

2026 SPRING SEASON

Youth (14U & Under)

April 10-12	Hopkins/Minnetonka, MN
April 25-26	Delano/Anoka, MN
May 2-3	Fargo, ND (12U-Girls only)
May 2-3	Grand Rapids, MN
May 9-10	Champlin/Elk River, MN
May 16-17	Grand Forks, ND
May 30-31	Watertown, SD
June 6-7	Championships in Bismarck, ND

HOTEL INFO

Hotel blocks can be found on the
Grand Cities Lacrosse Association
website:

grandcitieslacrosse.org/hotels-2026





2026 Price List

	Jan 16- Feb 15	Feb 16- Mar 15
JV/Varsity Boys	\$610	\$660
JV/Varsity Girls	\$485	\$535
14U	\$480	\$530
12U Boys	\$355	\$405
12U Girls	\$200	\$250
10U Travel	\$200	\$250
10U In-house	\$100	\$100
8U	\$100	\$100

REGISTRATION OPEN

Deadline: March 15

USA LACROSSE CODE OF CONDUCT

The safety and welfare of the players are of primary importance.

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials, and spectators alike.
- Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- Coaches, players, parents, and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates.
- Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.
- Grievances or misunderstandings between coaches, officials, or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc. have been established to encourage and maximize participation, fair play and to promote safety.

COMMUNITY STANDARDS EXPECTATIONS

- **Respect for all:** Fans should treat each other with civility and sportsmanship.
- **Adherence to stadium policies:** Following rules regarding behavior, prohibited items, and safety regulations set forth by the venue management.
- **Avoiding disruptive behavior:** Refraining from actions that disrupt the enjoyment of the game for others, such as excessive shouting, violence, or throwing objects.
- **Respect for players, coaches, and officials:** Refraining from personal attacks, threats, or abusive language directed towards athletes, coaches, or referees.
- **Responsibility for personal conduct:** Fans should represent themselves and their team positively.
- **Awareness of cultural sensitivities:** Being mindful of cultural differences and avoiding behavior or language that could be offensive or disrespectful to others.
- **Support for the team:** Fans are encouraged to show their support and enthusiasm for their team in a positive manner.
- **Environmental consciousness:** Practicing responsible waste disposal, walking, sitting, and standing in appropriate spaces.

BOOSTERS MEETING MARCH 26TH 6:00 PM BONZER'S PRIVATE ROOM



**RAFFLE BASKET
FUNDRAISER**



Ticket Prices

1 for \$5
3 for \$10
8 for \$20

All proceeds will be used by the Grand Cities Lacrosse Booster Club to purchase needed equipment, uniforms, etc. for the Grand Cities Lacrosse Association.

HOW TO GET INVOLVED

Coach: Volunteer to coach or assist at your child's level. This is a great way to contribute to the program and spend time with your child.

Be an Official: Didn't like that call on the field? Become an Official and take your expertise off the sideline and onto the field!

Join the GCLA Board: GCLA is always looking for new ideas and perspectives. Join the board or simply attend meetings to understand how decisions are made and to contribute your own thoughts.

Boosters: Get involved with fundraising and promoting our program. Make the program the best it can be for your child.

Clock and Score Keeper: Each team needs 1 representative at the table every game. Sign up once or twice. It's an easy and fun way to contribute while watching your child play.

Game Set-Up: Help coaches and players setup and take down field equipment before and after games

Home Weekend: Preparing for our home weekend takes a great deal of time and effort. Many hands make light work! Please sign up with a task or two when the time comes.

Raffle Tickets and Fundraising Opportunities: GCLA provides multiple opportunities to generate additional funds that go directly back to the club. Whether it is new uniforms, nets, equipment, or scholarships for players, fundraising helps grow and improve our program!

BOYS EQUIPMENT

Equipment is available for new players (\$200 refundable deposit)

To move toward a more unified team look, helmets, gloves, arm/elbow pads should all be white by the 2027 season



Also: Mouth Guard and Lacrosse Cleats

GIRLS EQUIPMENT

Equipment is available for new
players (\$200 refundable deposit)



Also: Mouth Guard and Lacrosse Cleats



FIND OUT MORE

www.grandcitieslacrosse.org