

A photograph of a lacrosse team in purple jerseys and white helmets huddled on a grass field. Two referees in black and white striped shirts are visible in the background. A coach in a purple shirt and grey shorts stands to the right. The scene is outdoors with trees and a building in the background.

2026 Season Kick Off Meeting

Killian



OVERVIEW

Communication

Offseason Training Opportunities

Equipment

Gear Orders

Boosters

Uniforms

Leadership

Season



Communication

- **Captains GroupMe**
 - Ask a Captain to be included – No Coaches or Parents
- **Instagram** – We post many important updates here.
- **SportsEngine** – All rosters and coach communication comes from this. Registration on SportsEngine with Boosters covers this.

Hawks Instagram



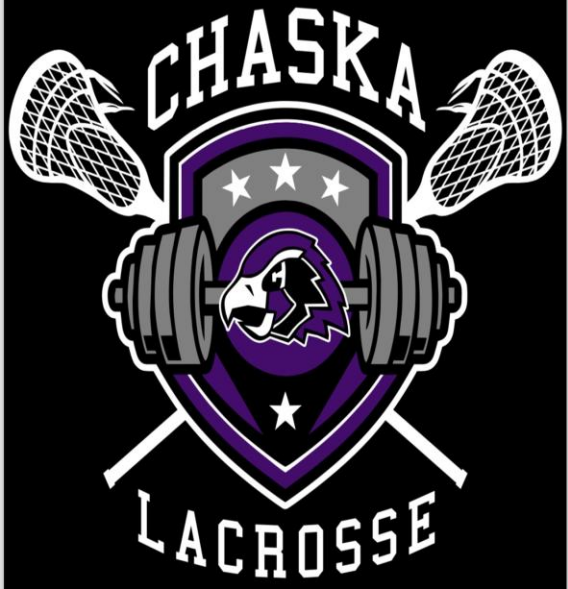
Must Have Registration - School



Optional Winter Training Opportunities

- **Winter Practices (Schedule will be posted on Chaskalacrosse.com) must register**
 - **Hawk Strong – Lifting and Training at CHS Weight Room – Wednesdays and Fridays 4:15-5:30pm**
 - **Winter Practices – Led by outside head coach as well as team leaders – Days/Times TBD**





HAWK STRONG: Mobility, Speed, Power, Strength – Led by Matt Werkmeister

Objective: - build a strong kinetic chain, connecting mind to muscle through specific movements that will translate to power and force output on the field. **BECOME MORE ATHLETIC!**

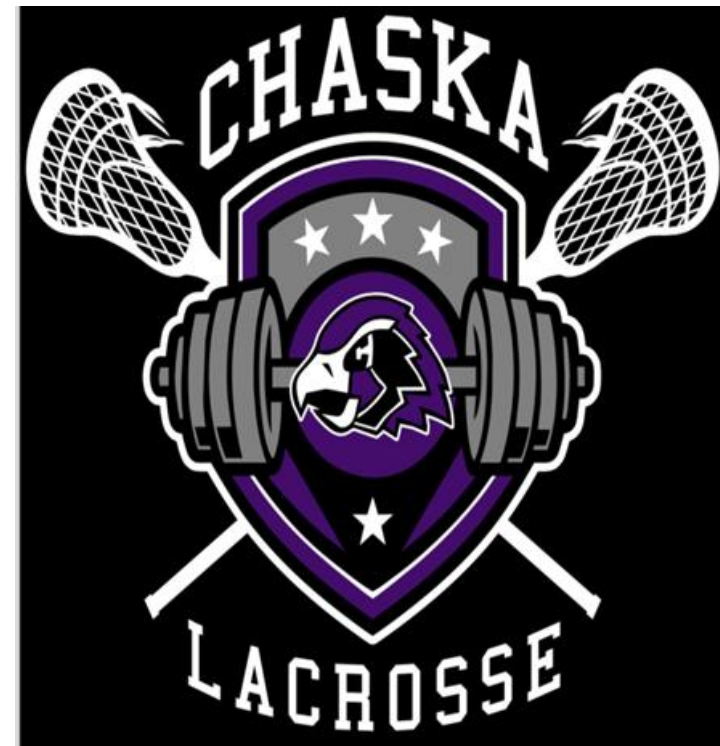
***Without proper nutrition and adequate sleep, we will not achieve the full benefits of training hard. This is non-negotiable!**

Hit all movement patterns:

- Squat Pattern
- Hinge Pattern
- Lunge Pattern
- Upper Body Push
- Upper Body Pull

Structure:

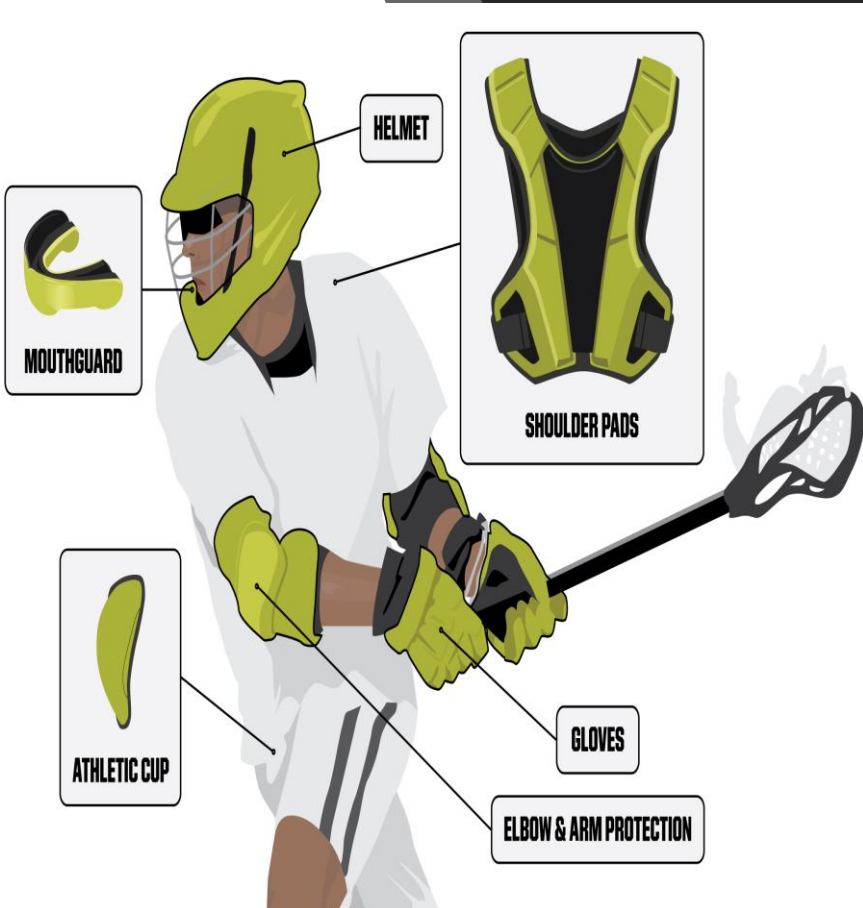
1. Dynamic Warm-Up
2. Activation & Mobility
3. Athleticism
4. Strength & Power Blocks
5. Core/Mobility Work
6. Cool Down
7. EAT and SLEEP!





Hawk Strong!

Equipment



- Helmets
 - Gloves and Arm/Elbow pads
- Game T's will be shooter T (Player Pack)
 - Mouthguards
 - Protective Cup
- JV and B Teams will wear the player pack shorts for game day uniform.
- Chest Protector – Must be 2022 or newer design (see coach if purchasing one used). Team has five to borrow as needed.
 - Rookies will be loaned as available, but more need to be purchased.
 - Protective Cup and Mouthguard
 - Arm guards and Gloves

HELMETS



- **2025 Helmet Plan**

- **Use provided helmet** - \$100 rental fee
 - \$50/annual reconditioning fee plus shipping and upkeep
- **Purchase used helmet** – Cascade XRS – Limited QTY Available
 - \$175 – These are lightly used and all great helmets
- **Purchase Brand New Helmet** – Cascade XRS Pro
 - \$325

- Helmets will not change whatsoever during your son's playing career at Chaska.



Custom Team Jacket and Gloves!



Jacket – Can put number on chest and name on sleeve.

- Underclassmen can put their grad year or favorite number, but jersey number cannot be guaranteed unless returning varsity
- Sizing seems a tad small for a jacket fit so if layering with hoodie consider one size larger.
- **Gloves** – Optional and need to hit 12 glove minimum – Delivery end of Feb/March

Lacrosse Booster Club Updates 2026 Season



LAX Boys Booster Club Overview

- **Who:** Group of volunteer parents and coaches that meet regularly
- **What:** Handle everything boys LAX related outside of coaching
- **When:** Monthly starting in November, Bi-Monthly from March – June
- **Where:** TBD (Cy's or Chaska Legion)
- **Why:** Allow the coaches to focus on coaching and everything specific to the games and training

Every parent is encouraged to join us !!



Booster Club Volunteers - 2026

- President: Jesse Sumstad
- Treasurer: Laura Cunningham
- Salt / Mulch Sale Coordinator: Jeff Schaffer
- Corporate Sponsorships: Kim Schaffer
- Apparel Coordinator: Caitlin Johnson
- Team Rep: Coach Orcutt
- Home Team Meal Coordinator: **Need**
- Away Team Meal Coordinator: **Need**
- Website / Sports Engine Help: **Need**
- Banquet Coordinator: **Need**
- Special Event/Night Coordinator: **Need**



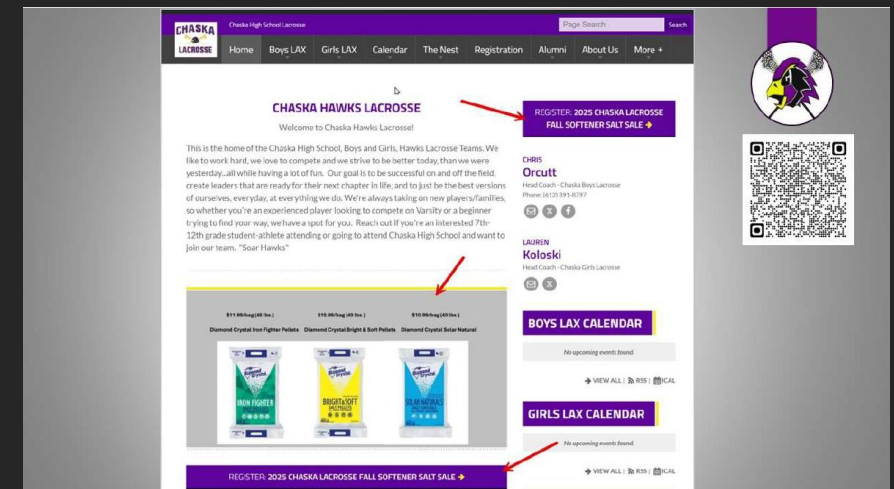
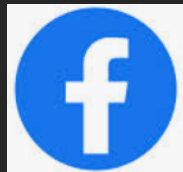
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Fall Salt Sale - 2026

- Store is open and orders being taken
- This Saturday 10/11, 12:00 at Chaska Lunchroom, pizza provided, then canvassing neighborhoods
- Booster email to 450 previous customers with link
- Delivery will be Saturday Nov. 1st, need parents/drivers



B/JV Uniforms!



Funds raised from salt sale go towards purchase
\$4,000 for 35 jerseys (2 each player) and shorts



New B/JV Uniforms!



Hawks Leadership



Coaches



Matt Werkmeister-DC



Brady Van Eyll-JV HC



Sean Winter-B HC



Why Leadership Council?

- Create leadership opportunities and give athletes a leadership role over certain aspects of the Hawks Lacrosse Program.
 - Captains are voted on from the council
- A conduit between the coaches and team to build better communication and accountability
- Continue to change the culture and expectations of the team

Leadership – Leadership Council

Ethan Roberts, Ian Schaffer, Rhys Witheridge, Sullivan Schrandt, Owen Sumstad, Will Sumstad
Nathan Brandt, All Captains

2026 Hawks Captains



- **Offense**
 - **Seniors**
 - Mason Mulheran (2nd Year)
 - Marshall Fahler
 - **Sophomore**
 - Leighton Hines
- **Defense**
 - **Senior**
 - Ryan Hanson (Selected by graduating 2024 Seniors)
 - **Juniors**
 - Connor Cunningham
 - Finley Johnson

Key Dates

- **March 30, 2025 – Season Begins**
 - Evals in the dome – Time TBD
 - We will set tentative roster and welcome back all those after spring break for extended evals.
 - 7-8th graders have an activities shuttle from the middle schools to the HS
- Scrimmage at Holy Family April 4th Varsity
- First Game – April 11th Away vs. Providence Academy (JV/V)
 - JV Season ends Memorial Day – Homegrown Tournament TBD week after
 - Varsity – Playoffs begin day after Memorial day



2026 Schedule (Subject to Change)

Scrimmage (Varsity) Saturday, April 4th at Holy Family (1-3 Teams)

Saturday, Apr 11, 2026	Game	1:00PM	Away vs. Providence Academy	
Tuesday, April 14, 2026	Game	7:00PM	Hopkins	Chaska High School
Tuesday, Apr 21, 2026	Game	7:00PM	Benilde - St. Margaret`s	Chaska High School
Thursday, Apr 23, 2026	Game	7:00PM	Bloomington Jefferson	Chaska High School
Saturday, Apr 25, 2026	Game	11:00AM	Away vs. Shakopee	
Tuesday, Apr 28, 2026	Game	6:00PM	Away vs. New Prague	
Monday, May 4, 2026	Game	6:30PM	Away vs. Delano	
Saturday, May 9, 2026	Game	3:30PM	Buffalo	Chaska High School
Tuesday, May 12, 2026	Game	7:00PM	Away vs. Orono	
Tuesday, May 19, 2026	Game	7:00PM	Waconia	Chaska High School
Thursday, May 21, 2026	Game	6:00PM	Away vs. Chanhassen	
Tuesday, May 26, 2026	Section Play-in Round	7:00PM	Away vs. TBD	TBA
Thursday, May 28, 2026	Section Qtr Finals	7:00PM	Away vs. TBD	TBA

TBD: Mankato and One More Opponent

Hawks 2026



175 Days until the 2026 Season kicks off on March 30th!

Will you be ready?

IN CLOSING...

The In Between

**Next years success is not predicated
On what we've done in the past**

It's the time in between

**The time between now and then is
What determines who WE are going to
Be**

Do nothing and stay the same

Do more to move ahead and accomplish all

HAWKS SOAR 2026!

