

# 2024 Polars In-House

Parents' Meeting



# Agenda

- Teams - ages, schedule, equipment
- Coaches
- Wahpeton
- Fan Gear
- Fundraisers

# Cub Club

- Goal is to have FUN!
- 5-8 year olds, co-ed
- Mondays & Wednesdays, 6:00-7:00, Tower's Field in West Fargo
- All Equipment Provided, return every practice
  - Sticks, Spongy balls, pop-up nets

# Flex 6

- Goal is to have fun and learn LAX basics
- 7-12 year olds, co-ed
- Mondays & Wednesdays, 6:00-7:00, Tower's Field in West Fargo
- All Equipment Provided, return every practice
  - Sticks, Spongy balls, pop-up nets

# In-House: Girls

- Goal is to have fun, learn LAX basics and game play
- 8-14 year old girls
- Mondays & Wednesdays, 6:00-7:00, Tower's Field in West Fargo
- Equipment Required
  - Goggles: RRVLA will provide loaners
  - Stick: player-provided
  - Balls: hard-rubber, RRVLA provided

# In-House: Boys

- Goal is to have fun, learn LAX basics and game play
- 8-14 year old boys
- Mondays & Wednesdays, 7:00-8:00, Tower's Field in West Fargo
- Probable 1-2 scrimmages with Moorhead Youth Lacrosse

# In-House: Boys

- Equipment Required
  - Helmet: RRVLA will provide loaners, return at end of the season
  - Stick: player-provided
  - Shoulder/Chest protector: player-provided - must be NOCSAE certified
  - Forearm pads and gloves: player-provided
  - Balls: hard-rubber, RRVLA provided



# Schedule

Practices start when WF Parks approves us on the fields, typically late April.

8-week season, will be done by end of June



# Schedule

Wahpeton:

Ben Gurney will run skills practices for all ages 1-2 days per week in Wahpeton. If you know somebody in the Wahp/Breck area, let them know.

Email [rrvlax@gmail.com](mailto:rrvlax@gmail.com) with details.

# Coaches

## Girls / Cub Club / Flex6

- Elise Hooey
- Ellie Weibye
- Regan Gurney (Wahpeton)

## Boys

- Hendrix Cole
- Reid Giese
- Jacob Gjerdevig
- Logan Gurney (Wahpeton)
- Leighton Luchau
- Jackson Simek
- Blaise Weibye

# Fan Gear

Polars fan gear will be available for purchase TBD

# Fundraisers and Marketing

RRVLA puts on a golf fundraiser in August. This has become a great event. They will be looking for volunteers to help.

Beverage serving at the Red River Valley Fair in July.

Boo at the Zoo

Back to School Nights