

WELCOME



Shakopee Lacrosse Association

2024 Preseason Parent Meeting

April 9th

Meeting Agenda

- 2024 Board Members
- New SYLA Families
- Resources & Required Equipment
- 2024 Season Preview
- 2024 Tournament Preview
- DIBS/Volunteering
- Fundraising
- Communications
- Questions





2024 Board Members

Ryan Thorman - President

Dana Moe Stenger— Boys VP

Steve Stauff – Girls VP

Stacy Maliszewski – Treasurer

Jenny Anderson— Secretary

Ron Toward

Jon Pherson

Jeff Bjorklund

Brett Dudek



Welcome New SYLA Families!





The Player and Parents Guide to Lacrosse



PATRICK CHAPLA

**EVERYTHING YOU NEED TO
FALL IN LOVE WITH LACROSSE**



GIRLS' FIELD PLAYER EQUIPMENT



Required Equipment

1. GOGGLES

- » Meets the current ASTM standard for women's lacrosse eyewear;
- » SEI certified and bears the SEI mark.
- » SEI Website seinet.org/search.htm#§ion=hidden-us_lacrosse



Certified Model ASTM F3077-17

2. CROSSE

- » Must adhere to Rule 2 Section 2 and meet the manufacturers specifications (Appendix B)
- » Legal Sticks- usalacrosse.com/legal-womens-sticks

3. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)



Optional Equipment

4. GLOVES

- » Must be close-fitting & should be comfortable for player while holding a stick.

5. HEADGEAR

- » Meets current ASTM standard for women's lacrosse headgear and has permanent SEI certification mark.
- » If it includes integrated eyewear, it must also meet that current ASTM standard.



BOYS' FIELD PLAYER EQUIPMENT



Required Equipment

1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified

2. FIELD PLAYERS CROSSE (Stick)

- » Short Crosse - 40-42"
- » Long Crosse - 52-72"
- » 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).

3. GLOVES

- » Hand must be fully inserted in glove

4. SHOES

- » Athletic cleats or athletic shoes

5. PROTECTIVE CUP

- » Fitted for comfort & protection
- » Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

6. ARM PADS

- » Elbow should be properly & completely covered

7. SHOULDER PADS

- » Covers top of shoulder, collarbone & sternum
- » Should fit comfortably; adjust by loosening/tightening straps
- » NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022

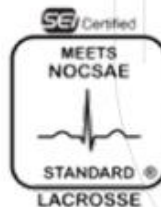
8. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)

Optional Equipment

9. RIB PADS (NOT SHOWN)

- » Covers the ribs and kidneys; adjust by loosening/tightening straps
- » Should fit comfortably, not restricting breathing



NORTHSTAR

POSITION & SKILLS TRAINING LACROSSE CAMP



FT. MATT RAMBO

JULY 2024
10-11

HOPKINS HIGH SCHOOL
2400 ROYALS DR 55305

AGES RISING 4TH - 12TH GRADE

POSITION TRAINING

- MIDFIELD
- ATTACK
- DEFENSE
- GOALIE
- FACE OFF

SKILLS TRAINING

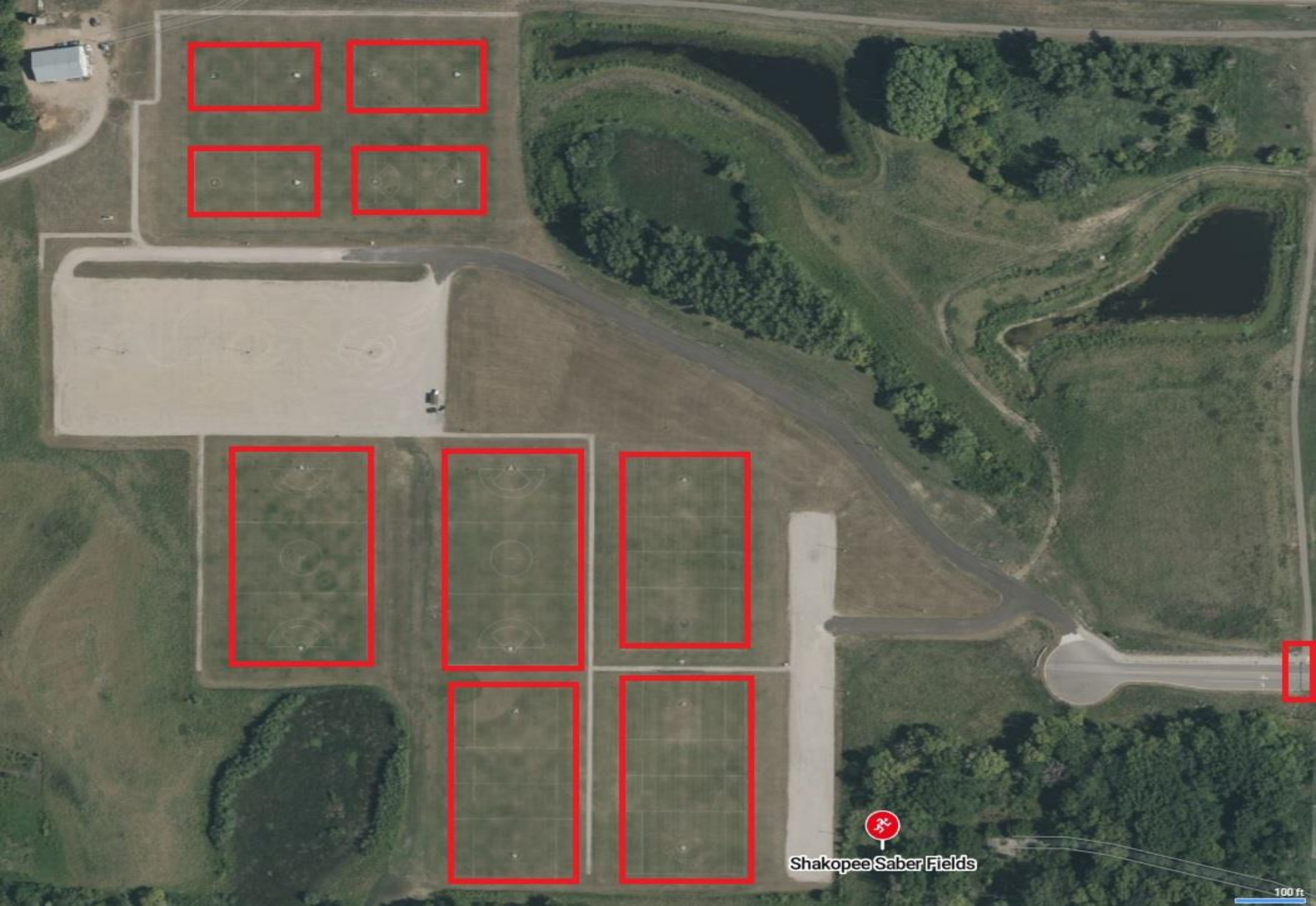
- SHOOTING DYNAMICS
- POSITIONAL DODGING
- DEFENSIVE TACTICS
- STICK CHECKS
- OFF BALL TECHNIQUES

WHAT TO BRING

- SNACK
- SUN SCREEN
- WATER
- HELMET
- ARM PADS
- MOUTHGUARD
- GLOVES
- SHOULDER PADS
- LACROSSE STICK

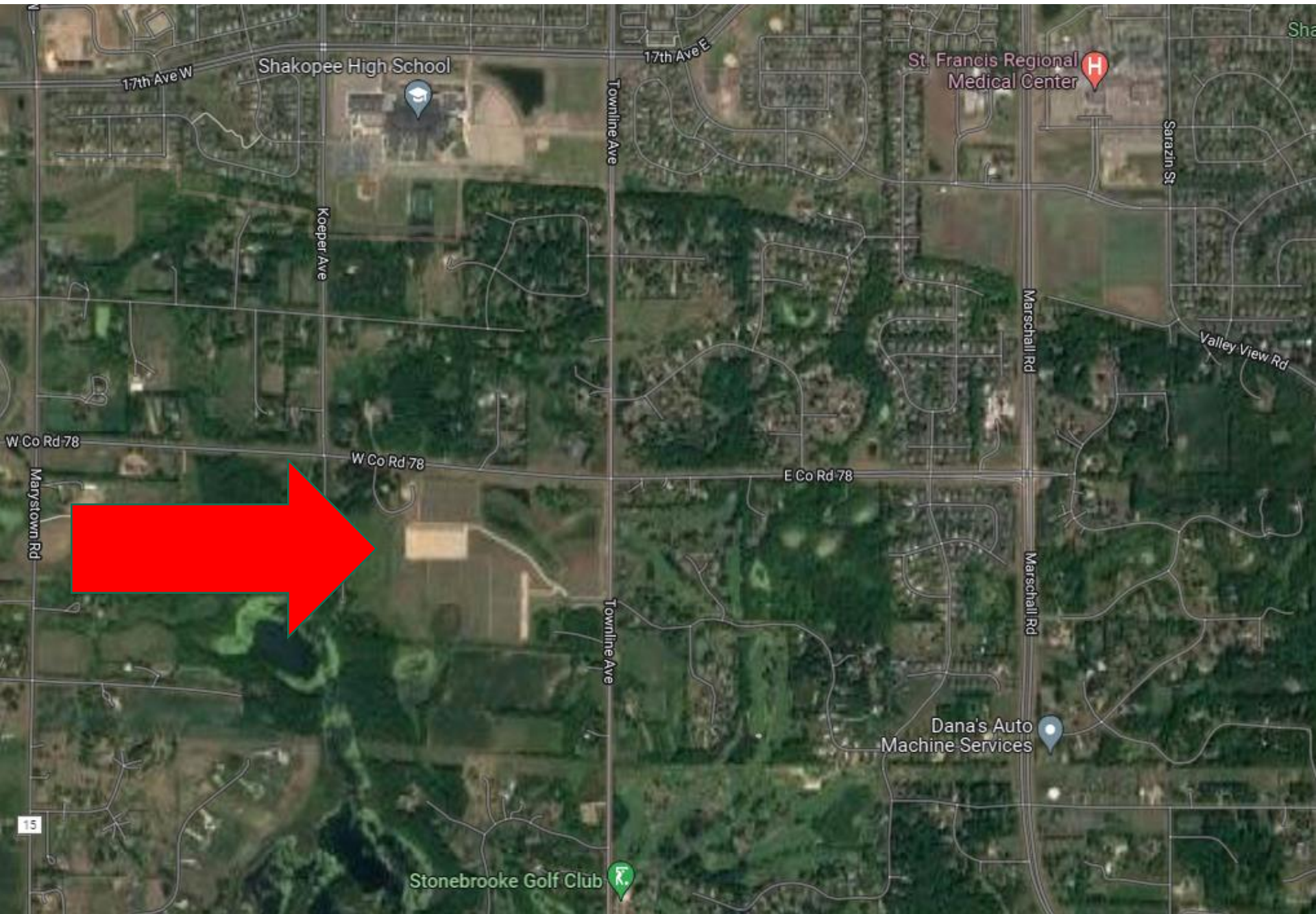






Shakopee Saber Fields

100 ft



Shakopee High School

St. Francis Regional Medical Center

Koeper Ave

Townline Ave

Marshall Rd

Sarazin St

Valley View Rd

W Co Rd 78

E Co Rd 78

Townline Ave

Marshall Rd

Dana's Auto Machine Services

Stonebrooke Golf Club

15

2024 Season Preview

Key Dates



Date	Event	Location
April 9	<ul style="list-style-type: none">• Mandatory Parent Meeting• Fundraising Begins	Shakopee High School
April 10 & April 14	<ul style="list-style-type: none">• Last two Winter Skills Sessions	Savage Dome
May 1 & 2	<ul style="list-style-type: none">• 12U/14U Boys Evaluations• 8U/10U Boys Evaluations	Shakopee High School Practice Turf and Grass Fields
May 6	<ul style="list-style-type: none">• Practice Starts (8U-14U)	Saber Fields
May 13	<ul style="list-style-type: none">• Fundraising Ends• Practice Starts (6U)	Saber Fields
May 16	<ul style="list-style-type: none">• Youth Night – Varsity Lacrosse	Vaughan Field
May 20 or May 22	<ul style="list-style-type: none">• Team Pictures	Saber Fields
May 29	<ul style="list-style-type: none">• Pick up Butter Braids	Saber Fields
June 3	<ul style="list-style-type: none">• Boys Regular Season Games Start	Saber Fields & TBD
June 10	<ul style="list-style-type: none">• Girls Regular Season Games Start	

2024 By The Numbers

Projected Teams



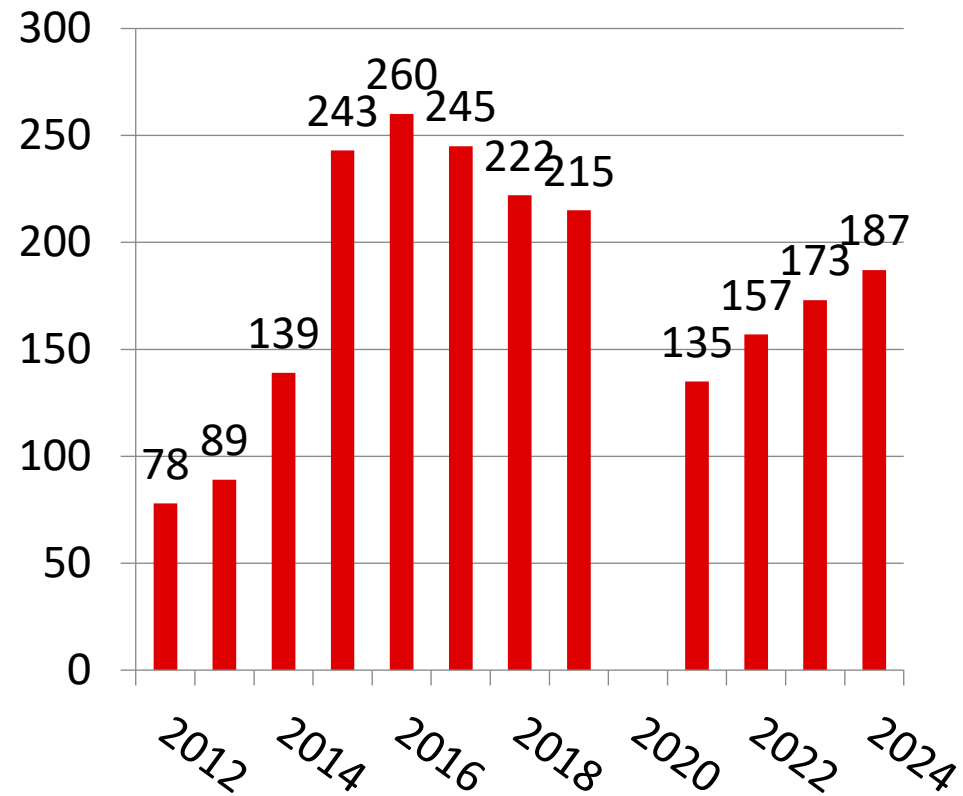
	# Participants	# Teams / Levels
6U Coed	<ul style="list-style-type: none">• 14	<ul style="list-style-type: none">• 2 coed teams (3v3)
Boys Teams	<ul style="list-style-type: none">• 8U: 22• 10U: 23• 12U: 29• 14U: 31	<ul style="list-style-type: none">• 2 equal teams (5v5)• 2 equal teams (8v8)• 1 A team, 1 B team (10v10)• 1 A team, 1 B team (10v10)
Girls Teams	<ul style="list-style-type: none">• 8U: 7• 10U: 16• 12U: 25• 14U: 20	<ul style="list-style-type: none">• 1 team (4v4)• 1 team (8v8)• 1 team (12v12)• 1 team (12v12)
<u>Total Participants: 187 (+14 from LY)</u>		

2024 By The Numbers



- 187 Players on 14 teams
 - Boys up 19 players vs LY
 - Girls down 5 players vs LY
- **6U Coed** – 14 Players on 2 teams (3v3)
- **Girls**
 - 8U – 7 Players (4v4)
 - 10U – 16 Players (8v8)
 - 12U – 25 Players (12v12)
 - 14U – 20 Players (12v12)
- **Boys**
 - 8U – 22 Players on 2 teams (5v5)
 - 10U – 23 Players on 2 teams (7v7)
 - 12U – 29 Players on 2 teams (10v10)
 - 14U – 31 Players on 2 teams (10v10)
- *Girls 18U – 19 players*

Number of Players



2024 Season Preview

Evaluation process



- **12U – 14U Boys**
 - **12U** – Wed 5/1 and Thursday 5/2 5:45pm - 7:00pm
 - **14U** - Wed 5/1 and Thursday 5/2 6:45pm - 8:00pm
- **8U – 10U Boys**
 - **8U** – Wed 5/1 and Thursday 5/2 5:45pm - 7:00pm
 - **10U** – Wed 5/1 and Thursday 5/2 5:45pm - 7:00pm
- High School Turf and/or Grass Fields
- 12U and 14U - A & B Teams
- 8U and 10 U – Equal Teams
- Evaluation attendance required
- No parent attendance – go enjoy freedom!

2024 Season Preview

Practice Schedules*



Level	Practices	Start / End Season
6U	<ul style="list-style-type: none"> Coed: Monday 	<ul style="list-style-type: none"> May 13th – July 21st
8U	<ul style="list-style-type: none"> Boys: Mon/Wed (*Mon/Thurs) Girls: Mon/Wed (*Mon/Thurs) 	<ul style="list-style-type: none"> May 6th – July 21st May 6th – July 28th
10U	<ul style="list-style-type: none"> Boys: Mon / Wed (*Mon/Thurs) Girls: Mon/Wed (*Mon/Thurs) 	<ul style="list-style-type: none"> May 6th – July 23rd
12U Boys	<ul style="list-style-type: none"> Red: Mon / Wed / Thurs (*Mon/Tues/Thurs) Black: Mon / Wed / Thurs (*Mon/Tues/Thurs) 	<ul style="list-style-type: none"> May 6th – July 28th May 6th – July 28th
12U Girls	<ul style="list-style-type: none"> Mon / Wed / Thurs 	<ul style="list-style-type: none"> May 6th – July 28th
14U Boys	<ul style="list-style-type: none"> Red: Mon / Wed / Thurs (*Mon/Tues/Thurs) Black: Mon / Wed / Thurs (*Mon/Tues/Thurs) 	<ul style="list-style-type: none"> May 6th – July 28th May 6th – July 28th
14U Girls	<ul style="list-style-type: none"> Mon / Wed / Thurs 	<ul style="list-style-type: none"> May 6th – July 28th

***Boys practices shift mid-June once varsity season concludes.**

2024 Season Preview

Game Schedule



- Depending on level there will be 1-2 games per week, which may fall on a practice day, or it may not
- Boys 8U – 14U schedule set by YLM usually 1 week before season starts (games start June 3rd)
- Girls 8U – 14U schedule with SYLA and MSLAX within a couple weeks of start of season (games start June 10th)
- 6U Coed scheduled once teams are registered by YLM and MSLAX (usually three Thursdays in June/July)

2024 Tournament Preview



Level	Tournament	Location / Date
All Teams (except 6U)	<ul style="list-style-type: none">• River Valley Rumble	<ul style="list-style-type: none">• Shakopee / June 7-9
All Teams (inc. 6U)	<ul style="list-style-type: none">• Prior Lake Tournament	<ul style="list-style-type: none">• Prior Lake / June 28-30
Coed 6U	<ul style="list-style-type: none">• Summer Jamboree	<ul style="list-style-type: none">• TBD / July 20 or July 21
Boys 8U/10U	<ul style="list-style-type: none">• Summer Jamboree	<ul style="list-style-type: none">• TBD / July 20 or July 21
Boys 12U – 14U	<ul style="list-style-type: none">• State Tournament	<ul style="list-style-type: none">• TBD / July 27 - 28
Girls 8U-14U	<ul style="list-style-type: none">• State Tournament	<ul style="list-style-type: none">• Farmington / July 26 - 28

2024 Season Preview

Attendance Policy



- Attendance policy created to help individual and team success and development
- Excused absences include religion, school activities, illness, and family emergencies.
- Unexcused absences include family vacations, attending a different sport practice, with the exception of Shakopee High School Lacrosse, or generally not notifying a coach of an excused absence
- Consequences of missing a practice, scrimmage or game:
 - Each player is allowed 3 unexcused absences to be used at their family's discretion. These 'passes' are included to help families plan for vacations during the lacrosse season.
 - Players missing a game/practice due to an unexcused absence will be required to sit 1 game quarter per practice/game missed above their 3 allotted misses.
 - It will not be considered an unexcused absence if a player misses a team practice or game that was scheduled within 7 days of notification
 - Enforcement of the attendance policy will begin on May 8, 2024.

2024 Season Preview

Miscellaneous



- Rules for spectators
- Parent assistant coaches will be needed
- Boys & Girls teams need Chill Managers
- All teams need Team Managers

Volunteering

DIBS



- DIBS will be used for all volunteer opportunities again this season
- \$700 volunteer check required per family at parent meeting
- 6-8 hours required per registration (home tournament priority, committee volunteers, fundraiser, board, team pictures)
- Team Positions:
 - Parent Coaches – full hours
 - Team Manager – full hours
 - Chill Manager – 2 hours
- Committee Volunteers– see your board liaison for # hours granted

Volunteering

Team Managers / Chill Positions



- Registration for team positions will open after evaluations
- If you indicated your interest during season registration, we will reach out directly after evaluations
- Priority given to those who have previously volunteered
- Team manager meeting will be held week of 5/6

Annual Fundraiser



- **Start Date**
 - **Tues, April 9th**
- **End Date**
 - **Thurs, May 9th**
- **Pick-Up**
 - **Wednesday, May 29th at Saber Fields**
- **Association makes 40%**
- **Incentives for surpassing fundraising levels**



Communications



- www.shakopeelacrosse.org – main website for information
- Please ensure your SportsEngine profile is set up correctly, so that emails are received. Utilize chat function as much as possible.
- Team level pages and calendars for most up to date schedules, once teams formed team managers will update team schedules
- Facebook and Twitter

2024 Varsity Lacrosse (HOME)



Date	Event	Location and Time
4/11	<ul style="list-style-type: none">Boys Varsity vs Bloomington Jefferson	Vaughan Field @ 7:00pm
4/19	<ul style="list-style-type: none">Girls Varsity vs Hutchinson	Vaughan Field @ 7:00pm
4/20	<ul style="list-style-type: none">Boys Varsity vs Prior Lake	Vaughan Field @ 3:00pm
	<ul style="list-style-type: none">Girls Varsity vs Prior Lake	Vaughan Field @ 5:00pm
5/4	<ul style="list-style-type: none">Girls Varsity vs Hopkins	Vaughan Field @ 12:00pm
	<ul style="list-style-type: none">Boys Varsity vs Holy Angels	Vaughan Field @ 2:00pm
5/7	<ul style="list-style-type: none">Girls Varsity vs Eastview/Eagan	Vaughan Field @ 5:30pm
	<ul style="list-style-type: none">Boys Varsity vs Eastview/Apple Valley	Vaughan Field @ 7:00pm
5/10	<ul style="list-style-type: none">Boys Varsity vs Neenah (WI)	Vaughan Field @ 7:00pm
5/16	<ul style="list-style-type: none">Boys Varsity vs Lakeville South	Vaughan Field @ 5:30pm
	<ul style="list-style-type: none">Girls Varsity vs Lakeville South	Vaughan Field @ 7:30pm
5/23	<ul style="list-style-type: none">Girls Varsity vs Holy Angels	Vaughan Field @ 7:00pm

Questions?

