

Prior Lake High School Boys Lacrosse

2025 Parent, Athlete, Coach Meeting



Agenda

The purpose of this meeting is to provide you with information to **PREPARE** you and your player for a **FUN** and **SUCCESSFUL** season.

- 1 Coaches Intro
- 2 Offseason
- 3 Tryouts & Practices
- 4 Apparel
- 5 Rules, Policies, Requirements
- 6 Man Up Club & Volunteering
- 7 Key Dates
- 8 Fundraising



Coaches

- Sam Kepner, Varsity
- Austin Polson-McCannon, Varsity
- Sam Turner, Varsity / JV
- Louie Clifton, Varsity / JV
- Mike Turnbull, All
- Derrick Schluck, Prep
- Craig Barkley, Prep



Coaches Contact Information

Coach	Role	Cell Phone
Sam Kepner	Head Coach	651-216-9371
Austin Polson-McCannon	Varsity Assistant Coach	612-749-3973
Sam Turner	Varsity & JV Assistant Coach	612-325-5610
Louie Clifton	JV Head Coach & Varsity Assistant Coach	612-750-7096
Mike Turnbull	Goalie Coach	614-769-1886
Derrick Schluck	Prep Head Coach	612-203-0867
Craig Barkley	Prep Assistant Coach	612-850-9073



2025 Captains



Griffin Noble



**George
Tocko**



Dillon Tushie



Vision & Core Values

INTEGRITY

Do the right thing, even when no one is watching you.
Do what you say, say what you do. **Be a good dude.**

CONNECTION

Selfless relationship between players, coaches, parents, the youth program, the community, and “The Creators Game.” **We not me.**

COMMITMENT

Commit fully to the team, do your job the absolute best of your ability, and stay the course (persevere) in the face of adversity or temptations. **All In.**

EXCELLENCE

An unwavering commitment to personal growth and development. Our journey to excellence never ends. **Chase your best.**



Priorities, Commitment, Time Mgmt.

We expect players to have priorities, commitments, and have time management skills.

1. Family
2. School
3. Lacrosse
4. Everything else – e.g., The lake, video games, social media, buddies



Player Expectations

We expect players to be ELIGIBLE to practice and play!

- Attendance and grades
- *No violations!*

We expect players to be PREPARED!

- Have all required equipment / items
- Preseason preparation – stickwork, conditioning, strength training
- Know / learn schemes

We expect players to ATTEND AND PARTICIPATE IN PRACTICE!

- *Be on time!*
- *No practice, no play!*
- *Come ready to learn and work hard!*



Offseason Training

Captains 3 and weekly wall ball sessions are taking place now



Captains Practices

- Captains 1 – November & December
- Captains 2 – January & February
- Captains 3 – March 1, 8, 16, 23

Wall Ball

- Weekly wall ball sessions in the PLHS gym. Monday and Thursday at 7:30 before school.

Laker Performance

Tryout Week

Tryouts start on April 2 and are required for team placement

Date	Time	Location	Event
March 31	7:00 – 9:00 PM	Savage Dome	Optional Practice
April 1	7:00 – 9:00 PM	Savage Dome	Optional Practice
April 2	7:00 – 9:00 PM	Savage Dome	Tryout 1
April 3	5:00 – 7:00 PM	Savage Dome	Tryout 2

Announcement: Thursday night the teams will be posted on the Lakers Lacrosse website.



Tryout Evaluations

ALL PLAYERS have an important role to play within the PLHS Boys Lacrosse Program. We DO NOT cut players.

Players are evaluated over a two-day period where coaches assess

- Stick Skills – e.g., Catching & throwing
- Individual Offense and Defense – e.g., dodging, shooting
- Ability to apply offensive and/or defensive principles
- Character, attitude, hustle

The coaching staff will do it's best to place each student athlete in the best position for the individual, team, and program.



Communication Commitment

Appropriate Concerns to Discuss with Coaches

- Treatment of your son
- Improving your son athletically, academically, mentally, etc.

Inappropriate Concerns to Discuss with Coaches

- Other student-athletes

Communication Hierarchy

- Student-athlete to coach
- Parent & athlete to coach
- Parent & athlete to Head Coach
- Parent & athlete to AD
- Parent to Building Principal

How Many Regular Season Practices do we Have?

27

Practices

Location: Dan Patch Stadium & Dan Patch West Grass Field

Days: Monday – Friday.
JV/Varsity will have some Saturday morning practices from 7:30 - 9:30 am

Time: 5:30 – 7:30 pm

Film: 5:00 – 5:30 pm after a majority of Varsity games.

Note: We have practice on Prom and Memorial Day.



Attendance Policy

ATTENDANCE POLICY

- Missed Team Event (Unexcused absence)
- $\frac{1}{2}$ game for an unexcused absence
- Unexcused = Oversleeping, vacations, not notifying Head Coach 24 hours ahead of time.

DEFINITIONS

- Excused Practice Absences - No penalty if there is an excused absence, the player's coach must receive an e-mail at least 24 hours in advance, and ASAP in the case of illness.
- School events (e.g., choir or band concert)
- Funerals
- Religion obligations
- Extreme illness

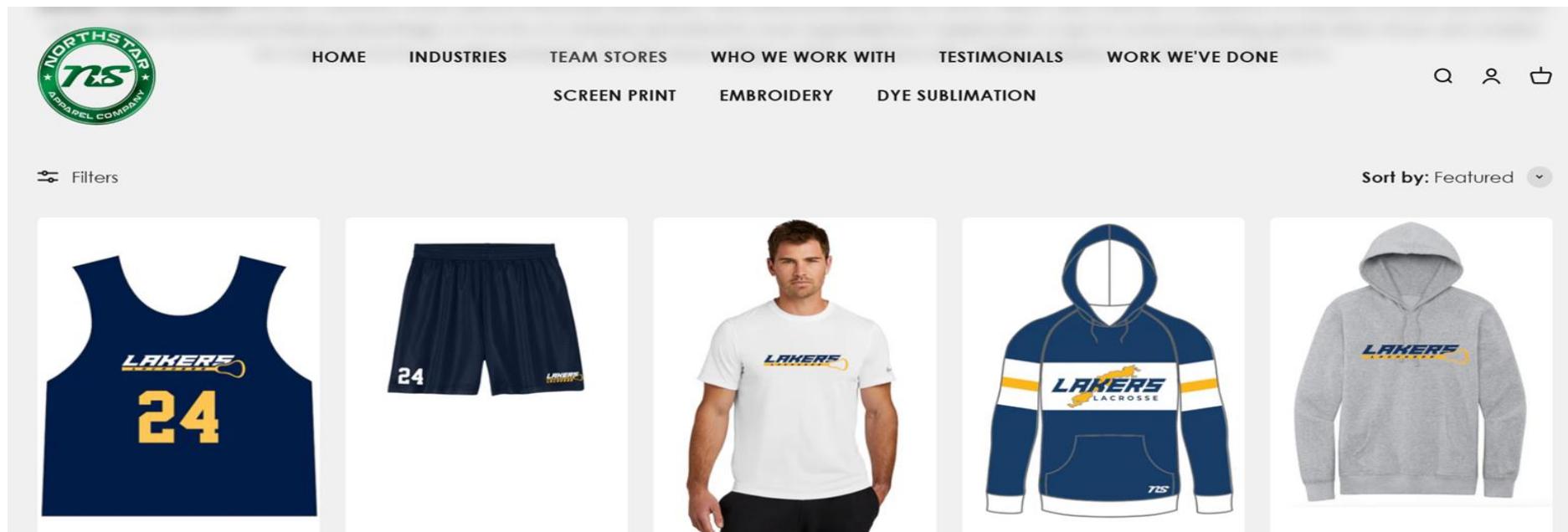


Practice Apparel

**ALL players must wear top 3 for practice, optional team issued
sweats for practice**



Team Store & Player Gear



The screenshot shows the Northstar Apparel Company website. The top navigation bar includes links for HOME, INDUSTRIES, TEAM STORES, WHO WE WORK WITH, TESTIMONIALS, WORK WE'VE DONE, SCREEN PRINT, EMBROIDERY, and DYE SUBLIMATION. A search icon, user icon, and cart icon are also present. Below the navigation, there are filters and a 'Sort by: Featured' dropdown. Five items are displayed in a row: a navy blue tank top with 'LAKERS' and the number '24'; a pair of navy blue shorts with '24'; a man in a white t-shirt with 'LAKERS' and a lacrosse stick graphic; a navy blue and white hoodie with 'LAKERS LACROSSE'; and a grey hoodie with 'LAKERS' and a lacrosse stick graphic.

Spring Team Store Website: Closed 2/6/25

Helmet Requirements

All navy-black mask, athletic gold chinstrap



Glove, Arm Pads, Cleats, Bags, Stick Requirements

Team colors – e.g., White, Navy, Athletic Gold, Black



Laker Performance In-Season Training

Goals: Maintain strength. Injury prevention. Confidence. Positive culture.

Coach: Andrew Kurkowski

Location: PLHS weight room

Days: Wednesday & Fridays starting on 4/7

Cost: \$0

Time: 7:00 – 7:40 am

Ages: Required for Varsity & JV. Highly encouraged for 9/10.

Website: <https://www.lakerperformance.org/>



Injuries & Athletic Training Services

Twin Cities Orthopedics

- Liz Cervenka, ATC, CSCS
- Email: LizCervenka@TCOMN.com
- Phone: 952-270-6899
- Office: 952-226-8697

Training Room Office Hours: 3:00 – 5:00 PM

Return to play – MD clearance note – MSHSL Rule (Bylaw 107.00)

Emergency Action Planning

- Each level will have an EAP completed. Please inform Coach Kepner if your son has asthma and/or other medical conditions the coaching staff should be aware of.



Transportation

Players and parents must arrange for transportation to/from:

- Meetings
- Practices
- Laker Performance
- Home Scrimmages / Games

Away Games

- All players must ride the team bus to and home from all away games.
- Parents are allowed to take their son home if confirmed with the Head Coach.
- Players must arrange for a ride home from PLHS.



Varsity Section Roster

Section Roster will be Announced on May 26

- MSHSL only allows 24 players, 2 managers, and 3 coaches
- Can only change due to injury
- Non section rostered JV / Varsity players are encouraged to participate in practice until the end of the season, but it's not mandatory.
- Roster is determined by best possible roster for team success
- Seniority does NOT apply



Lettering Policy

- Must follow all MSHSL rules on eligibility.
- Must be at all official practices, games, and team activities unless advance arrangements have been made with your coach.
- Must play in at least two Varsity games and be in a good standing at the end of the year.
- All players that make the Varsity Section and/or State roster will letter regardless of how many games played.
- **NEW!** Invest at least 2 hours volunteering for P.L.A.Y.
- The coaching staff reserves the right to letter a player that does not meet a requirement, if the player is otherwise deserving.



What Percentage of 2024
Points do the Lakers
Return in 2025?

31%

Current Registered Players

Student First Name	Student Last Name
JACKSON	BAKER
BRADY	BARTEL
JOSEPH	BASILE
JASON	BAUDOIN
DYLAN	BAUDOIN
BENNETT	CHRISTIANSON
KYLER	CSIKI
ELI	CZAJKOWSKI
AIDEN	FROMM
JOSEPH	GANNON
ETHAN	GLYNN
MAXIMILLIAN	GOEBEL
CHASE	HACKETT
BENJAMIN	HADENFELDT
ETHAN	KOR
BRAYDEN	LAKE
AIDEN	LAVIGNE
CHANCE	LONEY
DONOVAN	MARCO

Student First Name	Student Last Name
GRIFFIN	MARSHALL
CARTER	MEYERAAN
BLAKE	NELSON
BRODEN	PARK
COLE	PATZMAN
RYLAN	PERKINS
JAXSON	PERRON
AVERY	SCHATZ
SAMI	SMITH
TYLER	SPORNEY
FINNIAN	THEIS
THEO	THOENY
DILLON	TUSHIE
LUKE	WONG
CADE	WOZNEY
PRESTON	YOUNG
HUDSON	YOUNG
DEVIN	ZENDER



P.L.A.Y. Lacrosse

2025 Player Volunteering Requirement

Starting for the 2025 season, to be eligible to letter for Varsity players will need to invest at least 2 hours volunteering for P.L.A.Y.

Other Opportunities

Coaching

Help coach on one of P.L.A.Y's youth lacrosse teams. Coaches needed at the U14 – U6 levels.

Good experience & excellent resume builder.

Officiating

Officials are an integral part of any league and MN is in need of more people officiating to help support the rapid growth of the game here in Minnesota. Help grow the game while getting great pay and flexible hours.

<https://www.umloa.org/join>



MSHSL and District Policies

[Bullying Policy](#)

[Hazing Policy](#)

[Student Code of Conduct Policy](#)

[Chemical Policy](#)



Getting Ready for the Season

1. Register for the season on the High School Activates page - \$230 per player, registration opens Monday, February 10.
 - Affinity Login Instructions: Navigate to <https://isd719a.cf.affinitysolutions.com/>
 - First time users select the Blue Wallet Icon to create a Parent User Account and connect to your student(s). You will need your student's unique ID number, which can be found in Infinite Campus via the parent portal or on your student's school photo ID
 - If you are having trouble creating or logging into your account, you can call 1.800.226.8690. For any other questions, please contact Heather Pierson at 952.226.8690 in the Activity office.
1. Connect to our website – www.priorlakelacrosse.com
2. Make sure you have a current Sports Physical on file with the activates office. Dated 6/15/2022 or after.
3. Have all required EQUIPMENT.
4. Have a US Lacrosse membership that is valid through end of the season (7/1/2025)



Man Up Club

The Man Up Club is the booster club for the Prior Lake High School Boys' Lacrosse program.

2025 Members

- **Dave Lavigne**, President
- **Tiffany Lavigne**, Treasure
- **Bill Wozney & Jeremiah Fromm**, Off-Season Director
- **Gina Marco & Stacey Buckingham**, Operations Director
- **Bill & David**, LABC Rep
- **Gina Marco & Stacey Buckingham**, Communications Director

2026 Vacancies

- TBD

2026/27 Shadowing

- **President**
- **Treasure**
- **LABC Rep**



Volunteering



We need everyone's help to make this a great season for your player and family.

Volunteer Goal - 10 hours/family

Sign-up Genius will go out after teams are announced in the Spring

Volunteer Needs

- Team Parents
- Team Pictures
- Pasta Dinners
- Concessions
- Mental Health Awareness Night

- Clock / Scorekeeper
- Penalty Area
- Team Photographer
- Jimmy Johns Orders
- Season Highlight Film

Volunteering - Continued



Volunteer Needs

- ✓ Senior Night (E. Penne)
- ✓ Pasta Dinner Lead V/JV (J. Gannon)
- ✓ Pasta Dinner Lead Prep (T. Schwalbe)
- ✓ Banquet (Hacketts)
- ✓ Park Cleanup (J. Olsen)
- ✓ Teacher Appreciation (E. Noble)
- ✓ PLAY Night (T. Tushie)
- ✓ Pancake Breakfast (Stacey/Mary)
- ✓ Burger Bash (K. Fromm & Team)
- ✓ Polar Plunge (T. Schwalbe / S. Basile)
- ✓ Butter Braid (A. Baumgartner / H. Zender)
- ✓ Silent Auction fo BB (A. Nelson)
- ✓ Concessions Lead (Paveks)
- ✓ Social Media (S. Kepner)

Fundraising

2025 season goal is for each player to raise
\$150. 2026 may increase to \$200.

Throughout year to check your current balance,
send an email to: plmanupclub@hotmail.com

Most Recent Fundraising:

- Pancake Breakfast – 1/26
- Polar Plunge – 2/17
- BBall Tournament - 2/28 through 3/2

Upcoming Opportunities:

- Texas Roadhouse - 3/18
- Butter Braid Sales – 3/5 start; 3/28 orders due
- Burger Bash – 5/3
- Lakefront Music Fest - 7/11 and 7/12



Fundraising Uses

- Offseason development and coaches
- Game film (Hudl)
- End of year banquet
- Coach training
- Coaches gear
- Team photographer
- PLAY, alumni, and senior nights
- Concessions
- End-of-year tournaments (9/10/JV)
- Financial assistance for families

Note: Not an exhaustive list

Sponsorship Opportunities



2025 LAKERS BOYS LACROSSE PROGRAM



Face-off Specialist Sponsor.....

\$2,200.00

- Premium placement on the Boys Lakers Lacrosse website, all three teams and link to your webpage on the homepage
- Event Program listing – your business name and logo listed in all home game programs – Large
- **Halftime announcement, announcer recognition throughout the game (2-3x)**
- **2 Home games primary sponsor**
- Logo placement in poster



Mid-fielder & Attack Sponsor.....

\$1,500.00

- Premium placement on the Boys Lakers Lacrosse website, all three teams and link to your webpage on the homepage
- Event Program listing – your business name and logo listed in all home game programs – Medium
- Halftime announcement recognition (1-2x)
- Logo placement in poster



D-Pole Sponsor..... **\$900.00**

- Placement your choice of team's page within the Boys Lakers Lacrosse website with link to your webpage on the homepage
- Event Program listing – your business name and logo listed in all home game programs – Small
- Halftime announcement

Business Details

Business Name: _____

Contact Name: _____

Contact Phone: _____

Contact Email: _____

** Please attach a check made payable to Prior Lake Boys Lacrosse and mail to:
Prior Lake Boys Lacrosse
5327 Snell Court SE
Prior Lake, MN 55372

Any questions feel free to reach out to David Lavigne @ davidlavigne@yahoo.com

Any additional partnership ideas please contact:
Bill Wozney at Wozney_4_1999@yahoo.com or 651-253-2341
David Lavigne at davidlavigne@yahoo.com or 612-414-7012

Confirmed: The Point, Thomas Construction & Midwest Dry Ice

Website

Please check the website prior to contacting coaches or Man Up Club. It should answer most questions.

Must connect to receive program messages!

- www.priorlakelacrosse.com
- Off-season calendar
- Regular season team pages with roster and game / practice schedules
- Coach contact info
- Man Up Club members
- Information on fundraising, program history and presentations.



Important Dates

- **Uniform Handout** – April 4
- **Pictures** – April 4
 - **Senior Poster** = Suits, Varsity Poster = Construction Theme
- **Scrimmages** – (V/JV) April 9
- **Park Clean Up** – May 4
- **Mental Health Awareness Night** – May 5 @ RSMT
- **Teacher & P.L.A.Y. Night** – May 8 vs. Shakopee
- **Senior/Alumni Night** – May 22 vs. BSM



Important Dates - Continued

- **Prep / JV End of Season Tournament** – May 31 - June 1
- **Section Tournament** – Begins May 27 – June 4
- **State Championship** – June 10-14
- **Team Banquet** – June 16



Resources

Prior Lake High School Activities

Prior Lake Boys Lacrosse Website

Social Media

Instagram – pl_lax3

Twitter – @LakersLax

MN Lax Hub

South Suburban Conference (game schedule)

US Lacrosse



Questions?

2025 Parent Survey



MSHSL Drug & Alcohol Policy

MSHSL Bylaw 205.00

BYLAW 205.00

Cross Reference: Bylaw 304.2 ("Denial Penalty")

CHEMICAL ELIGIBILITY

1. At any time during the calendar year, a student shall not, regardless of the quantity:
 - A. use or consume, have in possession a beverage containing alcohol;
 - B. use or consume, have in possession tobacco; or,
 - C. use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.
 - D. use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco products and other chemicals.

"Tobacco products" means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product.

- E. use or consume, have in possession, buy sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substances or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal Law.



PLHS Drug & Alcohol Policy

Students shall not possess, purchase, sell, distribute, or be under the influence of alcohol, tobacco, or any other illicit drug including look-alike drugs and drug paraphernalia. STUDENTS SHALL NOT BE INVOLVED IN ANY ILLEGAL BEHAVIOR (chargeable offense whether charged or not which may be a violation of civil or criminal law), GROSS MISCONDUCT (insubordination, threats, and/or persistent or flagrant violation of school policy), OR RACIAL / RELIGIOUS / SEXUAL HARASSMENT / VIOLENCE / AND / OR HAZING.

- First Violation – Lose eligibility for 2 weeks or two events, whichever is greater, not eligible for any school awards for season which consequence is served (e.g., MVP), not eligible for captainship
- Second Violation – Lose eligibility of 50% of games (6 games) of the number of games; not eligible for any school awards in any sports; not eligible for captainship
- Third (& more) Violations – Lose eligibility to participate in any sport for one calendar year; otherwise can volunteer for a CD Assessment to be done and completion of a treatment program to reduce penalty