

Issaquah Girls Lacrosse

Welcome Letter 2025

Welcome to the 2025 Issaquah Girls Lacrosse season! We are very excited to have your daughter in the program. This letter provides information about the program and the upcoming lacrosse season, and we encourage you to read all of it and save it for reference throughout the season.

Meet The Coaches

- **Niki Demarinis – Varsity Head Coach.** Coach Niki is now in her second year as the varsity head coach, after leading the team to the state semi-finals in her first year and a #3 overall ranking in the state. Niki has been coaching for Issaquah in various capacities for the last 5 seasons.
- **Kiana Ogata – JV Head Coach.** Coach Kiana is a former Issaquah lacrosse player who is also in her second-year coaching. She served as an assistant coach last season and will lead the JV team this season.
- **Jaelen Williams – Assistant Coach.** Coach Jaelen is in her first year with Issaquah lacrosse and brings a wealth of knowledge having been a professional trainer of high school, college and professional athletes. She has experience coaching multiple sports including basketball and flag football.
- **Nate Koss – Coach Liaison.** While Nate is not a coach, he serves the important role of Coach Liaison for the high school coaches. Nate played D1 lacrosse for the Air Force Academy and has multiple years of coaching experience. Our organization continues to maintain a structured policy regarding how communications are handled with our high school coaches. If a player has any concern, she may communicate directly with her coach. Parents, or a player who does not feel comfortable communicating with the coach, will direct all coach-related communications to the Coach Liaison, who will then communicate with the appropriate coach and facilitate the handling of concerns. Nate can be reached at (253) 678-6682 or nathankoss@gmail.com.

*Parents, friends, or family are not to seek out conversations with a high school coach before, during, or after any practices or games.

General Communications and Information

For the 2025 spring lacrosse season, our club will use the Sports Engine app for communications and information. You can download the app from the Google Play Store or Apple Store. The app will have roster information, schedules and messaging ability. You can use the same log-in credentials you used when you registered your daughter for the season. The game schedules for Varsity and JV will be added to the calendar. Any changes will be made in the calendar and will trigger notifications via Sports Engine app.

All players will start the season on the JV roster. Following evaluations, players will be moved to the Varsity roster as appropriate.

Uniform Pickup

High School players will pick up their uniforms (black and white jerseys, green shorts, practice pinnie, and long rainproof deck jacket) at practice week 1 (day TBD). Youth players will pick up uniforms or

pinnies on Saturday, March 8 at Dick's Sporting Goods in the Issaquah Highlands anytime between 3:00-5:00 pm. Players and families will also have the chance to meet the coaches at that time.

We are working on additional logo wear which will be available through an online team store. Will share information and links soon.

Fundraising and Financials

We have been fortunate to have the help of many volunteers within our program to ensure the success of each season. Our club incurs various direct costs related to equipment, uniforms, field scheduling, and high school coach wages. Similar to most organizations, we finance these costs with the dues from our players and the help of fundraising efforts. Although the club has sufficient reserves to operate in its current state for quite a while, we continually focus on fundraising efforts, which has historically been less than 15% of the budget. As we seek to build strong young women and a championship culture, we would like to increase our fundraising revenue to about 40% of our total budget each year, which is similar to other successful organizations. These additional funds will be used to provide scholarships for girls in need, improve support for coaches, provide better equipment and gear for the girls, and provide more team-bonding activities.

This year our board has spent a considerable amount of time thinking through how we can increase our fundraising to ensure we can improve the experience for players. Through fundraising efforts we will offer things like team socials, transportation to the playoff games, and help fund the addition of a conditioning coach.

- **Brown Bear Car Wash Fundraiser:** New this year, we are asking every high school player to sell 10-12 car wash tickets for \$12.50 each. Proceeds from the car wash sales will go directly to support high school team activities. Players will be given 10-12 tickets and a QR code. Players have the option to purchase all tickets or sell them to teachers, neighbors, friends, or anyone else. Car wash tickets make great thank you gifts, birthday gifts, Easter basket stuffers, whatever! We expect to raise \$3,000 from the sales of these tickets. Every high school player is required to participate. Pricing: Single ticket \$14. Pack of 10 (get 1 free!) \$140. Link to sell / buy car wash tickets is here (<https://www.paypal.com/ncp/payment/FLMAPGGE3VFX>)
- **Mod Pizza "Raise Some Dough":** Join us Tuesday, February 25th (all day) for a fun and delicious fundraising event at MOD Pizza, Issaquah Highlands location (only). 25% of every order will be donated to the program when you mention "Girls Lacrosse". These fundraisers are essential for funding player scholarships and necessary equipment annually. Why not make it a team event and plan to attend before practice!
- **Dicks Sporting Goods Shopping Dates:** March 7-10 (only). Enjoy an exclusive 20% discount and gear up for the season. We'll have an in-store jersey pick up on Saturday, March 8, from 3-5pm for all registered players of all ages to pick up jerseys for the season. We'll also have board members on hand to help with any gear selection if you need it!
- **Pass the Hat:** Please consider donating via our Pass the Hat. If your employer offers corporate matching, please submit for matching to increase your impact. Links to donate will be available on our website or you can donate via [Donate](#).

If anyone would like to help with our fundraising efforts, whether as a donor, facilitator, or in any other way, we would love to discuss that opportunity with you! Please reach out to Doug Tehero (Treasurer) or Chris Christensen (President) regarding any fundraising or other financial matters.

Volunteer Program

The success of our programs is dependent upon the volunteers who help run them. No prior experience is needed, and we can help answer any questions. We will send out information to families to sign up for volunteer opportunities as the season gets closer.

We are looking for a **Parent Coordinator** volunteer for each team - JV and Varsity. This person will coordinate team dinners (2 this season), an ice cream social, help make senior signs for senior night, help provide pictures for social media, help communicate messages from the coach to the team as a single point of contact for logistics, coordinate an end of season celebration, and most importantly, coordinate the game volunteers to keep score and time and set up fields.

Additionally, each team in our youth program will need a parent-manager volunteer for the team. This person will be the primary point of contact between the coaches and the families of the players and will provide communications, as well as coordinate any team activities or treats after games.

Coaching and Parents

All coaches for all teams are required to have basic certifications with USA Lacrosse as a prerequisite to being a coach, and each coach has gone through a background check and Safe Sport training. Our coaches also meet the USA Lacrosse standard for coaches. We further require that the coaches have a certain amount of prior coaching experience, depending on the team they are coaching. Each of the coaches works diligently to implement practice plans, game strategies, and training plans. As such, our organization follows a few important rules with regard to communicating with coaches:

1. Parents should not try to coach players from the sidelines. Very often, the parent does not know what the coach has asked the players to do, and they often yell out conflicting instructions that cause confusion.
2. ALL COMMUNICATIONS REGARDING COACHES SHOULD BE DIRECTED TO NATE KOSS, THE COACH LIAISON, AND NOT TO THE COACH. We encourage positive and appreciative feedback to coaches. However, we also recognize that parents often have strong feelings about many aspects of the game, including issues of playing time, coaching style, player-to-player conflicts, and practice plans. This has been the case since the beginning of sports, and we have found that the best way to help both the coaches and the youth to navigate these concerns is to start with the Coach Liaison, who has significant experience and can help work toward a solution. Therefore, we ask parents to adhere to this policy.

Sportsmanship

Good sportsmanship is of the utmost importance for our organization. We require good sportsmanship from (1) players, (2) coaches, (3) families and (4) observers. At the time of registration, all players and parents agreed to abide by our Code of Conduct. We have had unfortunate experiences in the past with

poor sportsmanship by players and their families, which have in some instances resulted in penalties to our teams and the possibility of cancelling games.

In order to ensure great sportsmanship throughout our season we are implementing a few measures that we require of our teams. For all games, we require a volunteer to serve as sideline manager. This person introduces herself or himself to the referees at the beginning of the game as the primary point of contact for any poor sideline behavior coming from either team. The sideline manager will then be required to address any conduct that violates our sportsmanship policy, which may require a person to leave the game. We also read a statement over a loudspeaker to the fans that provides additional reminders.

Why are these measures so important? We want to model good character and good behavior for the girls in our program. Additionally, we do not want to be penalized by WSLA for inappropriate behavior or be subject to the obvious negativity that poor sportsmanship creates. Currently there is a shortage of referees for girls' lacrosse. This is the case across the country. When we treat the referees poorly through poor sportsmanship, we run the risk of having our games cancelled by the organization who supplies the referees for the games, as well as by WSLA. Additionally, some referees are able to choose whether to referee for certain schools, and if we have a history of poor sportsmanship, we run the risk of not being able to play.

Keep in mind that there *WILL BE* bad calls in a game, which is outside of everyone's control. However, we need to control what we can control, and do what our girls are taught to do, which is to have discipline and good sportsmanship by exercising restraint. Our organization has a direct point of contact with the league referees through our board, so *any concerns you may have about referees should be directed to the President of our organization, and never to the referees.*

The following behavior is not permitted at any time:

1. Talking to referees before, during, or after any game (especially yelling during games).
2. Consuming alcoholic beverages or smoking during any game
3. Profanity of any kind
4. Yelling at or speaking negatively to opposing players or fans

Background: Lacrosse In Washington

Girls lacrosse in Washington state is organized under the Washington State Lacrosse Association ("WSLA"). It is not currently an interscholastic sport recognized by the high schools as a varsity sport. However, the teams are organized based on the schools the girls attend, and there is both a varsity and a JV division, with most high schools providing a letter award to players who earn it. There are currently 45 varsity teams in Washington. Each year, the top teams in the state qualify for the state playoffs, which culminate in semi-final games being played in the Starfire Sports Stadium, and the state championship game being played there as well. ISD has won two state championships and has played in the semifinals and state championship games multiple times.

Our Organization

We are a 501(c)(3) non-profit organization. All girls who play for any teams within our organization must live within the boundaries of the Issaquah School District. We are governed by a board of directors,

comprised currently of 5 individuals who serve on a volunteer basis and who are parents of girls in our program. The names and contact information of the current members of the board, as well as their role in the organization, are included below in the “Contact Information” section.

Our current varsity team has multiple players that are committed to play lacrosse in college. We believe in developing the girls in our program to have a great high school experience and we want to support any player who desires to play in college. We also allow girls of any level of playing experience to begin playing lacrosse with us at any time, including in high school. Many great players began playing lacrosse in high school, and we welcome friends who would like to try it out.

You can find important information on our website at <https://isdgirlslacrosse.com/>, including registration links, schedules, and basic information about the club. Feel free to follow us on Instagram: [@isdgirlslax](https://www.instagram.com/isdgirlslax).

Final Thoughts

We are thrilled to have your daughter in our program this season, and we hope it will be a great experience for her and for the whole family. We are very grateful for the many people who come together to help create a successful experience, and we know that you and your daughter are the most important part of it all. If there is anything we can do to help improve the experience, we would love to hear about it. Additionally, if you are interested in helping with the success of the program on a volunteer basis, including as a participant on our board, we would love to speak with you. Looking forward to a great 2025 season!

Sincerely,

Chris Christensen
President
cchris2000@outlook.com

Exhibits

- High School Player and Parent Code of Conduct – Tryouts & Practices
- Contact Information

ISD Girls Lacrosse

High School Player and Parent Code of Conduct

Tryouts & Practices

The lacrosse season is a fun, exciting and sometimes stressful time of year. Our goal is to provide an environment for the girls in which they can develop strong character as young women, make friendships along the way, improve their lacrosse skills, and compete at a very high level as they seek to win a state championship. We know that behind each successful young woman is a family that has provided countless hours of support and encouragement, and we strive to strike the right balance between parent involvement and the girls' training with the team. This document outlines the key rules of our organization that the girls and their families will be expected to follow.

Tryouts

- High School tryouts will be conducted over 3-practices held on February 24, 25 and 26 at Pine Lake Middle School
- Upon completion of the tryout period, the high school coaches will make the roster selections for the varsity and junior varsity teams and notify players of their decisions
- **Tryout practices are closed to observers**, including parents, family and friends. This means that observers should not be within sight or sound of the field or the athletes, including before and after practices.
- Family members or player acquaintances may not contact coaches at any time during the tryout dates, except in the event of a player's disability or emergency
- Any concerns or complaints of any nature, whether during tryouts or at any other time of the season, which need to be communicated with coaches, should be sent to the Coach Liaison: Nate Koss, (253) 678-6682, nathankoss@gmail.com.

Practices & Games

Practices and games are open to observers, and we encourage positive reinforcement. Any person observing a practice may not sideline-coach, give direction to players or be in communication with any players or coaches during practices. Coaches should never be cornered or pursued by a parent on their way to or from the field. Observers may be asked to leave if their behavior violates any part of the ISD Girls Lacrosse Code of Conduct, or is loud or distracting to the athletes, coaches, or other observers. Observers must remain off the field and preferably off the track surrounding the field, unless quietly utilizing it for exercise during the practice.

We urge athletes to be the primary communicator with their coach regarding concerns clarifications or questions. **It is inappropriate for any parent with complaints, concerns, or recommendations to directly contact the coaching staff.** If the athlete doesn't feel she can discuss her concern with her coach, then parents and athletes should contact the Director of Coaching with concerns. Even if you

have a personal relationship with a coach outside of ISD Girls Lacrosse, it is not appropriate to utilize that relationship to push an agenda, complain, make a recommendation and or attempt to steer decision-making. Individuals not adhering to these expectations may be suspended from attending ISD Girls Lacrosse events and in severe cases could cause player suspension.

Player and Parent Do's	Player and Parent Don'ts
<p>Players</p> <ul style="list-style-type: none"> • Be at practice 15 minutes early to put all gear on and get ready to start on time • Work your hardest during practice • Provide encouragement to teammates • Communicate with coaches well in advance regarding any conflicts you may have for games or practices • Follow all team rules • Apply coach's feedback to your play and do your best • Have fun! <p>Parents</p> <ul style="list-style-type: none"> • Direct any concerns with coaches to the Coach Liaison, Nate Koss, (253) 678-6682, nathankoss@gmail.com • Volunteer to help with game set-up, take-down, stats, or other required tasks • Be encouraging to your daughter before and after she plays • Be careful to deliver any criticism until after some time has passed and be constructive when doing so • Cheer loudly for our teams! 	<p>Players</p> <ul style="list-style-type: none"> • Don't criticize other players or coaches • Don't argue with coaches • Don't be late to practice • Don't hide any injuries from coaches or parents • Don't use profane or vulgar language • Don't use alcohol or drugs, and don't smoke or vape <p>Parents:</p> <ul style="list-style-type: none"> • Don't coach your player or any other player from the sideline • Don't speak with a coach directly about concerns or questions you may have regarding your child (instead contact the director of coaching) • Don't be too quick or too harsh in criticizing your daughter after a game or a practice • Don't yell at or speak to any referee...ever!

Contact Information

Board of Directors

President	Chris Christensen cchris2000@outlook.com
Operations	Erika Heesacker E_heesacker@outlook.com
Scheduling	Kara Schatz kara.schatz@hotmail.com
Secretary	Stephanie Ryan slryan12@yahoo.com
Treasurer	Doug Tehero isdgirlslax.treasurer@gmail.com
Fundraising	Nate Perea nperea@gmail.com