



|| HOME OF THE STEELHEADS

**SANTA ROSA  
LACROSSE**

**WELCOME!**

*BACK TO* ★ **LAX** ★ **NIGHT**

**SEASON INFO MEETING**



# AGENDA

- ABOUT OUR CLUB
- WHO WE ARE
- DONATION CAMPAIGNS  
SPONSORSHIP OPPORTUNITIES
- GET PSYCHED ABOUT THE  
SEASON!!
- DATES AND PRACTICE  
SCHEDULE
- RAFFLE: YOUR CHANCE TO WIN  
COOL STUFF!
- REQUIRED EQUIPMENT
- TEAM STORE
- MEET OUR ATHLETIC DIRECTOR
- MEET THE COACHES AND YOUR  
TEAMMATES





# ABOUT THE CLUB

**SANTA ROSA LACROSSE CLUB (SRLC)** was the first youth lacrosse club in Sonoma County – founded in 1995, almost 30 years ago! SRLC plays in the Wine Country Lacrosse Conference.

**WINE COUNTRY LACROSSE CONFERENCE (WCLC)** is a new lacrosse league formed in 2022. Members include Napa Youth Lacrosse, Petaluma River Cats, Rancho Cotati, and Sonoma Youth Lacrosse.



# WHO WE ARE

## BOARD OF DIRECTORS

Bobby Donnell

Brigham Platt

Shannon Donnell

President

Vice President

Treasurer

## EXECUTIVE COMMITTEE

Jamie Poore

Krishna Hendrickson

Michelle L. Ribeau

Jen Maida

Noah Smith

**OPEN**

Athletic Director, and Club Founder

Equipment & Field Director

Fundraising & Special Events Director

Volunteer Director

Marketing Director

Scheduling Director



# KEY DATES

## Week of February 5: Practices Begin (*weather permitting*)

- 8U - Tues & Thurs from 4pm to 6pm
- 10U - Mon & Wed from 4pm to 6pm
- 12U - Tues & Thurs from 4pm to 6pm
- 14U - Mon & Wed from 4pm to 6pm
- Girls - Mon & Wed from 4pm to 6pm
- HS - Tues, Thurs & Fri from 4pm to 6pm
- Montgomery HS - **Grass Field**

## February 25: Season Opener

- Play day with other teams in Petaluma

## April 28: Steelhead Day

- Club Fundraising Day, Lax Clinics & More

## Feb - May: Weekly practices and Games

- Games on weekends
- Home games on Sunday afternoons

## May 18-19: End of Season Tournament



# DONATE | SPONSOR

WE'RE LOOKING FOR ***CORPORATE SPONSORS***: See Website for more information or Michelle

***DONATE***: Share the  link with family and friends

MAKE A DONATION

Santa Rosa Lacrosse Club Inc

<input type="radio"/> \$25	<input type="radio"/> \$50	<input type="radio"/> \$100	<input type="radio"/> \$250
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\$  USD

<input type="radio"/> One Time	<input checked="" type="radio"/> Monthly
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# RAFFLE



1. Lacrosse Avenue Sign (\$25 value)
2. True Source Gloves (sz M) (\$75 value)
3. Steelhead Swag (over \$80 value)
4. STX Stallion Shoulder Pads (sz S) (\$50 value)
5. STX Cell V Shoulder Pads (sz S) (\$120 value)
6. Lax Back - Rebounder (over \$200 value)
7. Wine Country Basket (over \$200 value)
8. GoPro Hero12 Black (over \$500 value)

2 for \$10 or 5 for \$20





# REQUIRED EQUIPMENT

## BOYS

- Stick
- Gloves
- Pads (chest and elbow)
- Helmet
- Mouth Guard
- Cleats
- Cup

## GIRLS

- Stick
- Goggles (SEI certified)
- Mouth Guard (no strap)
- Cleats
- Optional Gear:
  - Gloves
  - Headgear

***LOANER PROGRAM: We have a limited amount of gear to loan for the season***



# 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#&section=hidden-us\\_lacrosse](http://seinet.org/search.htm#&section=hidden-us_lacrosse)



### 2. CROSSE

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

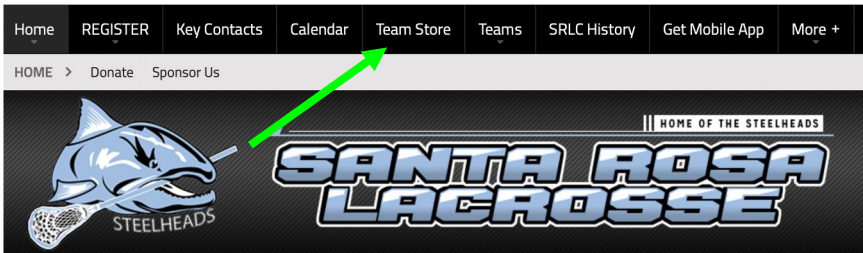
- » Covers the ribs and kidneys; adjust by loosening/tightening straps
- » Should fit comfortably, not restricting breathing



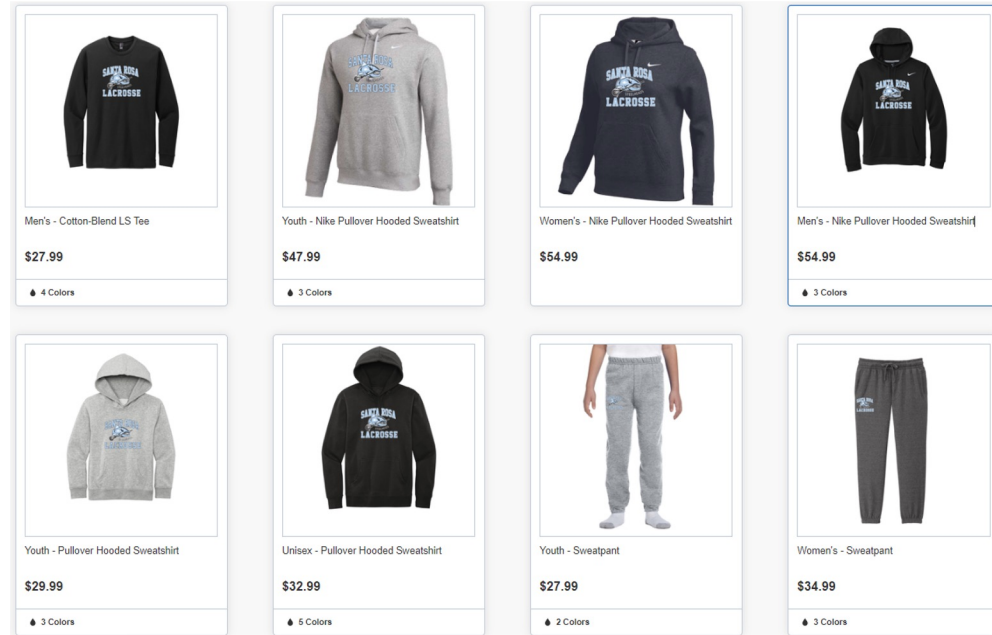
# TEAM STORE

Visit our website and Team Store to purchase practice gear and represent.

**Order Deadline Feb 8th**



[www.santarosalacrosse.com](http://www.santarosalacrosse.com)



**New Year, New Gear!**



# ATHLETIC DIRECTOR

## Jamie Poore – Founder, SRLC Steelheads

Jamie played 4 years of lacrosse at Chico State University. After taking a teaching job in Santa Rosa he established the SRLC in 1994. He has coached with SRLC on and off for about 20 seasons while continuing to play men's club into his 40's. Jamie mostly coached varsity but spent a few seasons coaching U15 and JV. He ran the club in the early years before handing it over to the parents so that he could focus on coaching. Jamie started the Sonoma Indoor Lacrosse league and ran a travel team, the Sonoma Vinemen, for several years. Now that his son is 10, he's hoping to see the next generation of his family get into the sport.

## A bit about our philosophy





# STEELHEAD TEAMS

## 2023 Boys Teams

- **8U\***
- **10U\***
- 12U
- 14U
- **High School\***

## 2023 Girls Team

- Combined 10U/12U Team (play 7v7)

*\*Bring your friends – we need more players!*



# MEET YOUR COACHES

- 8U – Joe Reynolds and Louis (Lou) Davis (returning Head Coaches)
- 10U – Chris Cenami (returning Head Coach)
  - Assistant Coaches: Jamie Poore
- 12U – Brigham Platt (returning Head Coach)
  - Assistant Coach: Jake Hammond
- 14U – John Grant (returning Head Coach)
  - Assistant Coach: Dale Engle
- **High School – coach still needed**
- Girls 10U/12U - Joe Reynolds (returning Coach)



# STEELHEAD CONTACT INFO

## Get Mobile App

STAY CONNECTED WITH YOUR TEAM!! DOWNLOAD THE SPORTSENGINE APP



CONTACT Robert Donnell

[president@santarosalacrosse.com](mailto:president@santarosalacrosse.com)

[info@santarosalacrosse.com](mailto:info@santarosalacrosse.com)



[www.santarosalacrosse.com](http://www.santarosalacrosse.com)



# MEET YOUR COACHES

(stick around for Raffle)

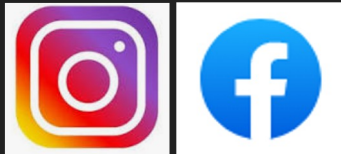


# RAFFLE WINNERS





THANK YOU  
Go Steelheads!!



[www.santarosalacrosse.com](http://www.santarosalacrosse.com)

