



WOODBURY LACROSSE 2020

PARENT & GUARDIAN INFORMATIONAL MEETING
FEBRUARY 5th 2020

UPDATED: FEBRUARY 3RD, 2020

COACHING STAFF

- **VARSITY**

- JASON WORWA - HEAD COACH
- DEREK SHURSON - OFFENSIVE COORDINATOR
- BRYAN BOREEN - DEFENSIVE COORDINATOR

- **JUNIOR VARSITY**

- CHRIS OKADA - CO-HEAD COACH
- MARTIN MITSCH - CO-HEAD COACH

- **9th GRADE TEAM**

- DAN KRAFT - HEAD COACH
- DREW McWATTERS - ASSISTANT COACH

- **PROGRAM COACHES**

- TOM THONE - GOALIES
- ALEX MEYER - SCOUTING & FILM





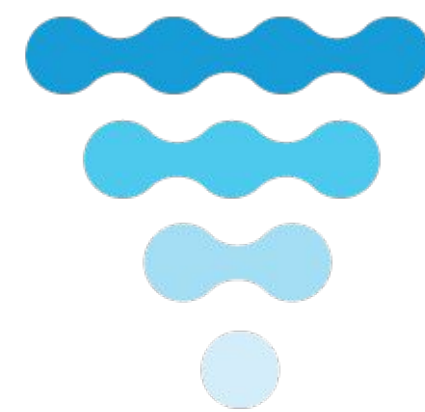
BOOSTER CLUB BOARD

- **PRESIDENT: Tim Rolfing***
- **VICE PRESIDENT: Kevin Unwin Sr.***
- **TREASURER: Rick Beck**
- **SECRETARY: Allison Olson***
- **FUNDRAISING & VOLUNTEER COORDINATOR: Tracy Hooley***
- **ALL PARENTS ARE BOOSTER CLUB MEMBERS, GET INVOLVED!**
- *** INDICATES AN OUTGOING BOARD MEMBER***
- The Booster Club deals with ~\$30K in expenses/revenue each season.
- The Booster Club meets on the first Thursday of every month.
 - Locations are listed on the royalslacrosse.com calendar.
 - Meetings are open and all are invited to attend.
- Please contact Tim Rolfing if you are interested in a board or coordinator level position.
 - info@royalslacrosse.com



BLU ICE CRYO THERAPY

BLU-ICE
MED SPA



- BRADY LIPP
- PHONE: 651-330-8642
- LOCATION: 9900 VALLEY CREEK DR. SUITE 105
- HOURS: M-T-W-F 10am-5pm, Th 1pm-7pm, Sa 9am-12pm
- SAME DAY APPOINTMENTS & WALK-INS AVAILABLE

SEASON GOALS

Mission Statement

I coach to have a positive impact on the lives of young men. To teach them that there is more to life than just what they're experiencing in high school. It is my job to prepare them for the bigger world as well as to instruct them on how to be better athletes and teammates.

- HAVE FUN
- PRACTICE HARD & PLAY HARD
- BE THE BEST TEAMMATE POSSIBLE
- PERSONAL & TEAM ACCOUNTABILITY
- LEARN HOW TO LEARN FROM MISTAKES
- CONTINUAL PERSONAL, PLAYER AND TEAM EVOLUTION
- APPLICATION OF TEAM ATHLETICS EXPERIENCES TO REAL WORLD SITUATIONS.
- ON THE FIELD SUCCESS
 - SEC CHAMPIONSHIP
 - SECTION TOURNAMENT SUCCESS
 - STATE TOURNAMENT APPEARANCE

CURRENT OFFSEASON OPPORTUNITIES

- **CAPTAINS' PRACTICES**
 - LOCATION: WHS ACTIVITY CENTER
 - TIME: THURSDAYS (5:15-6:30)
 - WE WILL BE ADDING ADDITIONAL SATURDAY PRACTICES IN FEBRUARY & MARCH.
- **PRESEASON TRAINING CAMP**
 - LOCATION: HEALTHEAST SPORTS CENTER
 - WHEN: MARCH 23rd THROUGH MARCH 26th
 - TIME: TBD



FUNDRAISING

- **PAPA MURPHY'S CARDS**

We have a unique new program with Papa Murphy's Pizza. We will be selling pizza cards at a cost of \$20 per card, with a 75% profit to our team. The card is valued at over \$125 and offers 4 free large 1-topping pizzas. The free coupons pay for the card, hopefully making this a very successful fundraiser!

The expectation is for every player to sell 15 cards. Please start selling now and all players will participate in the blitz day on March 29th from 3-7.

We are looking for volunteers to help drive groups of players around. Volunteer drivers will get credit toward the family volunteer commitment for the season. This is our one big fundraiser for the year, so thank you for your support!

FUNDRAISING

- **GROCERY BAGGING DAYS**

Players will be required to sign up for one 2 hour shift

- KOWALKSI'S OR CUB FOODS OAKDALE: TBD

- **CHIPOTLE**

Just come hungry and support our team!

- DATE: WEDNESDAY, APRIL 15
- LOCATION: 9965 HUDSON PL
- TIME: 4-8:00 PM



COMMUNITY OUTREACH

“I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.”

~Edward Everett Hale

- **FEED MY STARVING CHILDREN**
 - DATE: TBD
- **CAMPUS CLEANUP DAY**
 - DATE: TBD
- **WOODBURY UNITED - TRY LACROSSE DAY**
 - DATE: SATURDAY MARCH 21st
 - TIME: 2pm - 3pm
- **WE ARE ALWAYS LOOKING FOR OTHER OPPORTUNITIES TO GET OUT INTO THE COMMUNITY. IF YOU SEE A NEED OR HAVE A SUGGESTION, PLEASE LET US KNOW!**

ONLINE ACTIVITIES REGISTRATION

IMPORTANT INFORMATION

- **DEADLINE DATE:** OPENED ON MONDAY FEBRUARY 3rd - PLEASE REGISTER ASAP!
 - NECESSARY FOR ALL PLAYERS AND HELPS US UNDERSTAND THE NUMBERS WE'LL HAVE AT TRYOUTS.
- **HOW TO:** REGISTRATION CAN BE COMPLETED ONLINE AT WWW.WHSACTIVITES.ORG
- **COST:** \$170. ALL PLAYERS MUST BE REGISTERED PRIOR TO TRYOUTS, NO EXCEPTIONS.
- PLEASE ALSO MAKE SURE THAT A CURRENT (WITHIN 3 YEARS) PHYSICAL IS ON FILE WITH THE ACTIVITIES OFFICE. PLEASE CHECK WITH KARI TSCHIDA IF YOU HAVE QUESTIONS ON STATUS.
- **FAMILY CAP:** \$520 FOR THE SCHOOL YEAR. IF ANY OF YOU QUALIFY FOR THIS, PLEASE REACH OUT TO KARI TSCHIDA.
 - KTSCHID1@SOWASHCO.ORG (651.425.4421)



BOOSTER CLUB FEES

- **COST:** MINIMUM \$250, IF SO INCLINED, DONATIONS WILL GLADLY BE ACCEPTED.
- BOOSTER CLUB FEES CAN NOW BE PAID ONLINE VIA THE [ROYALSLACROSSE.COM](https://royalslacrosse.com) WEBSITE
 - **FEES ARE DUE** BY THE FIRST DAY OF THE SEASON, APRIL 1st, 2019.
 - IF YOU NEED TO MAKE OTHER ARRANGEMENTS, YOU MUST CONTACT TIM ROLFING OR RICK BECKBOOSTER CLUB FEES ARE TAX DEDUCTIBLE!
- **EXPLANATION OF COSTS:**
 - COACHES SALARIES, FACILITY RENTAL, TOURNAMENT FEES, UNIFORMS, EQUIPMENT, WEBSITE FEES AND ALL PREP TEAM EXPENSES.
- DISTRICT 833 ONLY COVERS THE SALARIES OF 3 COACHES, GAME OFFICIALS AND BUSING.
- WE WILL CONTINUE TO SEEK FURTHER FINANCIAL ASSISTANCE FROM THE SCHOOL AND MAIN WHS ATHLETICS BOOSTER CLUB IN THE FUTURE.

TRYOUTS

- **TRYOUT DATES:** MONDAY MARCH 30th THROUGH WEDNESDAY APRIL 1st, 2020.
- **LOCATION:** ROYALS STADIUM or HEALTH EAST SPORTS CENTER
 - IF WEATHER ALLOWS, WE WILL BE OUTSIDE
- **ALL TIMES AND LOCATIONS WILL BE AVAILABLE ON OUR WEBSITE. IF ANY CHANGES IN TIME OR LOCATION OCCUR, THEY WILL BE NOTED THERE.**
- REMINDER THAT ACTIVITIES REGISTRATIONS MUST BE COMPLETE BEFORE MARCH 30th!
- REMINDER THAT A CURRENT PHYSICAL MUST BE ON FILE WITH THE ACTIVITIES OFFICE.
- WE STRONGLY ENCOURAGE AND RECOMMEND THAT ALL 8th GRADERS WHO ARE STILL AGE ELIGIBLE FOR U14 ATTEND THE WOODBURY UNITED PLAYER EVALUATIONS. MORE INFORMATION IS AVAILABLE AT WWW.WOODBURYUNITEDLAX.COM
- 8th GRADE STUDENTS MUST BE ENROLLED AT A FEEDER SCHOOL, LAKE MIDDLE, WOODBURY MIDDLE OR POTENTIALLY OLTMAN/CGMS. ANY QUESTIONS ON ELIGIBILITY CAN BE ANSWERED BY THE WHS ACTIVITIES OFFICE.

ADDITIONAL TRYOUT INFORMATION

- ALL PLAYERS ARE EXPECTED TO HAVE THEIR OWN EQUIPMENT (HELMETS, MOUTHGUARDS, STICKS, SHOULDER PADS, ARM GUARDS, GLOVES, CLEATS, ETC)
- HELMETS (BLACK CASCADE S - REQUIRED FOR JV AND VARSITY) OTHER HELMET COLORS ARE OKAY FOR THE 9th GRADE TEAM.
- PLAYERS WILL BE EVALUATED BASED ON LACROSSE FUNDAMENTALS (CATCHING, THROWING, SHOOTING, PASSING, ETC), ATHLETIC ABILITY (SPEED, STRENGTH & ENDURANCE), FIELD AWARENESS AND LACROSSE IQ, EFFORT AND OTHER INTANGIBLES.
- ALL PLAYERS WILL BE GIVEN A FAIR OPPORTUNITY TO MAKE TEAMS.
- EACH PLAYER WILL MEET WITH THE COACHING STAFF TO LEARN WHAT TEAM HE MADE AND WILL BE GIVEN AN ASSESSMENT OF THEIR TRYOUT. THIS WILL HAPPEN ON THE THIRD DAY OF TRYOUTS, NEAR THE END OF THE TRYOUT SESSION.



2020 ROYALS HELMETS


- EVERY 3 YEARS OUR PROGRAM REQUIRES NEW HELMETS. THIS IS ONE OF THOSE YEARS.
- WE ARE MOVING FROM THE CASCADE-R (WHITE HELMETS) TO THE NEW CASCADE-S (BLACK HELMETS)
- THIS IS DONE FOR SAFETY REASONS AND TO MAKE IT EASILY IDENTIFIABLE FOR US THAT PLAYERS DO HAVE NEW HELMETS.

DISCOUNT CODE: WHBHG20



- THESE HELMETS ARE AVAILABLE TO PURCHASE ON THE TEAM STORE AT EAST SIDE LACROSSE. THERE IS A DISCOUNT CODE AVAILABLE TO BRING THE COST DOWN. THE BOOSTER CLUB WILL ALSO BE PURCHASING 12 EXTRA HELMETS TO BE SOLD ON A FIRST-COME, FIRST-SERVED BASIS.

TEAM FORMATION

- **VARSITY:** 20-23 PLAYERS
 - **JUNIOR VARSITY:** 20-23 PLAYERS
 - **9th GRADE TEAM:** 18-22 PLAYERS
 - SLIGHT CHANGE TO THE PREP TEAMS THIS YEAR IN DISTRICT 833.
 - NOW KNOWN AS OR REFERRED TO AS, “9th GRADE TEAM”.
 - ONLY 9th and 8th GRADE STUDENT ATHLETES ARE ELIGIBLE.
 - **PLAYER MOVEMENT:** WE DO OUR BEST TO PLACE PLAYERS ACCURATELY AT TRYOUTS, HOWEVER, THE TEAM YOU START ON MAY NOT BE THE TEAM YOU END THE SEASON WITH.
 - WE GENERAL HAVE ABOUT 3-5 PLAYERS THAT SWING BETWEEN JV AND VARSITY. PER MSHSL RULES, A STUDENT ATHLETE MAY PLAY UP TO 6 QUARTERS OF LACROSSE PER GAME DAY.
 - THESE NUMBERS & TEAMS WILL FLUCTUATE DEPENDING ON HOW MANY BOYS REGISTER TO PLAY.
- 

PRACTICE INFORMATION

- PRACTICE TIMES: 5:30-7:15 OR 7:15-9:00 ON A TWO WEEK ALTERNATING SCHEDULE.
 - ALL TIMES WILL BE (IF THEY'RE NOT ALREADY) POSTED ON THE ROYALSLACROSSE.COM WEBSITE.
- LOCATIONS: WHS STADIUM, WOODLANE FIELD OR WHS ACTIVITIES CENTER.
- VARSITY LOCKER ROOM: UNDER THE EAST BLEACHERS IN THE STADIUM.
- JUNIOR VARSITY/9TH GRADE TEAM LOCKER ROOMS: MAIN LOCKER ROOM IN WHS.
- **PLAYERS ARE EXPECTED TO ARRIVE EARLY ENOUGH TO BE DRESSED AND READY 20 MINUTES PRIOR TO THE START OF PRACTICE!**

TEAM APPAREL ORDER

- EACH SEASON THE BOOSTER CLUB ORGANIZES A ROYALS LACROSSE APPAREL ORDER.
- EAST SIDE LACROSSE IS THE VENDOR HANDLING THE ORDER.
- ORDERING THIS APPAREL IS OPTIONAL AND NOT REQUIRED.
 - OUR RECOMMENDED APPAREL ITEMS ARE HIGHLIGHTED IN THE TEAM STORE.
- **THE TEAM STORE IS CURRENTLY OPEN AND WILL CLOSE ON SUNDAY FEBRUARY 9th. ALL ORDERS MUST BE PLACED DURING THIS TIME.**
 - LEAD TIME IS 4-6 WEEKS, SO APPAREL SHOULD ARRIVE JUST IN TIME FOR THE START OF THE SEASON.
 - APPAREL WILL BE SHIPPED DIRECTLY TO HOMES OR CAN BE PICKED UP AT EAST SIDE LACROSSE.

DISCOUNT CODE: WHBHG20


<http://eslacrosse.com/shop/shop-online-team-stores/#!/Woodbury-HS-Boys-Store-closes-2-9/c/24716052>

A decorative graphic in the top-left corner consisting of several overlapping teal-colored triangles of varying shades, pointing towards the center of the page.


PLAYER EXPECTATIONS

- THESE EXPECTATIONS WILL BE DISCUSSED IN DETAIL WITH THE PLAYERS AT A PLAYERS/COACHES MEETING THE WEEK OF MARCH 23rd.
- FOLLOW MSHSL AND WHS RULES PROHIBITING THE USE OF DRUGS, ALCOHOL AND TOBACCO FOR THE ENTIRE YEAR.
- MAINTAIN GOOD ACADEMIC STANDING, 2.0 GPA OR HIGHER. THE ACTIVITIES OFFICE WILL BE PROACTIVE IN NOTIFYING THE COACHING STAFF IF A PLAYER IS FALLING BEHIND IN THIS ASPECT.
- BE RESPECTFUL OF OTHERS.
- BE RESPECTFUL OF SCHOOL AND TEAM PROPERTY.
- BE ON TIME FOR EVERYTHING.
- BE RESPONSIBLE AND ACCOUNTABLE.
- BE TEAM CONSCIOUS IN ALL OF YOUR DECISIONS.
- PRIORITIZE YOUR COMMITMENT AS A LACROSSE PLAYER. SCHOOL, FAMILY AND RELIGIOUS COMMITMENTS COME FIRST, LACROSSE SECOND.
- FAILURE TO FOLLOW THESE EXPECTATIONS CAN AND WILL RESULT IN A LOSS OF PLAYING TIME OR POTENTIAL DISMISSAL FROM THE TEAM.


RIGHTS OF THE PARENTS

- TO KNOW THE GUIDELINES AND EXPECTATIONS OF YOUR SON AS A MEMBER OF HIS TEAM.
 - TO KNOW THE PROCESS USED TO SELECT PLAYERS FOR OUR TEAMS.
 - TO ATTEND YOUR SON'S GAMES WITHOUT DISTRACTING THE PROCESS.
 - TO DISCUSS PERSONAL, SOCIAL AND ACADEMIC ISSUES REGARDING YOUR SON WITH THE COACHES AT ANY TIME.
 - TO DISCUSS LACROSSE RELATED CONCERNS WITH THE COACHING STAFF **24 HOURS** AFTER A GAME OR PRACTICE.
 - TO KNOW THE CHAIN OF COMMUNICATION TO DISCUSS ANY OTHER ISSUES. (SON, COACH, ACTIVITIES DIRECTOR, PRINCIPAL)
- 

RESPONSIBILITIES OF THE PARENTS

- 
- TO PROVIDE A POSITIVE HOME AND SOCIAL ENVIRONMENT.
 - TO DEAL PROPERLY WITH INJURIES.
 - TO BALANCE FAMILY COMMITMENTS WITH YOUR SON'S TEAM COMMITMENTS.
 - TO SUPPORT THE ROYALS LACROSSE BOOSTER CLUB.
 - TO SUPPORT YOUR SON AND THE TEAM AND DEVELOP A HEALTHY PARENT/SON/PROGRAM RELATIONSHIP.
 - TO LET THE COACHES COACH.
 - TO UNDERSTAND THAT NO PARENTS ARE ALLOWED ON THE FIELD OR IN THE LOCKER ROOM BEFORE, DURING OR AFTER GAMES OR PRACTICES UNLESS YOU ARE VOLUNTEERING FOR GAME DAY ACTIVITIES.
 - IF YOU HAVE QUESTIONS ABOUT ANYTHING LACROSSE RELATED, **ASK YOUR SON FIRST!** IF YOU HAVE THE NEED TO DISCUSS ANYTHING FURTHER WITH A MEMBER OF THE COACHING STAFF, PLEASE ALLOW AT LEAST **24 HOURS** BEFORE DOING SO.
 - TO DISCUSS PERSONAL, SOCIAL AND ACADEMIC ISSUES THAT MAY AFFECT THE WAY THE COACHING STAFF WORKS WITH YOUR SON.
 - TO LEARN THE RULES AND BASICS OF LACROSSE, IT WILL MAKE THE GAMES THAT MUCH MORE ENJOYABLE TO WATCH!

VOLUNTEER EXPECTATIONS

- PARENT VOLUNTEERS ARE VITAL TO PROGRAM SUCCESS!
 - GAME DAY VOLUNTEERS ARE NEEDED FOR ALL HOME GAMES.
 - SCORE TABLE, VIDEOGRAPHER, CONCESSIONS, TICKET BOOTH, ETC
 - TEAM DINNER VOLUNTEERS
 - FUNDRAISING VOLUNTEERS
 - SPECIAL EVENT COORDINATORS
 - SENIOR NIGHT, STAFF APPRECIATION NIGHT, TEAM BANQUET, TOURNAMENTS
 - ALL FAMILIES ARE REQUIRED TO VOLUNTEER
 - **WE WILL BE SENDING OUT A LINK TO SIGNUPGENIUS IMMEDIATELY AFTER TEAM FORMATION. THE LINK WILL BE AVAILABLE FOR 48 HOURS FOR FAMILIES TO SELECT PREFERRED DAYS/HOURS. FAMILIES WHO DO NOT SIGN UP FOR THE MINIMUM REQUIREMENT WILL BE ASSIGNED POSITIONS THEREAFTER.**
 - IF YOU ARE UNABLE TO FULFILL YOUR ASSIGNED SHIFT, IT IS YOUR RESPONSIBILITY TO FIND A REPLACEMENT AND ALERT THE COORDINATOR OF THE CHANGE.
- 




TEAM DINNERS

- TEAM DINNERS ARE A GREAT ROYALS LACROSSE TRADITION!
- TEAM DINNERS CURRENTLY SCHEDULED FOR:
 - APRIL 23rd
 - APRIL 30th
 - MAY 14th
 - MAY 21st
 - FINAL TEAM DINNER DATE TBD (SECTION PLAYOFFS)
- **ALL FAMILIES ARE EXPECTED TO SUPPORT THE TEAM DINNERS.**
- A SPECIAL THANK YOU TO MICHELLE NEIBACHER and TRACIE SHANKLIN WHO BE COORDINATING TEAM DINNERS THIS YEAR!
- YOU WILL BE RECEIVING AN EMAIL AFTER TEAM FORMATION WITH YOUR TEAM DINNER ASSIGNMENTS, PLEASE WORK WITH OUR COORDINATORS IF CHANGES ARE NEEDED.

SPRING TRIP WEEKEND

- APRIL 3rd - APRIL 5th
- ALL **JUNIOR VARSITY** AND **VARSAITY** PLAYERS
 - IF WE HAVE ROOM FOR ADDITIONAL PLAYERS, IT WILL BE BY COACHING STAFF INVITE.
- GREAT OPPORTUNITY FOR TEAM BUILDING/CHEMISTRY
- LAST YEAR WE TOOK A TRIP TO MILWAUKEE, HAD JV/VARSITY SCRIMMAGES AND THEN ATTENDED THE MARQUETTE VS ST. JOHN'S D1 GAME.
 - WE ARE CURRENTLY WORKING ON PLANNING A SIMILAR EXPERIENCE FOR THIS SEASON.

KEY DATES

- **WEEK OF MARCH 23rd:** CONCUSSION BASELINE IMPACT TESTING AT WHS WITH ATHLETIC TRAINER. TESTS ARE GOOD FOR TWO YEARS.
 - WE WILL INFORM PLAYERS THAT NEED A BASELINE TEST!
 - **WEEK OF MARCH 23rd:** PLAYERS/COACHES ONLY MEETING (DATE FORTHCOMING)
 - **MARCH 29th:** FUNDRAISING BLITZ DAY, 3pm-7pm (PIZZA PROVIDED AFTER).
 - **MARCH 29th:** LOCKER ROOM CLEANUP & STADIUM PREP DAY, 10am.
 - **MARCH 30th:** FIRST DAY OF TRYOUTS
 - **MARCH 30th:** BOOSTER CLUB FEES ARE DUE
 - **APRIL 1st:** FINAL DAY OF TRYOUTS
 - **APRIL 2nd:** FIRST TEAM PRACTICES
 - **WEEK OF MARCH 30th:** APPAREL ORDERS SHOULD ARRIVE
 - **APRIL 3rd - 5th:** SPRING TRIP
 - **APRIL 18th:** FIRST GAME OF THE SEASON vs SIMLEY
- 

KEY DATES

- **MAY 13th:** STAFF APPRECIATION NIGHT - GAME VS EAST RIDGE
- **MAY 20th:** SENIOR NIGHT - GAME VS MOUNDS VIEW
- **MAY 21st:** FINAL REGULAR SEASON GAME
- **MAY 27th:** START SECTION 3 PLAYOFFS
- **JUNE 9th-13th:** MSHSL STATE TOURNAMENT
- **MID JUNE:** END OF SEASON - ALL TEAM BANQUET
- **ALL INFORMATION AND DATES WILL BE AVAILABLE ON THE ROYALSLACROSSE.COM CALENDAR.**
 - WWW.ROYALSLACROSSE.COM
 - YOU CAN SYNCHRONIZE THIS CALENDAR WITH YOUR PERSONAL CALENDAR

CONFERENCE SCHEDULE

- **WEDNESDAY - 4/22/2020 - WHITE BEAR LAKE (HOME) - 7:00pm**
- FRIDAY - 4/24/2020 - CRETIN-DERHAM HALL (AWAY) - 7:00pm
- WEDNESDAY - 4/29/2020 - IRONDALE (AWAY) - 7:00pm
- **FRIDAY - 5/1/2020 - ROSEVILLE (HOME) - 7:00pm**
- WEDNESDAY - 5/6/2020 - FOREST LAKE (AWAY) - 7:00pm
- FRIDAY - 5/8/2020 - PARK (AWAY) - 7:00pm
- **WEDNESDAY - 5/13/2020 - EAST RIDGE (HOME) - 7:00pm**
- FRIDAY - 5/15/2020 - STILLWATER (AWAY) - 7:00pm
- **WEDNESDAY - 5/20/2020 - MOUNDS VIEW (HOME) - 7:00pm**

NON-CONFERENCE SCHEDULE

- **SATURDAY - 4/18/2020 - SIMLEY (HOME) - 12:00pm**
- MONDAY - 5/11/2020 - HASTINGS (AWAY) - 7:00pm
- MONDAY - 5/18/2020 - EDEN PRAIRIE (AWAY) 7:00pm
- SATURDAY - 5/23/2020 - DULUTH (AWAY) - 12:00pm

WWW.SUBURBANEAST.ORG

GAME SCHEDULE



IMPORTANT LINKS

- COACH WORWA'S CONTACT INFORMATION

- JLWORWA@GMAIL.COM

- 651.248.8199

- COACH OKADA'S CONTACT INFORMATION

- MCOKADA@COMCAST.NET

- 651.200.7829

- BOOSTER CLUB CONTACT INFORMATION

- INFO@ROYALSLACROSSE.COM

- WHS ACTIVITIES PAGE

- WWW.WHSACTIVITIES.ORG

- MINNESOTA LACROSSE HUB

- WWW.MNLAXHUB.COM

- SUBURBAN EAST CONFERENCE

- WWW.SUBURBANEAST.ORG

- TEAM WEBSITE

- WWW.ROYALSLACROSSE.COM



THANK YOU & LET'S HAVE A GREAT SEASON!!

