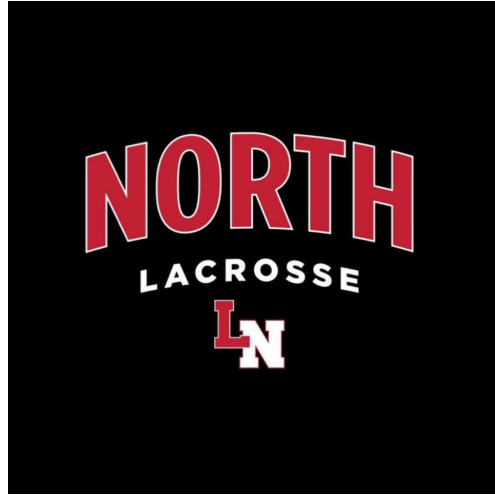


Please scan the QR Code and Complete the Form





2024 season

Lakeville North Leadership

Coach Staff

Becky Genzler - Head Coach
Mikala Jansen - Pt. Team
Assistant

Captains

Izzy Bohlman
Leah Hahs
Alivia Keske
Kayla Ross



Meet your 2023/2024 Captains!!

Izzy Bohlman - Senior (612) 283-8052

Leah Hahs - Senior (612) 986-1249

Alivia Keske - Junior (612) 345-1940

Kayla Ross - Senior (612) 475-5070

**Roles and Expectations



Board Positions

The goal of the LNHS Girls Lacrosse Booster Club is to provide off-season development opportunities and support the coaching staff to ensure the program is enjoyable and successful for years to come.

2024 Board Positions

President	Tami Ross
Communications	Tina Wagenbach Sara Wilson
Treasurer	Chris Kennedy
Fundraising	*Open
Events Coordinator	*Open
<ul style="list-style-type: none">● Fundraising: Manage fundraisers & plan restaurant nights● Events Coordinator: Youth/Senior Nights, Try-It Event, Teacher Appreciation	

2024 Non-Position Support

Jessica Kennedy

Non-Position Help Needed

- Attend meetings
- Assist with fundraising events
- Help with sponsorship blitz
- Share feedback/ideas
- JV Involvement

Equipment: *Let's talk about sticks*

Stick

Cleats

Mouthguard

Pinny (provided by the team)

Tennis Shoes

Clothes for all Weather Conditions

Braces, (if needed), pre-wrap/tape/blister bandaids



Equipment: *Let's talk helmets*

All lacrosse players are at risk for head trauma

Reasons to consider wearing a helmet:

- Head Injury Prevention
- Reduced Risk of Facial Injuries
- Added confidence to be more aggressive and assertive on the field
- The number of concussions you accrue can impact your ability to be recruited (for any sport)

The Board will cover the expense of the helmet and it will be owned by the team like a uniform. (issued at the start and turned in at the end of the season)

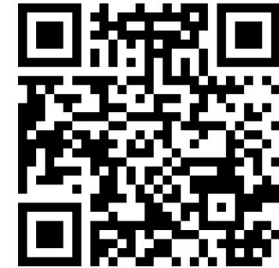
*option to purchase personal helmet



Women's Lacrosse Helmet



Boys Lacrosse Helmet - Red chrome finish for color reference



Parent & Player
INTEREST
SURVEY



Helmets are an optional form of equipment under U.S. Lacrosse, National Federation of State High School Associations



Captains Practices

- Wall ball sessions this fall
 - Captains will be in contact with days and times
- Dome Captains Practices
 - Coach Becky and Captains are working to secure dome time for this winter
 - Will mostly likely be 2 days a week until January and then 3 days a week

ETS

- October - December: ETS Strength and Conditioning sessions
 - \$150 a month
 - ETS South Metro Performance Center
- January - March: ETS Strength sessions at ETS and Conditioning in the Dome

Off Season Opportunities

- U18 Sunday Night Clinics
 - 2 Sundays left
 - South Stadium 6-7:30
- Chillax Winter League
 - Savage Dome
 - Nov 5th, 12th, 19th & 26th Dec. 3rd, 10th & 17th
 - [Link to Register](#)
- Shooting Clinic
 - North Dome
 - December 16th 10am-12pm
 - With College of Saint Benedict's Coach Crandall
- Captains Practices & ETS

Apparel Ordering

Open October 10th - 19th

- December delivery
- Order [HERE](#)

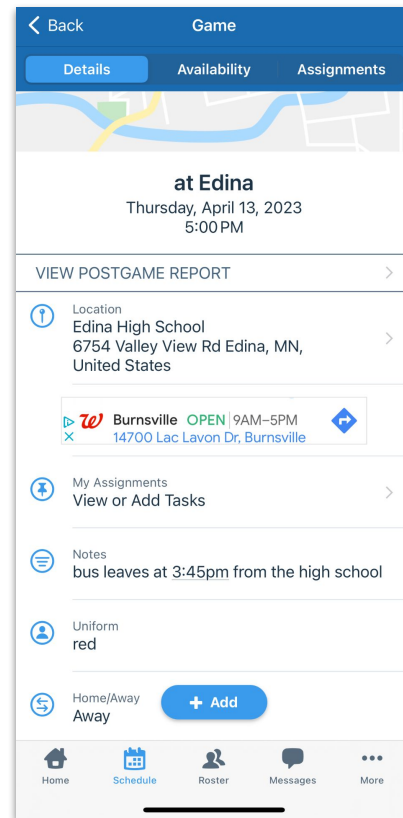
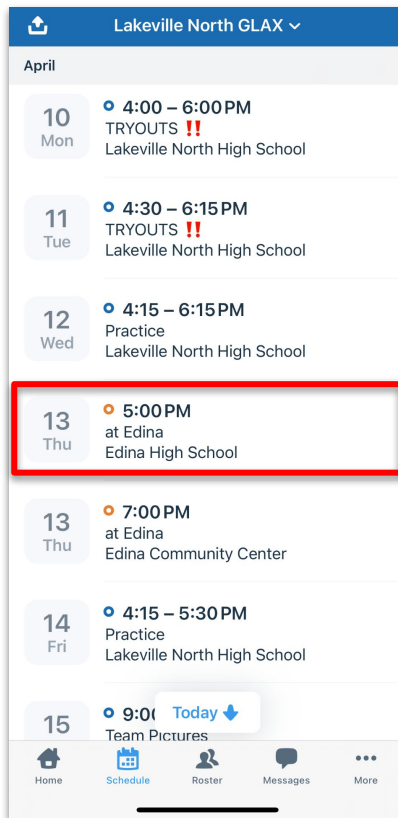
Player Requested

- Heather grey sweatpants & sweatshirts
- Black Shorts
- Red long and short sleeve shirts
- Baseball cap
- Custom Nike shoes (same as last year)
 - Ask Captains



Communication for Parents/Players

- TeamSnap will be used for:
 - Practice & game schedules
 - Last-minute changes
 - Link sent out after meeting
- GroupMe will be used for:
 - Communication from Captains
 - Quick group messages
 - Players join [HERE](#)
- Parents & Players will be emailed
 - Booster Club meeting & updates
 - Fundraising info & key dates



Follow Lakeville North Girls Lacrosse:



LNHSPanthers.com



Instagram.com/Inglax2023



Facebook.com/Inhsgirlslax



Twitter.com/Inglax

Finances: Booster Club vs LNHS

Booster Club covers:

- Coaching Staff for JV
- Off Season Training - Coaches
- Turf Time (out of season) - Dome
- Additional Equipment Needs
- Photographer
- State Tournament Fees
- Uniform Set (Home/Away)
- Senior gifts
- Specialty Nights - Senior & Youth
- Team posters
- Team meals

LNHS covers:

- 2 Coaches
- Transport To Games
- \$1k in equipment
 - Balls, nets
 - Goalie equip, cones, etc.
- \$2k in new jerseys
 - Every other year
- Referees for JV & Varsity



Finances: '23 Recap vs '24 Plan

2023 Fundraising Net Totals



Category	SUM of 2023 Actual	SUM of 2024 Plan
Booster Fees	\$12,821	\$14,400
Fundraising	\$18,600	\$12,800
Coach Expenses	(\$5,406)	(\$10,400)
Apparel	(\$572)	(\$3,000)
Equipment	(\$1,593)	(\$2,600)
Events	(\$3,161)	(\$5,500)
Media	(\$937)	(\$1,000)
	\$19,753	\$4,700

Finances: LNHS vs Program Costs

- \$400/player for 2024 season
 - Program cost scaled by fundraising efforts & expenses
 - 2023: \$600
 - 2022: \$600
- \$275/player paid prior to tryouts for LNHS sport
- \$100 refundable check for uniform return
- Reduce payment with Fundraising & Sponsorships
- *NEW* Venmo: @Lnhsglax
 - Format for Venmo comment
 - **Player Name: Event/Fundraiser Name**
 - Addyson Kennedy: Team Banquet
 - Josie Wilson: Butter Braids

Lakeville North Girls Lacrosse
@lnhsglax



Fundraising: Process

Team Events

- **Proceeds supplement *team* expenses**
- Restaurant Nights (planned)
 - B-52's
 - Better Half
 - Chipotle
 - Gary's Supper Club
 - Savoy's Pizza
 - Teresa's

Individual Events

- **Proceeds supplement *player* until \$400 Booster fee is covered**
- Any overage supports the Booster Club
 - Wooden Spoon Cookie Dough
 - Butter Braids
 - 99Pledges
 - Sponsorship Program



Fundraising: Cookie Dough

Key Dates

- Sell: 10/27/23 - 11/17/23
- Submit forms & payment by 11/18/23 to:
 - Addyson Kennedy (LNHS, 10th Grade)
 - Kennedy's, 16269 Hudson Ave, Lakeville
- Tentative Delivery: Friday, 12/7/23 @ 6pm
 - Kennedy House

Details

- Each package contains 40-1oz cookies
- Cost: \$18/unit
- 40% profit per unit (\$7.20)
- Local sales only
- Free delivery with +100 units as a group
- Delivery boxes labeled by seller

Cookie Dough Flavors

- Chocolate chip
- Confetti
- Oatmeal cranberry white chunk
- Peanut butter
- Snickerdoodle
- Triple chocolate
- White chocolate chunk w/macadamia nut

Wooden Spoon™
COOKIE DOUGH

READY to BAKE
YOU CAN BAKE A DIFFERENCE
ONE COOKIE AT A TIME!

40 pre-portioned cubes

Classic Chocolate Chip

woodenspooncookies.com

MORE DELICIOUS FLAVORS

Fundraising: Butter Braids

Key Dates

- Sell: 2/2/24 - 2/23/24
- Submit forms & payment by 2/24/24 to:
 - Addyson Kennedy (LNHS, 10th Grade)
 - Kennedy's, 16269 Hudson Ave, Lakeville
- Tentative Delivery: Friday, 3/8/24 @ 6pm
 - Kennedy House

Details

- Cost: \$15/unit
- 40% profit per unit (\$6)
- Local sales only
- Free delivery with +100 units as a group
- Delivery boxes labeled by seller

Butter Braid Options

- Apple
- Bavarian creme
- Blueberry & cream cheese
- Caramel rolls
- Cinnamon
- Cinnamon rolls
- Herb & cheese
- Raspberry
- Strawberry & cream cheese



Fundraising: 99Pledges

Key Dates

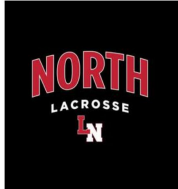
- Sell: 3/1/24 - 3/29/24
 - Electronic payment
- Lakeville spring break: 3/29-4/8

Details

- Individual fundraising event
- Each player receives personal page
- Track team performance online
- Welcome email from 99Pledges
 - Once contact info received
- No contracts or site fees
- Keep 97% of donations
- Share with friends & family

Lakeville North Girls Lacrosse Annual Fundraiser

Lakeville North High School Girls Lacrosse



\$655 raised Josie's Goal: \$600

THIS FUNDRAISER HAS ENDED

Help spread the word

[Facebook](#) [Twitter](#) [Email](#)

<https://app.99pledges.com/fund/LN-HSOLAX1991e>

Top Donations

- \$100** Jean Kraus *“ Have a great year!”*
- \$100** Lucinda Burchett
- \$60** Andrew Burchett
- \$60** Garrett Burchett
- \$60** AL Burchett *“ Go girl”*

[Show more](#)

Hi Family & Friends,

Thanks for visiting my page! I'm participating in my team's annual fundraiser to raise money for equipment, bus travel, field time, uniforms, and more. Donations will support me until I reach my goal, and then remaining dollars will go to my team.

Would you be willing to make a donation? Any consideration is appreciated.

Thank you so much!

About this fundraiser:
Our team is dedicated to giving players the opportunity to grow as athletes and professionals. Through fundraising, our girls learn to advertise, communicate effectively, network, and serve the community. The support & encouragement these girls receive from their families, coaches, friends, and community are truly appreciated.

We look forward to an amazing season and thanks again!

- Lakeville North High School Girls Lacrosse Booster Club

Your donations will help pay for:

- ➔ Equipment
- ➔ Bus Travel
- ➔ Field Time
- ➔ Uniforms

Group Standings

\$3,055 Default Group

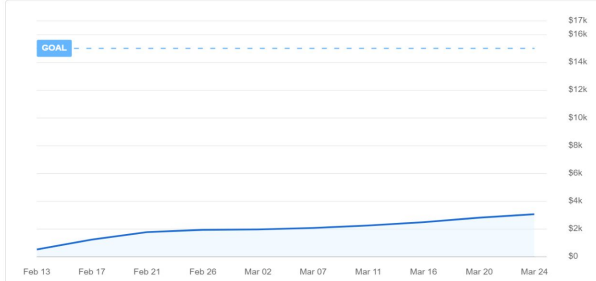
Overview | [Edit Details](#) | [Groups & Participants](#) | [Donations](#)

TOTAL RAISED
\$3,055 of \$15,000

PARTICIPATION RATE
28% 13 of 46

DAYS REMAINING
0 ends Mar 24th





Donations (All Time) Filter: All Time Cash, Cards, Paypal



Highlights

- \$3,055** Total donations
- 20%** Percent of goal
- \$76** Average dollars per day
- \$0** Dollars per day needed to hit goal
- 28%** Participation rate
- 13 of 46** Number of participants

Leaderboard Sort

-  **Josie Wilson** **\$ 655** 14 donations
-  **Taya Nelson** **\$ 600** 15 donations
-  **Alex Ward** **\$ 380** 6 donations
-  **Kristin Neary** **\$ 320** 6 donations

Fundraising: Sponsorship

Program Details

- Engage local businesses
- Great PR & community involvement
- Reduce Booster Club fee dependent on sponsorship sold
 - Panther \$300
 - Gold \$200
 - Silver \$150
 - Bronze \$100
- Payment: Venmo, Check, Cash
 - Checks payable to: Lakeville North Girls Lacrosse
 - Venmo: First & Last Name of Player - Sponsorship Level
- Deliver/Mail payment to Chris Kennedy - Treasurer

Key Dates

- Blitz: Tentatively - Thursday, 4/11 @ 5pm
- Meet: LNHS Lower Parking Lot
- Need: Parent volunteers to drive groups
- Dinner provided

Blitz Details

- 3-4 Players per group
- Each group will canvas local businesses
- Goal is for each group to get at least 1 sponsorship
- Team with most sponsorships wins Starbucks gift cards for each player in group



Sponsorship is offered in packages with varying levels of local exposure and promotion in addition to providing goodwill for your company within our growing lacrosse community.

\$1,500	\$750	\$500	\$250
PANTHER	GOLD	SILVER	BRONZE
Company logo and link on LNHS GLAX website	Company logo and link on LNHS GLAX website	Company logo and link on LNHS GLAX website	Company logo and link on LNHS GLAX website
Company logo on home game programs	Company logo on home game programs	Company logo on home game programs	Company logo on home game programs
3 Game Day shout outs on social media	2 Game Day shout outs on social media	1 Game Day shout out on social media	
Email blast to team families highlighting your business	Email blast to team families highlighting your business		
Business on scoreboard each home game			
Company announced over PA system each home game			



venmo

LNHSPanthers.com
 Instagram.com/Inglax2023
 Facebook.com/Inhsgirlslax
 Twitter.com/Inglax

Company: _____

Contact: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____

Sponsorship Level: PANTHER GOLD SILVER BRONZE

Payment: CASH VENMO - @LNHSGLAX CHECK - Lakeville North Girls Lacrosse

Send payment to: Chris Kennedy | 16269 Hudson Ave | Lakeville, MN 55044 | 651-387-0654 | LNHSGLAX@gmail.com

*LNHS Girls Lacrosse is a 501(c)(3) nonprofit organization (EIN 27-3154575). We appreciate your support in the continued success of our program.

Final Comments

- Open Board positions
- Deck and Sponsorship form emailed after meeting
- Next Parent Meeting
 - Monday, January 29, 2024
6pm - 7pm

Coach Becky's contact information: genz7014@isd194.org or 952-607-0527
Tami Ross' contact information: Tami.ross@adp.com or 612-600-1999

23-2024 Lacrosse Season Dates

- 10/27 Cookie Dough Fundraiser - ends on 11/17
- 12/16 Shooting Clinic with Coach Crandall from College of Saint Benedict
- 1/29 Lacrosse Parent Meeting
- 2/24 Butter Braids Fundraiser – ends on 2/23
- 3/1 99 Pledges Fundraiser ends on 3/29
- 4/11 5pm Sponsorship fundraising event for all players – LNHS lower parking lot

March:

- TBD Booster payments due – venmo or check (please advise)
 - TBD 9-noon Free Mouthguard clinic sponsored by Minnesota Orthodontics:16106 Pilot Knob Rd unit 120
- Bring consent form

April:

- 8th Tryouts – time TBD
- 9th Tryouts – Time TBD
- 13 1:30pm **Away** game @ Northfield
- TBD Team Pictures
- 16 5:45 pm **Away** game @ Mankato
- 17 Pre-game dinner hosted by Senior Parents
- 18 7pm **Home** game vs. Breck
- 23 TBD **Away** game @ AV/Burnsville
- 26 TBD **Home** game vs. Minnetonka
- 29 6pm Pre-game dinner hosted by Sophomore Parents
- 30 TBD **Home** game vs. Rosemount – **Teacher Appreciation** (Angie K lead)

May:

- 4 TBD **Away** game @Owatonna
- 7 TBD **Away** game @ Prior Lake
- 9 TBD **Away** game@ South - **Youth Night** (Jessica lead)
- 13 6 pm Pre-game dinner hosted by Junior Parents
- 14 TBD **Home** game vs Shakopee – **SENIOR NIGHT** (Angie K lead with Junior Parents)
- 15 Pre-game dinner hosted by Freshman & Middle School parents
- 16 TBD **Home** game vs Farmington
- 23 TBD **Home** game vs Edina

June:

- TBD Year End Banquet at Crystal Lake Golf Course