

RANGERS

L A C R O S S E

2024 Parent & Player Meeting





RANGERS
LACROSSE

FL Lacrosse Schedule

Schedule:

Sat, April 13th @WBL vs Hopkins

Wed, April 17th HOME vs. East Ridge

Fri, April 19th @Cretin Durham Hall

Wed, April 24th @Park

Fri, April 26th @WBL

Wed, May 1st HOME vs Mounds View

Fri, May 3rd @Woodbury

Mon, May 6th HOME vs Spring Lake Park- Youth night/Teacher Appreciation

Wed, May 8th HOME vs Stillwater

Fri, May 10th HOME vs Roseville

Wed, May 15th @Irondale

Thurs, May 16th @Grand Rapids

Wed, May 22nd HOME vs Chisago- Senior Night

The background features a grey central panel with a white border. It is decorated with stylized lacrosse sticks in yellow and orange, and abstract shapes in shades of red, orange, and yellow. A pink rectangular box is positioned at the top center of the grey panel.

Agenda

- Introductions
- Fundraising
- Gear/apparel
- Expectations
- Communication
- Calendar
- Lettering
- Q&A



Coaches

Varsity:

Noah Fleming
Jake Myhre

Junior Varsity:

Gene Hageman
Eli Studier
Chris Fritz

2024 Captains:

Zack Wuotila,
Carson Olson, and
Preston Waage



Booster Club

President- Karen Wuotila

Vice President - Amy Anderson

Secretary - Gretchen Mattson

Treasurer- Tanya Waage

Fundraising- Kristen Olson

Team Meals - Rachel Dreissig

Contact info: flboyslax@gmail.com

Fundraising/Volunteering Hours:

- Volunteering: families need to complete 4 shifts throughout the season
 - \$150 booster fee, \$200 volunteer check
- Not all shifts are created the same. Some may be longer than others
- Volunteering link: [signupgenius](#)
- Fundraising (Kristen Olson kristenjolson@hotmail.com.)
 - Kwik Trip Car Wash Cards
 - Raffle
 - Cornhole Tournament
 - Culvers

24' Season Gear
All players will need:

MNSHL Required gear

- Cascade XRS Helmet/Cascade S
- Certified Chest Protector
- Elbow Pads
- Gloves
- Protective Cup
- Mouth guard
- Proper turf cleats

Helmet*: Required for all new players, existing players must have the FL Cascade XRS/S helmet. The HS will not be providing helmets. Helmets can be purchased from ESLacrosse

24' Season Gear
All players will need:

Player Packs- **BSN Team Store**

-Nike Club Fleece Hoodie

(**Anthract Color**) \$59.99

-Nike Club Fleece Pant (**Black**

Color) \$52.99

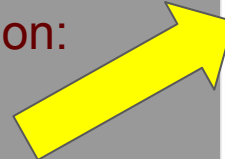
-Holloway Raider Softshell Jacket

\$91.99

OPTIONAL

Team Apparel for the season:

[Squadlocker Team Store](#)



Augusta Performance Fleece Jogger



\$58.75

✓ Express Production Available



Adidas Clima Tech Tee



\$31.45

✓ Express Production Available



Nike Club Fleece Pullover Hoodie



\$77.65

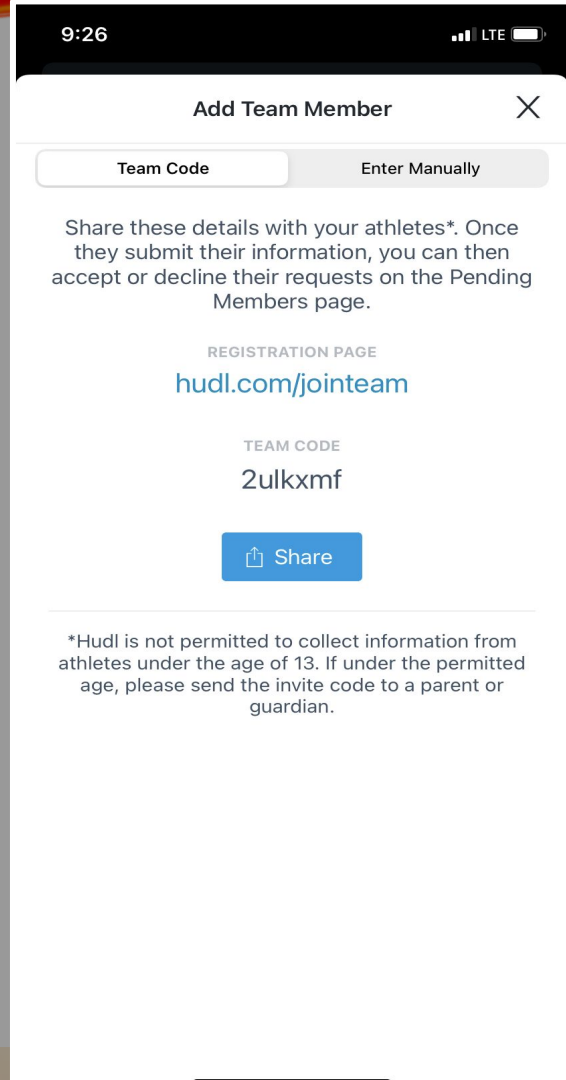
✓ Express Production Available

Communication

- Player communication through HUDL app
- Parent communication through weekly emails (make sure you've confirmed any email changes with the booster club)
- 24hr wait time before communication about individual situations, game play, or any other critiques/frustrations

nfleming@flschools.org

(612)432-2616



2024 Player Expectations

1. Represent Forest Lake Lacrosse on and off the field. The bar is set high this season for player conduct and commitment to the team.
2. Lacrosse is here. Plan for it. I expect players to be at every team event including practices and fundraisers. Life happens and if there's a conflict in the schedule I expect the player to reach out ahead of time as much as possible.
3. Sportsmanship- Players are expected to show respect for each other, coaches, refs, and the opposing teams.
4. Players are student athletes...they are students first. Players habits in the classroom often translate to their work ethic and habits on the field.
5. Give us coaches and teammates the maximum effort during practices and games.

Eligibility

Parent Player CODE OF CONDUCT - Website

Follow MSHSL, FLHS, FL Boys Lacrosse rules and regulations

FAILURE TO FOLLOW THE CODE OF CONDUCT

MSHSL

Typically 2 week or 2 games whatever is longer. Chemical - consumption and possession shall not at any time, regardless of the quantity, use or consume, have in possession a beverage containing alcohol or tobacco or have in possession, buy, sell or give away any controlled substance

Sexual/Racial/Religious Harassment or Violence

(annoying and inappropriate comments and or actions pertaining to sex, race and/or religion)

Hazing

committing an act against a student or coercing a student into committing an act that creates a substantial risk of harm to a person

Follow High School and State Eligibility Requirements and Violation Policies

Min 2.0

No Failing Grades

AD will notify the head coach

LETTERING

Varsity

- Attend Volunteer and fundraising events.
Attendance will be taken.
- Attend 2 youth practices or clinics
 - 8 Quarters of play time
- Make the sections roster

Tryouts: 4/1-4/2

Tryouts:

Bad weather/Turf still covered in snow = Practices in the Gym
6-8pm

OR

Turf gets cleared and weather permits = on the turf 4-6:15pm

Players will be evaluated and placed accordingly into Junior Varsity or Varsity teams. These placements are NOT final. Each spot is earned and players can move between the two teams.

Random announcements:


April 4th:

Picture day players need to be there at 3:30pm for jersey/apparel hand out

Senior parents need to fill out the google form sent out by Sarah Coleman

East vs West conference apparel for first game (see booster club) if you want to place an order

Looking for a family that would be willing to host a saturday or sunday “college lacrosse” team bonding event. Email me if interested.

The background features a grey gradient with two lacrosse sticks in yellow and orange, positioned diagonally. A large, stylized letter 'T' is centered, filled with a light purple color and outlined in yellow. The text 'Q & A' is overlaid on the 'T' in a dark red, bold, sans-serif font.

Q & A