

WELCOME

Parents and Players to the 2023 Youth LAX SEASON!



**Lacrosse continues to be one of
the fastest growing sports in the US!**

“Lacrosse is characterized by intense action, strategy, finesse, and power. It is a game with long, looping passes and short bullet-like shots. Players are to catch a pass over the shoulder while running at full stride, to hit the top corner of the net while in full flight, or to stop a shot aimed low through a maze of players. This requires a range of skills unsurpassed in any other sport. The nature of the game makes it a great spectator sport.”

BIG NEWS!

- Youth Program is NOW Kindergarten - 8th Grade
- SLHS Level is OFFICIALLY a School Funded Sport



RECORD YEAR!

- Largest number of K-8th Registrations
- Highest number of Volunteers - Thank You!

14 LAKER TEAMS

240+ YOUTH LAKER LAXERS = ONE GOAL

DEVELOPMENT OF OUR ATHLETES AT
ALL AGES AND LEVELS

WHO WE ARE



Volunteer-Based Club Program

Our goal is to tenure board members to incorporate new ideas and keep the program moving forward in all areas.



Board Members Directors, Coordinators & Trustees

President - Karianne Isard

Vice President - Joseph Van Harken

Secretary - Jessica O'Donnell

Treasurer - Nate Gates

Communications Director - Sarah Taylor

Secretary Trst - Renee Tracey

Treasurer Trst - Kyle Edwards

Comms/Sponsorship Trst - Jen Brewster

Girls' Youth Director - Melissa Sieracki

Boys' Youth Director - Ryan Jaeger

Girls' Coaching Director - Sarah Emmorey

Boys' Coaching Director - John Heritage

Equipment Coordinator - Trevor Johnson

Girls' Youth Director Trst - Amber Bolhuis

Trustee - Jack Jenerou

WHO WE ARE (cont'd)



100% Self-funded: What is the money being used for?

- Tournament fees, League Dues, Insurance, Referees, Coach Compensation, Field Prep, Facility Rental Fees, Pinnies/Uniforms, Goals/Nets, Lacrosse Balls
- Registration dues do not cover the full annual budget
- Donors/sponsors are vital to help address meeting the annual financial need



Why register early?

Planning schedules, coaching assignments, equipment and uniform needs take time to develop and registration numbers are the main driver to address the true needs of the program.



Community Partnership:

- Outstanding Parent and Volunteer Base
- Good Working Relationship with SLPS Athletic Director
- Legacy Athletes Giving Back (coaching/networking)

OUR PLEDGE



- To foster a competitive, premier player development program
- To provide an organized, safe, fun and memorable experience
- To teach fundamental skills, sportsmanship and good character
- To prepare athletes for immediate success in High School
- To promote, stimulate, and grow public interest and understanding
- To “Honor the Game”

Live, Learn, Love Laker LAX!

Sarah Emmorey - Girls' Youth Coaching Director *First point of contact for any questions/concerns
Melissa Sieracki - Girls' Youth Program Director
Amber Bolhuis - Girls' Youth Program Director

2023 West Michigan Girls' Leagues

17 Teams

5 weeks x 2 games a week

2 Tournaments

May 20th Queen of the Hill - Forest Hills Central

June 3rd/4th Cranbrook Lax Jam - Bloomfield Hills

- Rockford
- East Grand Rapids
- Caledonia
- Forest Hills North/East
- Forest Hills Central
- Northview
- Catholic
- Jenison
- Grand Haven
- Zeeland
- Southside(Muskegon)
- West Ottawa
- Holland Christian
- Byron Center
- Hudsonville
- Lowell
- Grandville

K-8th Grade Girls' Information

Girls 7/8

~ 2 teams

Red Team & Grey Team

~ Practice starts 3/13

~ Team Evals 1st week

~ Practices Mon-Thurs
until games begin, then
Mon/Wed

- Middle or High school
- Time - TBD

~ Games begin 4/28*

~ Games Tue/Thurs Night
- 7:15 pm

~ 2 Tournaments

Girls 5/6

~ 2 teams

Red Team & Grey Team

~ Practice starts 3/13

~ Team Evals 2nd week

~ Practices Mon-Thurs
until games begin, then
Mon/Wed

- Middle or High school
- Time - TBD

~ Games begin 4/28*

~ Games Tue/Thurs
Night - 6:15 pm

~ 2 Tournaments

Girls 3/4

~ 2 teams

Red Team & Grey Team

~ Practice starts 3/21

~ Practices Tue-Thurs
until games begin

- Middle or High school
- Time- 5-6 pm

~ Games begin 4/28*

~ Games Tue/Thurs
Night- 5:30 pm

~ 1-2 Tournaments

Girls K-2(starts after Spring Break)

~ 1 Red Team

~ Practice starts 4/10

~ Practices Mon & Wed

- Middle or High school
- Time - 6-7 pm

~ 1-2 Games*

~ 1-2 Tournament

*Schedule will not be released until end of March and is subject to change.

**The Middle School shed can be used to store equipment overnight for practices that are held right after school.

***NO Busing for Club Sports.

K-8th Grade Girls' Coaches

Girls 7/8

Head Coaches:

Jason Fogel

Asst. Coaches:

Kyle Edwards
Phil Bennett

Girls 5/6

Head Coaches:

Steve Bolhuis
Tabatha Barber-Duell

Asst. Coaches:

Mike Herrema
Andrew Deboer
Justin Drooger

Girls 3/4

Head Coaches:

Sarah Emmorey
Chris Michner

Asst Coaches:

Hannah Rizor
Archana Patel
Nic Brown

Girls K-2

Head Coach:

Chris Michner

Asst Coach:

Sarah Emmorey

USA Youth Lacrosse Rules and Guidelines:

<https://www.usalacrosse.com/sites/default/files/documents/Games/2023-Girls-Youth-Rules-Comparison.pdf>

TeamSnap Helpful Hints



- **Download** TeamSnap App before you leave tonight!
- **Login** to your profile to:
 - Set notifications to receive team emails and chat messages
 - Add Family Members to an athlete's profile
- **Check out** "Getting Started Guide" for additional helpful hints
- **Use web** platform for troubleshooting - <https://www.teamsnap.com/>
 - 24/7 Access to TeamSnap Support Team for specific questions/issues



Please use for all team communication!



Girls' Mandatory Equipment

(handout provided at meeting)

- Handout Provided with Details
- Girls' Stick - There is a difference in Boys' and Girls' sticks.
- Goggles OR Girl's Helmet
- MouthGuard - No White or Clear
- Cleats - Soccer or Lacrosse
(no softball or metal spikes)
- Uniforms will be handed out at practice.
(K-2 will receive pinnies to keep.)

Stick -

Advanced player: STX Crux, STX Exult, Epoch Dragonfly, Brine Dynasty, etc.

Beginner player: really any stick will do just fine.

Just ensure it is not a boy's stick - boy's stick will have deeper pocket and deeper sidewall

Goggles -

Try a few pairs on, these are fit specific

Optional Helmet -

Will use either headgear or goggles, not both

Cascade LX helmet

Mouthguard -

Any mouthguard is fine - cannot be white or clear

Cleats -

Soccer or lacrosse cleats are best;
NO METAL SPIKES ALLOWED

Apparel (weather dependent):

Shorts, T-shirt, Long Sleeve T-shirt,
Sweatshirt,
Sweatpants, Socks

Compression shorts/Pants (under skirt)
BLACK Clothing under Uniforms on Game Days

Donations and New Equipment Sales



- Spring Lake Lacrosse Public Group Facebook Sales
 - Buy and sell used equipment
- Check out “free table” with used equipment!
- SL Lax Merch Swag Table - Yard Signs, Stickers, Umbrellas

Trophy House Swag Shop Open Now!!!

<https://trophyhousebrands.chipply.com/sllax>



Basic Skills for Season Prep



- **Wall Ball** - use the SL Youth Lacrosse Wall located behind Spring Lake Intermediate/Middle School
<https://www.everettlacrosseclub.org/wall-ball>
- **Cradling, Catching, and Throwing** -
<https://beginnerlacrosse.com/cradling>
<https://springlakelax.teamsnapsites.com/girlslaxvideos/>
- **Visit the SLHS Lacrosse Field to Shoot on Goal and Run** - gate is always open and remember to leave the field in better shape than when you arrived!

WE NEED YOUR HELP...

the SL Lacrosse program does
not thrive without YOUR help!

We are Looking for:

- **7th/8th Grade Girls' Coaches**
- **Field Prep Help from a Team who enjoys being outside**
- **Team Managers** - once teams are assigned
- **Game Day Volunteers for Scoreboard and Stats**

Please send a TeamSnap chat message to your coach if interested or
click/san QR.



(Click or Scan QR)

Thank You to Our 2023 Sponsors!!!

Faceoff Sponsor



Laker Friends and Family

The Ireland Family
The Bolhuis Family
The Lukas Family
The Maloney Family
The Kuipers Family
The Hunt Family
The Kennedy Family
The Wheeler Family

The Westhoff Family
The Arends Family
The Marine Family
The Groeneveld Family
The Holden Family
The Lukas Family
The Zettel Family

Make a Donation

The Tracey Family
The Curtis Family
The Zettel Family
Laker Storage Locker
Port City Pediatrics
Stan's Bar

Sponsor A Lax Laker In Need

The Doss Family
The Vickers Family
The King Family
The Heritage Family
The Richardson Family
The Zettel Family

2023 SPONSORSHIP LEVELS

Elite Partner: \$3,500

Benefits Include:

- Name or logo on individual 4x6 banner at the lacrosse field for the 2023 season. Leading location of company logo on signage and social media and recognition plaque.

Top Goal Partner: \$500

Benefits Include:

- Name or logo on individual 2x3 banner at lacrosse field for the 2023 season. Recognition of name and logo in 2023 website and social media.

Faceoff Partner: \$1,500

Benefits Include:

- Name or logo on individual 3x5 banner at lacrosse field for the 2023 season and recognition plaque. Logo on lacrosse website and social media.

Laker Friends & Family Partner: \$100

Benefits Include:

- Recognition of name and logo in 2023 website and social media.

2023 SPONSORSHIP LEVELS (cont'd)

Sponsor a LAX Laker in Need OR Make a Donation

Benefits Include:

- A Laker Lax player in need will benefit from your sponsorship. Making a donation of some kind to our program will help in many different ways. It is a great way to give back to our community. Your name will also appear on our social media pages and website.

Tournament T-Shirt Partner- (shirts to be provided by supplier of sponsor choice)

Do you or someone you know make T-Shirts? This level is for you!

Benefits include:

- Recognition of name and logo on 2023 t-shirt design. Recognition on social media and lacrosse website.

For Business or Family Sponsorship and Volunteer Opportunities please contact:
Jen Brewster at Jenbrewster97@yahoo.com or 231-220-3045
Karianne Isard at isardkarianne@gmail.com or at 248-767-6709

Checks Payable to Spring Lake Lacrosse or Online Payment <https://go.teamsnap.com/forms/340052>

LAX Youth Family Fundraiser at Stan's!

- Join us Sunday, March 12th from 1PM - 4PM *Cash Only!
- \$20 per person (Children Welcome)
Entry fee provides a goody bag with:
 - A Free Drink Token
 - Lacrosse Sticker
 - One Ticket to Play Lax Toss (Bag Toss) for a Prize!
- Funds raised go toward this season's expenses like tents, scoreboards, and more!
- 4 Gift Bags to be Ruffled Off!
 - 2 items at 2PM
 - 2 items at 3PM
- \$6,478 raised last year (Youth & HS combined)
- This year's goal is \$5,000! (Youth Only)



Many thanks to our donors and sponsors for your support!

Follow us!!! Like us!!!

Website:

<https://SpringLakeLax.org>

Facebook Page:

[springlakelax](https://www.facebook.com/springlakelax)

Facebook Spring Lake Lacrosse Public Group:

[Post pictures & items to sell here!](#)

Instagram:

[@sllakerlax](https://www.instagram.com/sllakerlax)

Let's have a safe, successful season and represent our community with integrity and good sportsmanship!

THANK YOU!

THINK SPRING!

THINK LAKER LAX!!

Any Questions please email us at sllakerlax@gmail.com