

WELCOME

Parents and Players to the 2024 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.”

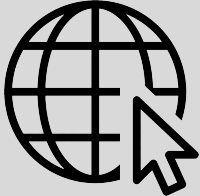
OUR PLEDGE

- 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!

FOLLOW / LIKE US!



WHO WE ARE

14 LAKER TEAMS
220+ YOUTH LAKER LAXERS
*Largest LAX Program in the State!



- **Volunteer-Based Program**

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

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

- Tournament fees, League Dues, Insurance, Referees, Coach Compensation, Field Prep, Facility Rental Fees, Pinnies, 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

- **Community Partnership:**

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

WHO WE ARE (cont'd)

Board Members



Executive Board

President - Karianne Isard

VP/Tech Director - Joseph Van Harken

Secretary - Jen Crosswait

Treasurer - Kyle Edwards

Comms Director - Sarah Taylor

Program Directors

Girls' Youth Director - Amber Bolhuis

Boys' Youth Director - Ryan Jaeger

Girls' Coaching Director - Sarah Emmorey

Boys' Coaching Director - John Heritage

Trustees

Secretary Trst - Randee Tidswell

Treasurer Trst - Jason Smith

Committee Trust Member- Nate Crosswait

Committee Trust Member- Patrick Lamppa

Committee Trust Member- Chris Martinez

Fundraising/Sponsorship- Jen Brewster

WHO WE ARE (cont'd)

WE NEED YOUR HELP...



**SL Lax program does NOT thrive
without YOUR help!**

- **Field Prep**
- **Team Managers** (once teams are assigned)
- **Game Day Volunteers for Scoreboard and Stats**



FORM

Please contact your coach via TeamSnap or complete volunteer form, click or scan QR code

(Click or Scan QR)

THANKS 2023 SPONSORS!!!



Faceoff Sponsor



Scholarships

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

Laker Friends & 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

THANKS 2024 EARLY SPONSORS!!!



Elite

**YOUR LOGO
HERE**

Faceoff Sponsor

CORE
REALTY PARTNERS

Top Goal
**YOUR LOGO
HERE**

Laker Friends & Family

The Barber / Duell Family
The Joshi Family
The Cherney Family
The Smith Family
The Lamppa Family
The Gillish Family

**Scholarship /
Make-A-Donation**

The Devasconcellos Family
The Richardson Family
The Johnston Family
The Alderink Family

CONTACT

sponsor@springlakelax.org

Jen B: (231)220-3045
Karianne I: (248)767-6709

2024 SPONSORSHIP LEVELS

ELITE: \$2,500

- Name or logo on individual 4x6 banner at the lacrosse field for the 2024 season
- Leading location of company logo on signage and social media

FACEOFF: \$1,500

- Name or logo on individual 3x5 banner at lacrosse field for the 2024 season
- Logo on lacrosse website and social media

TOP GOAL: \$500

- Name or logo on individual 2x3 banner at lacrosse field for the 2024 season
- Logo on lacrosse website and social media

FRIENDS & FAMILY: \$200

- Name on lacrosse website and social media

SCHOLARSHIP / MAKE-A-DONATION: \$Donor Choice

- A Laker Lax player in need will benefit from your sponsorship
- It is a great way to give back to our community
- Name on lacrosse website and social media

Tournament T-Shirt: \$Contact Us

- Do you or someone you know make T-Shirts? This level is for you!
- Shirts provided by supplier of sponsor choice
- Name and logo on 2024 tourney t-shirt designs
- Logo on lacrosse website and social media



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PAYMENT



(Click or Scan QR)

2024 STAN'S BAR FUNDRAISER



3rd Annual Lacrosse Fundraiser

STAN'S BAR

LACROSSE SPRING LAKE, MI

Sunday, March 3rd 1pm – 4pm

\$20/ person (CASH ONLY)

- Free drink token
- Lacrosse Magnet per household
- Ticket to play Lax Toss for a chance to win a prize!
- Additional Prizes to be raffled off

COME & SUPPORT YOUR YOUTH LAKER LACROSSE!



**PRE-SALE
TICKETS**



(Click or Scan QR)

Many thanks to our donors and sponsors for your support!

SWAG STORE IS OPEN!












HOT ITEM!!!

ORDER NOW!



(Click or Scan QR)

<p>4 DESIGNS</p>  <p>DT6000Y District * Youth Very Important Tee * Starting At \$15.50</p> <p>●</p>	<p>4 DESIGNS</p>  <p>DT6000 District * - Very Important Tee * Starting At \$17.50</p> <p>● ●</p>	 <p>1370399 Under Armour Men's Tech Polo \$48.00</p> <p>● ● ●</p>	 <p>1370431 Under Armour Ladies' Te... \$48.00</p> <p>● ●</p>
 <p>229513 Men's Repreve® Eco Vest \$90.50</p> <p>● ● ●</p>	 <p>229713 Ladies Repreve® Eco Vest \$90.50</p> <p>● ● ●</p>	 <p>698HBM Russell Athletic - Dri Power® Crewn... \$38.75</p> <p>● ●</p>	<p>3 DESIGNS</p>  <p>91M JERZEES® Snow Heather French Ter... Starting At \$33.50</p> <p>●</p>





NEW THIS SEASON

[ADMIN] Player-owned Uniforms



[VIDEO] 7/8 Girls & Boys Home Games
Captured via (AI) Cameras



Pixellot
AUTOMATIC PRODUCTION

[ADMIN] Updated Code-of-Conduct
(PLAYERS/COACHES/PARENTS)

eSIGN FORM



(Click or Scan QR)

[COACHING] Upgraded Coaching Strategy
[COACHING] Meet-the-Coach BREAKOUT SESSIONS



TEAMSNAAP 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!





2024 GIRLS' SEASON INFO

Amber Bolhuis - Girls' Youth Program Director

Sarah Emmorey - Girls' Youth Coaching Director

*First point of contact for any questions/concerns

17 Teams

5 weeks

2 games a week

2 Tournaments

OPPONENTS

- Rockford
- East Grand Rapids
- Caledonia
- Forest Hills North/East
- Forest Hills Central
- Northview
- Catholic
- Jenison/Comstock Park
- Grand Haven
- Zeeland
- Southside/Mona Shores
- West Ottawa
- Holland Christian
- Byron Center
- Hudsonville
- Lowell
- Grandville

TOURNAMENTS *Subject to change

- Queen of the Hill (May 18-19)
- Cranbrook Lax Jam (June 1-2)





2024 GIRLS' SEASON INFO (cont'd)

<u>Girls 7/8</u> 2 Teams Red & Grey	<u>Girls 5/6</u> 1 Team	<u>Girls 3/4</u> 2 Teams Red & Grey	<u>Girls K-2</u> (starts after spring break) 1 Team
<ul style="list-style-type: none">● Practice starts 3/18● Team Evals 1st week● Practices M-Th until games begin, then M/W● Middle or High school● Time - 6-7:30● Games begin 4/30● Games T/Th 7:30 pm● 2 Tournaments	<ul style="list-style-type: none">● Practice starts 3/18● Practices M-Th until games begin, then M/W● Middle or High school● Time - 4:30-6● Games begin 4/30● Games T/Th 6:30 pm● 2 Tournaments	<ul style="list-style-type: none">● Practice starts 3/19● Practices T-Th until games begin● Middle or High school● Time- 5:30-6:30● Games begin 4/30● Games T/Th 5:30 pm● 2 Tournaments	<ul style="list-style-type: none">● Practice starts 4/10● Practices M & W● Middle or High school● Time - 4:30-5:30● 2-4 Games● 1-2 Tournaments

*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.



2024 GIRLS' COACHES

<u>Girls 7/8</u>	<u>Girls 5/6</u>	<u>Girls 3/4</u>	<u>Girls K-2</u>
Head Coaches: Chris Martinez Steve Bolhuis	Head Coach: Kelly Graftema	Head Coaches: Sarah Emmorey Chris Michner	Head Coach: Barb Emmorey
Asst. Coaches: Joe Van Harken Mike Herrema	Asst. Coach: Gary Goosen	Asst Coaches: Hannah Rizor Blake VanderVeen Elizabeth DeVasConCellos	Asst Coach: Jenna Peterson

USA Youth
Lacrosse Rules
and Guidelines



(Click or Scan QR)



GIRLS' MANDATORY EQUIPMENT

- **Handout** provided at parent's meeting
- **Girls' Stick** (there's a difference between Boys' & Girls')
 - Advanced: STX Crux, STX Exult, Epoch Dragonfly, Brine Dynasty, etc.
 - Beginner: really any stick will do just fine, just make sure it isn't boy's a stick, which has a deeper pocket sidewall
- **Goggles or Helmet** (use goggles or helmet not both)
 - Try a few pairs of goggles on, these are fit specific... multiple brands and youth vs adult
 - Cascade LX helmet
- **Mouthguard**
 - 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
- **NEW:** Uniforms delivered directly to player (K-2 handed out at Practice!!)

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!

MEET YOUR COACHES GIRLS BREAKOUT SESSIONS



- ★ Auditorium 3-4 & K-2 Remain Here
- ★ Media Center(library) = 5-6
- ★ Small Gym = 7-8

Any Questions please email us at sllakerlax@gmail.com

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