

WELCOME

Parents and Players to the 2025 Youth LAX SEASON!



**Did you know lacrosse has deep cultural roots?
The Onondaga tribe considers it a sacred
"Medicine Game" gifted by the Creator.**

"The Creator gave us many things for us here on earth, one of them is this game which we call Deyhontsigwa'ehs. Deyhontsigwa'ehs is roughly translated to mean, 'They bump hips.' If you ever played or watched a lacrosse game, you can see how the game got its name. Lacrosse at Onondaga is considered sacred. It is a game that was given by the Creator, to be played for the Creator, and has been known to have healing power. Because of this, it is also known as the Medicine Game."

-source <https://www.onondagation.org/culture/sports/lacrosse/>



INTRODUCTIONS



Board Members

Executive Board

President - Joseph Van Harken

Vice President- Sarah Taylor

Secretary - Randee Tidswell

Treasurer - Jason Smith

Comms Director - Nate Crosswait

Program Directors

Girls' Youth Director - Amber Bolhuis

Boys' Youth Director - Ryan Jaeger

Girls' Coaching Director - Sarah Emmorey

Boys' Coaching Director - Steve Alison

WHO WE ARE

12 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 501(c)3: 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)

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**

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

FORM



(Click or Scan QR)

THANKS FORMER SPONSORS!!!



Faceoff Sponsor



Make a Donation/ Scholarship

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

Laker Friends & Family

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

THANKS 2025 EARLY SPONSORS!!!



Elite

Faceoff Sponsor

**YOUR LOGO
HERE**

**YOUR LOGO
HERE**

**Top Goal
YOUR LOGO
HERE**

Laker Friends & Family

**Scholarship /
Make-A-Donation**

YOUR NAME HERE

The Datte Family
The Hunt Family

CONTACT

sponsor@springlakelax.org

Jen B: (231)220-3045

2025 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



PAYMENT



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2025 Odd Side LAX FUNDRAISER



SAVE THE DATE!
MARCH 22, 2025
FROM 1:00-4:00 PM | 41 WASHINGTON AVE, GH

Join us as we partner with Odd Side Ales for our annual Spring Lake Youth Lacrosse Fundraiser Event. Fun for the whole family!
More info to come soon!

ODDSIDE

**PRE-SALE
TICKETS**











(Click or Scan QR)

Many thanks to our donors and sponsors for your support!

SWAG STORE IS COMING SOON!



<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 Tech Polo \$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>

Needs to be updated

ORDER NOW!



(Click or Scan QR)

NEW(ish) THIS SEASON

[ADMIN] Player-owned Uniforms



(Click or Scan QR)

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



Pixellot
AUTOMATIC PRODUCTION

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



(Click or Scan QR)

[OFF SEASON] Increased Fall/Winter Opportunities
[COACHING] High School Alignment
[COACHING] Meet-the-Coach BREAKOUT SESSIONS



#22

Jarred Coleman (JKC) Story



Guest Speaker - Myron Molotky



- **#22 JKC Memorial Fun Run**
 - **When:** Sunday, 3/23 late AM start time
 - **Where:** “The Yard”
- **Inaugural (rebranded) #22 JKC LaxFest**
 - **When:** Boys Saturday, 5/10 ; Girls Sunday 5/11
 - **Where:** “The Yard”



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!

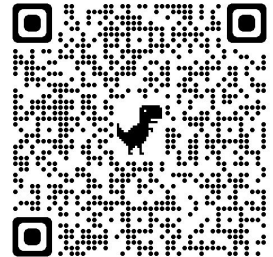
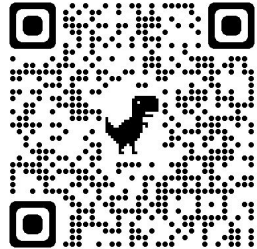




TEAMSNAAP HELPFUL HINTS

- **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!





2025 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 17/18)
- Oxford LAX BASH (June 1)





2025 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> 1 Team	<u>Girls K-2</u> 1 Team (Outdoor practices to start after spring break)
<ul style="list-style-type: none">• Practice starts 3/24• Team Evals 1st week• Practices M-Th until games begin, then M/W• Middle School• Time - 530-730• Games begin end of April• Games T/Th• 2 Tournaments	<ul style="list-style-type: none">• Practice starts 3/24• Practices M-Th until games begin, then M/W• Middle School• Time - 4:15-5:45• Games begin end of April• Games T/Th• 2 Tournaments	<ul style="list-style-type: none">• Practice starts 3/25• Practices T-Th until games begin, then W• Middle School• Time- 4:15-5:30• Games begin end of April• Games T/Th• 2 Tournaments	<ul style="list-style-type: none">• Team Info Practice 3/26• Outdoor Practice starts 4/14• Practices M & W• Middle School• Time - 4-5• 2-4 Games

*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.



2025 GIRLS' COACHES

<u>Girls 7/8</u>	<u>Girls 5/6</u>	<u>Girls 3/4</u>	<u>Girls K-2</u>
Head Coaches: Steve Bolhuis Aaron King	Head Coach: Sarah Emmorey	Head Coaches: Chris Michner	Head Coach: Barb Emmorey
Asst. Coaches: Mike Herrema Gary Goosen	Asst. Coach: Hannah Rizor Kelly Graftema	Asst Coaches: Jenna Peterson	Asst Coach: Andy Richardson Brian Charron

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 **Womens** 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(ish):** 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 + 7-8

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 board@springlakelax.org