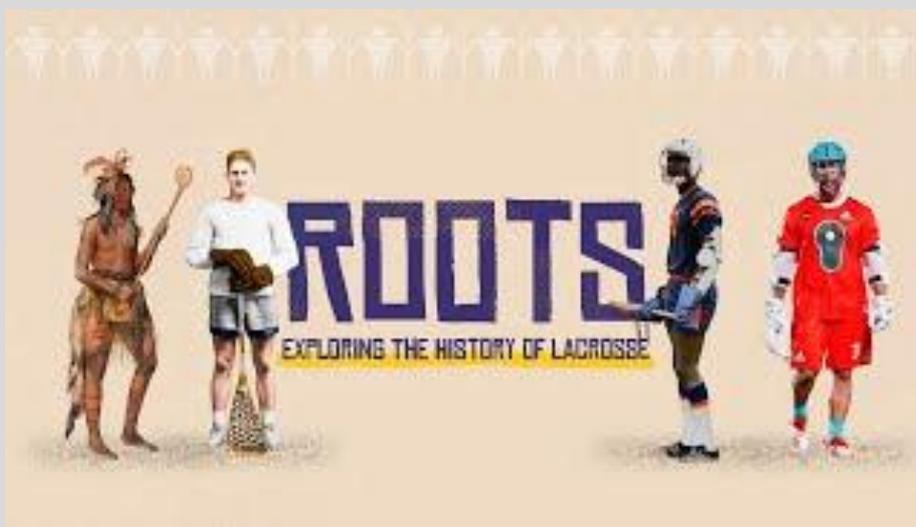


WELCOME

Parents and Players to the 2026 Youth LAX SEASON!



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



(Watch PLL's History of LAX
Video: Click or Scan QR)

INTRODUCTIONS



Board Members

Executive Board

President - Joseph Van Harken

VP - Sarah Taylor

Secretary - Randee Tidswell

Treasurer - Jason Smith

Comms Director - Kristi Kettler

Program Directors

Girls' Youth Director - Lisa Angel

Boys' Youth Director - Nate Crosswait

Girls' Coaching Director - Sarah Emmorey

Boys' Coaching Director - Steve Alison / Jason Smith

Trustees

Social Media - Kristi Kettler

Sponsorships & Fundraising - Sarah Taylor/Jen Brewster

Technology - Aaron King

Video - Joseph Van Harken

Laker Elite - Jason Smith / Jen Brewster / Emily Vantol

Facilities Trustee - Sarah Taylor / **OPEN**

Equipment Trustee - **OPEN**

Interested in Joining?

Email us board@springlakelax.org

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 Lamma Family
The Gillish Family**

THANKS 2026 EARLY SPONSORS!!!



Elite

Faceoff Sponsor

**YOUR LOGO
HERE**

**YOUR LOGO
HERE**

**Top Goal
YOUR LOGO
HERE**

Laker Friends & Family

YOUR NAME HERE

**Scholarship /
Make-A-Donation**

**The King Family
The Smith Family**

PAYMENT



(Click or Scan QR)



CONTACT

sponsor@springlakelax.org

Jen B: (231)220-3045

2026 SPONSORSHIP LEVELS

ELITE: \$2,500

- **NEW:** Name on the 8X Pre-Season Sunday L.A.C. Youth LAX Clinics, ie. “The (YOUR BUSINESS NAME) Pre-Season Sunday Lax Clinic Series” Sundays 1-3pm - communications with name sent out weekly to 220+ families
- Name or logo on individual 4x6 banner at the lacrosse field for the 2026 season
- Leading location of company logo on signage and social media

FACEOFF: \$1,500

- Name or logo on our **NEW Mobile Storage Unit**
- Name or logo on individual 3x5 banner at lacrosse field for the 2026 season
- Logo on lacrosse website and social media

TOP GOAL: \$500

- Name or logo on individual 2x3 banner at lacrosse field for the 2026 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



SPONSOR NOW!



(Click or Scan QR)

2026 Odd Side LAX FUNDRAISER

Many thanks to our donors and sponsors for your support!
Last year we were able purchase portable AED machines...



PRE-SALE
TICKETS



(Click or Scan QR)



S LACROSSE FUNDRAISER

ODDSIDE
SIDEBAR
ARTISAN COFFEE

March 21st, 1:00-4:00 PM
41 Washington Ave.

Join us for our annual family-friendly fundraiser:
silent auction, raffle prizes, kids games, and
much more!

SPONSOR NOW!



...This year, help us purchase a mobile storage unit!
("Faceoff" sponsorship gets your NAME or LOGO on the side!)

ON DEMAND SWAG STORE!



 **All products** Men's clothing Women's clothing Hats Kids' & youth clothing Home & living Accessories 

			
SL Lax (LarrySticksLogo) Foam trucker hat From \$20.00	SL Lax (SL+LarryNoSticksLogo) 5 panel cap - Sailor Logo w/ lacrosse label no sticks From \$20.00	SL Lax (SL+LarryNoSticksLogo) Embroidered Champion Packable Jacket From \$60.00	SL Lax (SL+LarryNoSticksLogo) MagSafe® tough case for iPhone® From \$25.00
			
SL Lax (SL+LarryNoSticksLogo) Trucker Cap From \$20.00	SL Lax 3/4 sleeve raglan shirt From \$25.00	SL Lax adidas space-dyed polo From \$60.00	SL Lax Foam trucker hat From \$20.00

ORDER NOW!

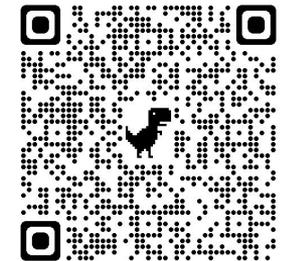
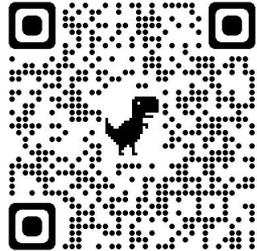


(Click or Scan QR)



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!**



FOLLOW / LIKE US!



OUR PLEDGE

Live, Learn, Love Laker LAX!

- 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 prioritize **True Friendship, Respect, and Peace**
- To **“Honor the Game”** (and the “name” #22)



KEY BACKGROUND INFO



● SL LAX HISTORY

- Started more than 17 years ago as K-12 club
- 4 years ago HS became official school sport
- Club redefined to cover K-8

● Unique Opportunity

- Dave Parsons HS coach
- Offseason work on unified curriculum
- Age level Individual & Team milestones

● Redefined Youth Program Mission

- **Win HS state championships!**
 - Wins aren't a goal, they are a result
 - Focus on player development & HS readiness
 - Culture of Excellence
- Honor  and the Jarred Coleman legacy

#22

Jarred Coleman (JKC) Story



Guest Speaker - Myron Molotky



- **#22 JKC Memorial Fun Run**
 - **When:** Saturday, 5/9 - early AM start time
 - **Where:** “The Yard”
- **Inaugural (rebranded) #22 JKC LaxFest**
 - **When:** Boys Saturday, 5/9 ; Girls TBD
 - **Where:** “The Yard”
 - **Who:** Rockford



NEW(ish) THIS SEASON

[ADMIN] Player-owned Uniforms



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



(Click or Scan QR)

[VIDEO] 5/6, 7/8 Girls & Boys Home Games Captured via (AI) Cameras - **VOLUNTEERS NEEDED!**



Pixellot
AUTOMATIC PRODUCTION

[OFF SEASON] Laker Elite

- **What:** Year round competitive training & tournament program
- **Purpose:** Keep Lakers playing together
- **Difference:**
 - **SL Lax Spring** - Open to all, focus on player development, instill love of the game
 - **Laker Elite** - Training open to all, selective for tournament teams, focus on winning
- **Schedule:** Summer (May - July) / Fall (Aug - Nov)
**NOTE: does NOT conflict with other Travel programs*

[OFF SEASON] L.A.C. Pre-Season Lax Clinics

[COACHING] High School Alignment

[COACHING] 3X Player Evaluations

[COACHING] Meet-the-Coach BREAKOUT SESSIONS



**LAKER
ELITE
LACROSSE**



2026 GIRLS' SEASON INFO

Lisa Angel - 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

3 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

- Fresh Coast Spring Classic (5/2 - 5/3)
 - *Boys & Girls!!!
- Queen of the Hill (May 17/18)
- Cranbrook LAX JAM (June 1)



2026 GIRLS' SEASON INFO (cont'd)



<p><u>U8 Division</u> Academy Target Team Size: ~16/team Registered: 14</p>	<p><u>U10 Division</u> 2X Equal Mixed Teams Target Team Size: ~16/team Registered 3rd Graders: 15 Registered 4th Graders: 10</p>		<p><u>U12 Division</u> 1X Team Target Team Size: ~22/team Registered 5th Graders: 12 Registered 6th Graders: 18</p>	<p><u>U14 Division</u> 1X Team Target Team Size: ~22/team Registered 7th Graders: 8 Registered 8th Graders: 8</p>
<p><u>Girls K-2</u> Academy</p> <p>Head Coach: Andy Sharp Asst Coach(s): VOLUNTEER(s) NEEDED</p> <p>Format: 7 v 7 (no goalies)</p>	<p><u>Girls U10</u> Grey</p> <p>Head Coach: Barb Emmorey Asst Coach(s): Brian Charron Andy Richardson</p> <p>Format: 7 v 7 (no goalies)</p>	<p><u>Girls U10</u> Red</p> <p>Head Coach: Chris Michner Asst Coach(s): Jenna Peterson</p> <p>Format: 7 v 7 (no goalies)</p>	<p><u>Girls U12</u> Red</p> <p>Head Coach: Sarah Emmorey Asst Coach(s): Hannah Rizor Kelly Graftema</p> <p>Format: 11 v 11</p>	<p><u>Girls U14</u> Red</p> <p>Head Coach: Aaron King Asst Coach(s): TBD</p> <p>Format: 11 v 11</p>

***IMPORTANT:** Final team breakdowns, coaching staff, and schedule will not be released until end of March and is subject to change.

2026 GIRLS' SEASON INFO (cont'd)



- **First Practice** - 3/24 (*weather permitting*)
- **Practice Days/Times + Player Evals** - *Final schedules will be communicated in TeamSnap*
 - *K-2 starts after Spring Break*
 - Practices M-Th until games begin, then M/W
 - Middle School
 - Games begin end of April
 - 2/3 Tournaments
 - Player movement considered IF roster gaps exist
 - **Criteria:** Experience, Attitude, Ability
 - **Goal:** Player development
- **Game Days** - Mostly Tues/Thurs + Weekend Tournaments
- **No Busing** (for club sports)





2026 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

*Final team breakdowns, coaching staff, and schedule will not be released until end of March and is subject to change.



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!



Wall Ball



Cradling



Girls Vids

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

MEET YOUR COACHES GIRLS BREAKOUT SESSIONS



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