

# **WELCOME TO THE LAKER LAX 2020 SEASON!**

**19 LAKER TEAMS=325+ LAKER LAXERS=ONE GOAL  
DEVELOPMENT OF OUR ATHLETES AT ALL AGES AND LEVELS**



# AGENDA:

- 1. KICKOFF- PRESIDENT OF SPRING LAKE LACROSSE**
- 2. INTRODUCTIONS TO THE SPRING LAKE LACROSSE BOARD**
- 3. INTRODUCTIONS OF OUR 2020 YOUTH LACROSSE DIRECTORS & COACHING DIRECTORS**
- 4. SL LACROSSE PHILOSOPHY BY AGE GROUP**
- 5. REGISTRATION NUMBERS**
- 6. VOLUNTEER OPPORTUNITIES-THE 5% RULE**
- 7. FACEBOOK AND SL LAX STORE-PLEASE "LIKE" US!!**
- 8. FUNDRAISING-SELF FUNDED ORGANIZATION**
- 9. DON'T BE "THAT PARENT"**
  - \*\* COACHES BREAKOUT-GIRLS & BOYS TEAMS**
  - \*\* UPDATE ON THE SEASON SCHEDULES**
  - \*\* REQUIRED SAFETY EQUIPMENT FOR BOYS AND GIRLS TO PLAY**
  - \*\* IMPORTANT COMMUNICATION SITES TO FOLLOW FOR UP TO DATE INFORMATION**

# WHAT'S NEW WITH OUR CLUB?

**Youth Directors: Oversight of the youth program including schedules, managers, events**

**Coaching Directors: On field coaching supervision of the k-8 programs for both boys and girls**

**MLL and WMLL Leagues-Evaluations-Challenging our athletes to compete with the best at the state level (Boys 2020...Girls start 2021)**

**THE WALL-Our greatest resource. Located at the MS, athletes are encouraged to hone skills daily**

**Open Stadium-THE 'YARD-available for our athletes off -season year round weather pending. Respect The Yard.**

**Field Availability-Growth of the program has opened up field options...stay tuned!**

**Largest Coaching Staff In History-31 Boys/17 Girls...we need YOUR help...join the SL Coaching Staff at all levels**

**Free Admission for SL Students with SL Apparel...come support the Lakers at the Yard and build the culture of SL LAX**

**Growth and Success Model-New K-2 Program-New for 2020! Start them young! Fastest growing sport in North America!!**

**Highest percentage of Athletes vs Student Ratio-Spring Lake is the largest lacrosse community in Michigan!**

# SPRING LAKE LAX BOARD MEMBERS

- **PRESIDENT:** MYRON MOLOTKY [MMOLOTKY@FARMERSAGENT.COM](mailto:MMOLOTKY@FARMERSAGENT.COM)
  - **VICE PRESIDENT/TREASURER:** NATE GATES [NATE@VERPLANKTRUCKING.COM](mailto:NATE@VERPLANKTRUCKING.COM)
  - **SECRETARY:** ALISON FOX [ALISON\\_FOX@HOTMAIL.COM](mailto:ALISON_FOX@HOTMAIL.COM)
  - **MEMBER:** KARIANNE ISARD [ISARDKARIANNE@GMAIL.COM](mailto:ISARDKARIANNE@GMAIL.COM)
  - **MEMBER:** EVAN LLWELLYN [EVANLLEWELLYN@YAHOO.COM](mailto:EVANLLEWELLYN@YAHOO.COM)
  - **BOYS REPRESENTATIVE:** DOUG SHARP [DSHARP22@LIVE.COM](mailto:DSHARP22@LIVE.COM)
  - **GIRLS REPRESENTATIVE:** ERIKA NEUMEN [ERIKA.NEUMEN@GMAIL.COM](mailto:ERIKA.NEUMEN@GMAIL.COM)
- YOUTH DIRECTORS**
- **(B) YOUTH DIRECTOR:** RICH BROWN [RICH@BROWNWEBMAIL.NET](mailto:RICH@BROWNWEBMAIL.NET)
  - **(G) YOUTH COORDINATOR** MELISSA SIERACKI [MELISSA.SIERACKI@CHARTER.NET](mailto:MELISSA.SIERACKI@CHARTER.NET)
  - **(G)YOUTH COACHING DIRECTOR** SEAN DAVIS [SEANDAVIS27@GMAIL.COM](mailto:SEANDAVIS27@GMAIL.COM)
  - **(B)YOUTH COACHING DIRECTOR** MARK KRAMER [KRAMEREDREPORTS@GMAIL.COM](mailto:KRAMEREDREPORTS@GMAIL.COM)

# 2020 SPRING LAKE LAX BOYS COACHES

## WE NEED K-2 COACHES FOR BOTH GIRLS AND BOYS PROGRAMS

### • VARSITY

- DOUG SHARP – HEAD
- ZACH ELKER – ASSISTANT
- MATT MANKIVSKY – ASSISTANT

### • JUNIOR VARSITY

- ANDY SHARP – HEAD
- TYLER HITSMAN – ASSISTANT
- JOE ROHLOFF – ASSISTANT
- TREVOR JOHNSON – ASSISTANT

- EXTENSIVE BACKGROUND CHECKS
- CONCUSSION PROTOCOL TRAINING
- NATIONAL EATING DISORDER ASSOC.

### • YOUTH MANAGEMENT

- RICH BROWN – BOYS YOUTH DIRECTOR
- MARK KRAMER – YOUTH COACHING DIRECTOR

### YOUTH COACHING STAFF

#### • 7/8 RED

- TRENT HITSMAN – HEAD
- ALEX ENGELSMAN – ASSISTANT
- AL ROSEMA - ASSISTANT

#### • 7/8 GRAY

- COLE KRAMER – HEAD
- NICKY JAENICKE – ASSISTANT
- WYATT LISMAN-ASSISTANT

#### • JOE VAN HARKEN

- MATT IZARD
- BRENT O'DONNELL
- BILL RECOR
- JOHN CARRNS
- BRYAN VANLOO
- ELLIOT KARAFI
- JON SCHAFFER

#### • KEVIN KNOLLINGER

- MAX WHITE
- JIM MAREK
- BRYAN BOODT
- ADAM DARNELL
- JOE CHITTENDEN
- ANDY SHARP
- PHIL NEVINS

# 2020 SPRING LAKE LAX GIRLS COACHES

- **VARSITY**

- **ERIKA NEUMEN – HEAD**
- **ALEXIS MOLOTKY – ASSISTANT**

- **JUNIOR VARSITY**

- **JESSICA SHARP – HEAD**
- **DAVE PARSONS - ASSISTANT**

- **YOUTH MANAGEMENT**

- **MELISSA SIERACKI – GIRLS YOUTH DIRECTOR**
- **SEAN DAVIS – GIRLS YOUTH COACHING DIRECTOR**

- **7/8 TEAMS**

- **JASON FOGEL**
- **STEVE FOCHEA**
- **ERIC JOHNSON**
- **RICH HYDE**

- **5/6 TEAMS**

- **NATE ARNOLD**
- **BEAU RYTHER**
- **TERRY ELLISON**
- **BRIAN HUMPHREY**

- **3/4**

- **NICK YOUNG**
- **STEVE BOLHUIS**

- **K-2**

- **BRAD ROBERTS**
- **RACHEL ELLISON**

- **COACHES NEEDED K-6**

- **SL LACROSSE HAS BEEN BUILT ON VOLUNTEER PARENT COACHING!**

# **SL LACROSSE PHILOSOPHY**

**THE STATED GOAL AND PHILOSOPHY OF THE PROGRAM FOCUSES ON THE DEVELOPMENT OF COMPETITIVE ATHLETES AND SKILL SET ADVANCEMENT**

**PLAYERS DEVELOP IN PRACTICE...NOT GAMES!**

**GAMES ARE FUN...WE GET IT!**

**HOWEVER...THE BY PRODUCT OF THE DEVELOPMENT OF COMPETITIVE ATHLETES IS WINNING LAKER TEAMS**

**DESIRED PRACTICE TO GAME RATIO IS MINIMUM 3:1 WITH AN OPTIMAL 4:1 RATIO**

# SL LACROSSE PHILOSOPHY BY AGE GROUP

- **K-2 – INTRODUCE THE GAME OF LACROSSE: CRADLING, CATCHING, THROWING**
- **3/4 – CONTINUE TO DEVELOP THE PLAYER – IMPROVE CRADLING, CATCHING, THROWING, INTRODUCE SPACING, POSITIONAL AWARENESS.**
- **5/6 – CONTINUE TO DEVELOP THE PLAYER – MASTER INDIVIDUAL SKILLS, INTRODUCE TEAM CONCEPTS**
- **7/8 - CONTINUE TO DEVELOP THE PLAYER – MASTER TEAM CONCEPTS, PREPARE FOR HIGH SCHOOL LEVEL LACROSSE**

**5 WAYS**  
to maintain perspective on  
**YOUTH SPORTS**

- 1** Always emphasize process over results.
- 2** Know and understand your child's goals.
- 3** Remember there are no 12 and under elite athletes - they are all kids.
- 4** Monitor your child's hobbies and interests.
- 5** Have patience with the changes in size, skills, ranks and progress as they grow.

**TEAM USA** [TEAMUSA.ORG/ADM](https://TEAMUSA.ORG/ADM)

The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.



# **SL LACROSSE PHILOSOPHY BY AGE GROUP**

- **PLAYER DEVELOPMENT IS OUR PRIMARY OBJECTIVE, WE WANT TO PROVIDE AN OPPORTUNITY FOR EACH AND EVERY ATHLETE TO DEVELOP THE NECESSARY SKILLS TO BE A SUCCESSFUL STUDENT AND LACROSSE PLAYER.**
- **OUR FOCUS HAS SHIFTED FROM MANY GAMES AND FEW PRACTICES TO FEWER GAMES AND MORE PRACTICES ALLOWING PLAYERS THE OPPORTUNITY TO LEARN, IMPLEMENT AND MASTER SKILLS THROUGH REPETITION, THEN SHOWCASING THOSE LEARNED SKILLS IN GAMES.**
- **OUR YOUTH TEAMS WILL BE SPLIT INTO TEAMS BASED ON EARLY SEASON PLAYER EVALUATIONS.**
- **THE CLUB HAS SECURED INDOOR TIME AT SHORELINE SOCCER TO AID IN THESE EVALUATIONS.**
- **AN INDOOR SCHEDULE WILL BE FINALIZED SHORTLY AND A SCHEDULE WILL BE ANNOUNCED.**
- **THE INDOOR TIME BEGINS ON MARCH 2ND, EACH AGE GROUP WILL HAVE 1 TO 2 HOUR LONG SESSIONS PER WEEK**

# **SL LACROSSE PHILOSOPHY BY AGE GROUP**

## **MLL - Michigan Lacrosse League**

**Members consist of 2 divisions, East & West:**

**Caledonia**

**East Grand Rapids**

**Forest Hills Central**

**Forest Hills Eastern**

**Forest Hills Northern**

**Hudsonville**

**Rockford**

**Spring Lake**

**313 Lacrosse**

**Army Ants**

**Detroit Sting**

**Warriors**

## **Spring Lake Teams participating in the MLL:**

- **7/8 Boys Red**
- **5/6 Boys Red**
- **3/4 Boys Red**

**Our athletes will be pushed like never before to compete against the best in the state!**

# **SL LACROSSE PHILOSOPHY BY AGE GROUP**

## **WMLL - West Michigan Lacrosse League**

**Byron Center**

**Caledonia**

**East Grand Rapids**

**Forest Hills Central**

**Forest Hills Eastern**

**Forest Hills Northern**

**Hudsonville**

**Lowell**

**Rockford**

**Spring Lake**

## **Spring Lake Teams participating in the WMLL:**

- **7/8 Boys Gray**
- **5/6 Boys Gray**
- **3/4 Boys Gray**

**Focus on development of our athletes versus the top competition in West Michigan**

**Providing our athletes the ability to be successful on the field and going next level**

# REGISTRATION NUMBERS TO DATE

- **GIRLS**

• <b>HIGH SCHOOL</b>	<b>27</b>
• <b>MIDDLE SCHOOL</b>	<b>42</b>
• <b>INTERMEDIATE SCHOOL</b>	<b>39</b>
• <b>ELEMENTARY SCHOOL</b>	<b>37</b>
• <b>TOTAL</b>	<b>145</b>

- **BOYS**

• <b>HIGH SCHOOL</b>	<b>35</b>
• <b>MIDDLE SCHOOL</b>	<b>36</b>
• <b>INTERMEDIATE SCHOOL</b>	<b>45</b>
• <b>ELEMENTARY SCHOOL</b>	<b>65</b>
• <b>TOTAL</b>	<b>181</b>

**333 TOTAL PLAYERS REGISTERED SO FAR...Registration Ends Monday, Feb 24 2020**

# VOLUNTEER OPPORTUNITIES-THE 5% RULE

- **Board Sub-committees**
- **Team Leadership**
  - **Team Managers**
  - **Coaches**
  - **Uniform Management**
  - **Facility management**
- **Game Day Personnel**
  - **Concessions**
  - **Scorekeepers**
  - **Field Management**
  - **Statistics**

**What are we going to do this spring?**

**11ish weeks of lacrosse x 19 Teams =**

- **~1,045 practices**
- **~200 games**

**• WE NEED YOUR HELP...the SL Lacrosse program does not thrive without YOUR help!**

**FACEBOOK - PLEASE "LIKE" US!!**

[HTTPS://WWW.FACEBOOK.COM/GROUPS/534242030022547/](https://www.facebook.com/groups/534242030022547/)

**SL LAX STORE - GET YOUR LAKER SWAG ON!!**

[HTTPS://TEAMLOCKER.SQUADLOCKER.COM/#/LOCKERS/SPRING-LAKE-LACROSSE?\\_K=QDSFTJ](https://teamlocker.squadlocker.com/#/lockers/spring-lake-lacrosse?_k=QDSFTJ)

# **SELF FUNDED ORGANIZATION**

**NO FUNDRAISING IN 2020 FOR YOUR ATHLETE OR YOUR FAMILY!!**

**IF YOU OWN A BUSINESS OR ARE AN EMPLOYEE OF A BUSINESS THAT CAN BENEFIT WITH THE CONNECTION OF SL LACROSSE, PLEASE CONSIDER OUR SPONSORSHIP OPPORTUNITIES...**

**350 ATHLETES AND FAMILIES, HUNDREDS OF FORMER SL LAX FAMILIES, EXTENDED FAMILIES...BE A PART OF THE LARGEST SPORTS ORGANIZATION IN MICHIGAN!!**

# SPONSORSHIP LEVELS

## Elite Partner: \$3,500

### *Includes all the benefits of:*

- Name or logo on an individual 4x6 banner at the MS & HS Lacrosse fields for the 2020 school year
- Leading location of company logo on signage and social media and premier placement on any published marketing materials
- Recognition plaque to display at your home or business
- Company coupons or flyers allowed to be handed out at Varsity girls or boys Home games
- Recognition at all home High Schools Boys and Girls games for 2020 season

## Faceoff Partner \$1,500

### *Includes all the benefits of:*

- Name and logo on an individual 3x5 banner at the MS & HS Lacrosse Fields
- Recognition plaque to display at your home or business
- LOGO on Lacrosse website and Social Media recognition and Premier placement on Program
- Recognition at all home High Schools Boys and Girls games for 2020 season

## Top Goal Partner: \$500

### *Benefits Include:*

- Recognition of name and logo in 2020 website and social Media
- Recognition at all home High Schools Boys and Girls games for 2020 season

## Laker Friends & Family Partner \$100

### *Sometimes you can't volunteer, but you can still help our program!*

### *Benefits Include:*

- Recognition of name and logo in 2020 website and social Media
- Recognition at select Varsity Home Games and tournaments

## 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 2020 T Shirt design
- Home tournament teams plus visiting teams will see these shirts
- Proceeds from Sales go back to the Program
- Recognition at HOME Varsity games and Social Media and Laker Lacrosse website

**For Business or Family Sponsorship and Volunteer Opportunities please contact Karianne Isard at [isardkarianne@gmail.com](mailto:isardkarianne@gmail.com) or at 248-767-6709**



# **DON'T BE "THAT PARENT"**

## **WE DON'T DO CRAZY HERE!**

**WE EXPECT OUR ATHLETES, COACHES AND PARENTS TO CONDUCT THEMSELVES 1<sup>ST</sup> CLASS BOTH ON AND OFF THE FIELD...NO EXCEPTIONS...PERIOD. CHEER LOUD...CHEER PROUD...SPORTSMANSHIP REQUIRED.**

**NO CALLS OR CONVERSATIONS WITH COACHES WILL BE TOLERATED...MOST ARE VOLUNTEERS OFFERING THEIR TIME, EXPERTISE AND PASSION TO THE PROGRAM AND OUR ATHLETES.**

**LEGITIMATE CONCERNS WILL BE DIRECTED TO OUR YOUTH DIRECTORS: 24HR RULE IS IN PLACE TO ALLOW EMOTIONS TO SETTLE DOWN PRIOR TO ANY DISCUSSIONS INVOLVING ON FIELD CONCERNS**

**ENCOURAGE YOUR ATHLETE TO BE A GOOD TEAMMATE, A HARDWORKING LEADER ON THE FIELD AND A LEADER IN SCHOOL.**

**ANY FORM OF BULLYING WILL NOT BE TOLERATED. DISCIPLINARY ACTION WILL BE SWIFT AND SEVERE.**

**UNREASONABLE AND BAD BEHAVIOR WILL BE REFERRED DIRECTLY TO THE SL LACROSSE PRESIDENT MYRON MOLOTKY**

# BOYS IMPORTANT DATES

<b><u>Team Level</u></b>	<b><u>Start of Practice</u></b>	<b><u>Practice Days</u></b>
<b>K-2</b>	<b>Looking to get started after spring break</b>	<b>Monday/Wednesday Time: TBD</b>
<b>3/4 - Three Teams</b>	<b>3/9 or as soon as we can get outside</b>	<b>Tuesday/Thursday Time: TBD</b>
<b>5/6 - Two Teams</b>	<b>3/9 or as soon as we can get outside</b>	<b>M/T/W/T Time: 5:30 – 7:30</b>
<b>- If we can't go outside the player evaluations will be conducted indoor @ Shoreline Soccer on the following days:</b>		
	<b>3/2, 3/3, 3/6, 3/9, 3/10, 3/13</b>	<b>Time: 5:00 – 6:00</b>

**Game schedules have been uploaded to our website, looking to fill a few holes in so please consider this a work in progress.**

# BOYS IMPORTANT DATES

## Team Level

## Start of Practice

## Practice Days

**7/8  
- Two Teams**

**3/9 or as soon as we can get outside**

**Monday-Friday  
Time: 5:30 – 7:30**

**- If we can't go outside the player evaluations will be conducted indoor @ Shoreline Soccer on the following days:  
3/2, 3/3, 3/6, 3/9, 3/10, 3/13**

**Time: 4:00 – 5:00**

**HS  
- JV & Varsity**

**3/9 Inside or Outside**

**Monday-Friday  
Outside 5-7, Inside TBD**

**Game schedules have been uploaded to our website, looking to fill a few holes in so please consider this a work in progress.**

# GIRLS IMPORTANT DATES

<b><u>Team Level</u></b>	<b><u>Start of Practice</u></b>	<b><u>Practice Days</u></b>
<b>K-2</b>	<b>Looking to get started after spring break</b>	<b>Monday/Wednesday Time: TBD</b>
<b>3/4</b>	<b>3/9 or as soon as we can get outside</b>	<b>Tuesday/Thursday Time: TBD</b>
<b>5/6</b>	<b>3/9 or as soon as we can get outside</b>	<b>M/T/W/T Time: 4:00 – 6:00</b>

**Game schedules have been uploaded to our website for HS, looking to finalize the youth schedules this week so please consider this a work in progress.**

# GIRLS IMPORTANT DATES

## Team Level

## Start of Practice

## Practice Days

**7/8**

**- Two Teams**

**3/9 or as soon as we can get outside**

**M/T/W/T**

**Time: 4:00 – 6:00**

**- If we can't go outside the player evaluations will be conducted indoor @ Shoreline Soccer on the following days:**

**3/16, 3/17, 3/20**

**Time: M/F 4:00 – 6:00**

**Tuesday 4:00 – 5:00**

**HS**

**- JV & Varsity**

**3/9 Inside or Outside**

**Monday-Friday**

**Outside 4:00 -6:00, Inside TBD**

**Game schedules have been uploaded to our website for HS, looking to finalize the youth schedules this week so please consider this a work in progress.**

# **COACHES BREAKOUT GIRLS & BOYS TEAMS**



**Girls meet on the left side of the Auditorium**



**Boys meet on the right side of the Auditorium**

# REQUIRED EQUIPMENT

- **GIRLS**

- **GIRLS LACROSSE STICK**
- **GOGGLES**
- **MOUTHGUARD**
- **CLEATS**
- **GLOVES (OPTIONAL)**
- **WEATHER APPROPRIATE CLOTHING**

- **BOYS**

- **BOYS LACROSSE STICK**
- **HELMET (PREFERABLY RED)**
- **MOUTHGUARD**
- **GLOVES**
- **ELBOW GUARDS**
- **SHOULDER PADS**
- **ATHLETIC CUP**
- **CLEATS**
- **WEATHER APPROPRIATE CLOTHING**

# **IMPORTANT COMMUNICATION SITES TO FOLLOW FOR UP TO DATE INFORMATION**

**\* SPRING LAKE LACROSSE WEBSITE**

**[HTTP://LAXTEAMS.NET/SPRINGLAKE/](http://laxteams.net/springlake/)**

**\* FACEBOOK**

**[HTTPS://WWW.FACEBOOK.COM/GROUPS/534242030022547/](https://www.facebook.com/groups/534242030022547/)**



**THANK YOU!**

**THINK SPRING!**

**THINK LAKER LAX!!**