

2025 - SJHHS Girls Lacrosse

Agenda

- Intros
- SJHHS Mission Statement/GLAX Guiding Principles
- Communication
- Teams – what is Taxi?
- Two-sport athletes
- Website
- 7th period PE class
- Tentative calendar/Schedule
- Costs
- Parent Committee



Michael Welter – Head Varsity Coach/Director

College: Cal Poly Pomona

Coaching Experience:

Girls Lacrosse at SJHHS (2013-current)

Fillies Girls Lacrosse

Baseball (HS & Youth) – 15 years

Certifications

- US Lacrosse – Level 1, 2 & 3
- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP
- Safesport

Playing Experience:

Cal Poly Pomona – Baseball

Orange Coast College – Baseball

Claire Welter – Assistant Varsity Coach

College: Kent State University

Coaching Experience:

Girls Varsity Lacrosse at SJHHS (2024 - current)

Fillies Girls Lacrosse

Certifications

- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

Kent State University: Lacrosse

SJHHS – Lacrosse & cross country

Mark Gabelsberg – Head JV Coach

College: UCLA

Coaching Experience:

Girls JV Lacrosse at SJHHS (2014-current)

Fillies Girls Lacrosse

Certifications

- US Lacrosse – Level 1 & 2
- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

UCLA – Rugby

Izzy Nikolenko – Assistant JV Coach

College: Northern Arizona University

Certifications

- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

NAU – Club lacrosse

SJHHS – Lacrosse

Tim Cassi – Goalie Coach

College: King's College (PA)

Coaching Experience:

Corona del Mar HS, Focus Lacrosse, French National team, Whittier & Chapman Colleges



SJHHS Athletic Mission Statement

It is our commitment to help each student realize her potential as a responsible and contributing member of the community. We work to stimulate the spirit of inquiry, the acquisition of knowledge and understanding, and the thoughtful formulation of worthy goals.

Where is the word SPORTS?



Stallion Girls Lacrosse Guiding Principles

TEAM

Team is first! No individual, player or coach, is more important than the team. An assist, ground ball, defensive stop, take-away, etc., is just as important as scoring a goal. **Make your teammates look good!**

GRIT

Hustling, with purpose, throughout practice & games is a **core expectation**. It is a primary discipline of playing any sport and *speaks to an athlete's desire, perseverance and passion* to succeed. **Go get me that ball!**

INTEGRITY

Respect for teammates, opponents, coaches, officials, fans on both sides and ONESELF is a requirement and **paramount** of all SJHHS Girls Lacrosse players and parent-members in our community. **Win with GRACE & lose with CLASS.**

FUNDAMENTALS

Fundamental skillsets are a **necessity** in improving individually as well as a team. As an athlete improves fundamentally, she is also gaining self-confidence which allows her to take her game to the next level. **You can't advance if you can't catch & throw.**

CHARACTER

Winning is simply a by-product of hard work, discipline and a relentless pursuit to constantly be the best version of oneself.



Communication

“Players play, coaches coach & parents cheer”



Communication

PLAYERS

- We encourage YOU to communicate w/ your coaches because we are YOUR coaches, not your parents’.
- Text – **TeamSnap**
 - **Varsity + Taxi**
 - **JV + Taxi**
- Email – Copy at least one parent



Communication

PARENTS – Encourage your daughters to communicate with the coaches – this is a step towards independence and personal responsibility.

Your daughter's success or lack of success in sports does NOT indicate what kind of parent you are.

But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries her best IS a direct reflection of your parenting.

Open door policy, however:

- Allow 24 hours
- Don't communicate feelings/emotions/etc. through email or text
- Not on the field in front of players or during practice time
- Any topic except *playing time & positioning*



2025 VARSITY TEAM

Aleena	Ali
Sydney	Beatty
MJ	Chapman
Sierra	Chen
Natalie	Chen
Kate	Donaldson
Lacy	Duckwitz
Sadie	Duff
Caitlyn	Enright
Victoria	Hernandez
Olivia	Jarvis
Riley	Kutnyak
Lucia	Mastrangelo-Duran
Arianna	Negrete
Kayley	Prada
Noelle	Thompson
Chloe	Villicana
Sovo	vonKaenel
Melissa	Warner
Jade	Yates

2025 TAXI SQUAD

Teagan	Acevedo
Zoe	Campbell
Lauryn	Harris
Shreya	Konidana
Brenna	Land
Kenna	Maguire
Maddie	Okumura

2025 JUNIOR VARSITY TEAM

Madi	Beatty
Ezra	Carraway
Naomi	Christy
Libby	Degenaaars
Autumn	English
Stella	Fairburn
Genesis	Gaxiola
Katie	Hallbeck
Hannah	Hoogendyk
Katelyn	Johnson
Kailani	Kingsbury
Cate	Kugel
Ciela	Nelson
Braylin	Perry
Alysa	Reichner
Chloe	Rich
Peyton	Ruig
Blaire	Thompson
Savy	Thompson



Taxi Squad

- A few players who were close to varsity material but would benefit from more playing time than they might get from being on varsity only.
- They would practice a few days a week with the varsity team and possibly play in the varsity game but more than likely end up playing in the junior varsity game.
- We've done this for the past three years and it really helped set up the program for future success.
- The athletes will be assessed each week, along with the status of all varsity players plus our opponents and these Taxi athletes will be asked to play either in the varsity game or the JV game, depending on the situation.
- I view this as the best of both worlds as they practice at varsity-level speed but could getting a lot of minutes in a JV game.
- This is also a ***fluid squad*** as athletes could move up and down depending on their progression, position injuries, absences, etc.



Playing Time

- The best players play
- Playing time is earned, not given.
- If you are hungry for playing time, you must find ways to separate yourself from the pack. Your GRIT or HUSTLE (one of our pillars) must be off the charts. Your coachability, lacrosse IQ and dedication to your FUNDAMENTAL skills (one of our pillars) must be unmatched.
- The following qualities are evaluated when making playing time decisions.

ATTITUDE

ATHLETICISM

LAX IQ

PRODUCTION

IMPACT

RESULTS

CONSISTENCY

DEDICATION

BODY
LANGUAGE



Reminders

FAIR \neq EQUAL

Don't confuse **EFFORT** *with* **RESULTS**

FAILURE is a great teacher

Get **COMFORTABLE** with the
UNCOMFORTABLE



10 Things That Require ZERO Talent

1. *Being On Time*
2. *Work Ethic*
3. *Effort*
4. *Energy*
5. *Body Language*
6. *Passion*
7. *Doing Extra Work*
8. *Being Prepared*
9. *Being Coachable*
10. *Attitude*



Athletic Seasons

Fall

- Flag Football
- Cross Country
- Volleyball
- Tennis
- Golf

Winter

- Soccer
- Water Polo
- Basketball

Spring

- **LACROSSE**
- Softball
- Track & Field

→ **Music/Band/Choir/Theater**

- Please communicate with your coaches as to your attendance
- Winter sports – we'd like to see you before February 3rd



SJHHS Website

https://www.sjhstallions.com/

The screenshot displays the website's navigation bar with links for HOME, SPORTS, ATHLETIC DEPT, ALUMNI, TRYOUTS, ATHLETIC CLEARANCE, BOOSTERS, and Dibs. The main heading reads "SAN JUAN HILLS GIRLS LACROSSE".

GLAX Fundraisers!
Thank you to those who placed and order! Christmas Trees & Wreaths pick up is on December 7th 1pm-3pm at SJHHS!
All trees and wreaths are to be claimed at the San Juan Hills High School Blacktop. Trees will be distributed on a first-come, first-served basis.
QUESTIONS? Contact: Blake Kubel (stallionboosters@gmail.com)

2025 LACROSSE INFO
2025 GLAX INFO - 8/29/2024

SAN JUAN HILLS KFTB Christmas Tree Fundraiser

- VARSITY** -CLICK HERE-
- JUNIOR VARSITY** -CLICK HERE-
- CALENDAR** -CLICK HERE-
- PARENTS** -CLICK HERE-
- COACHES** -CLICK HERE-
- MEETING NOTES** -CLICK HERE-
- HISTORY** -CLICK HERE-
- ALUMNAE** -CLICK HERE-
- LINKS** -CLICK HERE-

Girls Lacrosse Fall Ball
250.00 USD

Payment options: **PayPal**, **venmo**, **Checkout** (with VISA, Mastercard, and +more icons).



7th Period PE

Currently enrolled athletes must continue to attend through end of semester

- ***Mandatory for PE credit***

Starting on January 6th

Every athlete will be enrolled

NO weightlifting

PRE-SEASON PRACTICE

- ***Monday through Thursday – TBA***
- ***Sticks/Goggles/Cleats/Mouthguards/Pinnies/Water***
 - ***Be READY to warm-up by 4:30pm!!!!!!***

BOOK/WEEKLY HOMEWORK

- ***Weekly reading and lacrosse journal checks***



Tentative Calendar

Today < > December 2024

Month

SUN Dec 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
	<ul style="list-style-type: none">3:30pm PE - Weightlifting	<ul style="list-style-type: none">3:45pm Goalie Training3:45pm Goalie Training				
8	<ul style="list-style-type: none">3:30pm PE - Weightlifting	<ul style="list-style-type: none">6pm ALL - Conditioning6pm ALL - Conditioning	<ul style="list-style-type: none">3:30pm PE - Weightlifting5:30pm Team Kickoff me5:30pm Team Kickoff me	<ul style="list-style-type: none">6pm ALL - Conditioning/6pm ALL - Conditioning/		
15	<ul style="list-style-type: none">3:30pm PE - Weightlifting	FINALS				<ul style="list-style-type: none">2pm Practice (optional)2pm Practice (optional)
			<ul style="list-style-type: none">1pm Head Coach meetin			
22	WINTER BREAK					
	<ul style="list-style-type: none">2pm GLAX vs Alumni Gar2pm GLAX vs Alumni Gar				<ul style="list-style-type: none">2pm Practice (optional)2pm Practice (optional)	
29	WINTER BREAK					
	<ul style="list-style-type: none">2pm Practice (optional)2pm Practice (optional)			<ul style="list-style-type: none">2pm Practice (optional)2pm Practice (optional)		
			Jan 1	2	3	4



Tentative Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4

5 <small>3:30 5:00 BS FS BS JV 5:00 6:30 BS V GLAX JV 6:30 8:00 GLAX V BLAX V 8:00 9:30 BLAX IV BLAX FS</small>	6 GS - prac, 230-4p BS - prac, 330-630p GLAX - prac, 5-645p	7 GS - Home Games GLAX - prac, 345-5p	8 GS - prac, 330-5p GLAX - prac, 430-645p	9 BS - prac, 330-630p GLAX - prac, 5-645p <small>3:30 5:00 BS FS BS JV 5:00 6:30 BS V GLAX JV 6:30 8:00 GLAX V BLAX V 8:00 9:30 BLAX IV BLAX FS</small>	10 BS - Home Games	11 GS - Home Games BLAX - Pics - 2p GLAX - La Pata 3p-7p
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12 <small>3:30 5:00 BS FS BS JV 5:00 6:30 BS V GLAX JV 6:30 8:00 GLAX V BLAX V 8:00 9:30 BLAX IV BLAX FS</small>	13 GS - prac, 230-4p BS - prac, 330-630p GLAX - prac, 5-645p	14 BS - prac, 330-630p GLAX - prac, 5-645p <small>3:30 5:00 BS FS BS JV 5:00 6:30 BS V GLAX JV 6:30 8:00 GLAX V BLAX V 8:00 9:30 BLAX IV BLAX FS</small>	15 GS - prac, 330-5p GLAX - prac, 430-645p	16 BS - prac, 330-630p GLAX - prac, 5-645p <small>3:30 5:00 BS FS BS JV 5:00 6:30 BS V GLAX JV 6:30 8:00 GLAX V BLAX V 8:00 9:30 BLAX IV BLAX FS</small>	17 BS - Home Games	18 GLAX - Practice?
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19	20 GS - prac, 830-10a GLAX - prac, 11a-1p BS - prac, 330-5p	21 GS - Home Games GLAX - prac, 345-5p	22 BS - Home Games GLAX - prac, 345-5p	23 GS - Home Games GLAX - prac, 345-5p	24 BS - Home Games	25 GLAX - Zebrafest PROM
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26 <small>3:30 5:00 BS FS BS JV 5:00 6:30 BS V GLAX JV 6:30 8:00 GLAX V BLAX V 8:00 9:30 BLAX IV BLAX FS</small>	27 GS - prac, 230-4p BS - prac, 330-630p GLAX - prac, 5-645p	28 BS - prac, 330-630p GLAX - prac, 5-645p <small>3:30 5:00 BS FS BS JV 5:00 6:30 BS V GLAX JV 6:30 8:00 GLAX V BLAX V 8:00 9:30 BLAX IV BLAX FS</small>	29 GS - prac, 330-5p GLAX - prac, 430-645p	30 GS - prac, 330-5p GLAX - prac, 430-645p	31 BS - Home Games
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Game Schedule

- **South Coast League** (Home/Away)
 - Tesoro (2x)
 - El Toro (2x)
 - San Clemente (2x)
 - Trabuco Hills (2x)
- **Non-league**
 - Home** – Beckman, Orange Lutheran, Newport Harbor, Canyon, CDM, Sidwell Friends (DC)
 - Away** – Chaparral, Los Alamitos, Edison
 - **VARSITY only** – (Murrieta Mesa, Palos Verdes) in Santa Barbara (3/7-3/9)
- **Tournaments**
 - Varsity – Zebrafest & Surf City
 - JV – Zebrafest & Sticks N Stones



Budget



EXPENSES	
Coaching (Assistant stipends, Goalie Coach, Alumni)	\$12,880
Equipment/Uniforms/Etc.	\$3,332
Senior Night & Awards Banquet	\$2,600
General Support (Game Film/HUDL/MaxPreps/Tournaments)	\$9,434
	\$28,246
INCOME	
Fundraisers (Christmas Tree/Wrapping Paper/Cornhole/Dinners/Etc.)	\$939
Reserve money	\$2,000
Snack Bar	\$1,000
	\$3,939
SHORTFALL	
TOTAL	\$24,307
Average Per Player	\$552

- Includes TWO varsity tournaments (Zebra & Surf City)
- Includes TWO JV tournaments (Zebra, Sticks & Stones)



Booster Options

- Membership Levels

\$30 - Solo - Car Decal

\$60 - Society - Car Decal, Booster T-Shirt

\$450 - Sideline Banner (stays in stadium for 12 months)

Fundraisers

Booster-led

- Christmas Trees – **need update**
- Charleston Wrap- \$139 profit
- Company Match programs

Team-led

- Dinner fund raisers
- Other ideas




Estimated Costs

- **Spring Season** - Estimated @ \$550
 - Payment plans will be available
 - Looking at fund-raisers to help



Must turn this form in to get your PINNIE!



ATHLETIC CONTRIBUTION FORM
Girls Lacrosse

Player Name _____ Date _____

Athletes are asked to make the suggested donation amount for EACH sport they participate in during the school year.

This donation will help cover the cost of the following:

- Uniforms & practice gear
- Equipment & Supplies
- Coaches
- Officials
- Conditioning & training program
- Transportation

Parents are not required to make donations and all students may participate in extracurricular activities regardless of whether a donation is made.

If our program does not raise enough money in donations, we will be forced to eliminate items from the budget to reduce costs. This will be at the discretion of the Head Coach & Athletic Director.

Single Payment – 12/11 - \$550.00

Two Payments – 12/11 - \$275.00
2/1 - \$275.00

Three Payments – 12/11 - \$185.00
2/1 - \$185.00
4/1 - \$180.00

I cannot pay but can do something else

**Matching Gifts: Many companies offer matching gifts programs by matching a donation to non-profit groups. The above donation qualifies as a gift that your company will match to double your donation. Note company and enclose matching gifts form with your donation.*

These athletic program donations are considered a charitable donation under Tax ID # 68-0647904.

Paying by Cash Amount enclosed \$ _____

Paying by Check Make checks payable to **SAN JUAN HILLS BOOSTERS** Check # _____
*Please notate "Girls Lacrosse" and player's name on the memo line.

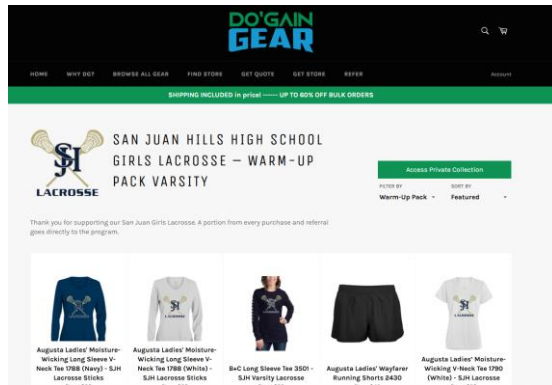
Paying by Credit Card Card Holder Signature _____
CC # _____ Exp Date _____ CVV _____

Donations and Contribution Form can be mailed to SJHHS Attn: Stallion Boosters/Girls Lacrosse at 29211 Stallion Ridge, San Juan Capistrano, CA. 92675.



Uniforms/Practicewear

- **Player packs – Estimated to be \$80.00**
 - Practice shorts
 - Game Day shirts
 - Shooter shirts (white & navy)
- **Spiritwear for players & parents**
 - <https://dogaingear.com/collections/san-juan-hills-high-school-girls-lacrosse>



- **Lacrosse gear – Mark Gabelsberg**
- **Practice pinnies not passed out yet**
- **Wash COLD & HANG DRY**
- **Uniform sizing needed TONIGHT**
- **Tops & shorts**



GLAX Parent Committee

Treasurer - **Mark Gabelsberg**

Booster Representative – **LeLani Duckwitz**

Snack Bar – **TBD**

Spiritwear/Uniforms – **Cheryl Warner & Anne Chapman**

Awards Banquet – **open**

Senior Night (non-senior parent) - **open**

Webmaster – **Alison Duff**

Social Media – **open**

Photographers – **open (need two; one for varsity & one for JV)**

Game announcer – **Mark Chapman**

Stats – **open**



What Happens Next?

- **Fill in Data Sheet (if you haven't already)**
 - Please ensure we have your most current contact info, including parents' info
- **Commit to the Spring Donation**
- **Order your practice gear/sprirtwear**



Thank You!

50



Tentative Calendar

January 2025							Month
SUN	MON	TUE	WED	THU	FRI	SAT	
29	30	31	Jan 1	2	3	4	
	WINTER BREAK <ul style="list-style-type: none"> ● 2pm Practice (optional) ● 2pm Practice (optional) 						
5	6	7	8	9	10	11	
	TBD	TBD	<ul style="list-style-type: none"> ● 4:45pm Practice - Turf ● 4:45pm Practice - Turf 	TBD		La Pata Playday - TBD La Pata Playday - TBD	
12	13	14	15	16	17	18	
	TBD	TBD	<ul style="list-style-type: none"> ● 4:45pm Practice - Turf ● 4:45pm Practice - Turf 	TBD			
19	20	21	22	23	24	25	
	● 11am Practice - Turf	TBD	TBD	TBD		ZebraFest - TBA ZebraFest - TBA	
26	27	28	29	30	31	Feb 1	
	<ul style="list-style-type: none"> ● 4:45pm Practice - Turf ● 4:45pm Practice - Turf ● 6pm SJH Booster Mtg 	TBD	Coach Welter away <ul style="list-style-type: none"> ● 4:45pm Practice - Turf ● 4:45pm Practice - Turf 		TBD	Surf City Tournament - TB/ Surf City Tournament - TB/	

