



2024 Girls Lacrosse Parent Meeting

Intro – Manager, Coaches & Philosophy

- Team Manager – Alison Knoll
- Assistant Coach - Brady Wasvick, Kiley Braatz
- Head Coach - Andy Gerlach
- My Purpose – Have fun, move your body and learn new skills
- Focus on what you can control – Effort, Attitude, and Courage
- Winning is an outcome, not our purpose

“I lead with enthusiasm, empathy, and perseverance while cultivating work ethic, positivity, and courage within our student-athletes.”

Parent Video

- <https://www.youtube.com/watch?app=desktop&v=8N4c09c7lok>

Team – Past & Present

- 2021 = 32 players - lost 12 Seniors and our goalie
- 2022 = 40 players - 21 new players, two of them goalies
- 2023 = 43 players – 15 new players... and once again 2 new goalies 😊
- 2024 = 55 players – 27 new players
 - Several towns can't even fill a JV team (Tartan, Minneapolis, Holy Cross)
 - Well versed in training new girls due to experience as youth lacrosse coach
 - Style of play: Pressure/Riding... minimizes whistles/penalties
- Hurdles
 - Lost 15-Seniors; 7 starting Varsity positions including our Goalie
 - Short on Uniforms, Busing and JV Games
 - Creating a JV Blue & Gold... Schedule B-Squad games or JV Scrimmages

Expectations

- Attendance
 - Make Lacrosse a priority outside of family, academics, or faith
 - Love multi-sport athletes, try to keep club disruptions to a minimum... come to me with any concerns
 - Work or hanging out with friends should not take priority, dates and times are posted
- Student first, Athlete second
 - Can not miss more than 4-hours of school
- Check your problems at the door, have fun, make new friends, move your body
- Inclusion, everyone should feel welcomed
- Be kind, it cost nothing to give but is one of the most valuable commodities to receive
- No cell phones on the field during practice or games

Season Details

- Regular Season: Monday, April 1st – Friday, May 24th
- Sections May 28th, 30th & June 4th, 6th
- Regular Season Practice: Monday through Friday, 3:00 pm – 5:00 pm
 - Todd Field (Nice Weather) or High School Gym (Poor Weather)
- Games: 7-away and 6-home

Team Website QR Code... point camera and click link



Girls Lacrosse Team Web Page

- One stop shop for the most up to date girls lacrosse information
 - Registration, Apparel, Parent Meeting, Equipment, Season Details
- Tabs across the top: Game Schedule, Roster, Coaches
 - Field location, start times, bus times, player number/positions, coaches contact info
 - Please open the schedule and use subscribe feature to link to your phone calendar
- Player & Parent Corner... content examples below
 - 2024 Players Meeting & 2024 Parents Meeting
 - Girls Lacrosse 101 Guidebook – excellent 3-page read to understand nuances of the game
 - Team Captain Attributes – resource for girls interested in leadership and girls voting on captains
 - Link to photography during games

Lettering

- Typically, 70% of Varsity periods
- Make the end of year section team
- Ultimately, it is at the Coaches' discretion

MSHSL Violations

- Alcohol, tobacco, VAPING, drugs, harassment
- Violations : out 25% / out 50% / out 100%
- Social Media - be careful what you or others put out there, could be misinterpreted

Injuries

- If I receive doctors note to miss time, I need medical clearance to come back
- Athletic Trainer available to students after school; stretching, check-ins, taping
- Athletic Trainer available during games, typically on Home bench

Communication is Key!!!!

- Please first ask your daughter, "What did Coach say when you spoke with him about these concerns?"
- Mandatory 24-hour cooling-off period for hot/emotional topics
- Prefer face-to-face or verbal communication rather than text/email when addressing conflict
- Please check the website or ask daughter when seeking team information before sending us emails... help minimize email

Bussing

- We provide transportation to and from meets
- If you want to bring your child home
 - Email day before game or first thing that morning
 - Must sign out with coach at the meet, no exceptions!
- Different than previous year's
 - A trusted adult can now transport your child home
 - Must have an email day BEFORE game day
 - Must present ID and sign out with head coach prior to leaving meeting, no exceptions!

Fund Raising Efforts

- Goal to raise \$100 per athlete, which will pay for:
 - Insurance - Captain Practice
 - Equipment – goalie gear
 - Senior gifts and banners
 - Banquet fees (pays for girls)
 - HUDL – game film and stats
 - Senior & Parents Night
- Opportunities include
 - Gertens
 - Kwik Trip Car Wash Cards (5-washes @\$7.25/wash – Girls get \$16 towards goal)
 - Option to write a check payable to Hastings Lacrosse Club

Opportunities to Help

- Team Dinners Sign up genius will be created
 - Teams of 4 or 5 people as there are 56 girls between jv and varsity
 - Identified 3 potential dates
 - Dinner 1 – April 24th or 25th
 - Dinner 2 – May 1st or 2nd
 - Dinner 3 - May 15th or 16th
- Gertens Pickup – May 7th
 - Help sorting and loading at Alison Knolls house

Opportunities to Help

- Senior Night – Monday May 6th
 - Work with team captains on senior gifts
 - Coordinate with parents on display of “Senior Boards” at the field that night
 - Create program (I have the template I used last year)
- Parent Night – Thursday May 23rd
 - Coordinate photographer
 - Coordinate flowers for moms
 - Coordinate desserts for after game
- Banquet - Monday June 10th evening (proposed... stay tuned)
 - Decorate
 - Coordinate with facility
 - Collect money from parents (players are paid for thru boosters but parents will have to pay)
 - Coordinate Desserts

Q & A