



Issaquah Lacrosse
2026 - HS



Overview

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- 6) Financials
- 7) Fundraising



Directors

Ian O'Hern:

ILC Youth Director

HS Co-Head Coach (Offense)

ian@issylax.org

Nolan Harris:

ILC High School Director

HS Co-Head Coach (Defense)

nolan@issylax.org



Board Members

Joel Gaines:

ILC President

Son's: Gunnar 12th and Gavin 10th

president@issylax.org

Jamie Armstrong:

ILC Youth Director

Son's: Nate 7th and Landon 11th

vp youth@issylax.org



Board Members

Betsy Grant:

ILC Treasurer

Son: Ty 9th

treasurer@issylax.org

Craig Stoller:

ILC Fundraising/Sponsorship

Son: Beckett 11th

sponsorship@issylax.org



Board Members

Will Tuttle:

ILC Communication

Son: Charlie 10th

communications@issylax.org

Kristen Bristol:

ILC Secretary

Son: Cole 10th

secretary@issylax.org



Board Members

Eric Gaston:

ILC VP High School

Son: Nick 12th

vphighschool@issylax.org



ILC High School Coaching Staff

Varsity:

- Ian O'Hern
- Nolan Harris
- Reilly Nelson

Junior Varsity:

- Raf Bloch
- TBD



Varsity Schedule

Sportability Schedule

3/17 - Bellevue (away)

3/19 - Lake Stevens (home)

3/22 - Lake Oswego (home)

3/24 - Bothell (away)

*3/27 - Curtis (home)

3/31 - Woodinville (away)

4/3 - Snohomish (away, team travel)

4/7 - Eastlake (away)

4/10 - Enumclaw (away, team travel)

4/13 - San Marcos (Spring Break)

4/14 - Del Norte (Spring Break)

4/21 - North Creek (home)

4/24 - Skyline (away)

4/25 - Ballard (home, Senior Night)

4/28 - Mercer Island (home)

5/1 - Mount Si (home)



Junior Varsity Schedule

Sportability Schedule

3/17 - Bellevue (away)

3/25 - Bothell (away)

*3/27 - Curtis (home)

3/30 - Sammamish (away)

4/7 - Eastlake (away)

4/9 - Skyline (away)

4/10 - Enumclaw (away, team travel)

4/13 - Lake Oswego (Spring Break)

4/14 - Mountainside (Spring Break)

*4/22 - Snohomish (home)

*4/29 - Shorecrest (home)

5/1 - Mount Si (home)



Spring Break

Both teams will travel (Varsity to SD, JV to Portland)

Varsity

- 4/12/26 - 4/16/26
- Rental House
- San Marcos & Del Norte
- Seniors will be cooking breakfast for the team
- College tours and other team events

JV

- 4/12/26 - 4/15/26
- Hotel
- Lake Oswego & Mountainside
- Team events (TBD)



High School Expectation Overview

Coaching Philosophy - great people, great students, great teammates, great athletes

Assist in the development of athletes who will go out and contribute to the community

Major focus on open communication (player led) and creating a positive competitive environment



Player Expectations

Effort and Attitude

- Always be ready to learn
- Give your best effort even on tough days
- Take responsibility for your actions on and off the field
- Respect your teammates, coaches, officials, and opponents

Commitment and Accountability

- Be prepared for all team activities (equipment, attitude, and effort are present)
- Communicate with you coaches! Ask questions! Let them know when you need help!
- Communicate with your coaches if you will miss team events! Missing practices before a game results in sitting for one quarter.



Player Expectations

In Season Training

- Strength and conditioning worked into practice (minimal)
- Customized training plans provided by Don DeCaprio (Iron Eagle Strength and Conditioning)
- Expected to train outside of practice (stickwork and strength)
DON'T LET THE PROGRESS GO TO WASTE
- Eat healthy and get plenty of sleep



Parent Expectations

Role

- #1 role is to be a positive fan and cheer on the team!
- Allow coaches to handle instruction, strategy, and decisions

Perspective & Support

- Emphasize effort, learning, and enjoyment over outcomes (but remember, winning is fun!)
- Reinforce commitment and team responsibilities
- Model sportsmanlike behavior by respecting officials and opposing teams (Please note - by registering your child for ILC you are bound by the ILC Parents Code of Conduct)



Parent Expectations Cont.

Communication

- Use established club channels for communication (email, Sports Engine, GroupMe if applicable)
- Keep conversations respectful and solution-oriented
- Notify coaches of conflicts in schedule as soon as possible - Players are expected to notify us but your communication is also welcome!

24 Hour Rule - To support respectful and productive communication, families and athletes are asked to wait 24 hours after a game, practice, or team event before sending emails or messages related to concerns, frustrations, or disagreements. This does not apply to cases concerning player safety, injuries, medical concerns, or unsafe conditions. You are welcome to include program directors if you feel it is necessary.

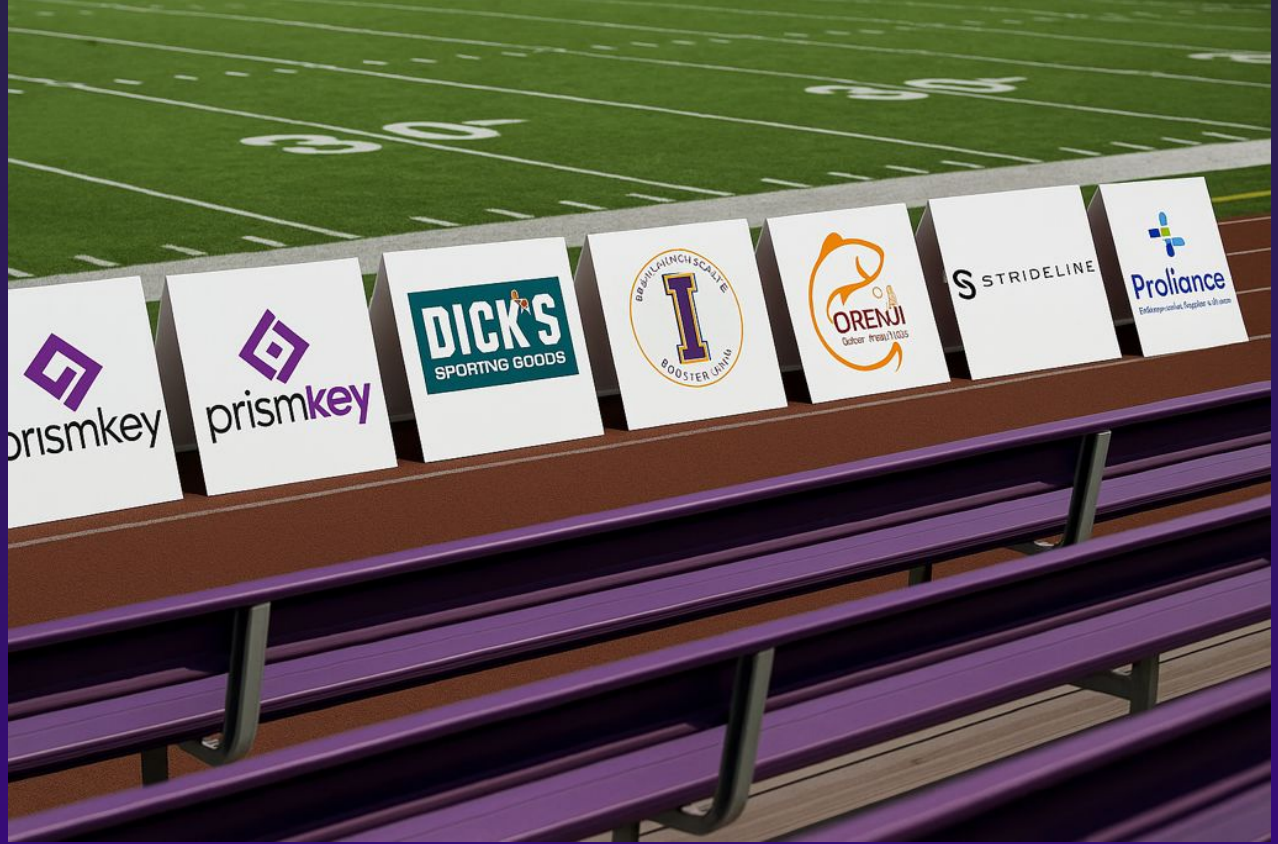


Off Season Highlights

- VEO Livestream Camera
- Partner with Don DeCaprio (Iron Eagle Strength)
- Website Overhauled
- New Youth Jerseys/Arriving Mid-Feb
- New to ILC- youth gear rental program



Craig Stoller Sponsorships



Communication / Information

IssyLax.org

- Home Page link to sign up for Newsletters
- Upcoming Events Calendar & Announcements
- General Club News & Information

Group Me

- Player / Coach Channel
- Parent Channel

Sports Engine

- Schedules