

# Elk River/Zimmerman High School Girls Lacrosse Handbook 2026

This team consists of girls from Elk River and Zimmerman High School and Middle School.

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## **Links to be familiar with:**

Elk River High School (ERHS) <http://www.isd728.org/ElkRiverHigh>

Minnesota Lax Hub [MN Lacrosse Hub | High School Boys & Girls Lacrosse News, Scores & Standings](#)

Minnesota State High School League <https://www.mshsl.org/>

ERZ Website <http://www.erzlacrosse.com/>

Elks Girls Lacrosse Facebook Page

Elks Girls Lacrosse Twitter Page

Elks Girls Lacrosse Instagram Page

## **Eligibility for the Elk River/Zimmerman Girls Lacrosse Team:**

- 7<sup>th</sup>-12<sup>th</sup> grader from Elk River and Zimmerman High Schools or Middle Schools.
- 2.0 Cumulative GPA
- Current physical on file at your school, online registration completed, and athletic fee paid
- All booster club forms completed and returned

## **Academics:**

- Represent your team with pride and stay caught up in all your classes. You are a Student-Athlete and we want to proudly represent Elk River/Zimmerman Girls Lacrosse.
- Must have a cumulative GPA of at least a 2.0 (MSHSL). There might be grade checks during the season either by the school or coaching staff.

## **Behavior:**

- As a member of this team, you will follow all MSHSL, NWSC, ISD728 & Elk River Girls Lacrosse Team Rules and Policies. Failure to follow the rules could result in MSHSL violations, suspension from the team, and forfeit of any end-of-the-year awards
- Respectful behavior is expected by all. During practice and games, work hard and be positive! Encourage your teammates; give 100% during all games/practices. If you skip part of the practices, or have a bad attitude, you may be asked to leave the practice or the game.
- Check bad attitudes and negative vibes before stepping on the field.
- No Bullying Allowed! As a reminder, please make the coaching staff aware of any unacceptable behavior.
- Clean up after yourself. Keep the field and bench area clean.
- Respectable and appropriate clothing attire at practices and games. Remember who you are representing.
- No cellphones during practices or games unless given permission from a coach.

## **Communication on Conflicts/Issues:**

- If there is an issue or a problem during the season, please address it right away. An issue will not be addressed unless the order of communication has been handled properly. Below is the order in which to use:
  - Coach and Athlete
  - Coach, Athlete and Parent
  - Athletic Director

## **Practices:**

- Practices are held at Elk River High School Monday-Friday. There may be changes to the schedule due to weather related issues. The coaches may deem it is necessary to have additional practices or a day off earned for hard work and dedication.
- Players must be ready for practice at start time; this includes dressed, cleats on, etc.
- Being late to practices and games will result in the following consequences:
  - Three lates will result in less game time; after being late three times the coaching staff will decide the next consequence. If you know you are going to be late, please notify the coaching staff ahead of time.
- **BYLAW 512.00: PRACTICE SESSIONS BEFORE FIRST CONTEST**
  - Two weeks of organized practice shall precede the first contest.
    - Each athlete must participate in 10 days of practice before playing in a game.

## **Absences/Tardiness:**

- If you have a doctor's excuse for any reason, you must bring a note clearing you to practice (MSHSL). For emergencies or illness, call/text/email Coach Stephanie, or the coach of your team before 1:00 p.m.
- Excused Absences from practices or games:
  - Illness with proper notification
  - School functions
  - Religious reasons and/or family emergency
- Unexcused absences from practices or games
  - Illness without proper notification
  - Work
  - Babysitting, skipping practice, shopping, nails/hair appointments, etc.
- Two unexcused absences will result in a talk with coaching staff and a loss in game time. Future unexcused absences may result in losing player's spot on the team, lettering opportunity, and/or end of season awards.
- School Policy: If you are gone from school more than a ½ day (unless a school sponsored activity) you cannot practice or play in the game that evening.
- If you need to be gone due to any special circumstances, please talk to the coaching staff. You will need to let the coaching staff know well in advance.
- All practices and games are **MANDATORY**. Missing practices or games will result in less game time.

## **Games:**

- Games are a privilege, not a right. All team members are required to go to all home and away games.
- Attendance at practice: the student-athlete must be at the practice the day before the game to be able to participate in the full game the following day.
- Attire: Team jerseys are required for games as well as cleats (tennis shoes), mouth guard, goggles, and stick. ALL jewelry must be removed prior to stepping on the field.
- Transportation: ALL girls must ride the bus to the games. If you will be taking separate transportation after the game, you will need verbal or written communication from your parent or guardian to the coaching staff.
- If coaches do not receive proper communication when an athlete leaves a game early, their parent/guardian will be notified, and the athlete will receive a one game suspension.

### During the games:

- Bad attitudes will not be tolerated. Examples: Talking back to other players (your team and opponent's team) talking back to the referees or coaching staff, throwing your stick on the grass, storming off the field, etc.
- Show support to your teammates at each game.
- NO USE of cell phones during any part of the games; from warmups until we shake hands at the end of the game.
- Please no junk food, pop, or sugary snacks before the games. Please have a good breakfast, lunch and healthy snack on game days.

### End of Game:

- Good sportsmanship will be shown to all members of our team and the other team. Congratulate the other team on a good game and be respectful when shaking hands.

## **Uniforms:**

- Uniforms- Each player will receive a numbered pinny, black and white uniform and a pair of black shorts. All must be returned in good condition at the end of the season. Failure to do so will result in the school being notified and a fee will be assessed in campus.

## **Trainer:**

- If you are out due to an injury, you must be cleared by the trainer prior to returning to practices/games. If you are out due to an injury before a game, your playing time during the game may be reduced.
- All clearance notes and injuries will be shared between the coaching staff and the athletic trainer. If a trainer declares the player is not eligible to play the remaining portion of a game, their decision is final. Athletes and coaches will follow the trainers return to play protocols.

## **Tryouts:**

- Things which will be tested and observed for tryouts:
  - Conditioning
  - Cradling (Dom and Non-Dom)
  - Passing and Catching (Dom and Non-Dom, accuracy)
  - Scooping the ball: while in motion and being AGGRESSIVE towards the ball
  - Shooting: Aim, Accuracy and Control
  - Stick checking/defense: understand how to position yourself while in a defensive situation
  - Scrimmage: understanding the knowledge of the game and applying it to the game
- Tryouts are mandatory. You must be on time and ready to go when tryouts start.
- If you miss any of the tryouts, there WILL be an impact on your team placement, or potential captain opportunity.
- It is important to remember, if you made the Varsity team the year before does not guarantee you will make the Varsity team again, you must earn your spot; that goes for JV and B as well.

## **Varsity Lettering:**

- Criteria to Letter
  - Attendance: Regular Attendance
  - Behavior: Be in good standing with coaching staff and team. NO violations of MSHSL, ISD728, or Elk River/Zimmerman Girls Lacrosse rules
  - Games: Play in at least four full varsity lacrosse games
  - Coaches' discretion: the coaching staff has the discretion to letter any student-athlete

## **Other important items to address:**

- Expect consequences if you break the rules/expectations & accept responsibility for your words and actions
- We expect 100% effort at practices and games. This is a key component we look for in our athletes
- Practices and games take time. It is important to budget your time wisely. This means making every attempt to balance household, school, and team responsibilities
- Realize the way you work at practices and games will determine how you perform in the games. Be aware this is a competitive high school lacrosse team and the way you perform influences the team you are on, and the amount of playing time you may receive.

**A final note from the Coaches:**

We really look forward to working with all the outstanding athletes; and the life skills they will gain from being part of this competitive and respectful team. We also look forward to seeing the girls grow and develop throughout the season, not only on the field, but off the field.

By signing below, I recognize certain aspects of the ERZ Girls High School Handbook are subject to change throughout the season.

I accept and understand the ERZ 2026 High School Girls Lacrosse Handbook

Players Signature \_\_\_\_\_ Date \_\_\_\_\_

Players Name \_\_\_\_\_ Date \_\_\_\_\_