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Girls Lacrosse Captain's Cup Schedule March 15, 2026

Event	Team 1	Team 2	Start Time	End Time
Setup/Check-in	Everyone		1:00 PM	1:30 PM
Introductions	Coaching Staff		1:30 PM	1:45 PM
Game 1	North	South	1:45 PM	2:30 PM
Game 2	East	West	2:30 PM	3:15 PM
Group Pictures	Photographer		3:15 PM	3:30 PM
Keynote Speaker	Christine Bright		3:30 PM	4:15 PM
Game 3	3rd Place Game		4:15 PM	5:00 PM
Game 4	1st Place Game		5:00 PM	5:45 PM
Event Ends	Everyone		5:45 PM	6:00 PM



North

Bailey	Aasen	Park Cottage Grove	Coach	Jersey Number
Lydia	Balfany	Forest Lake	Attack	1
Rilynn	Houle	Forest Lake	Attack	2
Addy	Fast	Mounds View	Attack	3
Ava	Haugen	Irondale	Attack, Midfield	4
Sophia	Menne	Andover	Midfield	5
Hvsotte	Yahola	Big Lake/Princeton	Midfield	78
Ashley	Balken	Big Lake/Princeton	Midfield	6
Corah	McCline	Elk River	Midfield	7
Hannah	Henry	Forest Lake	Midfield	8
Mya	Grotberg	Superior	Midfield	9
Lacey	Skoglund	Superior	Midfield	10
Madden	Sidorowicz	Superior	Midfield, Defense	11
Hannah	Mocek	Andover	Defense	12
Julia	Klein	Elk River	Defense	79
Elliana	Ness	Forest Lake	Defense	13
Alexandra	Gruba	Forest Lake	Defense	80
Lauren	Gronert	Mounds View	Defense	14
Bella	Petrovich	Grand Cities	Defense	71
Aliyah	Busby	Irondale	Defense, Goalie	15
Nora	Marshall	Owatonna	Goalie	84



South

Gracie	Snow	Armstrong Cooper	Coach	Jersey Number
Bella	Ashton	Rochester Century	Attack	16
Norah	Thorson	Rochester Mayo	Attack	17
Lyla	Nguyen	Breck	Attack	49
Brooke	Hempel	West Des Moines	Attack	50
Mia	Huntley	Roseville	Attack	26
Addilyn	Dietman	Delano-Rockford	Attack, Midfield	51
Caleigh	Carlson	West Des Moines	Attack, Midfield	72
Ella	Hron	Duluth Marshall	Attack, Midfield	18
Carlie	Cappelleri	Delano-Rockford	Midfield	56
Jocelyn	Jim	Blake	Midfield	73
Alice	Kartak	New Prague	Midfield	19
Julia	DeChene	Monticello	Midfield	20
Brijette	LaCore	Hermantown/Proctor	Midfield	21
Olivia	Prochnow	Rochester Century	Defense	81
Sophie	Regan	Rochester Mayo	Defense	77
Paige	Connors	Rochester Century	Defense	22
Lily	Grafstrom	Moorhead	Defense	23
Olivia	Geryol	St. Michael Albertville	Defense	24
Madalyn	Berg	New Prague	Goalie	85



East

Dani	Licht	Owatonna	Coach	Jersey Number
Lucy	Schultz	St. Paul/Two Rivers	Attack	25
Olivia	Simpkins	White Bear Lake	Attack	86
Layla	Lawson	St. Paul/Two Rivers	Attack	27
Grace	Young	Stillwater	Attack	28
Keira	Spaniol	Minnetonka	Attack	54
Charlotte	Marshman	Minnetonka	Attack	55
Camryn	Hinsch	Chisago Lakes	Attack, Midfield	29
Eden	Lothenbach	St. Croix Prep	Attack, Midfield	30
Kylee	Lehman	White Bear Lake	Midfield	31
Natalie	Donnay	St. Croix Prep	Midfield	32
Maleah	Mcmorrow	Park Cottage Grove	Midfield	33
Carlie	Griffin	White Bear Lake	Midfield	35
Madelyn	Barten	Chisago Lakes	Midfield	36
Jillian	Maddux	Stillwater	Midfield	37
Lily	Sheldon	St. Paul/Two Rivers	Midfield	57
Lilly	Palm	Minnetonka	Midfield, Defense	46
Lily	Lothenbach	St. Croix Prep	Midfield, Defense	39
Marit	Wolden	Stillwater	Midfield, Defense	87
Stella	Bertogliat	Minnetonka	Defense	75
Lauryn	Ehrenstrom	Park Cottage Grove	Goalie	88



West

Maya	Hernandez	Mounds View	Coach	Jersey Number
Gretchen	Fandel Thompson	Orono	Attack	89
Riley	Ridgway	St. Louis Park	Attack	90
Katie	Palony	Armstrong Cooper	Attack	40
Zoe	Zielinski	Chanhassen	Attack	91
Cassidy	Bergstrom	Chanhassen	Attack	41
Lillian	Iverson	Maple Grove	Attack	42
Evelynn	Rodgers	Chaska	Attack	52
Lola	Grimm	St. Louis Park	Attack, Midfield	92
Millie	Mickelberg	Armstrong Cooper	Midfield	43
Layla	Nick	Orono	Midfield	82
Dylan	Collins	Orono	Midfield	44
Ryley	Dunn	Maple Grove	Midfield	45
Rissa	Langguth	Chaska	Midfield	76
Izzy	Kavanaugh	Woodbury	Midfield	34
Brooklyn	Robinson	Woodbury	Midfield, Defense	38
Emma	Roach	Maple Grove	Defense	53
Rylie	Bohn	St. Louis Park	Defense	47
Emerson	Lucco	Chanhassen	Defense	74
Eva	Ruzynski	Grand Rapids	Defense	83
Kamryn	Remick	Chaska	Goalie	48



Keynote Speaker

Christine Bright

Christine Bright is a Minneapolis-based consultant, trainer, and youth development leader with more than a decade of experience in the Sport-Based Youth Development field. She currently serves as a leader at the **Center for Healing and Justice Through Sport (CHJS)**, where she helps organizations and coaches across the country use sport as a tool for healing, leadership development, and positive youth growth.

Christine has coached soccer at every level — from U-5 beginners to the collegiate game — and brings that experience into her work training coaches and strengthening youth programs. She is especially passionate about empowering girls in sport and helping young people build confidence, identity, and leadership skills through athletics.

In addition to her work with CHJS, Christine consults with mission-driven organizations to improve program evaluation, strategy, and long-term impact.

Around Minneapolis, she's most likely to be exercising at 5 a.m., bringing energy to the communities she works with, and finding joy in the small moments that make youth sports meaningful.



Summer Leadership & Job Opportunities

Leadership Development Program - Homegrown Summer Camp

The Leadership Development Program (L.D.P.) provides high school and college volunteers an opportunity to coach alongside Homegrown senior staff at the Homegrown Summer Camp in July. L.D.P. counselors gain confidence in their coaching ability and develop a better understanding of lacrosse from a new perspective. This experience is excellent for highlighting on resumes and counts toward volunteer hours needed for NHS and other organizations. Skills learned as a counselor translate to a greater understanding of the game and expand to life skills off the field.

[LEARN MORE ABOUT APPLYING TO BE AN LDP COUNSELOR HERE](#)



Officiating - Boys & Girls Lacrosse

Looking to make some extra money this summer while staying around the game? Northland Officials Association and Minnesota Lacrosse Umpire Association are always looking for more officials to officiate youth games all over the state. If you are interested, click the links below to find out more about how to get involved with officiating.

[Northland Officials Association - Boys Lacrosse](#)



[Minnesota Lacrosse Umpire Association - Girls Lacrosse](#)



Homegrown Lacrosse: About Us

ABOUT US: Founded in 2003, Homegrown Lacrosse, a Twin-Cities based 501(c)(3) nonprofit organization, works to create positive change in the lives of young people. The organization’s mission is to build a community that inspires and empowers youth to excel in life and lacrosse. We achieve our mission through a wide variety of programs designed to develop character, build self-confidence, and instill a sense of community.



Program offerings include nationally recognized overnight summer camps, year-round skill training, leagues, tournaments, Captain’s Cup, special events, travel team experiences, an in-school physical education program, inner-city after-school programs, a youth leadership development program, scholarship fund and several other “Grow the Game” initiatives including training of community leaders, coaches, and referees.

Each works to provide valuable life and perspective-changing experiences to over 10,000 youth who come from a diverse array of socio-economic, cultural, and geographic backgrounds. We also partner with and support over 120 community lacrosse organizations each year.

Donations

In lieu of admission fees, we encourage donations to support our scholarship fund which provides need-based assistance for Homegrown programs. Donations additionally support the [Lax-4-Life Summer Camp](#), a community partnership with the Fond du Lac Band of Lake Superior Chippewa to support the revitalization of lacrosse in Minnesota’s indigenous communities. All donations made to Homegrown Lacrosse are tax deductible.



[CLICK HERE TO DONATE](#)

