



ROCKFORD BOYS YOUTH LACROSSE

SPRING 2026 PARENT MEETING



Current Board Members

President: Brad Ritter

Vice President: Aaron Kohn

Secretary: Michelle Bartosik/Jessie Mason

Treasurer: Matthew Gusky

Director Of Coaching and Player Development:

Chris Gervat

Scheduling/Admin: Laura Kapuscinski



Current Committee Members

Spirit Wear/Uniform: Brad Ritter

Website/Social Media: Aaron Kohn/Laura Kapuscinski/Jessie
Mason

Events Coordinators: Jessie Mason

Picture Day: Jen Libiran

Fundraising/Sponsorship: Aaron Kohn/Michelle Bartosik

Equipment/Field Maintenance: Matt Kropf

Scheduling/Team Manager Assistant: Laura Kapuscinski

Additional Committee Members as needed:

Dawn Haney, Jessie Mason, Erin Lefevre



Our Mission Statement

The goal of Rockford Lacrosse is to instill a lifelong passion for the game of lacrosse by promoting an environment where young athletes can develop skills in a fun and positive setting.

Through an enthusiastic instructional curriculum that emphasizes sportsmanship, camaraderie, and work ethic, the program focuses on the growth of players as both athletes and members of our Rockford, Michigan community.



Director of Coaching Chris Gervat



- *Long Island Native*
- *Lives with wife Alison and 2 Boys Brooks & Blake in Rockford*
- *4 Year Starter and Captain at UMass 2000-2004*
- *UMass Ranked in the top 10 in NCAA DI 3 out of 4 years*
- *Northport HS - NY - Assistant Coach 2005-2007*
- *Michigan State Assistant Coach 2008-2010*
- *Forest Hills Central Varsity Assistant Coach - 2011*
- *Davenport University Head Coach 2012-2015*
- *True Lacrosse Director of Product and Development 2012-2016*
- *Co-founder - Team Michigan*
- *Head Coach Team America 2032*



Athlete Conduct

- Respect the game, players, coaches and refs.
- Represent Rockford community in a positive way.
- Show up on time and ready to play.
- Give maximum effort.
- Be coachable and have a positive attitude.
- Support and encourage teammates.
- Mentor program within our season



Parent Conduct

- Please let the coaches do the coaching.
- Address issues privately away from the field.
- Cheer and support all players. Stay positive even when losing.
- Don't engage with parents/ players negatively.
- Do not yell, call out or comment to officials.
- 24 Hour Rule

U6 Program Overview



U6 Head Coaches
Mike Dewitt
Neal Gallagher

- Mike Dewitt

- Lives in Rockford with his wife Mary and their two boys William and Miles.
- Coach for DK/K and helping with 1st/2nd
- Rockford Varsity Lacrosse Head Coach 2015-2021
- Midfielder - Rockford High School



U6 Format

Fun Format!

- Tennis and squishy lacrosse balls
- Learn, practice, play format. etc
- Fun stations - Ground balls, shooting, partner passing, etc
- Fun competition - Hungry Hungry Hippos, Sharks & Minnows, etc



U6 Equipment

- ✓ Stick
- ✓ Cleats (recommended)
- ✓ Rockford Reversible Jersey
- ⊘ *Mouthguard, helmet, gloves are not needed*

Retailers:

- *Athletes Connection*
- *Play It Again Sports*
- *Dick's Sporting Goods*
- *Lax.com*
- *LacrosseMonkey.com*
- *StringKing.com*



U6 Schedule



East Rockford Middle School



Tuesdays, April 28, 2026 - May 19, 2026



5:00pm - 6:00pm



Picture Day & Jersey Handout: Monday April 27

**Information about picture day will be emailed soon!*

U8 Program Overview



U8 Head Coach Nick Mulcahy



- D1 high school All-state 2x lacrosse
- 4-year starter and 3-year captain at Davenport University
- MCLA D1- All-American
- NAIA- All-American
- Davenport ground ball record holder
- Northview High School varsity Defensive coordinator (2021-22)
- Spring Lake High School varsity Defensive coordinator (2023-25)
- 3-year player - Grand Rapids Grizzlies Box Lacrosse
- Team Michigan 2033 Head Coach
- Director of Team Michigan Lake Show



U8 Game Format

Format:

USA Lacrosse 7v7 Small Ball

Non-Contact Only



- Promotes higher IQ by condensing the field
- Creates more touches for each player
- Develops stronger stick skills



U8 Equipment

✓ Stick

- ◆ Field Stick 37-42"
- ◆ Goalie Stick 37-54"
- ⊘ D Pole - Not Allowed

✓ NOSCAE Helmet

✓ Gloves

✓ ND2000 Shoulder Pads

✓ Elbow Pads

✓ Protective Cup

✓ Mouthguard

✓ Cleats

✓ Rockford Reversible

Jersey

Retailers:

- *Athletes Connection*
- *Play It Again Sports*
- *Dick's Sporting Goods*
- *Lax.com*
- *LacrosseMonkey.com*
- *StringKing.com*



U8 Schedule



East Rockford Middle School

Practices

Games

Extra Games

*More information to come. Will have 2 "Local Travel Teams".



<p>Mondays April 13 - May 18</p>	<p>Tuesdays April 14 - May 19</p>	<p>EGR @ ERMS April 23</p>	<p>FHE @ FHE May 21</p>
<p>5:00 - 6:30 PM</p>	<p>5:00 - 6:00 PM</p>	<p>5:30 & 6:15 PM Double Header</p>	<p>6:00 & 7:00 PM 1 game each team</p>



Jersey Handout Monday April 13 - Picture Day Monday April 27

**Information about picture day will be emailed soon!*

U10 Program Overview



U10 Director Chris Gervat



- *Long Island Native*
- *Lives with wife Alison and 2 Boys Brooks & Blake in Rockford 4 Year Starter and Captain at UMass*
- *UMass Ranked in the top 10 in NCAA DI 3 out of 4 years there*
- *Northport HS - NY - Assistant Coach 2005-2007*
- *Michigan State Assistant Coach 2008-2010*
- *Forest Hills Central Assistant Coach - 2011*
- *Davenport Head Coach 2012-2015*
- *True Lacrosse Director of Product and Development 2012-2016*



U10 Game Format

Format:

USA Lacrosse 7 v 7



- 1 Competitive Team
(Black) 7v7 & 10v10
- 2 Developmental Teams
(Orange and White) 7v7
- Teams TBD after Indoor practices at Cedar Rock during March
- 2 teams (all players) for tournaments



U10 Equipment

✓ Stick

- ◆ Field Stick 37-42"
- ◆ Goalie Stick 37-54"
- ⊘ D Pole - Not Allowed

✓ NOSCAE Helmet

✓ Gloves

✓ ND2000 Shoulder Pads

✓ Elbow Pads

✓ Protective Cup

✓ Mouthguard

✓ Cleats

✓ Rockford Reversible

Jersey

Retailers:

- *Athletes Connection*
- *Play It Again Sports*
- *Dick's Sporting Goods*
- *Lax.com*
- *LacrosseMonkey.com*



U10 Practices & Games

Indoor Practices



Cedar Rock Sports Plex

4758 Cornfield Dr. Cedar Springs, MI 49319



Sundays and Wednesdays beginning March 1.



5:00pm - 6:00pm

Outdoor Schedule (April 13)

Practice Location: East Rockford Middle School

Practice Nights: M-T-W-TH

Practice Times: 5:00-6:30pm

Game Nights/Times: Calendar Updated by
end of March



Picture Day: Monday April 20

**Information about picture day will be emailed
soon!*



U10 Tournaments & Playdates

TOURNAMENTS

RIP THE DUCK

APRIL 25TH - 26TH

SOUTH BEND, IN

BLACK 10v10 and ORANGE/WHITE

7v7

BORDER WARS

MAY 2nd - 3rd

OAK BROOK, IL

BLACK 10v10

PLL INVITATIONAL

MAY 16th-17th

EAST ROCKFORD MS

BLACK TEAM and ORANGE/WHITE

PLAYDATES

WEST SIDE

April 19th vs FHC and Warriors

CENTRAL WOODLANDS - FHC

ALL TEAMS

WEST SIDE

May 9th

SPRING LAKE

ALL TEAMS

HOTEL BLOCKS COMING SOON!!!!

U12 & U14 Program Overview



U12 Black Head Coach Chris Gervat



- *Long Island Native*
- *Lives with wife Alison and 2 Boys Brooks & Blake in Rockford 4 Year Starter and Captain at UMass*
- *UMass Ranked in the top 10 in NCAA DI 3 out of 4 years there*
- *Northport HS - NY - Assistant Coach 2005-2007*
- *Michigan State Assistant Coach 2008-2010*
- *Forest Hills Central Assistant Coach - 2011*
- *Davenport Head Coach 2012-2015*
- *True Lacrosse Director of Product and Development 2012-2016*



U12 Orange Head Coach

Nick Mulcahy



- D1 high school All-state 2x lacrosse
- 4-year starter and 3-year captain at Davenport University
- MCLA D1- All-American
- NAIA- All-American
- Davenport ground ball record holder
- Northview High School varsity Defensive coordinator (2021-22)
- Spring Lake High School varsity Defensive coordinator (2023-25)
- 3-year player - Grand Rapids Grizzlies Box Lacrosse
- Team Michigan 2033 Head Coach
- Director of Team Michigan Lake Show



U14 Head Coach Vance Shepherd



- Forest Hills Eastern Alumni
- Four Year starter and 3 year captain at Davenport University
- Head Coach of Team Michigan 2030
- Defensive Coordinator 2019 FHC State Champions
- Lives in Ada with girlfriend Lynsey
- Enjoys fishing



Additional Coaches

Ben Stoklas

- Alumni Davenport University
- 2 time all state & All American At Rockford
- Played Goalie

Jud Schrottenboer

- 9 years coaching RBYL
- 2x All-State at FHC
- Played at the University of Denver



U12 & U14 Team Information

U12

- 10 v 10 Format
- 1 Competitive Team (Black)
- 1 House Team (Orange)
- Teams TBD after Indoor practices at Cedar Rock during March

U14

- 10 v 10 Format
- 1 Competitive Team (Black)
- 1 House Team (Orange)
- Teams TBD after Indoor practices at Cedar Rock during March



U12 Practices & Games

Indoor Practices



Cedar Rock Sports Plex

4758 Cornfield Dr. Cedar Springs, MI 49319



Sundays and Wednesdays beginning on March 1.



6:00pm - 7:30pm

Outdoor Schedule (April 13)

Practice Location: East Rockford Middle School

Practice Nights: M-T-W-TH

Practice Times: 6:00pm - 8:00pm

Game Nights/Times: Calendar Updated by
end of March



Picture Day: Monday April 20

**Information about picture day will be emailed
soon!*



U14 Practices & Games

Indoor Practices



Cedar Rock Sports Plex

4758 Cornfield Dr. Cedar Springs, MI 49319



Sundays and Wednesdays beginning on March 1.



7:30pm - 9:00pm

Outdoor Schedule (April 13)

Practice Location: East Rockford Middle School

Practice Nights: M-T-W-TH

Practice Times: 6:00pm - 8:00pm

Game Nights/Times: Calendar Updated by
end of March



Picture Day: Monday April 20

**Information about picture day will be emailed
soon!*



U12 & U14 Tournaments & Playdates

TOURNAMENTS

RIP THE DUCK

APRIL 25TH - 26TH
SOUTH BEND, IN
ALL TEAMS

BORDER WARS

MAY 2nd - 3rd
OAK BROOK, IL
BLACK TEAM ONLY

PLL INVITATIONAL

MAY 17th-18th
EAST ROCKFORD MS
BLACK TEAM ONLY

HOTEL BLOCKS COMING

PLAYDATES

WEST SIDE

April 19th @ FHC
FHC HIGH SCHOOL
ALL TEAMS

WEST SIDE

May 9 @ Spring Lake
SPRING LAKE HIGH SCHOOL
ALL TEAMS



U12 & U14 Equipment

✓ Stick

- ◆ Field Stick 37-42"
- ◆ Goalie Stick 37-54"
- ◆ **D-Pole 52-72"**

✓ NOSCAE Helmet

✓ Gloves

✓ ND2000 Shoulder Pads

✓ Elbow Pads

✓ Protective Cup

✓ Mouthguard

✓ Cleats

✓ Rockford

Reversible

Jersey

Retailers:

- *Athletes Connection*
- *Play It Again Sports*
- *Dick's Sporting Goods*
- *Lax.com*
- *LacrosseMonkey.com*
- *StringKing.com*



ROSTERS - BLACK TEAM EXTRA DUES - U10-U14

- Rosters finalized by March 15.
- If your son makes the black team, you will be receiving an invoice for \$100 to cover the added tournament cost that the black teams will be playing. 2 Extra Tournaments at this level.
- Orange Team Members for U12 and U14 that wish to attend tournaments will not be charged extra as playing time is not guaranteed.
- Hotel Blocks - RTD out this week. Border Wars out March 16.



ADDITIONAL SPECIALIZED POSITION TRAINING

Goalie Training

Coach Ben Stoklas

Every Practice

540-6pm Younger Goalies

6-620pm Older Goalies

Face-Off Training

Coach Jud and Coach
Jason

Every Practice

540-6pm All Ages



USA LACROSSE MEMBERSHIP REMINDER

- **This is how we get our Liability Insurance**
- **Make sure USA Lacrosse Memberships are up to date.**
- **Extra insurance for your athlete if they are injured at a tournament etc and needs to go to ER or has extensive medical bills.**



Wall Ball Testing 3rd-8th Grade!

3/4th Grade

- Ability to cradle with both hands
- 20 strong hand throws and catches
- 5 weak hand throws and catches
- 90 Seconds

5th Grade

- Ability to cradle with both hands
- 10 Strong hand
- 10 Weak Hand
- 10 snively right
- 10 snively left
- 10 canadian strong hand
- 5 punch out roll away
- 1 min 30 seconds

7th/8th grade

- Ability to cradle with both hands
- 10 Strong hand
- 10 Weak Hand
- 10 snively right
- 10 snively left
- 10 canadian strong hand
- 5 punch out roll away
- 1 min



YOUTH NIGHT & END OF SEASON CELEBRATION

YOUTH NIGHT AT THE HIGHSCHOOL:

- Thursday April 30
- 5:30pm
- Wear your jersey, get in free!
- No Practice

END OF SEASON CELEBRATION:

- Tuesday May 19th
- Hot dogs & Ice Cream
- All teams at the end of your practice
- All ages!!!!

2 Team Stores:

- Links coming out later this week

Stay Updated & Communicate!

SportsEngine is is our main point of reference for dates and times.



- View your team(s) schedule in the mobile app
- Sync app calendar with personal calendar
- RSVP for games & practices
- Chat with team members, including coach(es), team manager, and parents

Once you download the app, you will need to login with your SportsEngine account. After a moment, all of the teams that are associated with your family's account will appear in the favorites tab. If there are old teams that you are no longer interested in, simply swipe left and they will be removed.



Thank you to our 2026 generous sponsors!



**BUFFALO
WILD
WINGS.**
WINGS. BEER. SPORTS.™



Email ramslaxpresident@gmail.com if you are interested in being a sponsor.



ADDITIONAL INFORMATION/QUESTIONS

EMAIL:

rockfordramlax@gmail.com

OR

Check our website for EVERYTHING you need to know for our season and program.

[Rockford Boys Youth Lacrosse](#)

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