

**2025 season**

# Lakeville North Leadership

## Coach Staff

Becky Genzler - Head Coach  
Mikala Jansen - Team Assistant  
Chloe Rothmeier - JV Head  
Coach

## Captains

Alivia Keske  
Josie Wilson  
Ella Dwyer  
Shay Swanson



# Coach Becky's Contact Information

[genz7014@isd194.org](mailto:genz7014@isd194.org)

(952) 607-0527



# LN GLAX Mission Statement

The mission and vision of Lakeville North Girls Lacrosse is to develop student athletes who are caring, courageous, consistent and committed to developing a legacy of success both on and off the field.



# Coaches Purpose Statement

I coach girls lacrosse to develop athletes who are confident in their abilities to lead both on and off the lacrosse field, who know where hard work takes them and are confident in their abilities.



# Tryouts!

## 2025 Season Tryout Dates

- Thursday April 3rd
- Friday April 4th
- Monday April 7th
- Possibly April 8th if needed



# Skills to be Evaluated at Tryouts

- Stickwork
- Passing and catching
- Shooting
- Footwork
- Lacrosse IQ
- Coachability
- Conditioning

Each of the skill being evaluated will be scored by the coaching staff with scores ranging from 1-4

1 - skill is underdeveloped

2- skill is developed to a beginner level

3- skill is developed to a confident level

4- skill is developed at a competitive varsity level



# Meet your 2024/2025 Captains

Shay Swanson - Senior (952) 457-7762

Ella Dwyer - Senior (612) 998-1596

Alivia Keske - Senior (612) 345-1940

Josie Wilson - Senior (952) 374-9193

\*\*Roles and Expectations



# Captains Roles and Expectations

1. North GLAX captains are caring
  - a. Have a passion for the game and their team
  - b. Put the team before themselves
  - c. Handle conflict with respect
2. North GLAX captains are courageous
  - a. Lead fearlessly
  - b. Hold their teammates accountable
  - c. Embody the teams core values
3. North GLAX captains are consistent
  - a. Hold themselves to a higher standard
  - b. Lead by example
  - c. Show up each day and give their best that day
4. North GLAX captains are committed
  - a. Lead by example
  - b. Attend ALL (or as many as you can) team sponsored events



# Board Positions

*The goal of the LNHS Girls Lacrosse Booster Club is to provide off-season development opportunities and support the coaching staff to ensure the program is enjoyable and successful for years to come.*

## 2025 Board Positions

Open Position  
for next year

## 2025 Non-Position Support

President

Curt Beckman

Jessica Kennedy

VP/Communications

Sara Wilson

## Non-Position Help Needed

Treasurer

Chris Kennedy

- Attend meetings
- Assist with fundraising events
- Help with sponsorship blitz
- Share feedback/ideas
- JV Involvement

Fundraising

Jon Ross

Events Coordinator

Amy Collins

Secretary

Tami Ross



# Equipment: *Let's talk about sticks*

Stick

Cleats/Turf Shoes

Mouthguard

Pinny (provided by the team)

Tennis Shoes

Clothes for all Weather Conditions

Braces, (if needed), pre-wrap/tape/blister bandaids



# Cabin Fever 4 v 4 Tournament



4 spots available

**Cost:** \$55 per player

**Location:** Champions Hall

7000 Washington Ave S  
Eden Prairie, MN 55344

**Time:** 7:30AM - 12:00PM

**Grades:** 8th - 12th

To sign up, email:

[communications@inhsglax.org](mailto:communications@inhsglax.org)

# Apparel Ordering

Open Starting Today

- Today through January 31, 2025
- Delivery late March
- Order [HERE](#)



Optional Custom Nike shoes  
(same as last year)



## Recommended Player Pack

- Heather grey sweatpants & sweatshirts
- Black Shorts
- White short sleeve shirt



# Communication for Parents/Players

- TeamSnap will be used for:
  - Practice & game schedules
  - Last-minute changes
  - Link sent out after meeting
- Parents & Players will be emailed
  - Booster Club meeting & updates
  - Fundraising info & key dates



Follow Lakeville North Girls Lacrosse:



[LNHSPanthers.com](http://LNHSPanthers.com)



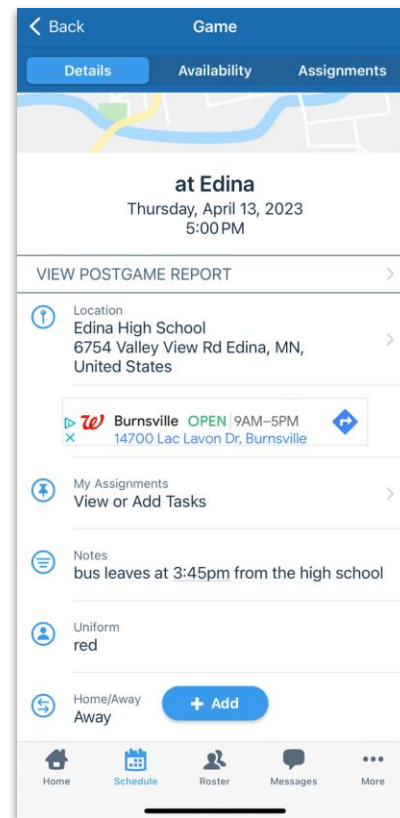
[Instagram.com/Inglax2023](https://www.instagram.com/Inglax2023)



[Facebook.com/Inhsgirlslax](https://www.facebook.com/Inhsgirlslax)



[Twitter.com/Inglax](https://twitter.com/Inglax)



# Finances: Booster Club vs LNHS

## Booster Club covers:

- Coaching Staff for JV
- Off Season Training - Coaches
- Turf Time (out of season) - Dome
- Additional Equipment Needs
- Photographer
- State Tournament Fees
- Uniform Set (Home/Away)
- Senior gifts
- Specialty Nights - Senior & Youth
- Team posters
- Team meals

## LNHS covers:

- 2 Coaches
- Transport To Games
- \$1k in equipment
  - Balls, nets
  - Goalie equip, cones, etc.
- \$2k in new jerseys
  - Every other year
- Referees for JV & Varsity



# Finances: Program Costs

- \$400/player for 2025 season (due at tryouts)
  - Program cost scaled by fundraising efforts & expenses
    - 2024: \$300
    - 2023: \$600
    - 2022: \$600
- \$275/player paid prior to tryouts for LNHS sport:  
<https://lakevilleareas-ar.schooltoday.com/viewmyaccount>
- \$100 refundable check for uniform return
- Reduce booster payment with Fundraising & Sponsorships
- \*NEW\* Venmo: @Lnhsglax
  - Format for Venmo comment
    - **Player Name: Event/Fundraiser Name**
      - Jane Doe: 2025 Booster Fee
      - Mary Smith: Butter Braids

Lakeville North Girls Lacrosse  
@lnhsglax



# Fundraising: Process

## Team Events

- **Proceeds supplement *team* expenses**
- Restaurant Nights (in the works)
  - Green Mill
    - Shooting for May 19th or 21st

## Individual Events

- **Proceeds supplement *player* until \$400 Booster fee is covered**
- Any overage supports the Booster Club
  - Butter Braids
  - Cookie Dough
  - Papa Johns
  - 99Pledges
  - Sponsorship Program



# Fundraising: PAPA JOHNS

## Program Details

- Available in Minnesota and Florida only
- Discounts available at any Papa John's Location - Online Order Only
  - Minnesota, Fort Myers, Tampa, Central and South Florida
- 17 locations in the south metro
- Cards are good for a little over 6 months. Expire 12/31 or 7/31
  - Price per card is \$15
  - LN GLAX keeps \$10
- Payment: Venmo, Check, Cash
  - Checks payable to: Lakeville North Girls Lacrosse
  - Venmo: First & Last Name of player - PAPA JOHNS
- Deliver/Mail payment to Chris Kennedy - Treasurer

## Key Information

- 50% off for up to 18 orders per card including Pizza, deserts, drinks & sides
  - One cheese pizza, wings and a drink pays for the card
- Sale Date: 1/21/2025 through 2/11/2025

# PAPA JOHNS®



# PAPA JOHNS®



## NIFTY 50 FUNDRAISER

Help us raise funds for Lakeville North Panther Booster Club

**PAPA JOHNS**  
LOCALLY OWNED & OPERATED

PAPA'S NIFTY 50 CARD



**NIFTY 50% OFF**

Your ONLINE Menu Priced Pizza Order  
\*See back for details

**\$15 GET NIFTY... TAKE 50!**

For only \$15, get 50% off 18 online menu-priced pizza orders before 12/31/25!

Preorder or Questions  
[fundraising@lnhsglax.org](mailto:fundraising@lnhsglax.org)

Lakeville North Girls Lacrosse

@lnhsglax



**venmo**

**SALES START: 01/21/2025**

**SALES END: 02/11/2025**

*\*Cards are distributed about 2 weeks after sales close\**

# Fundraising: 99Pledges

## Key Dates

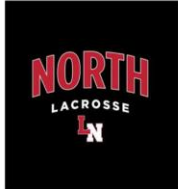
- Open Now
- Sell: 3/1/2025 - 3/26/2025
  - Electronic payment
- Lakeville spring break: 3/27-4/6

## Details

- Individual fundraising event
- Each player receives personal page
- Track team performance online
- Welcome email from 99Pledges
  - Once contact info received
- No contracts or site fees
- Keep 97% of donations
- Share with friends & family

## Lakeville North Girls Lacrosse Annual Fundraiser

Lakeville North High School Girls Lacrosse



# \$655

raised


Josie's Goal: \$600

THIS FUNDRAISER HAS ENDED

Help spread the word

[Facebook](#)
[Twitter](#)
[Email](#)

<https://app.99pledges.com/fund/LNHGLAX01ae>



**Josie Wilson**

Hi Family & Friends,

Thanks for visiting my page! I'm participating in my team's annual fundraiser to raise money for equipment, bus travel, field time, uniforms, and more. Donations will support me until I reach my goal, and then remaining dollars will go to my team. Would you be willing to make a donation? Any consideration is appreciated. Thank you so much!

**About this fundraiser:** Our team is dedicated to giving players the opportunity to grow as athletes and professionals. Through fundraising, our girls learn to advertise, communicate effectively, network, and serve the community. The support & encouragement these girls receive from their families, coaches, friends, and community are truly appreciated. We look forward to an amazing season and thanks again!

- Lakeville North High School Girls Lacrosse Booster Club

**Your donations will help pay for:**

- Equipment
- Bus Travel
- Field Time
- Uniforms

[Group Standings](#)

**\$3,055** Default Group

Top Donations


<b>\$100</b>	Jean Krius	“ Have a great year!”
<b>\$100</b>	Lucinda Burchett	
<b>\$60</b>	Andrew Burchett	
<b>\$60</b>	Garrett Burchett	
<b>\$60</b>	AL Burchett	“ Go girl”

[Show more](#)

Overview
Edit Details
Groups & Participants
Donations

<p style="font-size: x-small; color: #0056b3;">TOTAL RAISED</p> <div style="display: flex; align-items: center; justify-content: center;"> <span style="font-size: 2em; color: #0056b3;">\$</span> <span style="font-size: 1.5em; margin-left: 5px;"><b>\$3,055</b></span> </div> <p style="font-size: x-small; color: #0056b3;">of \$15,000</p>	<p style="font-size: x-small; color: #0056b3;">PARTICIPATION RATE</p> <div style="display: flex; align-items: center; justify-content: center;"> <span style="font-size: 2em; color: #0056b3;">28%</span> </div> <p style="font-size: x-small; color: #0056b3;">13 of 46</p>	<p style="font-size: x-small; color: #0056b3;">DAYS REMAINING</p> <div style="display: flex; align-items: center; justify-content: center;"> <span style="font-size: 2em; color: #0056b3;">0</span> </div> <p style="font-size: x-small; color: #0056b3;">ends Mar 24th</p>
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Donations (All Time) Filter: All Time | Cash, Cards, PayPal



Highlights

<b>\$3,055</b>	<b>20%</b>
Total donations	Percent of goal
<b>\$76</b>	<b>\$0</b>
Average dollars per day	Dollars per day needed to hit goal
<b>28%</b>	<b>13 of 46</b>
Participation rate	Number of participants

Leaderboard Sort

1	<b>Josie Wilson</b>	<b>\$ 655</b> 14 donations
2	<b>Taya Nelson</b>	<b>\$ 600</b> 15 donations
3	<b>Alex Ward</b>	<b>\$ 380</b> 6 donations
4	<b>Kristin Neary</b>	<b>\$ 320</b> 6 donations

# Fundraising: Sponsorship

## Program Details

- Engage local businesses
- Great PR & community involvement
- Reduce Booster Club fee dependent on sponsorship sold
  - Panther \$400
  - Gold \$300
  - Silver \$200
  - Bronze \$100
- Payment: Venmo, Check, Cash
  - Checks payable to: Lakeville North Girls Lacrosse
  - Venmo: First & Last Name of Player - Sponsorship Level
- Deliver/Mail payment to Chris Kennedy - Treasurer

## Key Dates

- Blitz: Tentatively - Monday, April 14th
- Meet: LNHS Lower Parking Lot as soon as school is out
- Need: **Parent volunteers to drive groups**
- Dinner provided


## Blitz Details

- 3-4 Players per group
- Each group will canvas local businesses
- Goal is for each group to get at least 1 sponsorship
- Team with most sponsorships wins Starbucks gift cards for each player in group



Sponsorship is offered in packages with varying levels of local exposure and promotion in addition to providing goodwill for your company within our growing lacrosse community.

\$1,500	\$750	\$500	\$250
PANTHER	GOLD	SILVER	BRONZE
Company logo and link on LNHS GLAX website	Company logo and link on LNHS GLAX website	Company logo and link on LNHS GLAX website	Company logo and link on LNHS GLAX website
Company logo on home game programs	Company logo on home game programs	Company logo on home game programs	Company logo on home game programs
3 Game Day shout outs on social media	2 Game Day shout outs on social media	1 Game Day shout out on social media	
Email blast to team families highlighting your business	Email blast to team families highlighting your business		
Business on scoreboard each home game			
Company announced over PA system each home game			



LNHSPanthers.com

Instagram.com/Inglax2023

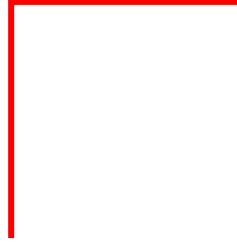
Facebook.com/Inhsgirlslax

Twitter.com/Inglax

Company:

Contact:	Phone:	Email:
Address:	City:	State:
Sponsorship Level: <input type="checkbox"/> PANTHER <input type="checkbox"/> GOLD <input type="checkbox"/> SILVER <input type="checkbox"/> BRONZE		
Payment: <input type="checkbox"/> CASH <input type="checkbox"/> VENMO - @LNHSGLAX <input type="checkbox"/> CHECK - Lakeville North Girls Lacrosse		
Send payment to: Chris Kennedy   16269 Hudson Ave   Lakeville, MN 55044   651-387-0654   LNHSGLAX@gmail.com		

\*LNHS Girls Lacrosse is a 501(c)(3) nonprofit organization (EIN 27-3154575). We appreciate your support in the continued success of our program.



Thank You

