



JAGUAR LACROSSE 2027 FALL PAC MEETING

Parent | Athlete | Coach

JAGLAX

Welcome to the 2027 season!



WELCOME



Scott Cater
Jefferson Boys Lacrosse
Head Coach
1998-present





PLAYER
DEVELOPMENT

LACROSSE
HAS BECOME
AN ULTRA
COMPETITIVE
VARSITY
SPORT



OUR PHILOSOPHY:
*We want to continue
to develop all of our
players, so that they
can reach their
highest potential.*



AGENDA

Player Development: *Off-Season and Winter League*

Coach Cater and Rob Graff

Let's Do This!

Owen Clark, Alex Liu, Logan Mattson

Booster Club, Dues and Payments, Communication

Craig Mattson, Matt Jacobs, Jen Raabe
Natalie Peterson, Lynn Miller-Mulcahy

Fundraising

Lindsay Comstock

Equipment and Apparel

Coach Cater

Wrap Up + Q & A

Coach Cater and Booster Club

Coach Cater will meet with 8th Grade group

PLAYER DEVELOPMENT

How has high school lacrosse changed in recent years?



MSHSL EVOLUTION

Varsity High School lacrosse has become increasingly competitive

Attracting better athletes with better skills and decision making

Requires varsity level commitment for all players - we will be making cuts this year to maintain two teams, JV & VARSITY



JAGLAX EVOLUTION

Changes to off-season program and increased dome-time

2015 State Runner-up

2015, 16, 24, 26 Conference Champs

2021, 22, 24, 26 Strong records 10+ wins

2027 - 11 players return with Varsity experience *solid foundation with potential for growth

MAINTAINING MOMENTUM



JagLax Parent Booster Club

**Supports Team
and Coaches**



**Off-Season
Coordination**



**Financially
Responsible**



OFF-SEASON DEVELOPMENT



Better Facilities

All turf-time, no gyms.
Allowing for use of regulation balls
and real lacrosse experience.



Competitive Environment

Competition for spots pushes
players to strive for excellence.



Player Focused

Priorities include bringing
new players up to speed while
moving experienced and top players
forward.

PLAYER DEVELOPMENT



Attitude & Pride

JAGLAX

- Become Champions in all we do.
LITTLE THINGS MATTER
- Be proud of being part of this program
and don't tolerate anything else

OFF-SEASON TRAINING

Winter Training

- OPEN TO ALL PLAYERS
- GUIDED IMPROVEMENT OPPORTUNITY
- Organized and run by our Director of Player Development - Rob Graff
- Included in your booster club dues
- TeamSnap will be updated soon, calendar on next page.

- Winter Training dates are those in **blue**
 - Hockey games in **green**
 - No school dates in **orange**
 - Winter league in **purple**
 - Jag-a-Lou in **yellow**

JANUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

****USA Lacrosse Membership Required**

PLAYER DEVELOPMENT

**Off-season training will focus on the following
10 aspects of player development:**

Stick Skills

- Encompassed throughout all we do
- Best skilled teams win all other things equal:
 - We are athletic
 - We need to be able to execute skills while using our athleticism



PLAYER DEVELOPMENT

Ground Balls



- Get Low / Explode through the ball
- Move the ball 2x after it's off the ground
- Anticipate off the ball to be in a position to help

PLAYER DEVELOPMENT

Offensive Skills

- Shooting form
- Passing decisions
- Head up
- Stick skills



Initiating Offense



- When to dodge. When not to. Dodge into space
- Move off the ball to create space
 - Expect slide and expect ball movement
- Dodge/Bounce/Redodge - We shoot better off the pass than the dodge

PLAYER DEVELOPMENT

Defensive Skills



- Foot movement
- Sticks on hands – hand control
- Drive to bad angle & approach angles
- Lifts/Pokes
- Stick skills



**Textbook
BUCKET**

JAGLAX

Goaltending

- Good goaltending wins close games
- Fundamentals in saving and clearing
- Quarterback of the defense - make the proper calls





Off-Ball Skills

- Ball in stick is a small part of the game
- Defense and Offense:
 - Talk
 - Anticipate
 - Don't just observe
 - Move

Unsettled Skills



- Both offense and defense
- Anticipation:
 - Recognize & communicate
- Faster Decision-making to increase game speed
 - Execution

PLAYER DEVELOPMENT



Clearing & Riding

- Clearing:
 - 7 v. 6 – Clear at 95%
 - Find 2-1
 - Clear to X
- Riding:
 - Manufacture extra possessions when opponent cannot clear effectively
 - Force errors on those that do



PLAYER DEVELOPMENT

Be the best *athlete* you can be.

The JagLax off-season program will make you a better lacrosse player. What can you do to make yourself a better athlete?

TRAIN
LIKE AN
ATHLETE



JagPower (FREE) | For-Profit Trainers | DO SOMETHING!!

JAGLAX

PLAYER DEVELOPMENT

Winter League—Full Field Training Minnetonka HS Dome



- ✓ **One Team:** Varsity level competition - we'll send info on sign ups
- ✓ **Sunday evenings:** January into March (but not SB Sunday)
- ✓ **\$175 Fee:** Approximately 10 game season (9 this year)
- ✓ **USA Lacrosse Membership Required**

PLAYER DEVELOPMENT

Jaglux St. Louis Trip - Maryville University

The **Jefferson Boys Lacrosse Booster Club** is excited to host our annual training trip ahead of high school tryouts. This exclusive, invite-only opportunity is extended to a select group of players. Over the years, this trip has proven highly beneficial, driving impressive individual development and team growth—so much so that several other schools have modeled their own programs after ours.

- **When:** Saturday, March 6 – Wednesday, March 10 (2 weeks before Spring Break)
- **Where:** Maryville University, St. Louis, MO
- **What:** 6+ practices & a scrimmage over 3 days
- **Staff:** Coach Casey Mithun, Coach Scott Stark, and staff
- **Next Steps:** Official invites will be sent out within the next week!
- **Required:** **USA Lacrosse Membership**

Payments due dates:

- Nov 15 - \$250
- Dec 15 - \$250
- Jan 15 - \$250
- Feb 15 - \$250** *estimation based on min. 27 players*
- **Registration with Maryville will be separate (~\$150-\$250)**

Needs:

- 3 Male Chaperones

Cultivating a Championship

Coming together this off-season to push each other, support each other, and challenge each other to grow together towards something greater than each individual

CHAMPIONSHIP TEAM is a highly skilled, smart lacrosse team, that plays together.

JAGLAX





LET'S
DO THIS!

Introductions

2027 Captains

2027 CAPTAINS

C

Owen
Clark



C

Alex
Liu



C

Logan
Mattson





BOOSTER CLUB

Booster Club

School District Fee

Booster Club Dues

Craig Mattson/Lynn Miller

Jefferson Boys Lacrosse Booster Club

Purpose:

To promote the development and growth of the sport of lacrosse through the formation of a boys high school lacrosse program at Jefferson High School, Bloomington, Minnesota.

To promote and develop through boys high school lacrosse the knowledge of the rules and skills of lacrosse, the quality of sportsmanship, teamwork, and **respect** for coaches, officials, and players.

The booster club is is the financial and organizational support mechanism for Coach Cater, his staff, and all kids who play Jefferson Boys Lacrosse.

The school's budget only covers approximately 19% of the JHS lacrosse program's actual cost.



Booster Club Members

Scott Cater, *Head Coach*

Riley Boehm, *Asst Coach*

Rob Graff, *Program Advisor*

Craig Mattson*, *President*

Matt Jacobs, *Vice President*

Lynn Miller, *Treasurer*

Jen Raabe, *Secretary*

Lindsay Comstock, *Fundraising Chair*

Natalie Peterson, *Jefferson Athletic
Foundation Rep.*

12th Grade Rep.

Christina Clark*

11th Grade Rep.

Open

10th Grade Rep.

Mary Rathsabandith

9th Grade Rep.

Maura Sackett

8th Grade Rep.

Open

We NEED representatives from all grades. Booster Club meetings are held on the Second Monday of each month (no meeting in November). Email president@jeffersonboyslacrosse.com to participate or for more information. **NEXT MEETING NOVEMBER 9th**

*** CAPTAIN'S PARENTS**

PAYMENTS & FEES

SCHOOL DISTRICT FEE

J.H.S. SPORTS FEE

\$230

\$230 DUE Before Season Begins (register online)

Not related to the Booster Club

Online registration for all Jefferson sports

All of the sports fees are used by the school district to fund varsity athletics and activities and none of them are given to the Booster Club for development or maintenance of the lacrosse program



PAYMENTS & FEES

CLUB DUES AT WORK



Booster Fees cover over half the cost of regular season coaching staff and all of the cost for off-season coaching staff plus coaches training.



New uniforms, practice reversibles, **jackets**, and coaching apparel. Plus player apparel that the boys get to keep every year.



Funding helps to supply team with necessary items such as balls, **nets**, goals, cones, bags, tape, etc.



Year-end banquet, alumni game, senior night, game specials, and the yearbook.

PAYMENTS & FEES

BOOSTER CLUB DUES

FALL

\$190

\$190 – Due October 26

Non-refundable*; Checks payable
to Jefferson Boys Lacrosse

SPRING

\$210

\$210 – Due by April 5, 2027

Non-refundable*; Checks payable
to Jefferson Boys Lacrosse

TOTAL COST

\$400

*Booster club dues are non-refundable for all players on JV and Varsity



COMMUNICATION FUNDRAISING

Communication

Craig Mattson

Fundraising

Jen Raabe / Lindsay Comstock

Jefferson Boys Lacrosse Communication

Between Coaches and Players

-  teamsnap
 - Player connects with Coach Cater using school email address
 - Player can add parents and guardians after accepting invitation

Between Booster Club and Parents

- Emails each week once in season
- Booster club meetings monthly

Jefferson Athletic Foundation



<https://jagsfoundationmn.org/>



FUNDRAISING & VOLUNTEERING

Jefferson Athletic Foundation Volunteer Opportunities (Tier 1 Level)

- Full Tilt Tavern Saturday BINGO: 1:30-3:30 PM; Volunteers must be 18+
Dates: 11/28 (filled), 1/2 (filled),
- Northstar Tavern Monday Night Meat Raffle: 6:45-9:30 PM; *any age
Dates: 6/7, 6/21, 6/28
- Carmine's Tuesday night BINGO: 5:40-8:00 PM; Volunteers must be 18+
Dates: 6/29
- Donatelli's Wednesday night BINGO: 6:00 - 9:00 PM; Volunteers must be 18+
Dates: 3/17 & 4/21

Other Volunteer Opportunities

- Culvers Night:
Date: March 16 5pm - 8pm (1 hour shifts)
Food Runners (4 players + 1 adult per shift)
- Adaptive Floor Hockey State Tournament (players & parents)
Dates: March 5th and 6th @ JHS



FUNDRAISING with Man Up!

Man Up! Campaign 2027



The core call to action is for friends, family and supporters to donate! and help fund the Jefferson Boys Lacrosse Team.

- 2026 Year: Snap! Raise
 - Outcome of the endeavor yielded \$16K for our organization
 - Built our bank account for stability and off-cycle expenses
- 2027 Year: New application called School Fundr
 - Kick-off start of the regular the season
 - Everyone is expected to participate
 - Goal is \$10K
 - Anticipate a smaller participation level due to:
 - Less involved application
 - Donation fatigue from previous year





EQUIPMENT & APPAREL

Equipment Purchases

Coach Cater

Complimentary Apparel

Coach Cater

Retail Apparel

Coach Cater

JEFFERSON TEAM HELMET PURCHASE

<https://bit.ly/jagghelmet>

**All new
players
MUST DO**
so we know
what your
decision is



**Cascade-XRS
Pro Helmet**

**Matte Grey & Carolina
with Jefferson decals**

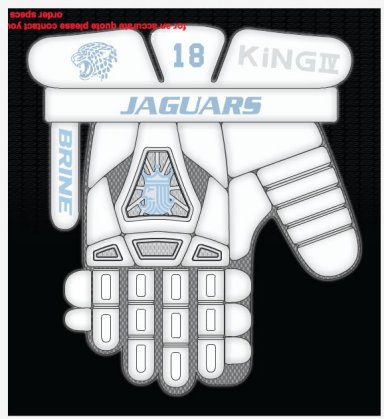
**Adjustable Sizing
One size fits most**

**NOCSAE
Approved**

This is mandatory purchase for all players in program.
\$390 retail price, \$310 team ~> **REDUCED to \$210.**

Gloves

(2027-WHITE if buy own)



EXCLUSIVE
LACROSSE
EQUIPMENT



STX Shadow Pro Shoulder Pad

★★★★★ 4 Reviews

\$139.99

Legal for 2022 Rule Changes



STX Cell V Lacrosse Shoulder Pads

★★★★☆ 1 Review

\$139.99

Legal for 2022 Rule Changes



Maverik M5 EKG Shoulder Pads

\$144.99

Legal for 2022 Rule Changes



STX Cell V Shoulder Pad Liner

\$114.99

Legal for 2022 Rule Changes



TRUE ZeroLyte Shoulder Pads

\$119.99

Legal for 2022 Rule Changes



TRUE ZeroLyte Shoulder Pad Liner

\$119.99

Legal for 2022 Rule Changes



Maverik MAX EKG Speedpad Lacrosse Shoulder Pads

★★★★★ 8 Reviews

\$134.99

Legal for 2022 Rule Changes



Maverik MAX EKG Lacrosse Shoulder Pads

\$154.99

Legal for 2022 Rule Changes

VERY IMPORTANT

SISU - MOUTH GUARDS

HIGHLY RECOMMENDED

talk, breathe, drink

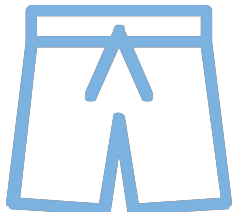
- Multiple colors available
- Endorsed by the WFTDA
- Recommended to be replaced every 6 months
- **CAN NOW BE WHITE OR CLEAR!!**

Cost: **\$25-35**

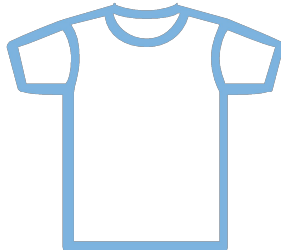


We are working on the final designs and will order soon - get your size in now!

As part of the team fee each player will receive the following complimentary items:



Practice
Shorts



T-shirt



Joggers & Hoodie



SIZING FORM: (all players)



<https://bit.ly/jagsizes>

JAGLAX 2027 Team Apparel: Online store will run after the NEW YEAR





WRAP UP

Resources / Social Media

[Coach Cater](#)

**Important Dates /
Season Schedule**

[Coach Cater](#)

WRAP UP

RESOURCES & SOCIAL MEDIA

www.JeffersonBoysLacrosse.com



Team site for all info/calendar/directions etc. Players are invited via **SCHOOL EMAIL**, player create their account first and then parents are attached to student account.

EMAIL ME AT: scater@isd271.org



@jaglax98 FOLLOW US



account: Game film website for varsity players or parents. Email Coach Cater with your email address to gain access to this account

WRAP UP **IMPORTANT DATES**

OCT 26: \$190 Tonight, Deadline fall booster club dues

OCT 26: \$180 Tonight, Deadline to submit NorthStar **glove order**, and helmets soon for new players to JAGLAX

JAN 7: Winter Training starts at Savage Dome.

APRIL 5: Season Begins & Tryouts

2027 Schedule:

sRosemount₁

sShakopee₂

sPrior Lake₃

sEastview/AV₄

Blake₈

Mnd/WsTka₇

sHoly Angels₁₀

cChanhassen₉

cChaska₅

cOrono₆

cBSM₁₃

cNew Prague₁₁

cWaconia₁₂

Conference: BSM, Chan, Chaska, New Prague, Orono, Waconia

Section 6: PLake, Rsmt, Edina, EV/AV, Shakopee, EP, AHA, Mpls

JHS Athletics Season Passes

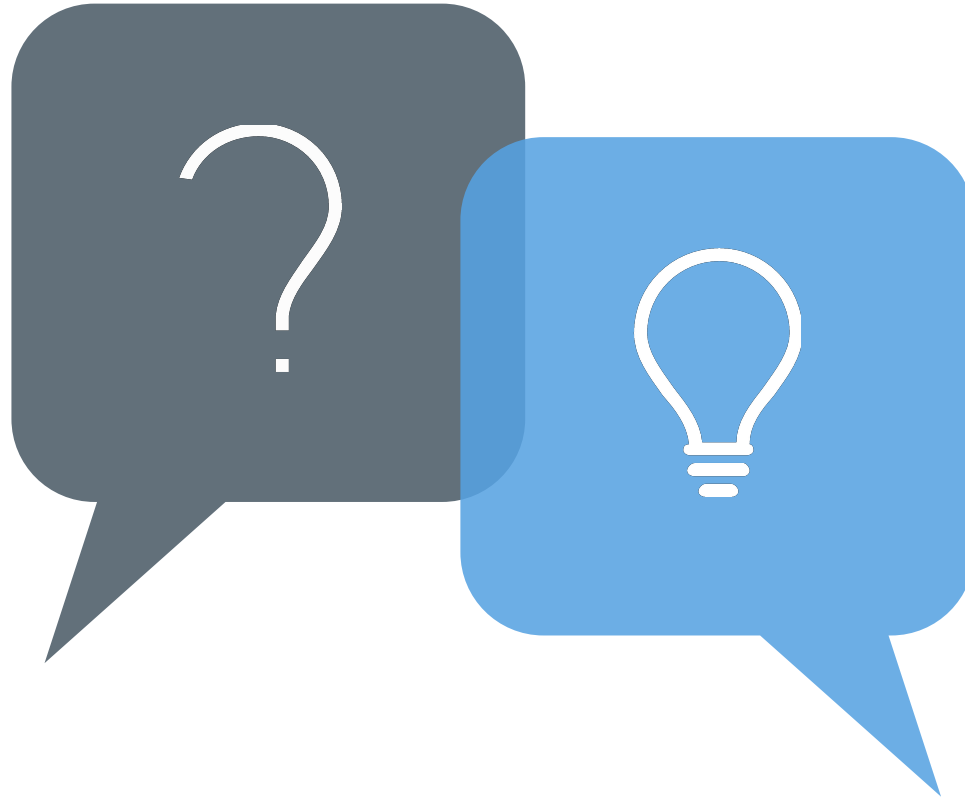
Purchase season activity passes for all Jefferson and Kennedy varsity sporting events. Passes good for regular season only.

[Jefferson Athletic Season Pass](#) (YOU MUST BE ENROLLED IN JHS/OGMS/OMS TO PURCHASE ONLINE).

Click on the link and then click on the **red soccer ball**. If you have an account please login. If you don't have an account you will need to create one. If you are not enrolled and want to purchase a pass connect with Stephanie Kasel at skasel@isd271.org).



Q + A



Are you NEW?
Meet with the BOOSTERS to get added!

JAGLAX

Final Thought/Quote:
Win with class,
Lose with grace,
Respect the game
& all those involved in it



THANK YOU

Fee Summary and Payment Options

Booster Club and Equipment Fees	
Fall Booster Club Dues	\$190
Spring Booster Club Dues	\$210
Gloves	\$180
Helmet (new players)	\$210
Great Pumpkin Shootout (Oct)	\$90
Winter League	\$175
Jag-a-Lou Payment Schedule	By invite only
Jag-a-Lou Nov 15	\$250
Jag-a-Lou Dec 15	\$250
Jag-a-Lou Jan 15	\$250
Jag-a-Lou Feb 15	\$250 + Camp Fee

NOTE:

Please include a description of the payment in your Venmo memo or Check Memo so that it gets allocated correctly

VENMO

@jeffersonboyslacrosse

Mail Checks To:

Jefferson Boys Lacrosse
PO Box 385222
Bloomington, MN 55438

End of show

Giving Back/Grow the Game

Bloomington Youth Lacrosse Association needs high school players to help with two lacrosse events.

Dates: TBD

Time: TBD

Location: TBD

If you are able to
with one or
dates please
Google form

**NEW sessions in
the works, THIS
IS NOT IT**

