



# JAGUAR LACROSSE 2024 FALL PAC MEETING

Parent | Athlete | Coach

# WELCOME TO THE 2024 SEASON!

**JAGLAX**

# WELCOME

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**Scott Cater**  
Jefferson Boys Lacrosse  
Head Coach





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 Baker, Bennett Lindman,  
Kevin Graff, Eric Johns

## **Booster Club, Dues and Payments, Communication**

Jeff Baker

## **Fundraising**

Allison Lindman

## **Equipment and Apparel**

Coach Cater

## **Wrap Up + Q & A**

Coach Cater and Booster Club

*Coach Cater will meet with 8<sup>th</sup> Grade group*

## 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



### JAGLAX EVOLUTION

Changes to off-season program and increased dome-time

2015 State Runner-up

2015 and 2016 Conference Champs

2021 & 2022 Strong records 10+ wins

2024 - 18 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.



## Attitude & Pride

- 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
- Location: Savage Dome
- Organized and run by our Director of Player Development - Rob Graff
- Included in your booster club dues
- TeamSnap will have the schedule soon

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





## 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



## 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

## Defensive Skills



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

## 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

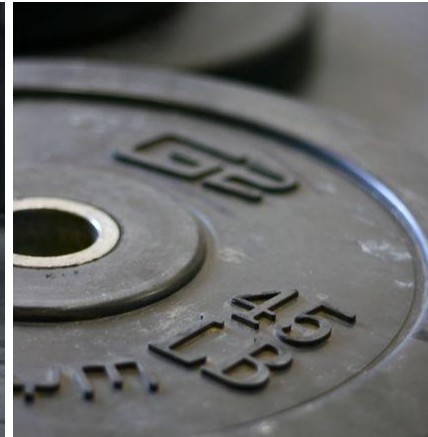


## Clearing & Riding

- 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

## 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?*



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

## 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)
- ✓ **\$160 Fee:** Approximately 10 game season
- ✓ Show proof of US Lacrosse Membership

## Arizona Spring Training Trip “JagZona”

The Jefferson Boys Lacrosse Booster Club is coordinating a training trip prior to high school tryouts. Using an invite-only system, we are offering the opportunity to a group of players somewhat larger in number than our varsity team. This trip is very beneficial and has produced impressive individual player and whole-team improvements, growth, and development. Several other schools have modeled training opportunities off our success.

2024 Dates during JHS Spring Break:

Departing Sunday, March 24; Returning Friday, March 29

### **Payments due on the following dates:**

- \$449 today
- \$400 before November 1, 2023
- \$400 before December 1, 2023
- \$400 before January 1, 2024
- \$400 before February 1, 2024

# Cultivating a Championship

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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

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





LET'S  
DO THIS!

## **Introductions**

2023 Captains

# 2024 CAPTAINS

**C OWEN  
BAKER**

**C BENNETT  
LINDMAN**

**C KEVIN  
GRAFF**

**C ERIC  
JOHNS**





# BOOSTER CLUB

## **Booster Club**

Jeff Baker

## **School District Fee**

Jeff Baker

## **Booster Club Dues**

Kris Wammer

# Jefferson Boys Lacrosse Booster Club

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## **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 10-12% of the JHS lacrosse program's actual cost.



# Booster Club Members

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Scott Cater, *Head Coach*

Riley Boehm, *Asst Coach*

Rob Graff, *Program Advisor*

Jeff Baker, *President*

OPEN POSITION, *Vice President*

Kris Wammer, *Treasurer*

Stacy Acketz, *Secretary*

Allison Lindman, *Fundraising Chair*

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## *12<sup>th</sup> Grade Reps.*

Jeff Baker \*

Allison Lindman \*

Kayne Weiler

## *11<sup>th</sup> Grade Reps.*

Kelly Bartsh

Rob Graff \*

Jackie Johns \*

Mark Morrow

Kris Wammer

Mandy Wineberg

## *10<sup>th</sup> Grade Reps.*

Shannon Van Brunt

## *9<sup>th</sup> Grade Reps.*

Christina Clark

## *8<sup>th</sup> Grade Reps.*

None yet

We NEED representatives from all grades. Booster Club meetings are held on the first Monday of each month (but not December, May, or June.) Email [president@jeffersonboyslacrosse.com](mailto:president@jeffersonboyslacrosse.com) to participate or for more information.

**\* CAPTAIN'S PARENTS**

## SCHOOL DISTRICT FEE

J.H.S. SPORTS FEE

**\$220**

**\$220 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

## 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, 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.

## BOOSTER CLUB DUES

FALL

**\$185**

**\$185 – Due October 30**

Non-refundable; Checks payable to  
Jefferson Boys Lacrosse

SPRING

**\$215**

**\$215 – Due by April 6, 2023**

Non-refundable; Checks payable  
to Jefferson Boys Lacrosse

**TOTAL COST**

**\$400**



# COMMUNICATION FUNDRAISING


## **Communication**

Jeff Baker

## **Fundraising**

Allison Lindman

## 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

- Email
  - Submit email address through registration form: <https://bit.ly/2024JagLax>

## Jefferson Athletic Foundation Volunteer Opportunities

- Full Tilt Tavern Saturday Bingo - 1:30-3:30 PM; Volunteers must be 18+  
**Dates:** 11/11, 12/9, 3/2
- Northstar Tavern Monday Night Meat Raffle - 7:45-9:30 PM; Volunteers can be any age  
**Date Available:** 11/27
- Carmine's Tuesday night Bingo - 5:40-8:00 PM; Volunteers must be 18+  
**Dates Available:** 10/31, 1/23, 3/26
- **SignUp Genius will be emailed out soon**

## Upcoming Opportunities

- Cub Foods bagging at the Lyndale location
- VFW or Bloomington Event Center Rib Fest
- Various restaurant fundraising nights

# JHS Athletics Season Passes

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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](mailto:skasel@isd271.org)).



# EQUIPMENT & APPAREL

## **Equipment Purchases**

Coach Cater

## **Complimentary Apparel**

Coach Cater

## **Retail Apparel**

Coach Cater



## JEFFERSON HELMET PURCHASE

Cascade-XRS  
Helmet

White, Grey & Carolina  
*with Jefferson decals*

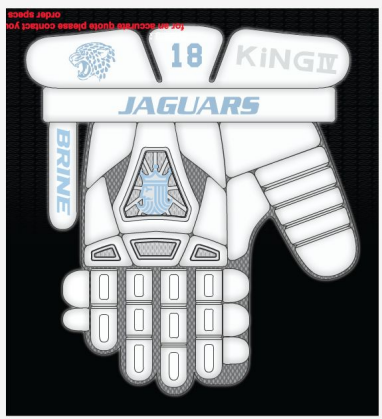
Adjustable Sizing  
*One size fits most*

NOCSAE  
*Approved*

This is mandatory purchase for all players in program.  
\$390 retail price has been **REDUCED to \$180.**

# Gloves

(2024-WHITE if buy own)



# Shoulder Pads: ND200 NOCSEA approved for 2022

EXCLUSIVE  
SQUAD



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**

**Check local lax stores or online - order early**

# SISU MOUTH GUARDS

## HIGHLY RECOMMENDED

talk, breathe, drink

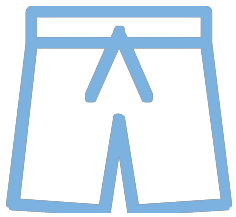
- Multiple colors available
- Endorsed by the WFTDA
- Recommended to be replaced every 6 months
- **CAN'T BE WHITE OR ALL CLEAR**



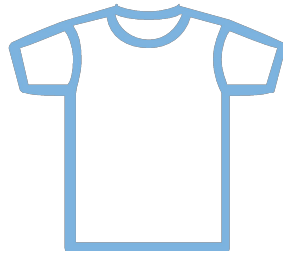
Approx: \$25

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

SIZING FORM: (all players)



Practice  
Shorts



T-shirt



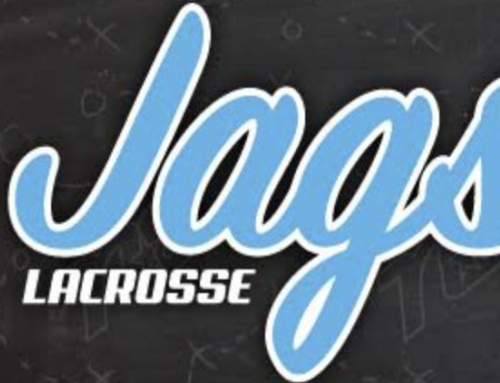
Joggers & Hoodie

**All this has been ordered already, we did this two weeks ago**



# JAGLAX 2024 Team Apparel: Online store coming soon! opens THRS. this week





**I'm waiting for the  
official word that this  
is launched**

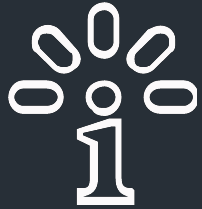


**WWW.NSTEAMS.COM**



**ONLINE STORE DATES: Limited Time Only!!!**

**OCT. ?? – NOV. ??, 2023**



# WRAP UP

**Resources / Social Media**

[Coach Cater](#)

**Important Dates**

[Coach Cater](#)

## RESOURCES & SOCIAL MEDIA

**[www.JeffersonBoysLacrosse.com](http://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](mailto: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

Complete this tonight: [bit.ly/2024JagLax](https://bit.ly/2024JagLax)

**OCT 30**: Deadline for \$185 fall booster club dues

**NOV. ??**: Deadline to submit NorthStar apparel orders, including helmet order.

**JAN 9**: Winter Training starts at Savage Dome.

**APRIL 1**: Season Begins & Tryouts

- Mon, April 1st - Tryouts start for all players

# Giving Back/Grow the Game

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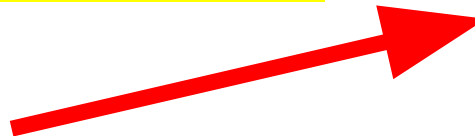
Bloomington Youth Lacrosse Association needs high school players to help with try lacrosse events.

**Dates: Sunday, Nov. 19th & Sunday, Jan. 28th**

**Time: 1-2pm**

**Location: Savage Dome**

**If you are able to help  
with one or both  
dates please fill out the  
Google form**



# Pack the City Council Meeting

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Bloomington City Council is holding a hearing to discuss Jefferson Stadium Improvements. These improvements are vital to both high schools as the school district transitions away from Lincoln Stadium. **We are asking all who support Jefferson High School Athletics to attend to show support for stadium improvements.** We already have a couple of parents designated to speak on our behalf, so we just need you there to show support. **\*\*SHARE this with your BYLA friends/families as well**

If you are unable to attend, please consider emailing Mike Centinario ([mcentinario@bloomingtonmn.gov](mailto:mcentinario@bloomingtonmn.gov)) with your message of support.

**Time: 6:00 PM on Thursday, November 2**

**Location:** City Council Chambers at City Hall  
1800 West Old Shakopee Road



**Please complete the 2024 registration form at**  
**[bit.ly/2024JagLax](https://bit.ly/2024JagLax)**

## Final Thought/Quote:

**“While talent can be a starting point, it’s the willingness to harness and develop that talent that ultimately leads to greatness.”**

**~Mike Tomlin**



THANK YOU