



**JAGUAR
LACROSSE
2024 INFO
MEETING**

Parent | Athlete | Coach

APRIL 4

Jags
LACROSSE

WELCOME TO JAGLAX '24

Established 1998

27th season,

**237 – 130 record,
367 games played.**

2 State Titles.

2015 State Runner Up.

This presentation will be available online at jeffersonboyslacrosse.com shortly after this meeting.

Meeting Purpose: Expectations for a successful spring!



INTRODUCTIONS:

- **Coaches and Captains:**

- **Head Coach:** Scott Cater 612.619.1173
- **JV Head Coach:** Tyler Lundberg 952.388.4754
 - **Asst. Coaches:** Riley Boehm, Ryan Gillard, Brandon Sjostrand
 - **Team Captains:** Owen Baker, Kevin Graff, Eric Johns, Bennett Lindman
 - **Trainer:** Baylee Beukle
 - **JagPower:** Wyatt Wutz

- **Booster Club Representatives:** President-Jeff Baker; VP-Mark Morrow; Secretary-Stacy Acketz; Treasurer-Kris Wammer; Fundraising-Allison Lindman; 8th Grade Reps We'd love to add your name here 9th Grade Reps: Christina Clark; 10th Grade Reps: Stacy Acketz, Shannon Van Brunt 11th Grade Reps: Kelly Bartsh, Kris Wammer, Mandy Wineberg; 12th Reps: Jeff Baker, Allison Lindman, Kayne Weiler; Program Advisor: Rob Graff

Student - Athletes: A group of guys are really making an impact in the classroom & on the field they are: GPA \geq 3.4

Staying Healthy, Injuries and Recovery

- Trainer: Baylee Beulke

Work: 952.806.7772 or 763-274-9092

Email: BayleeBeulke@tcomn.com

- JagPower: Wyatt Wutz



Becoming a JAGLAX Champion:

THREE C's for a 3rd State Championship:

- Commitment
(communication)
- Contribute
- Chemical Free



State Champions: 2000 & 2003

2nd Place in State: 2015

3rd Place in State: 1999, 2001, 2004

JEFFERSON BOYS LACROSSE

Home

Teams

Coaches

Tickets

Media

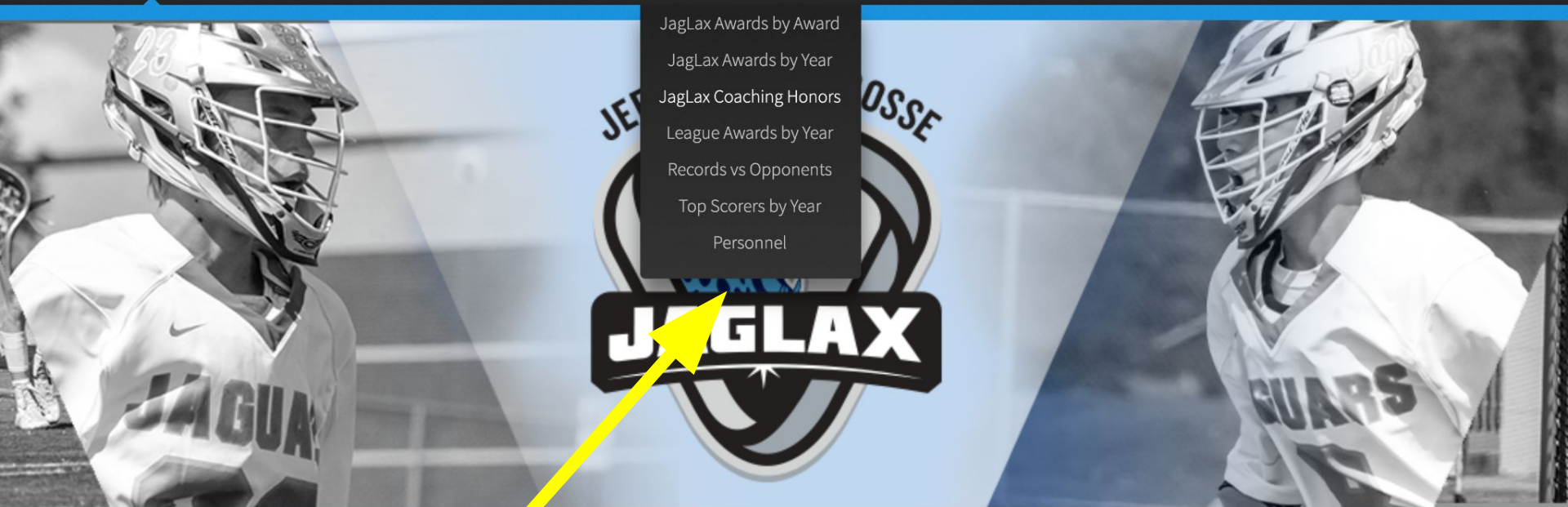
Records, Awards, and Honors

Calendar

Donations

Booster Club

Miscellaneous

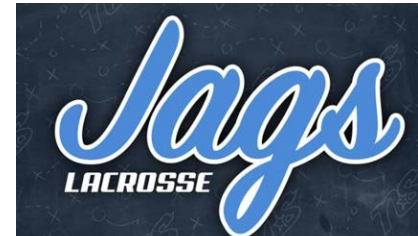


Minnesota State Champions 2000 & 2003. Runner up 2015

AWESOME website with tons of info and history!

Parents can **Contribute:**

- **Positive support:** attend games/cheer us on, respect guests/opponents & officials: Sportsmanship Rating (2008 VAR #1 Rated, 2016 B-squad #1 Rated)
- **Sign up to Help!**
- **Donate:** Time, money or organizational skills



Other Eligibility Info:

- GET TO KNOW the Eligibility Bulletin you filled out to sign up for MSHSL Athletics
- **3 Points of emphasis:**
 - 1) Mood-altering chemicals
 - 2) Harassment free environment
 - 3) Hazing is also prohibited
- Penalties: outlined in the Eligibility Bulletin



Chemical Eligibility Suspensions

2 weeks/2 contests – whichever is greater
3 weeks/6 contests – whichever is greater
4 weeks/12 contests – whichever is greater



HIGH SCHOOL SPORTS

The goal of HS sports is to learn how to become a better person, better teammate, better communicator & to enjoy being a teenager, something you can't get back.

Too many kids have been taught that the goal of HS sports is to achieve an ATHLETIC scholarship - that's simply not true

2024 CAPTAINS

**Bennett
Lindman**



**Eric
Johns**



**Kevin
Graff**



**Owen
Baker**



METRO WEST CONFERENCE:



- **7 Conference Games against:**
 - Benilde St. Margaret's -- Chaska
 - Chanhassen -- Kennedy/BV (s)
 - New Prague -- Waconia -- Orono
- **6 Non-conference games against: SECTION 6**
 - Shakopee (s) -- Blake
 - Edina (s) -- Rosemount (s)
 - Eastview/AV (s) -- Prior Lake (s)

(s) denotes SECTION OPPONENT

Conference: BSM, Chan, Chaska, Kennedy, New Prague, Orono, Waconia
Section 6: Jeff, EP, Shako, PLake, Rsmt, Edina, EV/AV, Kenn/BV, AHA, Mpls

2024 BLOOMINGTON JEFFERSON JAGUARS

BOYS LACROSSE



April 11 Shakopee	May 02 Prior Lake
April 13 Rosemount	May 07 Chanhassen
April 17 Kennedy/Burnsville	May 14 Chaska
April 20 Eastview/Apple Valley	May 16 Blake—SENIOR NIGHT
April 23 Benilde - St. Margaret's	May 21 Edina
April 25 New Prague	May 23 Waconia
April 29 Orono	Home Away



#HayDaLay
jeffersonboyslacrosse.com

April 17:
BYLA Night

April 25:
JagLax 4 Heart Health

May 16:
Senior Night

General Info:



Lettering Policy: Any of the below

- ≥ 4 VARSITY games,
- all VARSITY practices,
- ≥ 1 VARSITY playoff game,
- ≥ 4 years of Jaglax
- NOT AWARDED IF: Violate MSHSL Eligibility Criteria
- **Attendance:** 3 Unexcused absences = you have cut yourself from the team
- **Busing:** Must ride BUS to games, Parents must sign sheet if not taking bus back to JHS. ****NOTE:**
Some games may have NO BUS (slight issue!)
 - **Example: Player X riding with Player Y family**
→ “driver/rider form” – 1 time use, plan ahead!

Lacrosse Training & Travel Teams:

Jaglux Summer Camp & **Tourney **AGAIN 2024**** 🏆
late June! During Camp!

8th graders play BYLA

Other camps/clinics - lots of options

WATCH LAX ONLINE!!! Lots of it out there. Learn and grow on your own.



- **Jaguar Power--Summer 2024!**
- **Sessions to pick from: (30-40 per session max, sign up now)**
- **8am – 11am start times every hour**
- **IN SEASON---Varsity program w/Wyatt**

BOOSTER CLUB MEMBERS

Scott Cater, *Head Coach*

Riley Boehm, *Asst Coach*

Jeff Baker, *President*

Mark Morrow, *Vice President*

Kris Wammer, *Treasurer*

Stacy Acketz, *Secretary*

Allison Lindman, *Fundraising Chair*

Rob Graff*, *Program Advisor*

12th Grade Reps.

Amy & Jeff Baker*

Allison & Jamie Lindman*

Kayne Weiler

11th Grade Reps.

Kelly Bartsh

Kris Wammer

Mandy Wineberg

10th Grade Reps.

Stacy Acketz

Shannon Van Brunt

9th Grade Reps.

Christina Clark

8th Grade Reps.

We're looking for 8th grade
reps.

* CAPTAIN'S PARENTS

- **We are looking for a vice president. We are always looking for additional grade representatives. Reach out to Jeff Baker if you are interested.**
- **Booster Club meetings are open to all who have sons who play for the team.**






- Go to APP STORE or GOOGLE PLAY and add the [TEAM SNAP app](#) to your phone (easy to use, turn on notifications)
- Add mom and dad to PLAYER account, by selecting "[New Family Member](#)"
- CALENDAR (with maps)

metrowestconference.org

has a “notify me” feature and a calendar you can subscribe to for any sport/activity

JAGLAX Online..

- [HUDL.com](https://www.hudl.com): A MUST for Varsity; all game film, edit your own highlight tape, study yourself and learn. Email Coach Cater to create an account from the email address you want an account for.
- [Twitter & Instagram](#): @jaglax98  
- [Facebook](#): Jaglax_Jhs 
- [Website](https://www.jeffersonboyslacrosse.com): Jeffersonboyslacrosse.com

End Cap Rule:

ILLEGAL:

ILLEGAL:

ALL PLAYERS:
MUST HAVE 2

COMPLETE "GAME
STICKS"

LEGAL:

LEGAL:

Must be a manufactured end-cap,
made for a lacrosse stick.

POINTS OF EMPHASIS EYESHADE

The NFHS Boys Lacrosse Rules Committee has aligned with other sports to standardize the use of eyeshade. Eyeshade (grease or non-glare strips or stickers) shall be a single, solid stroke and may not include words, numbers, logos or other symbols.

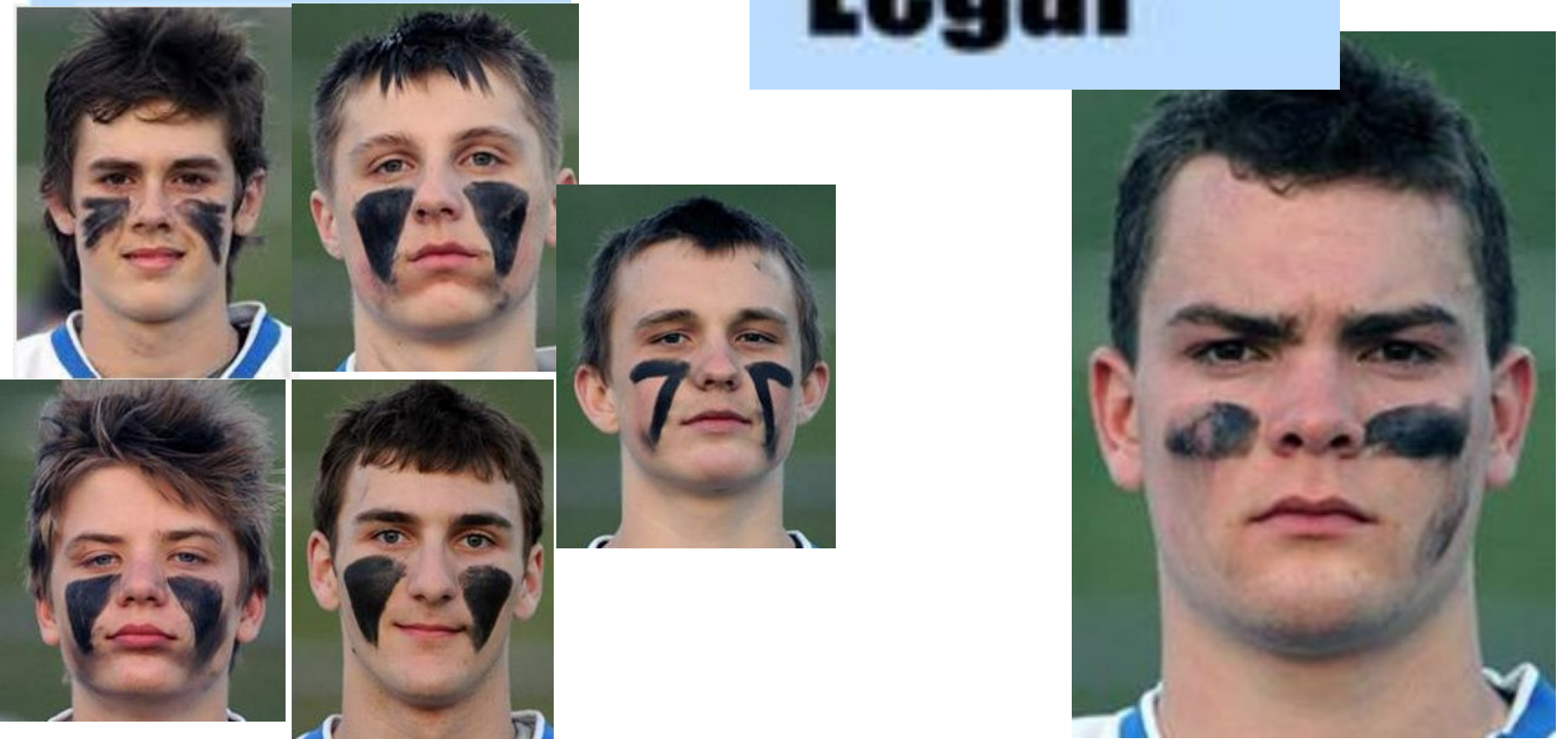


ILLEGAL and now point of
emphasis - 1min
NON-RELEASEABLE Penalty

Some More Rule Changes: Eye Black: only straight line

Illegal

Legal



More POINTS OF EMPHASIS:

- Chin straps/helmet wearing properly
 - If comes off during play, you are removed and out until next dead ball/stoppage of play
- Arm Guards on elbows not biceps
- No body checking a player who is engaged in a face-off - YOU CAN stick check them legally
- Checks to head and neck area - player safety focus

Become an Official!

Earn Money and Still Play!

**High School and Youth games
(Spring/Summer)**

Great Exercise!

Expand your knowledge of the game!

No Experience Needed

Certified with USA Lacrosse

Don't worry if you have never officiated before, we will get you trained before you get out on the field. If you have never played the game before, many officials did not grow up playing the game. If you played or are still playing, consider earning some extra cash and helping grow the game! Parents make great officials! We can work around your schedule. Don't wait for the season to start to get ready. Most of the training is online or via zoom.

<http://www.umloa.org/join>

Jon Day

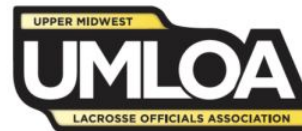
UMLOA Trainer

USA Lacrosse MN State Coordinator



For more information go to:
<https://www.umloa.org/join>

Or contact
Jon Day
612-963-2293
Laxtrainingmanager@gmail.com



612-963-2293

laxtrainingmanager@gmail.com



“LAX BALL Dr.”:

DONATE your “shiners” or “greasers” and the team can use them at practice, we will refurbish all “shiners” don’t discard them!

WALL BALL **EVERY** PRACTICE:

Every practice will begin on the wall.

The wall will unlock the true skill of this team.

We will improve.

You will improve.

Transfer that confidence to the field!



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: **\$25-35**

NEW RULES IN 2022: Shoulder Pads and Cups

Northstar Lacrosse, Hopkins sale for Bloomington
Jefferson:

NOW thru April 12th:

15% off everything

10% rest of the year

****Mention your association "BLOOMINGTON
JEFFERSON" to receive discount****

Jaglax Camp and Tournament:

We will run camp again this year, late in June

June 25, 26, 27 (T-W-Th)

8:45am to 11:30am on the TURF



***non-seniors:**
bit.ly/jaglaxcamp

***SENIORS:**
bit.ly/seniortourney

****Special inclusion again this year:**

THURSDAY NIGHT TOURNAMENT

at Shakopee HS - River City Classic, ≥ 3 games

Class of 2024 Senior can play in tourney only

**All other campers have Tourney
included w/Camp!**



Tonight, Tomorrow & Saturday:

****TONIGHT:**

- JV Jersey Check out in the Locker Room for the boys
- Parent Social in the Cafeteria for the parents
- Review volunteer opportunities and sign up at <https://bit.ly/2024SeasonSignup> or this QR code:



****Tomorrow: Friday, Apr 5th - typical day**

- VARSITY: 345-530pm practice
- JV: 430-615pm practice

****Saturday:**

- VAR Practices/Scrimmages at Wayzata HS - report 9am-warm up and stretch, 930am combo vs CPark, etc etc
- ~~JV combined practice with Blazing Eagles of JFK/BV~~

****Next week - MONDAY is TURF? Tuesday is 100% DOME due to track meet here at JHS, after that watch for updates!**

Next Week:

Monday, April 8:

**Culver's Dine to Donate
Fundraiser**

**5 PM to 8 PM at Culver's
on Nicollet Avenue**

**Volunteers still needed!!
Visit**

<https://bit.ly/2024Culvers>

or



Friday, April 12:

**5 PM to 7 PM Parent
Social and 9 Mile Brewing**



DINE TO DONATE

Culver's

**MONDAY
APRIL 8**

7801 NICOLLET AVE
BLOOMINGTON

5PM-8PM

**JEFFERSON BOYS LACROSSE
RECEIVES A PERCENTAGE
OF ALL PURCHASES**

Bloomington Public Schools accepts no liability or responsibility for this program and activity.



3 accountability groups - were selected at practice today - 12 guys are representing JAGLAX and giving back to the future of our team! HAYDALAY!!!

VARSITY -
Volunteering - We ARE supporting the future of JagLax with a volunteer hour

TUESDAY - APRIL 9th
6:30pm - 7:30pm
JHS TURF





**Volunteers for Bear Cubs needed:
SUNDAYS:**

April 21	4-5PM	Savage Dome
April 28	2-3PM	Savage Dome
May 5	2-3PM	Jefferson Turf
May 19	2-3PM	Jefferson Turf

Imagine if this was your backyard.



Your own "WALL" for wall work

"Every team WANTS to win. Every player wants to win. Every Coach. But it's really the teams that honor what goes into winning and work at those things every single day that are going to be highly successful."

Shaka Smart

Any Questions?:



Check out:

jeffersonboyslacrosse.com

www.teamsnap.com

www.hudl.com

www.mnlaxhub.com

www.metrowestconference.org

www.mshsl.org

***non-seniors:**
[**bit.ly/jaglaxcamp**](http://bit.ly/jaglaxcamp)

***SENIORS:**
[**bit.ly/seniortourney**](http://bit.ly/seniortourney)

teamsNAP JAGLAX Online...

TeamSnap.com you should all be in that!

Download the APP right now, it's easy

Team site for all info/calendar/directions etc.

If you have NOT gotten TeamSnap emails or announcements in the last days you are NOT enrolled.

Players are invited via SCHOOL EMAIL (send email to Coach Cater scater@isd271.org to enroll), player creates their account first and then he invites parents to be attached to the student account.