

## Why Play for Team Minnesota?

[REGISTER FOR OUR FREE EVALUATION ON SEPTEMBER 9 & 10](#)

Team Minnesota is leading the way in off-season player development and creating opportunities for players that want to compete at the highest level possible. We believe that to become the best, a player needs to train alongside committed and skilled players and be overseen by experienced coaches that continue pushing that player to a new level. We have provided that environment for Minnesota players for years. And the results are UNIQUE.

### 1. PROVEN COMMITMENT TO MINNESOTA LACROSSE: RUN BY COACHES WHO CARE ABOUT MINNESOTA PLAYER DEVELOPMENT

- Team Minnesota's leadership team and coaches grew up playing lacrosse and have devoted decades of their lives to the development and growth of lacrosse in Minnesota.
- The Team Minnesota coaching staff includes many MSHSL Varsity Head coaches from across the metro, including Chris Fleck (Prior Lake), Frank Clark (Blake), Lance Kuehn (Rosemount), Jason Worwa (Woodbury), Ben Blaser (Champlin Park), Corbyn Tao (Breck), Andy Lee (Kennedy), Jon Junker (Chanhassen) and Kyle Ficken (Rogers).
- Other coaches have years of college experience, including Rob Graff (Drexel, Univ. of Minnesota Duluth), Frank Clark (Univ. Minnesota Duluth), Chris Larson (Univ. of Minnesota), Bob Dignazio (NCAA D3 Beloit College), and Scott Offerman (Bocconi University, Italy; Italy 2012 Coach of the year).
- No local club program has the depth of coaching talent found at Team Minnesota.

### 2. PROVEN DEDICATION TO OUR TEAMS: ONE TEAM - ONE STAFF

- We believe in assigning one coaching staff (of three dedicated coaches) to each specific team. With such a consistent staff, the PLAYERS BENEFIT from consistent education and a coaching staff that knows the players well and can personally focus on the player's needs.
- We also hold high school "group practices" where players get exposed to the full breadth of our total coaching staff expertise.
- We have coaches with college coaching and playing experience, *US Lacrosse* award winners, Top MSHSL coaches, including state champions, coaching throughout our program.

### 3. PROVEN DEVELOPMENT FOR OUR PLAYERS: ON FIELD

#### High School Development

- A player's lacrosse and athletic development is based upon 3 areas:
  - A player's HS/Association
  - The player's willingness to commit to self-improvement, including participation in multiple sports
  - The instruction they get at their club
- At Team Minnesota we provide
  - Free evaluation camp sessions to all
  - 8-12 hours of fall practice
  - 20 hours of winter training in a fully staffed full field environment for High School players from January - March.
  - 16-20 - Two hour practices for High School players during summer.
  - Three tournaments in the summer against challenging opposition (Two for U11's)
  - Fall/Winter a la carte training opportunities
  - Fall lacrosse tournament at the most competitive event in the fall, on an a la carte basis.

- Participation in this plan, combined with the players' own work and learning at their High School program has yielded unique player success as gauged by MSHSL awards.
  - Team Minnesota represents less than 10% of the 1774 MSHSL players, but our players earn representation on MSHSL award teams at a much higher rate
    - 2017 - 9 of 12 *US Lacrosse* Minnesota All-Americans played for Team Minnesota
    - 2016 - 7 of 12 *US Lacrosse* Minnesota All-Americans played for Team Minnesota
    - 2015 - 8 of 12 *US Lacrosse* Minnesota All-Americans played for Team Minnesota

### Youth Development

- Our Youth coaches are some of the best coaches in the state:
  - U8 - Head Coach - Frank Clark (Multiple Time MSHSL State Tournament Coach, Multiple Time UMLC Championship Coach)
  - U10 - Head Coach - Chris Larson (Multiple time UMLC Championship Coach)
  - U11 Head Coach - Rob Graff (Multiple time UMLC Championship coach)
  - U12 Head Coach - Kevin Whiteis (Coach of National 5th place U13 team)
  - U13 Head Coach - Scott Hugdahl (*US Lacrosse* Youth Coach of the Year)
  - U15 Head Coach - Chris Fleck (MSHSL State Champion Head Coach)
- Cradle - We host the nationally acclaimed CRADLE LACROSSE program, with a proven methodology that introduces young children to lacrosse in a fun, active way, that is age appropriate.
- We host the longest running youth development fall clinic in the Twin Cities (the Youth Development Academy), with curriculum tailored for youth players at different age levels.
- We support all youth lacrosse by scheduling Team Minnesota youth practices so players can do both. Players are expected to play for their home association AND Team Minnesota.
- We have a proven path that leads to success at youth. Our success at youth tournaments across the Midwest is unique.
- Players participating in our youth programs are contributing to HS Varsity teams as early as 8th grade.

### Off-field Development

- We believe that player development should not be limited to on the field play. PLAYERS BENEFIT from a coaching staff who are also successful professionals, spouses, parents, and leaders in their communities. Team Minnesota leaders and staff are committed to being positive role models and mentors. We spend many hours (on and off the field) with players; this time and connection provides an opportunity to truly impact the player and assist in their development of leadership skills. This leadership development is a big reason why the top colleges and institutions, including military academies, seek out a relationship with Team Minnesota and recruit our players.

## 4. PROVEN VISIBILITY FOR OUR PLAYERS

- At the HS level we attend unique events where players face stiff competition. College coaches typically seek out these same events.
- Fall college weekend in Minnesota. Top NCAA coaches participate and run practices for HS teams. In addition, these coaches participate in a Team Minnesota-only event to discuss recruiting, playing at the collegiate level, and participate in Q/A session.
- Results speak for themselves. Of the 40 players on *Laxpower* that reported an NCAA D1 commitment between 2016-2019 HS graduation years, 36 of them trained with Team Minnesota.
- Numerous other NCAA D3 and D2 commitments as well, to some of the most competitive academic institutions in America (i.e. Gettysburg, Bentley, Oberlin, Denison, Bates, Wesleyan, Illinois Wesleyan, Colorado Mesa, Lindenwood, Limestone, Ohio Wesleyan, Stevenson, Rochester Institute of Technology, Ohio Northern).

## 5. PROVEN VALUE FOR OUR FAMILIES

### High School (rising freshman – rising seniors)

- The hours of practice a player spends with their team are important but the quality of those hours will significantly impact the player's development. And the quality of the practice hour is determined by the coaches leading that practice. Team Minnesota's "One-Staff" policy combined with the outstanding coaches at all levels ensures a growth experience for all players. Also included for HS level players is:
  - College weekend team practice with NCAA coaches
  - Winter training
  - 1 player to a bed when traveling
  - All meals and lodging while at event.
  - All hotel to field transport
  - Tournament fees
  - All film from tournaments
  - End of season consultation/assessment
  - 1 year Membership in [www.connectlax.com](http://www.connectlax.com) (Team MN Connectlax Home) and highlight film
  - Custom Cascade helmet, 2 shooters, 2 shorts, sweatshirt, sublimated reversible jersey - all soft goods from Nike.

### Youth (U8 - U14)

- The youth player seeking development has a unique set of needs - and Team Minnesota meets and exceeds those needs. We also recognize that these young athletes are subject to burnout and thus make our practices enjoyable, while encouraging multi-sport participation in the winter and fall. Our rigorous focus on skill and IQ development at this age has resulted in unparalleled success for our youth players in their tournaments, and for many, a realistic shot at making a JV or Varsity team as 8th graders.
  - Three dedicated, high level coaches per team
  - A la carte options for development in fall
  - Two shooters, one short sleeve, one long sleeve shooter, sweatshirt, reversible, all soft goods from Nike.
  - High-tempo practices with a focus on learning the game at a higher level
  - All tournament fees
  - End of season assessment

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As the above discusses, we are here to help your players improve. We believe in our approach and methodology. And we also believe in the work that you do at local youth associations and HS programs. We believe that community lacrosse and Team Minnesota are mutually reinforcing for players, and look to continue building relationships for years to come. *We are holding our free evaluations in a few short weeks and request you share this information with players/families that you believe would be a good fit with our organization.*

Registration for our free evaluation event can be found at:

[https://teammnlax.sportngin.com/register/form/827695560?\\_ga=2.120729089.80436933.1502043301-1802583100.1470943138](https://teammnlax.sportngin.com/register/form/827695560?_ga=2.120729089.80436933.1502043301-1802583100.1470943138)

Our website is <http://www.teammnlax.net/>

Feel free to call me at 612-749-1055 or email at [rlg33@mac.com](mailto:rlg33@mac.com) at any time with questions.

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