



Eureka Lacrosse Club



Preseason Parent-Player Meeting

Tim Borroff -Coaching Director; Varsity Head Coach

- Coach B: 11th year coaching at Eureka, 10th year on Varsity Staff. (MO Scholastic Lacrosse Association VP of Discipline)
- Our Mission: Help our student athletes reach their maximum potential as lacrosse players, students, and young men.
- Accountability: Players are expected to be at every practice. Lack of attendance shows a lack of accountability, leading to lesser playing time.
- Practice Attire: At **EVERY PRACTICE** players must wear either the practice pack OR: Black shorts, purple or white shirts, gray hoodie, gray sweatpants.
- Excused Absences: Sickness, family **emergencies**, school **emergencies**, etc... Time management is KEY.
- Grades: Grade check. Will not impact eligibility. Players will be honored for their grades at the end of year banquet.
- Team Placement: Varsity- Goal every year is a state championship. The players that best suit this goal make the varsity roster. JV- The goal is to win games, while developing every player on the JV roster. It's a core part of our program's culture that we value every team equally.

2025 COACHES

Varsity

Tim Borroff (Head Coach)

2019 MSLA Assistant Coach of the Year

Ben Eder (12th year—Offensive Coordinator)

2019 JV State Champ!

Tanner Whittemoore (Defensive Coordinator)

Junior Varsity

Dan Shovlain (Head Coach) 2013 Eureka
Grad

Christian Schevninger (Offensive
Coordinator) 2013 CBC State champ

Positions

Dustin Reis - Goalies

What's a "ward"?

*Why are the
refs tapping
their heads?*

*What does
"over & back"
mean?*

**Still Confused by Lacrosse
Rules? You're not alone!**

Important Events

DAYS 'TIL Season Starts

40

Parent Tip

All events are listed on our website calendar.

Team-specific events are also on the app!

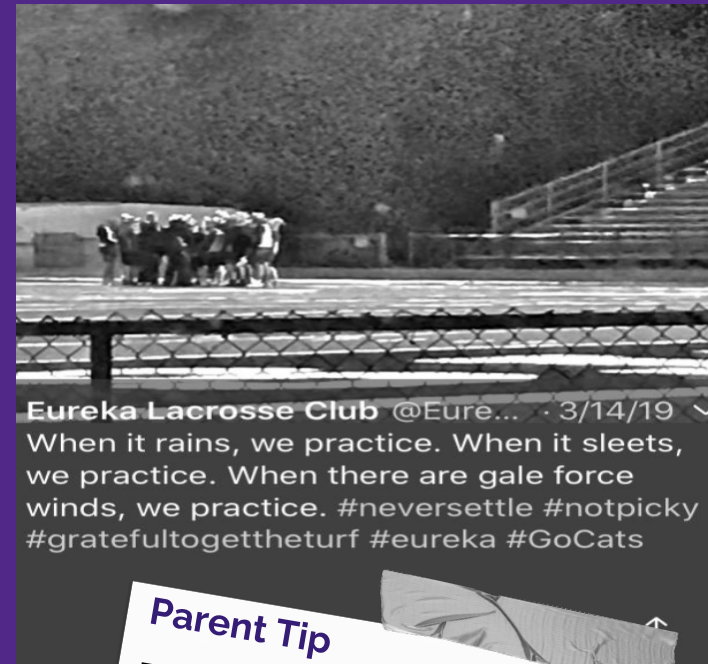
Winter Conditioning

Begins January 14th

- Tuesday & Thursday Lasalle Springs Middle School 4:30 p.m. (dress warm)
- Wednesday 1/15, 1/22 and 1/29 Positional Sessions- Location TBD

Practice Plans

- Try Outs: February 17 -21, 2024
Eureka High School
- March thru May, 2024
Location TBD
- Practice Changes?
Communicated ASAP to
Players and Parents through
App and Email



Parent Tip

The best way to stay up to date about practices is to make sure you receive text notifications every time the Club sends an email.

Visit the website for details.

Common Concerns

Playing Time

- Everyone wants to play more.
- Son should ask coach, “What should I be doing differently to play more?”

Team Placement

- Some players “play up” to increase team depth



Concussion Protocol

- Trainer at every game.
- Any player who is diagnosed with a concussion must follow an established “Return to Play” protocol.
- The EHS trainer is able to work with our players on the protocol and other injuries.

More information can be found on the website under “Connect / Parent Portal” tab.

Parent Tip

Every player is unique and not all concussion symptoms are the same.

A player should notify the coaches immediately if they suspect they might have a concussion, whether that's during a game or practice.

League Alignment

MCC

CBC

Chaminade

Vianney

SLUH

DeSmet

Metro

John
Burroughs

Ladue

MICDS

Westminster

Priory

Gateway

Francis
Howell

Clayton

Fort
Zumwalt

Wentzville

Hickman

Rock
Bridge

Suburban 12

Rockwood
Summit

O'Fallon

Parkway
West

Webster
Groves

Kirkwood

Republic

Suburban West

Lafayette

Marquette

Eureka

Lindbergh

Parkway
South

Seckman

All teams play everyone in their conference. All additional games are chosen by the team.

Tentative 2025 Schedule: Home games indicated by *.

-Schedule is subject to change

March 1st *Father Ryan Tn* without JV*

March 8th Marquette*

March 12th Seckman*

SPRING BREAK MARCH 14th-20th resume practices March 20th

KC Trip Games: March 22nd vs Pembroke Hill- JV at 12, Varsity at 1:45 ish

KC Trip Games: March 23rd vs TBD

March 28th Desmet*

April 2nd CBC

April 10th Chaminade

April 12th Priory*

April 16th SLUH

April 17th Lafayette (WILL CHANGE)

April 25th Parkway South

APRIL 26th EHS Prom

May 1st Burroughs*

May 3rd Lindbergh*

EHS GRADUATION MAY 10th

January

- Practice Pack order due January 12th
- Conditioning for All Athletes Not Involved in Winter Sports
 - Location Eureka High School
 - Begins 1/14
 - Tuesday & Thursday conditioning
 - Wednesday 1/15, 1/22 and 1/29 Positional Sessions- Location TBD

Don't Forget!

Visit the website to see times and locations of winter conditioning

February

- February 3rd - 17th- Dead Period
- Feb. 17-20th: Tryouts
- Team Placement: February 21st
- Regular Season Practices begin

March

- March 1: Regular Season begins
- KC Trip (all inclusive 3/21 thru 3/23)



Parent Tip!

Once teams are finalized, you will be able to access your son's team on the app!

You'll find rosters, schedules and be able to chat with other team parents.

April

- Regular Season continues

May

- May 8: Regular season concludes
- TBD: JV Post Season Tournaments
- Suburban West Conference Tournament
- MSLA Postseason Begins 5/12

Parent Tip!

You can sign up to get all our tweets without a Twitter account.

Just text

Follow
@EurekaLacrosse_
to 40404.

#beintheknow

#parentscantweettoo

June

- Alumni Game & Freshmen Orientation Game (TBD)
- End of Season Banquet



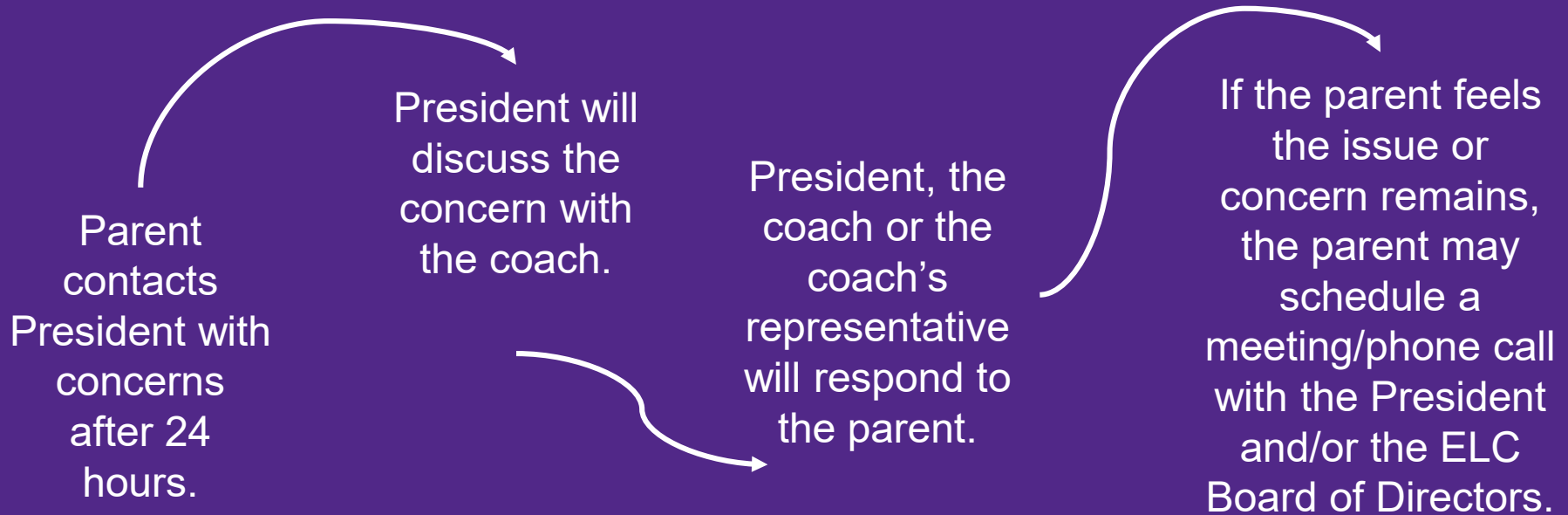
5 Ways to Be a GREAT Eureka Fan

1. Cheer for positive plays and examples of good sportsmanship.
2. Let the coaches coach.
3. Let the referees ref.
4. Stay positive with other parents and fans.
5. Take time to enjoy the game and the season. Eventually, it all comes to an end.

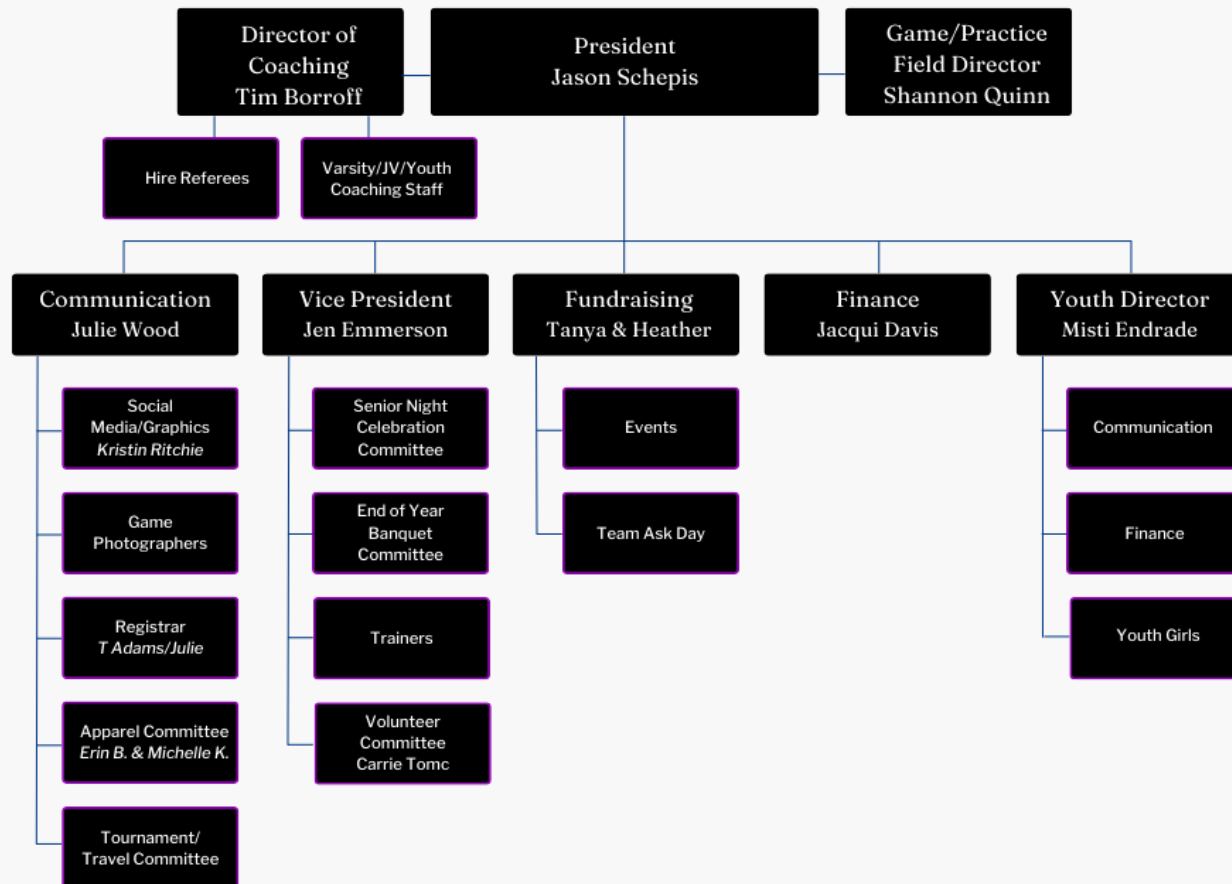


24-Hour Rule

Always encourage your player to discuss his concerns with his coach first.



Eureka Lacrosse Club



What Do My Fees Cover?

- Coaches Salaries
 - 5 Coaches
 - Background checks
 - USA Lacrosse Memberships
- Field Rentals for all practices and home games
 - Includes field space and lights
- Field Supervisor for Home Games (must be a paid Rockwood Employee)
- Trainers (required for all home games)
- Field Equipment & Field Equipment Maintenance
- League Fee for High School
- Tournament Costs
- Referees
- Insurance
- Team Meals
- Practice Pack (Shirt & Shorts)
- New Home Uniforms for Club
- Software (Sports Engine & Hudl)
- Banquet Expense for players
- KC Trip (All inclusive: Bus, Hotel, Meals)
- Media Day & Some Game Photos
- Misc. (posters, lanyards, senior night)

2024 Season Fees

League Fee: \$875.00
Indy Trip: \$350.00
KC Trip: \$225.00
Shooter Shirt/Shorts: \$66.00
Film Meals: \$100.00

TOTAL: \$1616.00

2025 Season Fees

League Fees: \$895.00
KC Trip: \$439.00
Shooter Shirt/Shorts: \$66.00
Film Meals (most): \$100.00

League Fee: \$1500.00
Pay in full, or 4 equal
payments of \$375.00 (Paid in
full by May 1st)

- You must have an active USA Lacrosse Number to register
- Players must be registered in order to try -out/practice

Communication

How do we communicate?

- Email
- Public website
- Sports Engine
- Sports Engine App

Make sure you're logged in!

sportsengine

Eureka Lacrosse Club

My Organizations

Page Settings Search

HOME > Team Gear

HOME > Team Gear

EUREKA LACROSSE

Eureka Players Named to All-Conference & All-State Teams

52x Players Registered READ MORE

YOUTH FREE INTEREST CLINIC REGISTRATION

Click to find out more about our Youth Free Interest Clinic

YOUTH WINTER INDOOR REGISTRATION

Click to find out more about our Youth Winter Indoor Section

MUSIC TRIVIA NIGHT!

The Eureka Lacrosse Club is a competitive boys lacrosse program comprised of students who attend Eureka High School or one of its feeder schools. The Club's goal is to promote the game of lacrosse, motivate the athletes to play to the best of their ability and collectively surpass individual aspirations for the greater good of the team.

In Missouri, the boys lacrosse programs are governed by the Missouri Scholastic Lacrosse Association, an all-volunteer, non-profit organization dedicated to growing the sport of lacrosse in the state of Missouri.

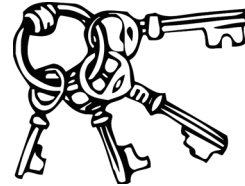
UPCOMING EVENTS

Need Help?



When you're logged in, you can...

- Add another email address
- See every email that has been sent to you from the Club...ever!
- Choose how you are notified
 - Text, email or both
- See your upcoming schedule
- See your bill



Visit www.eurekalacrosse.com/parent-portal for more info.

Sports Engine Profile

(parent who registers player)



Household
(Players)



Teams
(member)



App access

Parent Hack

The #1 reason most people have trouble navigating the website is because they aren't logged in with the account they used to register their son.

Other Avenues of Communication



eurekalacrosseclub



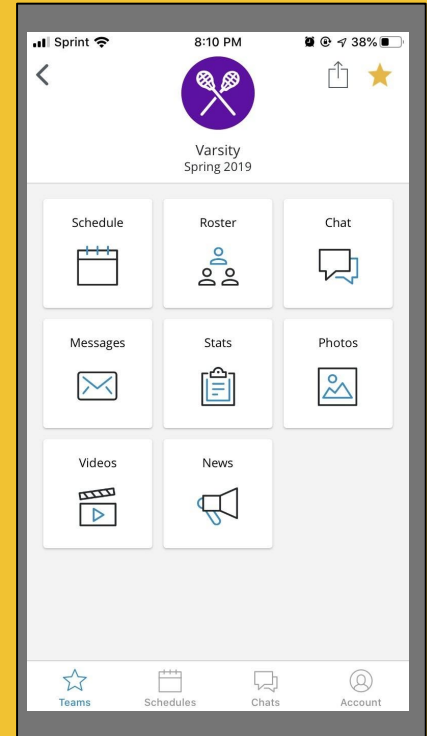
eurekalacrosse



Sportsengine app



SportsEngine App



Practice Packs

- Ordering Opens tonight and goes through January 12th (one shooter shirt and short is included in registration fee)



Nike Flex 7" Woven Pocketed Short

\$35.99



Nike Dry Franchise Polo

\$35.99



Nike Club Pullover Fleece Hoodie

\$46.99



Nike Men's Team Legend Short Sleeve Tee

\$29.99



BSN SPORTS Men's Cotton Rich Fleece Joggers

\$34.99

FUNDRAISING

Tanya Bricker & Heather Hammerschmidt

Volunteers



Volunteers!

- Set-up & take down on game days
 - Scoring/Spotting/Clock
 - Senior Night (Junior Parents)
 - Announcers
 - Videographers
- ...and more!

Yes!

That was fun!

What can I do?

Count me in!

How can I help?



Checklist

- Practice Pack Order Due 1/15
- Mandatory Helmet: Available Now
- Pay Uniform Deposit (Due prior to receiving uniforms)
- Player Code of Conduct Signatures
- Grade Checks



Parent Tip!

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Questions?

All Board Members can be contacted through the website (Connect -> Our Board)

Email:
jschepis@tristarstl.com

GET
EXCITED!

