

A blue lacrosse stick with a white and blue mesh head and yellow lacrosse balls on a green field.

JEFFERSON GIRLS LACROSSE

Parent-Athlete-Coach Meeting
November 24, 2025

PAC MEETING AGENDA

- Welcome
- Meet the coaches
- Team Information - Introduction of captains
- Information about season
- Booster club overview
- Volunteering and fundraising
- Questions



Meet our coaches

Varsity Coach



Coach Kayla
kaylabg@icloud.com
507-213-9528

About Me

Hometown: Owatonna, MN

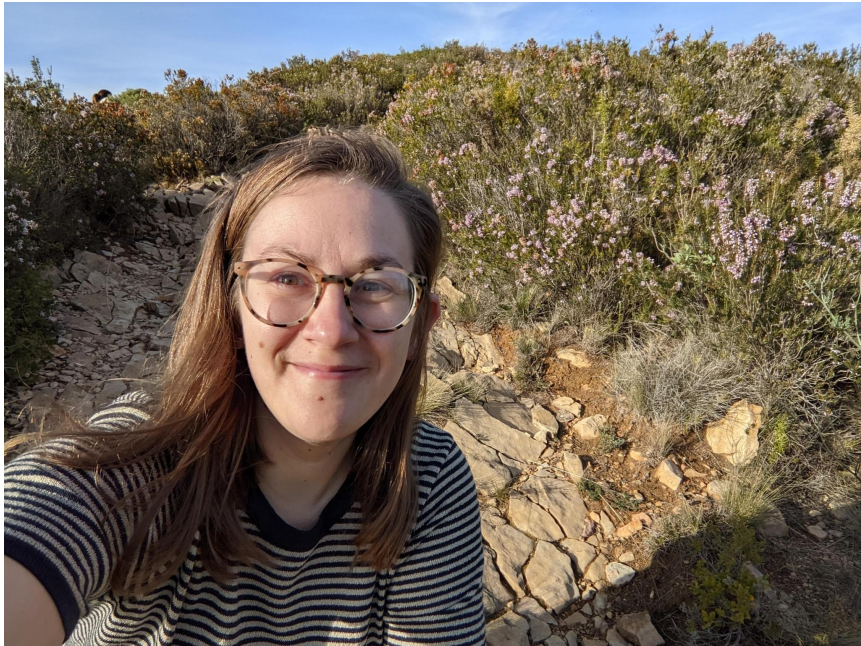
Job: Registrar at EP Middle School

College: University of
Northwestern- St. Paul

Lacrosse experience: 6 years
playing on defense, 7 years
coaching (4 at JHS, 3 at UNW)



Varsity Assistant Coach



Coach C
cmefteland@gmail.com
651-315-9238

About me

Hometown: Eagan MN

Job: Math teacher at South St.
Paul HS

College: University of
Northwestern- St. Paul

Lacrosse experience: Played 3
years in high school and 3 years in
college on the inaugural team and
coached last 3 seasons at JHS



JV Coach



Coach Grace Teal
Grace.j.teal@gmail.com
952-847-0355

About me

Hometown: Eden Prairie, MN

Job: Feed my Starving Children

College: University of
Northwestern-St.Paul

Lacrosse experience: Played for
11 years and coached for 6 years,
2nd year at JHS



JV Coach



Coach Maren
Marenreu@gmail.com
605-521-1712

About me

Hometown: Sioux Falls, SD

Job: Behavioral Therapist

College: University of
Northwestern- St. Paul

Lacrosse experience: I've played
lax for 4 years - started in college!!
Go defense :). Coached 3 years, 2
at JHS





Coaching Philosophy



Objectives for 2025 season

1. Be on time
2. Work hard on and off the field
3. Communicate
4. Be a team player





Program-Wide Core Values

Respect: For yourself, your teammates, coaches, officials, other teams

Ownership: Being on time, asking coaches or captains for help, communication

Attitude: Having a positive mindset on and off the field

Relentlessness: Giving your best at every practice and game, refusing to quit

Program Vision

The vision of the Jefferson High School girls lacrosse program is to teach, inspire, and motivate our players to be confident capable leaders by demanding their very best effort every day, and holding athletes to the highest standards in school, play, and in life.

Program Mission Statement

The mission of the Jefferson girls lacrosse program is to build physically and mentally strong female athletes to perform with relentlessness and confidence in the classroom, on the lacrosse field, and in life.



PLAYER EXPECTATIONS

- Display good character
- Good sportsmanship
- Be on time
- Be confident
- Trust in yourself and your teammates
- Bring a positive attitude and high energy to practices and games

Inclusion Statement

Jefferson Girls Lacrosse is committed to diversity, inclusion, and gender equity among all of our student-athletes, coaches, and families. We believe that an inclusive culture leads to positive interactions and relationships among all of our participants.



COMMUNICATIONS 4-STEP PROCESS

If a player or parent has an issue, the communication process is:

- **Step 1** – Player talks with her captains
- **Step 2** - Player talks with her head coach
- **Step 3** – Player and parents meet with the coaching staff
- **Step 4** – Written request for player, parents, and head coach to meet with the AD

24 Hour Rule - No parent or player can talk to **any** coach about any game-related issues until the next day (unless it is an emergency)



ATTENDANCE EXPECTATIONS

- Make a **commitment** to attend all practices and games.
- Give practice/game schedules to work and family **in advance** (not the week or day of) so issues do not arise.
- Make **every attempt** to meet household/academic responsibilities in advance.
- **If you are still getting your things on when practice starts YOU ARE TARDY!**

IF YOU KNOW YOU WILL BE ABSENT:

- Communicate directly with your COACHES in advance.
- Also please put it in text/email the day before if you will be absent or late.

RUNNING LATE?

- Communicate directly to your **COACHES** (not other players) by calling and/or texting.



IF YOU'RE ABSENT OR LATE

- If you are **LATE TO A PRACTICE** without telling your coach in advance:
Speak to your COACH after practice and a decision will be made at coach's discretion.
- If you **MISS A PRACTICE** without telling a coach in advance:
You will not play the first half of the next game.
- If you **MISS A GAME** without out telling a coach in advance:
Speak to the coach to create a plan for the future.

Absences from sickness, injury, or other circumstances will be handled differently.



ACADEMICS

You are a STUDENT-ATHLETE... student comes first.

You are expected to know and to follow the Jefferson High School and MSHSL policy on academic eligibility. If you are not taking care of what you need to in the classroom, there is no way you are prepared to take care of what you need to on the lacrosse field.

You will never be punished for being late to practice for meeting with a teacher/tutor/anyone providing you with extra help regarding your academics.



AWAY GAMES

JV and Varsity will ride separately to most games but together on the way home

- **Be 10 min early to the bus:** if the calendar says 6pm that means the bus is leaving at 6pm be early, the bus will leave without you!
- JV is encouraged to stay for varsity but can leave with an adult if needed (communicate with Coaches before the varsity game starts)
- Parents need to fill out a form every time your child does not ride the bus back to JHS with us (**ONLY IF THEY ARE NOT RIDING HOME WITH THEIR GUARDIAN**).



WHAT TO PACK - PRACTICES

- Cleats/Tennis Shoes
- Pinnie
- Goggles
- Mouth Guard
- Water Bottle
- Stick
- Plastic Zip-Lock Bag for valuables if raining
- Cold Gear



WHAT TO PACK - GAMES

- Home AND Away Jerseys & Skirts
- Cleats/Tennis Shoes
- Pinnie
- Goggles
- Mouth Guard
- Water Bottle
- Stick
- Plastic Zip-Lock Bag for valuables if raining
- Gloves for cold days
- Cold Gear
- Snack



VARSITY LETTERING POLICY

REQUIREMENTS FOR A VARSITY LETTER

- Player participates in a **significant amount of varsity practices** OR
- Player appears in **4 varsity games** and is on the roster for **playoffs** OR
- Player successfully completes **4 years of lacrosse** in our program OR
- Player **contributes to the team** as subjectively determined by the coaches

A letter will not be awarded if a player is in violation of eligibility criteria set forth by the MSHSL or this program



Team info

TEAM INFO | *Captains*



#7 Brooklyn Mattson



#8 Ava O'Hehir



#23 Taliana Hammond



TEAM INFO | *Off-season training*

Physical Fitness

- Jag Power
 - After school at Jefferson
 - No charge
 - Register through Jefferson
- Other Options for Pay
 - First Athlete, Fortis Academy, ETrain, Lifetime Fitness, etc.

Lacrosse-Specific

- Savage Dome
 - 14 JHS Lax sessions
 - January - March
- Camps and Clinics and Clubs
 - Eden Prairie winter league
 - Want more info talk to me or captains
- **WALL BALL AND RUN!**



TEAM INFO | *Dates to remember*

Winter Training January - March

~ combo of Thursdays and weekend times

Captains Practices: TBD

Tryouts: Monday, March 30 - Wednesday, April 1 (possible team event on Saturday April 4).

Team & Individual Pictures: Tuesday, April 7 @ 4pm

Regular Season Games: April - May

Section/State Games: Early-Mid June

Banquet: Wednesday, June 10 @ MVCC



TEAM INFO | *Winter training*



- Coaching staff will be provided
- Savage Dome
- Jan 4 / 8 / 10 / 15 / 22 / 25
- Feb 8 / 12 / 14 / 19 / 21 / 26
- March 1 / 5
- Dates & times are posted on our website calendar
- Booster Club registration/payment and current U.S. Lacrosse membership to participate



TEAM INFO | *Tryouts*

Dates: Monday, March 30 - Wednesday, April 1

Location: Savage Dome

Times: 3-5 PM

Teams will be announced at tryouts on Wednesday, April 1 or Thursday, April 2



TEAM INFO | *Season*

PRACTICES

- Regular team practices start April 2nd
- Monday-Friday
- Some Saturdays (Varsity)

PICTURE DAY:

- April 7th @ 4pm in JHS Cafe
- Team meeting to follow until 6PM

GAMES

- Home games in our new stadium!
- Schedule on MetroWest website
- Please subscribe to the calendar so you are alerted when the schedule changes
- There are Saturday games



Team Apparel & Spirit Wear Store

TEAM APPAREL | *Paid by the booster club*



Hoodie and T-Shirt



Please be sure to fill out the size information in your registration.

***If you have not registered with the booster club by January 1,
you may not receive the sizes you want.***

We place the order in early January,



SPIRITWEAR | *Online store*

- We will be doing a Spirit Store in January or February so you receive the gear in time for the season
- We will send an email when it's open with a link, make sure you receive our program wide emails.

Booster Club Overview

BOOSTER CLUB | *Executive committee*

Co-Presidents: Sara Hammond & Tiffany Maher

Treasurer: Brett Balfe

Secretary: Allison Lindman

JAF Representative: Kristi Delarwelle

Please let us know if you are interested in volunteering for one of these positions in the future.



BOOSTER CLUB | *Volunteer board members*

Grade representatives

12th Grade: Tiffany Maher, Sara Hammond

11th Grade: Rachel Woodford

10th Grade: Britt Balfe, Molly Lind

9th Grade: Kristie Delarwelle

8th Grade: Jon Harris

Kristi Delarwelle: JAG Foundation representative / volunteer coordinator

Clara Wu: Fundraising representative

Next meeting January 26



BOOSTER CLUB | *What we do*

- Volunteer time, talent, and resources to benefit the program
- Lead and manage fundraising initiatives for program-related needs
- Manage communications for the team
- Design, print, and distribute team promotional items
- Work closely with the head coach to enhance program

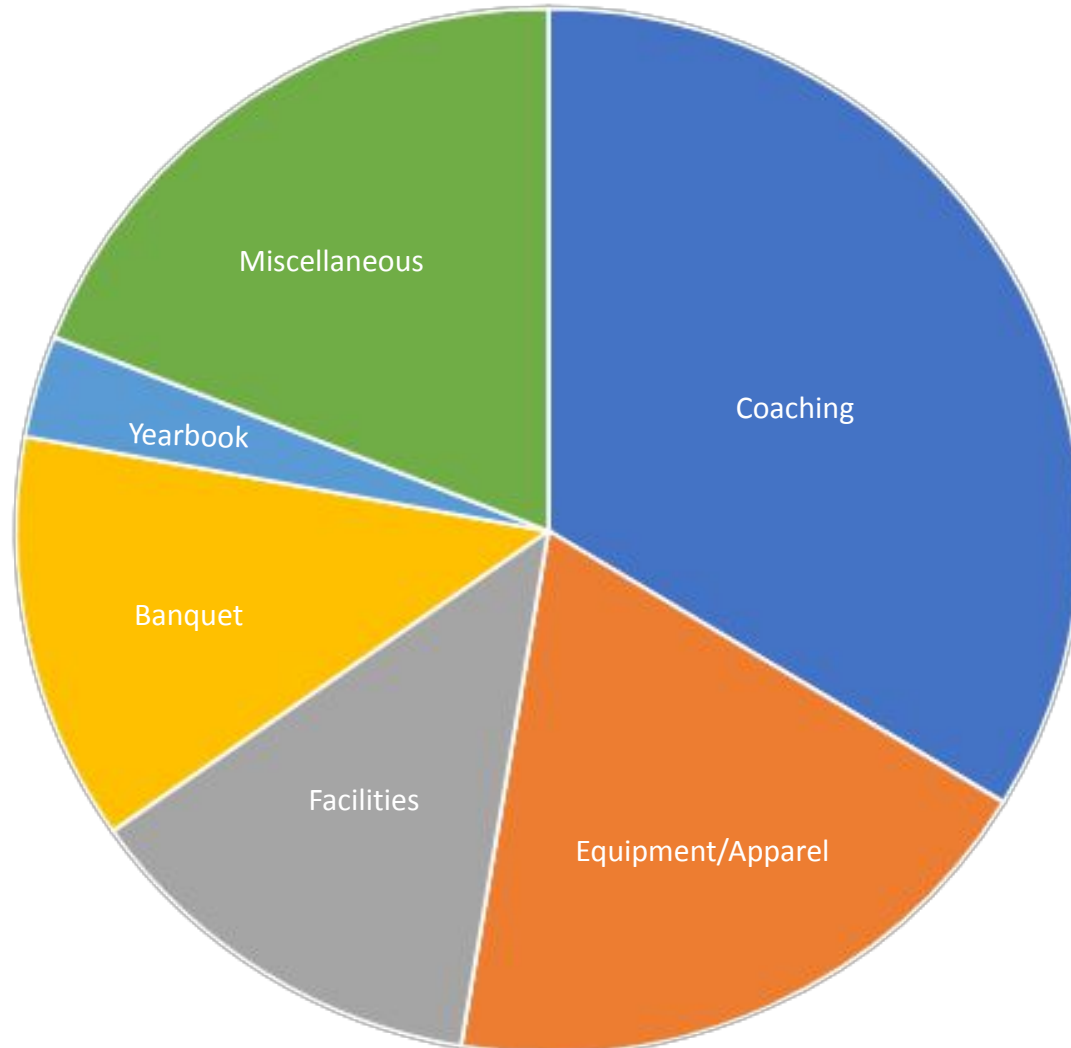
What we don't do

- Discuss or provide performance reviews or evaluations of coaches
- Address playing time or placement issues of players
- Withhold funding of the program to control coaches
- Plan off-season programs without consent of head coach



Treasurer's Report

BOOSTER CLUB | *Expenses*



Program Services

- Coaching
- Coaching Training
- Facility Rental
- Banquet
- Team Apparel
- Game Uniforms
- Bad Debts
- Team Building
- Yearbooks
- Game Programs
- Advertising
- Pinnies
- Scholarships
- Clinics
- Printing Services
- Equipment
- Senior Night

G&A Services

- Scrip Exp
- Website
- Office Supplies
- Fees & Charges
- Sundry

**Actual cost:
\$650 per player**



BOOSTER CLUB | *Player statement*

- Each player receives a quarterly statement via email
- Includes all charges – Booster Club fees, banquet tickets, etc.
- Includes all credits – Payments of any kind, Scrip rebates, etc.
- Balance due upon receipt:
 - Pay online
 - Pay directly to JHSGL Treasurer
 - Mail check to JHSGL Treasurer

		Amount Due	Amount Enc.
		-\$320.91	

Date	Transaction	Amount	Balance
03/01/16	Account balance forward	-30.91	-30.91
05/15/16	Credit : Mulch Rebate (max \$100)	-100.00	-130.91
05/31/16	Credit : Scrip Rebates	-190.00	-320.91
06/14/16	Payment : Credit Card	-40.00	-360.91
06/20/16	Debit : Banquet Meals	40.00	-320.91

CURRENT	1-30 DAYS PAST DUE	31-60 DAYS PAST DUE	61-90 DAYS PAST DUE	OVER 90 DAYS PAST DUE	Amount Due
-320.91	0.00	0.00	0.00	0.00	-\$320.91

Statement

JHSGL Booster Club
4001 W 102nd St
Bloomington, MN 55437

Begin Date: 3/1/2016
End Date: 6/22/2016

To: _____
Player Accts: _____

Payment is due upon receipt.
Make checks payable to:
Jefferson High School Girls Lacrosse

PAYMENT OPTIONS:

1. Pay online at www.jeffersongirlslacrosse.com
2. Pay directly to the JHSGL Treasurer
3. Mail payment to:

JHSGL Treasurer
11371 Louisiana Ave S
Bloomington, MN 55438



BOOSTER CLUB | *Fees and payments*

Online registration - <https://www.jeffersongirlslacrosse.com/>

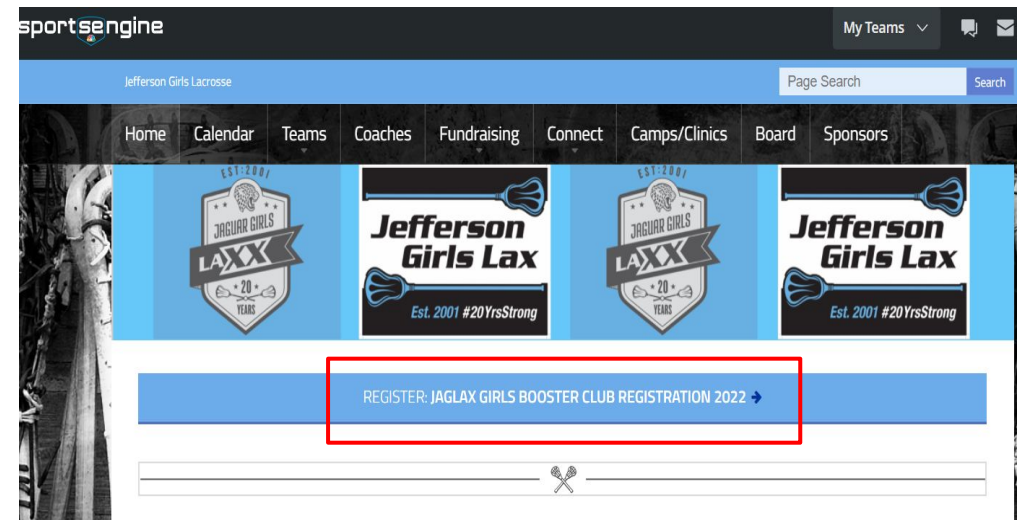
Total Booster Club Fee: **\$250**

- Non-refundable, payment due with online registration
- Typically split between two payments in Fall and Spring
 - **\$150 due at registration** - required to participate in winter training
 - **\$100 automatically charged on May 1**
- Player account must have a \$0 balance (or credit balance):
 - to be eligible to participate in off-season training
 - to receive practice clothing
 - to attend year-end banquet for no additional cost
- Additional charges and credits reflected in player accounts



BOOSTER CLUB | *How to register*

**PLEASE REGISTER FOR
BOOSTER CLUB
ON THE WEBSITE**



BOOSTER CLUB | *JHS and U.S. Lacrosse fees*

• JHS Activity Fee



- Approx **\$245** fee due in March
 - Not related to Booster Club Fee
 - Online registration for all Jefferson activities (fee collected then)
 - These fees are used by the school district to fund transportation, head coaching fees, referees, facility venues, equipment, etc.

• US Lacrosse Fee



- **\$35** annual membership
 - Not related to Booster Club Fee
 - Required by Savage Sports Dome and other venues
 - Provides insurance protection for participants
 - Sign up at www.uslacrosse.org
 - Send info to jhsglpresident@gmail.com



Volunteering & Fundraising

FUNDRAISING | *All year*



- Individual fundraising program to help offset Booster Club fees
- Buy electronic or physical gift cards from over 700 different retailers
- Booster Club receives rebate between 3-15%
- Rebate goes into player's account as a credit
- Instructions for getting started are on the website

Restaurant Events

Dinner and a donation! A percentage of every participating bill goes directly to Booster Club. Participation for both driven by PeachJar, social media and word-of-mouth.

Dine & Donate Events throughout the year include Culver's, Sports Page and more!



FUNDRAISING | *Winter (pre-season)*

Drooling Moose

- Two times this year:
 - Now for the next 10 days
 - During our season for 10 days

Lunds - bringing groceries to cars

- Dates:
 - Wednesday, November 26: 12-5pm
 - Tuesday, December 23: 12-5pm
- Sign up via the volunteer sign up genius (code to the right)



More fundraising if needed



<https://www.signupgenius.com/go/4090C45A5AF23A1F58-59289216-jefferson#/>



FUNDRAISING | *Winter (pre-season)*

11/26/2025 Wednesday	Lunds and Byerly's	12:00pm-2:35pm	Adult Lead Sign Up 0 of 1 slots filled
		Players Full All 5 slots filled Deliver groceries to cars Talia Hammond / ? x  Kaiya Hammond / ? x  Megan Delarwelle MD Brooklyn Mattson BM Ava O'Hehir AO	
		2:25pm-5:00pm	Adult Lead Sign Up 0 of 1 slots filled
			Players Full All 5 slots filled Deliver groceries to cars Madeline Balfe MB Molly Balfe MB Karly Lind KL Emery Lind EL Maggie McInerney MM

12/23/2025 Tuesday	Lunds and Byerly's	12:00pm-2:35pm	Adult Lead Sign Up 0 of 1 slots filled
		Players Sign Up 1 of 5 slots filled Deliver groceries to cars Rachel Woodford RW Etta Woodford	
		2:25pm-5:00pm	Adult Lead Sign Up 0 of 1 slots filled
			Players Sign Up 0 of 5 slots filled Deliver groceries to cars

Please sign up for a bagging shift.

VOLUNTEERING | *Roles during the season*

Sign up on our Volunteer SignUp Genius Page

There are many opportunities to volunteer throughout the season and parents are encouraged to be involved and engaged!

Volunteer roles include

- Banquet Helpers
- Parent Social Planners
- Pasta dinner hosting
- and more!



<https://www.signupgenius.com/go/4090C45A5AF23A1F58-59289216-jefferson#/>

FUNDRAISING | *Jefferson Athletic Foundation*

- Jefferson Athletic Foundation (JAF) supports 26 Jefferson MSHSL sanctioned teams by providing grant money which comes from gambling at Northstar, Carmines, and Full Tilt
- In exchange for grant funds, teams commit to working and supporting bingo/meat raffles at the sponsors
- Girls LAX has 7 events, our grant will be \$5000 + \$400 for each event we work = \$7800
- In addition to staffing the events, we need to promote and show up wearing Jefferson LAX gear, players can even work the meat raffles
- **All 7 events have been pre-assigned to returning families; if you have a conflict please trade and let Kristi know. We lose \$800 for each event we miss that needs to be made up somewhere else.**
- **There is an event TONIGHT at NorthStar Tavern! Please stop in after our meeting for some social time and to support our team.**



<https://www.signupgenius.com/go/4090C45A5AF23A1F58-57358810-jefferson#/>

VOLUNTEERING | *Assigned Roles*

Some of you may have already been assigned a volunteer position this season. If you don't see your name below, please sign up for something on the sign up genius. If any roles remain before the season, we will need to assign them to people.

- 9/30/25 Carmines Bingo 5:40-8PM - Rochelle Heston / Jon Harris / Brian Brophy
- 10/13/25 Northstar Tavern Meat Raffle 7:30-9:30 Taylor Watts / Molly Lind
- 11/24/25 Northstar Tavern Meat Raffle 7:30-9:30 Katie Leyendecker / Beth Boyum
- 1/31/26 Full Tilt Bingo 1:10-3:30 Tina McInerny / Malisa Martinez / Jon Harris
- 2/03/26 Carmines Bingo 5:40-8PM Mike Ryan / John Look / David Gearhart
- 3/30/26 Northstar Tavern Meat Raffle 7:30-9:30 Celina Lara Munoz / Cathay Finnegan
- 4/21/25 Full Tilt Bingo 1:10-3:30PM Liz Erickson / Michelle Sether



<https://www.signupgenius.com/go/4090C45A5AF23A1F58-57358810-jefferson#/>

THANKS!

EMAIL: jhsglpresident@gmail.com

WEBSITE: www.jeffersongirlslacrosse.com

CALENDAR: See the website and subscribe to the calendar

TWITTER: [@JaguarGirlsLax](https://twitter.com/JaguarGirlsLax) | [@JaguarLaxCoach](https://twitter.com/JaguarLaxCoach)

INSTAGRAM: [@jeffersongirlslax](https://www.instagram.com/jeffersongirlslax)

FACEBOOK: www.facebook.com/jeffersongirlslax

**PLEASE REGISTER FOR
THE BOOSTER CLUB
ON THE WEBSITE**

