



LACROSSE

Parent Athlete Coach

2025

Head Coach Aaron Peterson

About Me

- Wayzata Youth
- DC @ St. Louis Park
- 2 Year JV assistant @ ER
- TC Select
- Minnesota Athletic Club
- NorthStar Lacrosse Club
- MSHSL Executive Director of Boys Lacrosse
- Sourcewell



Varsity Coaching Staff

Amar Batra - Offensive Coordinator

- 4th Year OC @ ER
- Previously Wayzata OC
- Gopher Superstar



Varsity Coaching Staff

Patrick Olson - Defensive Coordinator

- 3rd Year at ER
- 2nd Year as Varsity DC
- Previously at EP
- Product Development Engineer at Heraeus Medevio



Junior Varsity Coaching Staff

Michael Catterall
JV Head Coach - 8



Zach Hemmingsworth
JV Assistant - 2



Marty Gaslin
JV Assistant - 5



2025 Captains

Oliver Stalsberg (Sr)



Caleb Lefebvre (Sr)



Kaden Baron (Jr)



Coaching Expectations

Our **goal** is to win games and compete for a section and state championship every year.

Our **purpose** is to develop not just good athletes, but respectful individuals who can be successful in life, not just the game of lacrosse.

Team work makes the dream work!

Teams Overview

Varsity

- 24 Players
- All must earn their spot
- Must play in a varsity game to letter
- Will also include 4-6 “swing players”

Junior Varsity

- 24-30 Players
- Seniors are eligible

8th graders

- Can tryout with permission from coach and athletic director
- Need to be able to safely participate in order to make the team

7th graders

- See me

Tryout Requirements

YOU MUST REGISTER BEFORE TRYOUTS START

- Players will be assigned a Pinnie before tryouts, and will pick up their pinnie day 1
- Players will return their pennies on Day 3 when they get their team assignment

PROPERLY EQUIPPED BY RULE

- Formed and fitted mouth guard
- Up to code gear
- We will be doing stick checks throughout tryouts

Active up to date sports physical

- NOT ALLOWED TO DO ANYTHING UNTIL THIS IS EXECUTED

Tryout Schedule

Tryouts

- March 31st - April 2nd (First 3 days of season)
- March 31st - 5:15 Raptors Nest
- At the Raptors Nest weather permitting
- M Health Fairview backup (April 1-3) (3:30-5:30)
- Evaluation on digital app Team Genius
- Open to spectate*

Team Announcement

- April 2nd during tryouts
- Players will be directed to pick up their uniforms

Team Pictures

- First week of practice

Equipment Requirements

Helmets

- Matte black with pearl gold cage

Gloves

- Black

Player Evaluations

5 keys to success on the field

1. Winning attitude and leadership - How is your attitude going through drills?
2. Effort and Body Language - Are you doing every drill to the best of your ability?
3. Athleticism - Are you putting in the work off the field?
4. Stick Skills - Can you make the passes you need to make to be successful?
5. Lacrosse Experience & Lax IQ - Can you make the right decision on the field?

Pre-Season Scrimmage

- First Saturday of the Season (April 5th)
- @ Wayzata HS (No Bus)
- 11:15 - 3:15
- Mix of O vs D matchups and scrimmages

Regular Season Schedule

- Available online at www.erhsactivities.com/lax

Notable Dates

- Game 1 Saturday April 12th @ WBL vs Eden Prairie
- Youth Night May 6th @ Woodbury
- Senior Night May 8th Vs Forest Lake
- Sections May 26th - June 4th
- State starts June 9th

Practices (V and JV)

Monday Through Friday (TENTATIVE)

- 5:15pm - 7:15pm
- Raptors Nest
- Film/Gym if raining

Saturday - Varsity Only

- Raptors Nest ~ 2 hours 10-2 (tentatively)
- Non-contact
- Goal is to improve mechanics
- Film

Lettering Requirements

- Must record 1 stat on the Varsity field
- Go above and beyond in helping the Varsity Team succeed

Team Bus

- Players will know in advance when they should be expected to arrive for the bus
- JV players are encouraged to stay and watch Varsity
- Players will need a written note if they are not riding the bus back
- Buses ARE NOT guaranteed

Team Rules - Reputation

Family and School First - Lacrosse second

Conduct and Sportsmanship - Players represent East Ridge, East Ridge Lacrosse, coaches and teammates **all year round**. Any student who is caught abusing alcohol or other illegal substances will be dealt with by the school AND the team.

Tantrums - Helmet throwing, equipment throwing, poor body language, use of profanity, and/or “temper tantrums” will not be tolerated and you will be removed from the game

Team Rules - Attendance

BE ON TIME!

Attendance @ school: Attend all scheduled classes to play in a contest falling on that day. For 1 truancy you will be suspended for 1 game. Multiple will not be tolerated

Attendance @ practice: Players are expected to be at all scheduled practices on time and for the entire practice time, even if there is no school that day. Absences should be cleared BY THE PLAYER with the coaching staff at least 1 day before.

Team Rules - Be a Team Player

Individual Player Role On the Team

- ALL Players play a vital role on this team
- Players role will be assigned to them by the coaches only
- Players are encouraged to embrace their role

Parents

- Be respectful of the role your son was given
- Team systems only work when everybody does their job

Parent Expectations

- Be a positive role model
- Support the team constructively - Avoid sideline coaching
- There is no alcohol allowed on school grounds
- School policies on alcohol and conduct apply to all spectators and will be enforced

Parent Expectations

It is inappropriate to discuss issues of “playing time,” coaching, team strategy, other players, etc. with the coaching staff.

Appropriate concerns about your child’s academics, behavior, health, and progress are acceptable forms of communication with the coaches.

Never approach a coach right after a game, win or lose, unless it is to congratulate the team. Self-control and maturity are expected.

Do not contact a coach on their personal cell phone. Have your kids handle their own issues and learn to deal with problems themselves.

Parent/Player Concerns

Step 1: Student-athlete meets with head coach to discuss the concern. Assistant (position) coaches may also be involved.

If the student is not satisfied with the results of that meeting, then

Step 2: Student-athlete AND parent meets with head coach to discuss the concern.

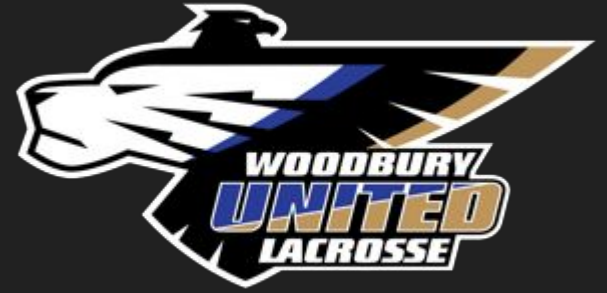
If the student and/or parent is not satisfied with the results of that meeting, then

Step 3: Student-athlete, parent, and head coach meet with activities director to discuss the concern.

If the student and/or parent is not satisfied with the results of that meeting, then

Step 4: Student-athlete, parent, head coach, and activities director meet with the building principal to discuss the concern.

Woodbury United



Try Lacrosse

- Jan 15th (completed)
- 4pm - 5pm @ Health East
- 5-6 helpers needed
- Donation to be made from WuLax

WuLax Tryouts

- March 30th
- 7pm - 9pm @ Heath East
- 3-4 helpers needed
- Donation to be made from WuLax

Jerseys

- New Jerseys for 2025 Season
- Varsity must wear matching undershirts during games

2024-2025 ERHS Booster Club

President -
Patrick O'Brien

Vice President - Shawn Shanley

Secretary - Teri Griffith

Treasurer - John Reutter

Director of IT - Sam Stalsberg

Game Day Directors - Mark Frie

Director of Apparel & Equipment - Brian Hall

Director of Volunteers- Lindy Neubrand & Hilarie Orton

Director of Fundraising - Courtney Oliart

Volunteers needed for Home Games!

Stats/spotters

Field set-up

Clock/scoreboard

Weekly - Carb ups

Senior banners

Field clean-up

Team Dinners

Senior night committee

Banquet committee

(Talk to Lindy & Hilarie about these!)

We welcome new booster club board members to join us!

All parents are required to volunteer during the season.

Jersey Mike's

- Booster Club Provided!
- After every away game
- Players to pick them up after game

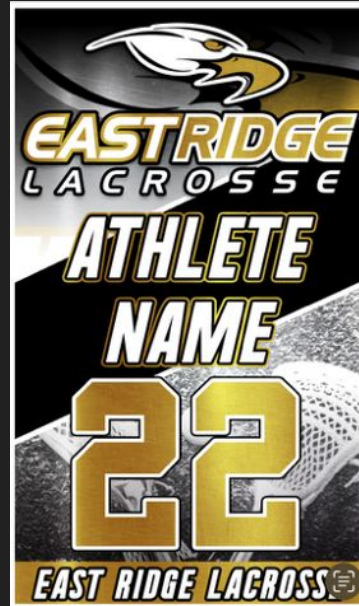


Required Apparel

Player Pack and Team Store = Advanced Sportswear

<https://advancedsportswear.chipply.com/eastridgeboyslacrosse/>

New this year, we will have bag tags for all of the athletes



ER Lax Boosters 2025 Budget



Income

Booster Fees	\$12,500	
EoY Banquet	\$3,300	
Off Season Development / Field Time	\$5,000	Capt Practices
Tournaments	\$4,000	Fall League / GPS
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	\$24,800	

Expenses

Administration Expense	\$600	
Coaches Salary / Gear	\$10,500	
EoY Banquet	\$4,700	
Off Season Development / Field Time	\$5,500	
Tournaments	\$4,500	
Senior Night / Away Game Meals	\$4,300	
Uniforms* / Equipment/Game Expense	\$5,700	balls,nets,photo,announcer
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	\$35,800	

Surplus/(Deficit)

(\$11,000)

*Uniform cost of \$3,500 in 2025 / 4 year renewal cycle

The following activities are run on a net neutral basis

- Off season development
- Tournaments (except JV State tournament)
- EoY Banquet (partially)
- Equipment (Helmets/gloves)

Estimated Fundraising / Donation goal for 2025 is \$11,000

Why Do We Fundraise?

Administrative Costs

Uniforms

Equipment

Game Expenses

Senior Night

Away Game Meals

Field Time (MAC/ MHealth)



Ways We Fundraise and Goal

Schoolfundr is our main fundraiser

- Our goal is \$8000
- Buy out option is \$140
- Athletes will create a donation page and email it out to 20 quality emails
- Share on Social Media
- Fundraiser will be on 2/27 and run for 21 days

Total raised \$2864

Jerry's, Sponsors and Schoolfundr

*Does not include in-kind donations

2/27 - Texas Roadhouse

3:30PM - 9:30PM

We receive 10% of food sales open to close
Customers must mention ER Boys Lax
2 Shifts of 3 athletes / 1 parent

4/27 Jerry's Bagging Event

10AM - 6PM

SignUP Genius will be going out

*REMINDER: When volunteering you are representing the team/ school. Behave accordingly & wear ER LAX gear if you have it.

2025 Sponsors

WOODBURY
SPINE WELLNESS:
INJURY PREVENTION
\$250

ES LACROSSE:
MOUTH GUARDS,
D-POLES, *HELMETS &
MAVERICK
6 GLOVES

CHIK-FIL-A:
TEAM DINNER
\$500 - In Kind

TEXAS ROADHOUSE:
TEAM DINNER
\$500 - In Kind

CENTRAL PRIORITY
PEDIATRICS:
MONETARY DONATION
\$500

City and County
Credit Union:
\$500

Questions?

- Players - See a captain to join our Team GroupMe
- Make sure you leave your contact info before you go!
- Follow us on social media for up to date information

Facebook: East Ridge Boys Lacrosse

Instagram: erhs_lacrosse