

**CHAMPLIN PARK REBELS
BOYS LACROSSE
2021 Season**



Agenda

- Booster Club Introductions
- Contact Information
- Communication Links
- What the Booster Club Does
- Why We Raise Money
- Fundraising Overview
- Required Fees

- Coaching Introductions
- Off-Season Opportunities
- Team Structure
- COVID
- Equipment Needs
- 2021 Summer Program

Booster Club

- **Main Objective**
 - Support the CPHS Lacrosse coaches and team through administration of volunteer activities and fundraising
- **Booster Club Introductions**

Brendan Loughrey, Tony Stemper, Jason Soltis,
Autumn Phenow, Kreg Kapitan, Matt Teske

We need YOU to become a booster club members, too!

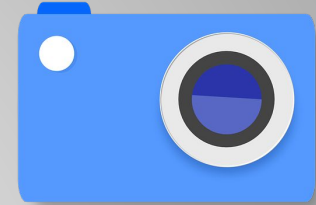
During tonight's meeting, please add the following to chat:

Player name, age, phone # or email

Parent name(s), email addresses and/or phone #

Primary Contact Info

- **Brendan Loughrey**
 - **Lame Duck President Rebels Lacrosse Booster Club**
 - **brendan@loughreycreative.com 763-360-1812**
- **Tony Stemper**
 - **Incoming President Rebels Lacrosse Booster Club**
 - **tony.stemper@yahoo.com**
- **Jason Soltis**
 - **Treasurer Rebels Lacrosse Booster Club**
 - **j.soltis@comcast.net**



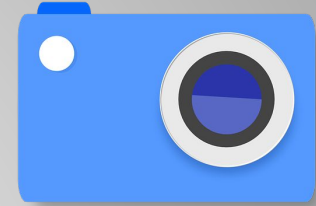
Autumn Phenow

- **Parent Volunteer Coordinator Rebels Lacrosse Booster Club**
- **autumnm06@aol.com**

Matt Teske

- **In-Season/Game Day Coordinator Rebels Lacrosse Booster Club**
- **Mteske.cplax@outlook.com**

Communications and Website



- Website: Rebels-Lacrosse.com
- Calendar: Subscribe on the website
- DIBS: Register and sign-up for required shifts
- Facebook Group:
Champlin Park Boys High School Lacrosse
- Twitter: [@CP_RebelsLax](https://twitter.com/CP_RebelsLax)
- Sports Ngin App:
Varsity & JV Teams can be followed specifically

- **Booster Club needs your help all year long, as we volunteer and coordinate CPHS Lacrosse Activities**

The next generation of Booster Club leadership is needed.

Multiple booster club members are parents of senior players, and they too are in their final year. We need planners who keep the club orderly, updated and focused on our goals!



Secretary/Communications Director OPEN

2021 Incoming Vice President (Prefer to be a Fresh/Soph Parent) OPEN

Underclass Booster Club At-Large Members OPEN

Summer Tournament, Fall League, TopGolf, Steak Fry, End of Season Banquet, Youth, Teacher & Senior Nights, Game Day Videography & Photography, DIBS, Team Apparel, Coupon Books (Printing, Distribution and Blitz Day), Pasta Feeds, Fundraising Director AND Leads for all these events: (Letterwriting, Cub Bagging, Heggie's Pizza, Golf Cards, SuperFan Shirts, Restaurant Fundraisers)

Minimum Requirement: 1 Position/Project Per Parent.

Why We Raise Money

- **Champlin Park High School ONLY pays for:**
 - Two Coaches
 - Uniform allowance – Roughly 25% during 4 year rotation
 - Scheduling/coordination of games/fields/referees
 - Transportation
- **Rebels Booster Club pays for ALL THIS:**
 - **\$2450 Summer Lacrosse League**
 - **\$1000 Non-Conference Away Game Buses**
 - **\$975 Great Pumpkin Shootout**
 - **\$750 JV State Tournament**
 - **Coaching \$\$\$ for Summer Training Program & Tournaments**
 - Indoor Dome practice time/Equipment Expenses/Team Gear
 - Additional regular season & summer assistant coaches
 - Team jackets for all new players, player apparel pack (Shooter shirt, shorts, pinnies, game socks)
 - Lacrosse balls (lots of them!)
 - Senior Night/Teacher Appreciation Night/Youth Night
 - Player and Manager End of Season Banquet Ticket

2021 Fundraising

Running a High School Lacrosse program takes time, effort and lots of money. The goal is to help make every aspect of the season a success. So we fundraise - a lot.

Fundraising will be broken into 3 primary fees paid to the Booster Club:

(NEW - Multiple fundraising options to bank back a **\$200 credit***)

~~**\$200 in Coupon Books to Sell (Did not occur in 2020)**~~

~~(Players receive 10 coupon books priced to sell at \$20. Final cost as low as \$0)~~

~~**\$100 in Steak Fry Tickets to Sell (Did not occur in 2020)**~~

~~(Players receive 10 Steak Fry tickets priced to sell at \$10. Final cost as low as \$0)~~

\$200 Booster Club Fees/\$200/\$100 =

\$500 Needed by End of Season

**Credit would be applied to future booster club fees.*

Any credits to non-returning players will remain with Rebels Lacrosse Booster Club.

Coaching Staff Overview

- **Nick Flaschenriem**
 - Head Coach, Champlin Park Boys Lacrosse
 - Coached at Champlin Park High School (2010-Present)
 - Phone: 612-669-6232
 - flni0402@yahoo.com
 - St. Cloud State University
 - Lacrosse (2005-2008)
 - Club Captain (2008)
 - Club Secretary (2008)
 - Prior Lake High School
 - Football (2000-2004)
 - Baseball (2000-2003)
 - Lacrosse (2004)

Coaching Staff Overview

- **Matt Blaeser**
 - Offensive Coordinator, Champlin Park Boys Lacrosse
 - 5th year coaching at CPHS
 - Played at CPHS (2009-2012)
 - Mr.Lacrosse Finalist (2012)
 - Previous Head Coach at Proctor High School (2013-2015)
 - Coached youth lacrosse for 4 years (2012-2015)
- **Andrew Blaeser**
 - Defense/Goalie Coach, Champlin Park Boys Lacrosse
 - Played at CPHS (2007-2010)
 - MBSLA State Runner Ups (2008)
 - Team Captain (2010)
 - Mr.Lacrosse/Goalie Finalist (2010)
 - CP Rebel Award Winner
 - Played at University of Minnesota Duluth (2012-2014)
 - Vice President (2014)
 - 10 years of youth, high school, and college experience.
 - Current Goalie Coach at Minnesota Duluth

Coaching Staff Overview

- **Ryan McNeil**
 - Attack Coach, Champlin Park Boys Lacrosse
 - Played at CPHS (2010-2013)
 - All-State Attack (2013)
 - Mr.Lacrosse Finalist (2013)
 - Played at University of St.Thomas (2014-2017)
 - 2X All American
 - National Champion (2016)
- **Evan Schnitker**
 - JV Head Coach, Champlin Park Boys Lacrosse
 - Played at CPHS (2007-2010)
 - MBSLA State Runner Ups (2008)
 - All-Conference & Section Midfielder
 - Holds single season scoring record at CPHS (44 Goals)
- **Konner Kapitan**
 - JV Assistant Coach, Champlin Park Boys Lacrosse
 - CPHS Varsity (2017-2020)
 - CPHS Captain (2020)

Philosophy

- I coach to help players understand the importance of a team and prepare for future life challenges.
- The skills I emphasize are responsibility and grit
 - A responsibility to yourself and the team to put forth your best effort in the pursuit of goals.
 - Grit- the mindset to work through challenges while upholding standards.
- I believe a successful team will also practice an attitude of selflessness and kindness.

High School Season Team Structure

MSHSL Team Levels

Varsity

Junior Varsity

Team Structure - Varsity

- Highest Level of Competition within the MSHSL, and an emphasis on winning is placed at this level.
- Players that possess the highest level of skill, knowledge, athletic ability, and team dynamic.
- Commitment of a minimum of 6 days per week of practice/game schedule (film, chalk talk, etc)

Team Structure – JV

- Considered a transitional or developmental program for a higher level of play.
- Players that are at an intermediate to beginner development of skills, knowledge and team dynamic.
- Commitment of a minimum of 5 days per week of practice/game schedule.

Tryouts

- Season Starts- April 5th
 - On Champlin Park field if weather permits.
Otherwise dome
- Tryouts April 5th & 6th: JV & Varsity
 - 2 Days
 - Evaluation
 - Stick Skills
 - Athleticism
 - Gameplay
- First Game-April 19th

Season

- Varsity Practices

 - 6 days

 - Weekdays 5:30 PM to 7:30 PM
 - Saturdays- 9 AM to 11 AM

- JV Practices

 - 5 days

 - Weekdays 5:30 PM to 7:30 PM
 - Saturdays- Optional

Season

- Captains
 - **Kyle Erlichman, Hudson Karasek, Westin Gjervold**
- Conflict Resolution- Three Stages
 - Player to Captain
 - Player to Coach
 - Parent & Player to Coach
- Communication
 - Weekly Email (Sundays)
 - Practices Changes
 - Twitter: @CP_RebelsLax**
 - Player Group Chat**
- Nick Flaschenriem
 - flni0402@yahoo.com
 - 612-669-6232

COVID

- Season Rules & Guidelines
 - MSHSL Spring Season TBD
 - Expectations
 - Mask Requirements
 - Daily Check Ins
 - Number limit in groups
 - No team water. Individuals must supply own water
 - Transportation to Games
 - Bus limit is 27 people
 - Players may drive themselves to games

Equipment Requirements

Required

- PPE Facemask
- 2 Water Bottles
- 2 Complete Sticks
- Mouthguards!
- **Protective Cup!!!**
- Helmet
- Shoulder Pads
- Elbow Pads
- Gloves
- Practice Jersey
- Practice Shorts
- White Socks or Team Issued Style
- Cleats
- Tennis Shoes

MSHSL Requirement

A physical **MUST** to be on file before your player can register. Valid for 3 years.

Recommended

- Cold Weather Clothes
- Equipment Bag
- Extra Mouth Guard
- Extra Shooter Shirt (long sleeve when cold)
- Extra Practice Shorts
- Extra Socks

Equipment Guidelines

- **Team Helmet:**

 - Cascade S**

 - (Cascade R can be alternate)*

 - All Matte Grey
 - Chin - Navy Blue
 - Facemask/Chin Strap - White

 - Booster Club pricing \$225**

- **Other Protective Gear:**

 - Gloves, Elbow/Arm Pad
 - Grey, Navy Blue or White
 - Cleats - Team colors or Black

 - (NO other colors allowed)**



Equipment Guidelines

- Effective January 1, 2021, all goalkeepers shall wear chest protectors designed for lacrosse that meet the NOCSAE ND200 standard at the time of manufacture. Beginning in 2022, all field players in the boys'/men's game must have shoulder pads or protectors that meet the NOCSAE performance standard.

<https://www.uslacrosse.org/safety/equipment/chest-protector-faq>

- How do I know that the chest protector I buy meets the NOCSAE standard?
 - Include the NOCSAE Lacrosse label shown below.
 - Link: <https://www.seinet.org/search.htm>



Equipment Guidelines

- **Sticks**

- Have 2 LEGAL sticks that are strung the same!
(You want your sticks to all feel exactly the same)
- Team colors, preferably white heads. Face-Off Sticks have their own rules, speak to coaches.

- **Undergarments**

- All must be WHITE or team colors, including undershirts and compression shorts.
- Team issued shooter shirts to be worn for practice attire under practice pinnies.
- Coach reserves the right that specific colors must be worn game days.

Equipment Guidelines

- **Undergarments (cont.)**
 - Socks must be Plain White - manufacturer logos are acceptable. Length can be determined by individual.
 - If leggings are to be worn they must be Navy Blue in color and not have any graphics on the legs outside of the manufacturers logo.
- **Shoes / Cleats**
 - Black, white, or school colors are acceptable. Cleats should have sufficient ankle support for cutting and planting (no low profile soccer cleats).

2021 Rebels Home Uniforms

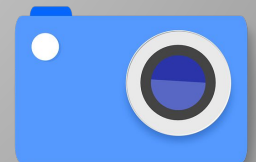


2021 Champlin Away Uniforms



Summer Events & Tournaments

- **All returning players are invited to play**
- **FREE Off-Season Lacrosse Training Program**
 - 2 to 3 practices per week, All practices at Champlin Park
 - HS coaches June/July
 - Incoming 9th graders invited post-U14 season
- **Summer Lacrosse League**
 - Weekday evenings, Location TBD
- **FREE Summer Shootout – Home Tournament**
 - TBD All games played at Champlin Park
 - Parent Volunteer Expectations – 1 SHIFT PER PARENT
- **Great Pumpkin Shootout Tournament**
 - Fall 2021, Location TBD



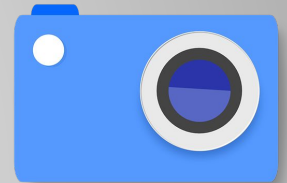
What we need tonight

Check or Venmo to [@RebelsLacrosseBoosterClub](#)

**\$500 for 2021 Season Booster Club Fees
or \$100/monthly starting tonight**

Register for your 2020 Volunteer Projects
Name, email, phone (Minimum 1 per parent)

***NEW 2021 Players Jackets and Player Packets included.
Additional apparel purchases paid to Champlin Athletic***



2020 Booster Club Fee Fundraising Credits*

Fundraise for your player and reduce Booster Club fees.

Through participation in any of the below fundraisers, parents can bank up to/beyond the full \$200 paid for Booster Club fees.

- **Fall/Winter H.S. Concessions Shifts** Earn \$30-50 per shift
- **TopGolf Fundraiser** - 50/50 Split - estimated \$10 credit per paid golfer
- **PGA Golf Card Sales** - 50/50 Split - estimated \$10 credit per card sold
- **SuperFan shirts** - 50/50 Split - estimate TBD based on shirts sold
- More programs may be added/announced - bring your ideas!

Paid Game Officials - The school district pays for “minor officials” at home games. Positions include game clock, scoresheet and announcer. *If interested, please speak with Brendan or Linda.*

*Through these fundraising efforts, up to \$200 can be banked to cover future Booster Club fees. Per 501(c) 3 non-profit rules, funds cannot be distributed back as payments. If \$200 credit is reached, or player does not return, all fundraising over and above that amount will remain with Rebels Lacrosse Booster Club.