FORT ZUMWALT

DUCKS LACROSSE



CLUB STATUS & EXPEC TATIONS

FORT ZUMWALT UNITED YOUTH LACROSSE CLUB IS DEDICATED TO PROMOTING YOUTH LACROSSE IN THE COMMUNITY WHILE ENCOURAGING TEAMWORK, POSITIVE SELF ESTEEM, SPORTSMANSHIP, AND PERSONAL RESPONSIBILITY. OUR PRIORITY IS DEVELOPING AND GROWING ATHLETES AS WELL AS GOOD YOUNG MEN, WITH WINNING BEING THE BYPRODUCT OF HARD WORK AND DETERMINATION.

Varsity -PLAYING TIME WILL BE EARNED AND THE OBJECTIVE WILL BE TO WIN GAMES.
JV- OBJECTIVE IS TO WIN GAMES, WHILE DEVELOPING EVERY PLAYER ON THE ROSTER.
C team- IF OUR ROSTER SIZE ALLOWS, WE WILL HAVE "C" GAMES TO GET MORE REPS FOR DEVELOPING PLAYERS. STARTING JV PLAYERS WILL PLAY LIMITED REPS ON "C" WITH THE PRIORITY BEING TO HELP NEWER PLAYERS DEVELOP AND GET GAME EXPERIENCE.

ACCOUNTABILITY:

BE HERE IN THE SPRING. SHOW UP TO PRACTICE. COMMUNICATE ANY ABSENCES AND MAKE THEM MINIMAL. ATTENDANCE MAY EFFECT PLAYING TIME. WE ARE UNDERSTANDING OF EMERGENCIES, JUST COMMUNICATE.

CODE OF CONDUCT

OUR GOAL IS TO HELP YOU LEARN, ENJOY THE SPORT,AND DEVELOP AS A YOUNG MAN. MEMBERSHIP OF THIS CLUB IS A PRIVILEGE NOT A RIGHT. YOUR CLUB FEES PROVIDE YOU THE OPPORTUNITY TO WORK OUT BUT YOUR ATTENDANCE, ATTITUDE AND ABILITY EARN YOU PLAYING TIME AND RESPECT AMONGST YOUR COACHES AND PEERS.

- Leadership
- Respect the game
- Attendance and Participation
- Good Citizenship

Control Your Controllables
Attitude- Effort- Preparedness

FORT ZUMWALT
LACROSSE

COMMON CONCERNS

Always encourage your son to discuss issues with the coach first.

Parent contacts Head Coach (Daniel Rogenhofer) or Club Director (Scott Grogan) with concerns after waiting 24 hours.

Director/coach will discuss the complaint with the coaching staff

Director or Coach will respond to the parent

If parent still has concerns, a phone call with the Director may be scheduled.

Playing Time:
Player: “Coach, what can I be doing differently to earn more playing time?”

Team Placement Trust the process. We want the best fit for everyone to develop and succeed.

My kid loves lacrosse too much
Very common problem. Only solution. More cowbell. And off-season opportunities.

Club Status

- Transition to Non-Profit!
  - Tax advantages
  - Hold Reserves
- Ducks Fly Together Foundation
  - Pogue Investments (Mitch)
  - Ensure that cost will never impact a child’s ability to play



WINTER TRAINING

Tuesdays/Thursdays

Jan 5th- Feb 11th

If you aren't playing another sport this winter or have other commitments then you are expected to participate.

Location: Vetta 70

Time: 3:30-4:30pm- Be there dressed and ready early. We start immediately at 3:30pm (CARPOOL NEEDED FOR YOUNGER TEAMMATES)



PRACTICE PLANS

- Wear your practice jersey- Phasing in to new practice jerseys
- (current youth ones)
- Have all your pads (and water)
- Dress appropriately! It’s cold in the early season…..you’ll live.
- We are fortunate to be able to play this game….and play we shall!
  - Coaches will always consider weather and keep everyone safe.
  - Communication will come through the Crossbar app if a practice is cancelled.

Early season (pre-daylight savings)
Practice at St. Peters Sports Park
If unavailable, we will practice earlier or utilize indoor spaces.

Main season (March 15th-May 27th (playoff championship weekend!)

Practice will be at FZS practice fields.
5:00pm-7:00pm (or as sunlight allows)

Ducks
LACROSSE
FORT ZUMWALT

JANUARY PRE-SEASON

Tuesday/Thursday 3:30-4:30pm

Location Vetta 70 :



FEBRUARY - SEASON BEGINS

Tuesday/Thursday5-6:30
Location: St.PetersSportsPark or indoor facility TBD
2/15- No more refunds. You’re in it now.
2/14-2/21- Dead week. No organized practice
2/22- Season officially starts
2/22-3/14 -Practices M-TH 5:00-7:00pm @ Sports Park



MARCH GAMES BEGIN

PRACTICES- Monday-Friday 5:00-7:00PM

2/22-3/12-LOCATIONIS ST.PETERS SPORTS PARK
3/6-Varsity and JVJAMBOREE
3/9 - PRACTICES AT FORTZUMWALT SOUTH HIGH PRACTICE FIELDS





MARCH 2027

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 @ KIRKWOOD	9	10	11	12	13 VS ROCK BRIDGE
14	15	16 VS O'FALLON IL (Offered)	17 VS O'FALLON IL (Offered)	18	19 ⊘	20 ⊘
21 ⊘	22 ⊘	23 ⊘	24 ⊘	25 ⊘	26 ⊘	27 ⊘
28 ⊘	29 ⊘	30	31			

APRIL 2027

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 VS WEBSTER GROVES @ FZS Stadium
4	5 VS PARKWAY WEST (Offered)	6	7	8	9 @ LAFAYETTE	10
11	12	13 VS FRANCIS HOWELL	14	15 @ VIANNEY	16	17
18	19	20 VS WESTMINSTER	21	22	23 VS WENTZVILLE	24
25	26	27 VS SECKMAN *SENIOR NIGHT @ FZW*	28	29	30	

MAY 2027

SUN	MON	TUE	WED	THU	FRI	SAT
						1 ⊘ FZW PROM
2	3	4 @ ROCKWOOD SUMMIT	5 @ ROCKWOOD SUMMIT (ALTERNATE)	6	7	8
9	10	11				

SCHEDULED GAME (Date, Opponent, Location)

GAME OFFERED (Not Yet Accepted)

UNAVAILABLE (Spring Break, Holidays, Conflicts, etc.)

GO DUCKS!

Volunteers needed

- Time Keeper
- Field Setup
- Field Breakdown
- Score Keeper
- Stat Keeper and Spotter
- Veo Film
- Stadium games
  - concessions
  - Clean up
  - Information Table



APRIL SEASON CONT.

Practices Monday-Friday 5:00-7:00pm

Practices at Fort Zumwalt South High practice fields

Game Schedule TBD
Goal is 14+ Games for Varsity and JV
5+ Games for “C” team



STADIUM GAMES

APRIL 3rd vs. Webster Groves @ FZS Stadium

April 27th vs. Seckman @ FZW Stadium- SENIOR NIGHT!!!!



Team Meals

- Night Before home games
- Golden Corral???



MAY SEASON ENDS

Practices Monday-Thursday 5:00-7:00pm

Practices at Fort Zumwalt South High practice fields

Playoffs - May 16th

End of year JV tourney - TBD

End of year Banquet- TBD



JUNE OFF-SEASON

ALUMNI GAME

Summer Tourney?

Summer Camp?(Mizzou)



LEAGUE FEES- WHAT IT COVERS

- Coaching Costs
- USA Lacrosse memberships for Coaches
- Background Checks
- Training equipment (Balls, goals, extra sticks, etc.)
- Storage unit
- Field Rentals for all practices and home games (includes lights)
- Trainers (required for all home games)
- Field Equipment & Field Equipment Maintenance
- League Fee for High School
- Tournament Costs
- Referees
- Insurance
- New Uniforms for Club
- New Helmets
- Software (Crossbar)
- Banquet Expense for players
- Misc. (team gear, bags, etc.)



LEAGUE FEES- WHAT IT COSTS

- **$300** deposit (allows us to buy more jerseys/helmets)
- **$350** payment due 1/15/2027
- **$350** payment due 2/15/2027
- **INCLUDES $240 TRIVIA TABLE.**

Sell it. Use it. Donate it back. It’s up to you!

Net after trivia table = **$760**



Ducks Fly Together!

Financial Assistance Program
$10,000 fund

- 25%-100% funding based on need

Special Thank you to Mitchell Pogue with Pogue Investments for investing in our kids future!!!



FUNDRAISING



- TRIVIA NIGHT!!!
  - More money= more training opportunities, tournaments, team gear, equipment, etc.
- Gift Card Fundraising
  - Raise Right App
- Open for other ideas!!!

TRIVIA NIGHT

When: January 30th weekend?- Doors open 6pm, Trivia starts at 7pm
Where: TBD
Cost: $240/Table

Volunteers needed:

- Bankers -2
- Scorekeepers- 1-2
- Basket prep/collection-1-2
- All the boys!!!
    - raffles, scorers, setup, baskets, etc.



TEAM STORE

Open Monday!!!

FOR 2 WEEKS.
3 WEEK TURNAROUND
UA, LULU, BSN ETC. SHIP DIRECTLY TO YOU

Ready for Christmas!!!



CROSSBAR

Download the app

- Use your username from registration

Usingthe App

- Team Chat
  - For things pertinent to ALL team members
  - ex.
    - changes in schedule,
    - missing/found equipment,
    - Pictures
    - Praise.
  - Things NOT to post:
    - absence from practice (please mark it in the schedule section)
    - Concerns/complaints (please follow 24 hour rules)
    - Side conversations. Nobody wants 25 notifications from two people having a convo.





BUILD THE FUTURE

Help Coach the next wave of Ducks!