

**Welcome to the 2025**

# **PRESEASON PARENT MEETING**

**We'll get started shortly. While you're waiting...**

- Register your player, if you haven't already
- Order your uniform - tomorrow is the last day!  
Samples are available here tonight.
- Purchase your tickets for the annual ReLAX Parents Night Out (\$50 requirement for every family)
- Download the Crossbar app
- Browse [farmingtonlacrosse.org](http://farmingtonlacrosse.org)
- Connect with FYLA on Facebook and Instagram



# 2025 PRESEASON PARENT MEETING

March 13<sup>th</sup>, 2025  
Boeckman Middle School





# Welcome to FYLA

- We are excited that your family will participate in America's oldest and fastest growing sport!
- Why lacrosse is taking off?
  - High tempo
  - Lots of action
  - Fun
- If you are new to lacrosse do not worry or panic your family and child will figure it out rather quickly.

**>>> Check out the Lacrosse 101 page within the Parent Resources section of our website.**



# FYLA Board Members

- Scott Duellman- President
- Sarah Dickerson- Treasurer
- Jen Watts- Registrar
- Jeff Kohoutek- Boys Director
- Jessica Feidt- Girls Director
- Shawn Owens- Facilities/Equip.
- Mika Kieffer- Uniforms
- Director a large, 2 open positions \*\*
- Julie Krocak- Secretary
- Kelly Gleonde- Webmaster & Social Media
- Angie Timm- Asst. Boys Director
- Paige Soderberg- Asst. Girls Director
- Lindsay Stemig- Asst. Facilities/Equip.
- Joe Gaston- Volunteer & Event Coordinator



# Connect with us



## New website - [farmingtonlacrosse.org](https://farmingtonlacrosse.org)

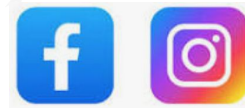
You'll find things like:

- FYLA mission
- Our programs and registrations
- Board meeting notes
- Association-wide events
- Resources for players, parents and coaches
- Sponsorship info

## Social media

Building community on  
Facebook and Instagram

- Updates
- Event promos
- Photos





# FYLA Mission Statement

- The Farmington Youth Lacrosse Association (FYLA) is a not-for-profit organization whose objectives are to encourage, promote, and foster the growth of lacrosse for the youth of Farmington and surrounding areas.
- FYLA seeks to provide youth with a positive character-building experience by honoring and respecting the sport and traditions of lacrosse.
- FYLA will provide a quality lacrosse program that encourages sportsmanship, skill development, and friendly competition.







# Boys 2025 Spring/Summer Combined Season

**We will be combining the spring and summer seasons this year**

- High registration for spring in 2024
- Had to cap teams
- Aligns with other area associations

## Registration Fees

Team	2024 Spring	2024 Summer	Total 2024	2025 Fee
8U	\$50	\$200	\$250	\$175
10U	\$100	\$300	\$400	\$325
12U	\$150	\$350	\$500	\$400
14U	\$150	\$350	\$500	\$400



# 2025 GNLL Spring Lacrosse League

- League hosted by [GNLL - Boys](#)
- 10 Games
- 1 practice a week outside when field conditions allow.
- Teams primarily play double-headers on Saturdays or Sundays at the same site.
- Games start the weekend of April 26th and run through May 18.
- The Spring league will allow players to build endurance, come together as a team, and improve on skills before the summer season.







# 2025 GNLL Spring Lacrosse League



- April 7th – First Practice  
@ Schmitz-Maki
- Coaches
  - Paid Coaches
  - Parent volunteers



# 2025 GNLL Spring Lacrosse League

## Host sites and Dates

- 2 Games at each host site
- Final schedules with times and opponents will be posted by the end of March
- League information can be found on LeagueApps
- Schedules will be on Tourney Machine
  - Search “2025 GNLL Boys Spring League”

8U		10U	
4/27	Stillwater	4/27	Stillwater
5/3	Farmington	5/4	Farmington
5/10	Rochester	5/10	Rochester
5/18	Anoka	5/17	Rosemount
		5/18	Farmington
12U - A		12U - B	
4/27	Minnatonna	4/26	The Valley
5/4	Rosemount	5/4	Rosemount
5/10	Rochester	5/10	Rochester
5/17	Rosemount	5/17	Rosemount
5/18	Farmington	5/18	Farmington
14U - A		14U - B	
4/26	The Valley	4/26	The Valley
5/4	Owatonna	5/3	Rosemount
5/10	Rochester	5/10	Rochester
5/17	Rosemount	5/17	Rosemount
5/18	Farmington	5/18	Farmington



# 2025 Summer Lacrosse Season

## Schmitz-Maki Arena

Training will utilize professional club lacrosse coaches, Frog Lacrosse, UNRL Lacrosse for both boys and girls.

Spring season begins April 7<sup>th</sup>.

### **PRE-SEASON SKILLS – SCHMITZ-MAKI ARENA**

	BOYS	GIRLS
8U	5 - 6pm M, Tu	6 – 7pm W,Th
10U	6 – 7pm M, Tu	6 – 7pm W,Th
12U	7 – 8pm M, Tu	7 – 8pm W,Th
14U	8 – 9pm M, Tu	8 – 9pm W,Th

#### **Tryouts/Placements:**

8U evaluations TBD  
10U evaluations TBD  
12U Tryouts-TBD  
14U Tryouts TBD





# Expectations

## [Parent & Player Handbook](#)

HS program/Booster and Association are separate. Players participating in HS program cannot participate in association activities until the conclusion of HS season ([MSHSL rules](#) BYLAW 208.00)

**>>> *Code of Conduct is within the Player Resources section of our website.***





# Leveling up/Down

## Leveling Up/Down Policy

- A level change request can be made by a coach, director, or parent
- Making a request DOES NOT automatically mean it will be granted
- Requires waiver process that GNLL and YLM would need to approve

## Requirements for Moving Players

- **Adequate room on the team**
- Skills assessment
- Try Out assessment
- Other considerations
- Additional dues assessment

Team	Age Range	Grad. Year
8U	9/1/2016 to 8/31/2018	2035 & 2036
10U	9/1/2014 to 8/31/2016	2033 & 2034
12U	9/1/2012 to 8/31/2014	2031 & 2032
14U	9/1/2010 to 8/31/2012	2029 & 2030



# Player Evaluations/Team Placement

**An independent lacrosse organization will be evaluating the Boys teams.**

- GNLL and YLM strongly recommend if there are enough players for two teams, associations field and “A” and “B”
- Evaluations will be closed to parents
- All 8U/10U teams will be split evenly if we have multiple teams.

Level	Number Registered	Projected Teams
8U	13	1
10U	28	2 (evenly split)
12U	25	1
14U	21	1





# Coaching

**Each team will have an experienced lacrosse player as a Head coach and or Assistant**

- Farmington Alumni
- Current and former college players

**Parent coaches will support the paid coaches**

- You have the support of a paid College/Farmington Alum Coach
- Reach out to the boys director if are interest in coaching

**Coaching Expectations:**

- GNLL & YLM requires all coaches to have Silver Level Certified
  - [Silver Level Certification](#) | [USA Lacrosse](#)
- Coaching certification is [reimbursed by FYLA](#)
- [Coaching Requirements](#)





# Important 2025 Season Dates

- **March 19 & 26** Mouthguard clinics
- **April 7th** - Practices begin at Schmitz-Maki
  - Boys: Monday/Tuesday
  - Girls: Wednesday/Thursday
- **Week of April 20th**
  - 12U and 14U tryouts - *if needed*
  - 8U and 10U Evaluations - *if needed*
- **Weekend of April 26 or 27** - Spring League Starts
- **April 26** - ReLAX Parents Night Out Community Fundraiser (Beer Bash) at Celts Pub (Farmington)
- **May 31 and June 1** - Viking Goat Tournament and volunteer weekend
- **June 7 & 8** - GNLL Spring State Tournament, Maple Grove
- **Early June** - YLM league play begins
- **July 16** - FYLA Fiesta at El Charro, Farmington (Fundraiser)
- **July 20 or 21** - Boys YLM 8U & 10U End of Season Jamboree Weekend
- **July 27-28** - Boys State Tournament



**>>> Scan QR code or visit [farmingtonlacrosse.org/events](https://farmingtonlacrosse.org/events) for a list of events**



# Volunteer Requirements

- Viking Goat Tournament (May 31-June 1)
  - Farmington High School and Dodge MS
- Parent Coach and Team Manager fulfill the volunteer requirements
- Volunteer checks are set at \$500 per family.
  - WE NEED THE VOLUNTEERS NOT THE MONEY!!!
  - The Viking Goat tournament is very important financially for the FYLA mission.
- Each family is required to volunteer 4 hours per player, 6 hours for 2 players and the volunteer check is destroyed.
- With the switch to Crossbar, we're no longer referring to volunteer hours as "DIBS"



**>>> The Viking Goat is the ONLY opportunity to fulfill your volunteer requirements, so please make sure you're there.**



# ReLAX Parents Night Out

## Celts Pub in Farmington, April 26

### Fun community night to kick-off our 2025 season

- Tickets are \$15 at the door, \$10 advanced sales
- Families pre-buy 5 tickets (\$50), sell to friends and/or use yourself
- Free keg beer, silent auction, 50/50 raffle and prizes
- In order to have a successful night and engaged attendees, we are inviting families to donate to our silent auction. Do you have a business you would like to promote?
- Drop off by 4/20
- Contact Joe Gaston

**>>> Purchasing tickets is a requirement for each family**







# Become a sponsor!

## Boost your business visibility!

Sponsoring our program provides a unique opportunity to connect with a loyal and engaged audience while showcasing your commitment to youth sports and the local community. Join us in fostering the success of our athletes while growing your business!

Interested in becoming a sponsor? *Scan QR code or visit [farmingtonlacrosse.org/about/support-fyla/75867](https://farmingtonlacrosse.org/about/support-fyla/75867)*





# Mouthguard clinics

**All players need mouthguards! Upcoming clinics:**

**March 19th**

**Cosmopolitan Ortho**

16023 Elmhurst Ln #101  
Lakeville, MN 55044  
(952) 469-3333

**March 26th**

**Cosmopolitan Ortho**

16023 Elmhurst Ln #101  
Lakeville, MN 55044  
(952) 469-3333

**TBD April**

**Minnesota Ortho**

16106 Pilot Knob Rd Suite 120,  
Lakeville, MN 55044  
(651) 450-7273

**Sign-ups required. Watch social media.**





# Jersey Fitting and Apparel

- All athletes are required to wear the FYLA uniform.
  - 8U players will be provided a pinnie
- Trial sizes of jerseys are located here tonight
- Orders will need to be placed by
- Order link is on FYLA website
  - For new players you can request top 3 numbers by emailing Mika Kieffer: [mikakieffer@charter.net](mailto:mikakieffer@charter.net)
- Optional apparel is available on the website as well
  - <https://jpwildier.myshopify.com/collections/farmington-lax>



**>>> Use Discount Code TEAMDROP for no charge shipping. Orders will be delivered to the team for handout.**



# Uniforms



**Girls**



**Boys**



Inner Pocket Pattern

**K&L Performance/LAX**  
Shorts w Pockets

\*Please note artwork is not to scale  
Colors can vary from print media to clothing material



Farmington Lacrosse Shooter Shirt -

**OPTIONAL**

\$ 35.00

**>>> Use Discount Code TEAMDROP for no charge shipping. [pwilder.myshopify.com/collections/farmington-lax](https://pwilder.myshopify.com/collections/farmington-lax)**



# Apparel

AVAILABLE THROUGH  
MARCH 23



<https://www.farmingtonlacrosse.org/player-resources/tiger-lax-gear/75856>

**>>> Use Teamdrop at discount for free shipping as this will be a team drop order (no shipping)**



# Laxgear Bags



**Farmington Orange Laxpack**

Farmington bags with logo and player name.



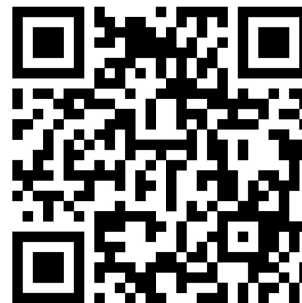
**Farmington Orange Mini**

Farmington bags with logo and player name.

**FYLA has teamed up with Laxgear to provide our players with the ultimate lacrosse bag**

Designed for durability and functionality, Laxgear creates top-quality bags built to last and keep your gear organized. Show your Tiger pride with one of the two custom Farmington player bags!

Visit their [website](#) and use code "LAX".



# QUESTIONS?

## THE FLOOR IS YOURS

March 13<sup>th</sup>, 2025  
Boeckman Middle School

