

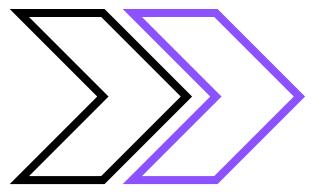


C3 YOUTH LACROSSE
ASSOCIATION

2025 PARENT MEETING

February 25th, 2025





Agenda

- Board Overview
- End of Year Survey
- 2nd Annual C3 Bags Tournament
- High School Coaches Messages
- ETS Sponsor Update
- Season Overview
- Uniforms/Team Store
- Fees / Volunteers Process
- Coaching & Board Role Registration Credits
- Safety
- Learn the Game



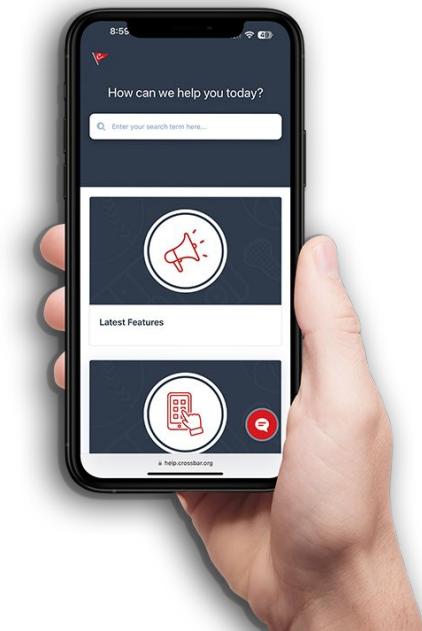
Board Overview

- President: Bryant Cooper
- VPs – Boys / Girls: Eric Overman & Penny Tatman
- Coaching Directors: Matt Alrich & Adam Dittberner
- Training Director: Brian Gross
- Marketing: Chris McCormick
- Treasurer: Katie Junker
- Safety Director: Brian Smith
- Uniforms & Apparel: Amy Muhs
- Equipment: Mona Rippy
- Fields: Adam Tabor
- Scheduling/Secretary: Henry Whitney
- Corporate Partnerships: Chad Stiernagle



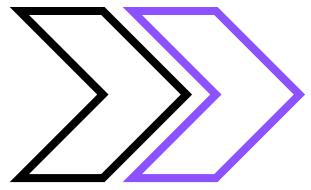
2024 Parent Survey

- Actions from your feedback:
 - Very positive responses around new season structure including Winter Practices, number of games and practices, tournaments, etc.
 - Included development program for NEW Boys in Winter Practices
 - C3 coaches rated very highly for connecting with players, teaching the game and positive encouragement.
 - Room for improvement on coach communications
 - Added Spring Field season for Boys and Girls teams
 - Better option for overall development
 - Better preparation for early Wayzata tournament
 - Partnered with YLM to get alignment on 10U A/B split issue
 - Overall, communications from C3 rated highly. But...
 - Communication Issues: **Crossbar** switch from SportsEngine
 - Improves synchronization with YLM schedules
 - Improved ability to communicate game changes, weather updates, etc.
 - Enables better communication from **coaches** and **team managers** with specific guidance from C3



Get the Crossbar App!





2nd Annual C3 Bags Tourney Fundraiser!

Event Details

- Partnering with Victoria Lions Club
- Sunday May 4th, morning start time TBD
- Open to C3 Families and Public
- Lots of additional activities and fun for families: Lovable Llamas, bounce houses, raffle prizes, coffee, donuts, etc.

Volunteers Needed!

- Tournament Director and Organizers
- On-site support
- Coffee and donut sales
- Vendor relations
- Raffle volunteers

Fulfils volunteer hours. Email sethgilgert@gmail.com to sign up!



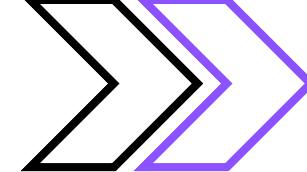


Girls High School Programs

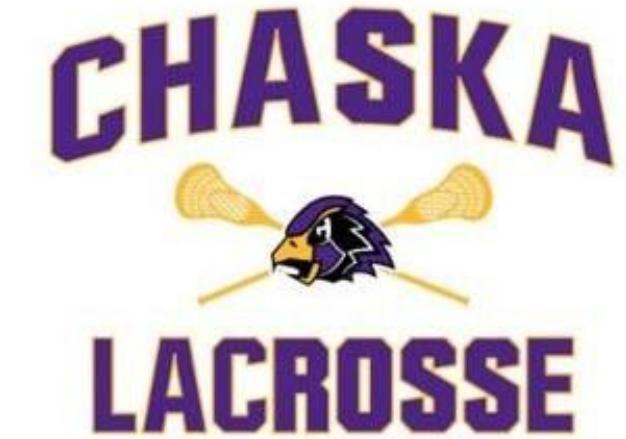


- **Chanhassen HS:** 8-12th grade (7th Grade if pre-approved) (**Tryouts:** April 2nd & 3rd)
- **Chaska HS:** 7th-12th grade program (**Tryouts:** April 7th & 8th)
- Season starts **March 31st** during spring break
 - B/JV ends before Memorial Day Weekend
 - Varsity Runs Past Memorial Day and Playoffs into June
- **Chaska Girls Lacrosse Youth Day**
 - Saturday, May 17 at 12:00 PM Varsity vs Shakopee @ CHS Stadium
 - Host C3 youth game during halftime
- **Chanhassen Girls Lacrosse Youth Night**
 - April 25th at 7:00 PM Varsity vs Lakeville South @ CNHS Stadium
 - Host C3 youth game during halftime
- **Chaska vs Chan Varsity Game is MAY 22nd @ 7pm at Chanhassen!!**
 - Lets get as many youth players as possible at the game!!
 - Youth players wear C3 gear to the game!





Boys High School Programs



- Open to boys 8-12th grades (7th Grade if pre-approved)
- Season starts **March 31st**
 - B/JV Runs through Memorial Day Weekend
 - Varsity Runs Past Memorial Day and Playoffs
- Boys not eligible to play C3 until **AFTER** the HS Season Ends
- C3 Eval are before HS season start

Chaska vs Chanhassen Varsity Game is **MAY 22nd** at Chaska Hawks Stadium!!

Funds raised will benefit **Vranicure** Local Cancer Non-Profit

On-field youth player experience details to come soon!



C3 Association Sponsor!





C3 + ETS

SPORT PERFORMANCE TRAINING

ETS MISSION



"To provide cutting edge strength, speed, power, deceleration and movement mastery training for athletes of all sports and ability levels in a challenging yet positive environment that will enhance performance, build character, and improve lifestyles."

45 CURRENT LOCATIONS

MN, WI, MI, IA, SD, NE, IL, NY, ND

2500+

COLLEGE ATHLETES

250+

PRO ATHLETES

50K+

TOTAL ATHLETES

ETS + C3 PROGRAMS

- **Speed Plus-** *Ages 8-12*

The ETS Speed Plus program focuses on linear and lateral speed development, deceleration mastery, relative strength, and injury prevention training for young athletes to establish a foundation for athletic success and performance mastery

- **Total Performance-** *Ages 12+*

The ETS Total Performance program is individualized for each athlete and focuses on sport specific strength, speed, power, deceleration, elite speed, and specific energy system development training.

- **Team Training-** *All Ages, Sports*

Customized team training programs for youth, high school, collegiate and professional teams. Both onsite and offsite solutions are available for in- season and off-season.



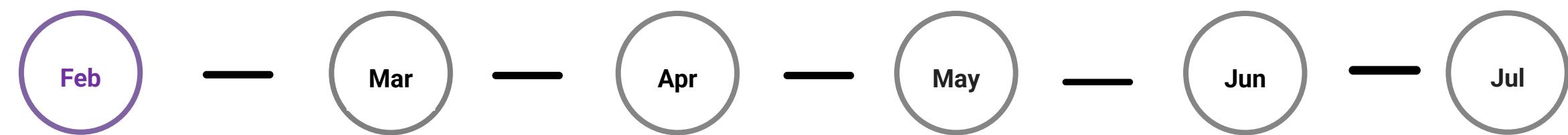
10% OFF for
C3 athletes
year-round



NEXT STEPS

- Visit etsperformance.com
- Schedule your FREE athlete evaluation **by March 7th**
- Receive 2 FREE weeks of training + 10% OFF

Spring and Summer Seasons Overview



Registration

Regular price ends
Jan 31st

Winter Practice

Begin Feb 2nd

Registration

Wait list ONLY

Boys Eval

March 16 & 23
Location: ECC
Dome

Girls Eval

March 16 & 23
Location: ECC
Dome

Boys Box

Begins 3/17
Location:
1st Athlete

Uniform Distribution

Spring Season

Begins 4/12

Outdoor Practices Start

Date: 5/1
(Boys, 8U, 10U, 12U,
14U
Girls: 8U, 10U, 12U,)

Wayzata Tournament

Dates: 5/16 - 5/18
(possible Friday)
Boys & Girls 8U -
14U
No Girls 14U

Outdoor Practices Start

5/31
14U Girls

6U- start early June YLM & MSLAX Season

Games start June

Shakopee Tournament

Date: 6/7-6/9
Boys: 8U, 10U, 12U,
14U
Girls: 10U, 12U, 14U

Prior Lake Tournament

Date: 6/27-6/29
Boys: 14UA
(possibly)
Girls: 14U

End of Season Jamboree

Dates: 7/19 or 7/20
(Tentative dates)
Boys 6U/8U/10U

State Tournament

Dates: 7/26 & 7/27
Boys 12U/14U
Girls State: 8U - 14U



Evaluations

C3 will use the same basic guidelines for evaluations as previous years:

- ✓ Stick Skills
- ✓ Shooting
- ✓ Athleticism
- ✓ Lacrosse IQ (Decision making or the “when” and “how”)
- ✓ Defensive Positioning
- ✓ Attitude

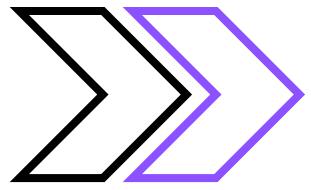
- Evaluators will be made up of independent lacrosse professionals, high school coaches, and board members.
- No cuts will be made
- No board members will evaluate their child’s age group.*



Evaluations

Level	Time	Date
8U boys and girls	1:00-2:00 at the Dome	Sunday March 16 & 23
10U boys and girls	1:00-2:00 at the Dome	Sunday March 16 & 23
12U girls	2:00-3:00 at the Dome	Sunday March 16 & 23
14U girls	3:00-4:00 at the Dome	Sunday March 16 & 23
12U boys	4:00-5:30 at the Dome	Sunday March 16 & 23
14U boys	5:30-7:00 at the Dome	Sunday March 16 & 23

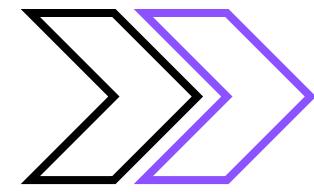




Girls Lax - Early Spring Programming

Level	# of Teams / Structure	Start	Practices	Practice Location	League Format
6U	N/A	N/A	N/A	N/A	N/A
8U	2 teams Evenly Balanced	4/14	TBD	TBD	Spring League 6-8 games Saturdays and Sundays (4/12-5/4)
10U	1 team	4/14	TBD	TBD	Spring League 6-8 games Saturdays and Sundays (4/12-5/4)
12U	1 team	4/14	TBD	TBD	Spring League 6-8 games Saturdays and Sundays (4/12-5/4)
14U	N/A	N/A	N/A	N/A	N/A





Girls Lax - Late Spring / Summer Programming

Level	# of Teams / Structure	Players on Field	Start	Practices	Practice Location	Tournaments	League Format
6U	1 team	3v3	6/2	TBD	TBD	None	4 scrimmages
8U	2-3 teams Evenly Balanced	4v4	5/5	TBD	TBD	Wayzata (5/16-5/18) Shakopee (6/6-6/8) State 7/27 or 7/28	4 games, Jamboree
10U	2 teams A / B	8v8	5/5	TBD	TBD	Wayzata (5/16-5/18) Shakopee (6/6-6/8) State (7/26-7/28)	6 games
12U	1-2 teams A / B	12v12	5/5	TBD	TBD	Wayzata (5/16-5/18) Shakopee (6/6-6/8) State (7/26-7/27)	8 games
14U	1 teams A or B	12v12	6/2	TBD	TBD	Shakopee (6/6-6/8) Prior Lake (6/27-6/29) State (7/26-7/27)	8 games



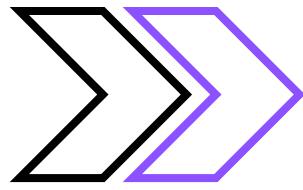
Boys Lax - Early Spring Programming

Level	# of Teams / Structure	Start	Practices	Practice Location	League Format
6U	N/A	N/A	N/A	N/A	N/A
8U	3 teams Evenly Balanced	3/15	N/A	N/A	TC Lacrosse Box League Approx. 6 games Saturdays and Sundays (3/15-4/27)
10U	2 teams A / B	4/14	TBD	TBD	GNLL Spring League 6-8 games Saturdays and Sundays (4/12-5/4)
12U	2 teams A / B	4/14	TBD	TBD	GNLL Spring League 6-8 games Saturdays and Sundays (4/12-5/4)
14U	2 teams A / B	4/14	TBD	TBD	GNLL Spring League 6-8 games Saturdays and Sundays (4/12-5/4)

Notes:

- 8U Box League held at Hopkins Pavilion or 1st Athlete (Edina)
- 10U A and B teams will be matched up with comparably-skilled teams
- 14U will be combination of A / B players who are not playing high school lacrosse in the Spring. Based on preliminary numbers, we should be able to field an A and a B team; however, we may need to assign a few players on B to play with the A team.





Boys Lax - Late Spring / Summer Programming

Level	# of Teams / Structure	Start	Practices	Practice Location	Tournaments	League Format
6U	3 teams Evenly Balanced	6/2	Mondays (5:00-6:00)	Victoria Elementary	None	4-6 games + End of Season Jamboree
8U	3 teams Evenly Balanced	5/5	Mondays & Thursdays (5:30-6:30)	Victoria Elementary	Wayzata (5/16-5/18) Shakopee (6/6-6/8)	8 games + End of Season Jamboree
10U	3 teams 1- A / 2- B	5/5	Mondays & Thursdays (5:30-6:45)	Victoria Elementary	Wayzata (5/16-5/18) Shakopee (6/6-6/8)	8 games + End of Season Jamboree
12U	2 teams A / B	5/5	Tuesdays & Thursdays (6:30-8:00)	Victoria Elementary	Wayzata (5/16-5/18) Shakopee (6/6-6/8)	10 games + State Tournament
14U	2 teams A / B	5/5	Tuesday & Thursdays (6:30-8:00)	May: Chan HS Upper Turf June-July: Chaska HS	A-Team: Shakopee (6/6-6/8) TBD- Prior Lake (6/27-6/29) B-Team: Wayzata (5/16-5/18) Shakopee (6/6-6/8)	10 games + State Tournament

Notes:

- Practice dates and times subject to change based on coach's schedule(s), weather and field conditions
- 6U-10U: Season ending jamborees to be held July 19-20 (times/locations TBD)
- 12U-14U: State Tournament to be held July 26-27 (times and locations TBD)
- 14U: Practices in May are for those who are not playing high school lacrosse in the Spring. Joint practices between A and B players may occur depending on attendance of players / coaches; In June & July, A/B team practices will be separate, occurring on different fields at Chaska HS.
- 14UA will consider signing up for the Prior Lake tournament after completing an availability survey once the team has been formed



2025 UNIFORMS

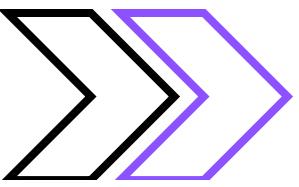
- Vendor GameOne / Brand is CHAMPRO
- Uniform Includes:
 - REVERSIBLE JERSEY
 - SHOOTER SHIRT
 - SHORTS

Girl's / Women's cuts for all



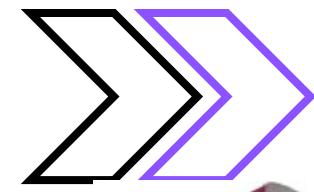
2025 UNIFORM

Reversible Jersey Top



2025 UNIFORM

Reversible Jersey Top - Womens / Girls



2025 UNIFORM

Shooter Shirt



2025 UNIFORM

Shorts



2025 UNIFORM Distribution

NEW FOR 2025!

- Uniform Volunteer per Level/Gender
- Uniform Volunteer will pick up uniforms from warehouse - DATE TBD
- Uniform Volunteer will collect volunteer checks - no check/no uniform
- Uniform Volunteer will distribute at practice OR Box LAX Game
- Uniform Volunteer will receive volunteer hours for season
- Uniform Volunteer will communicate with Amy Muhs on any questions/concerns.

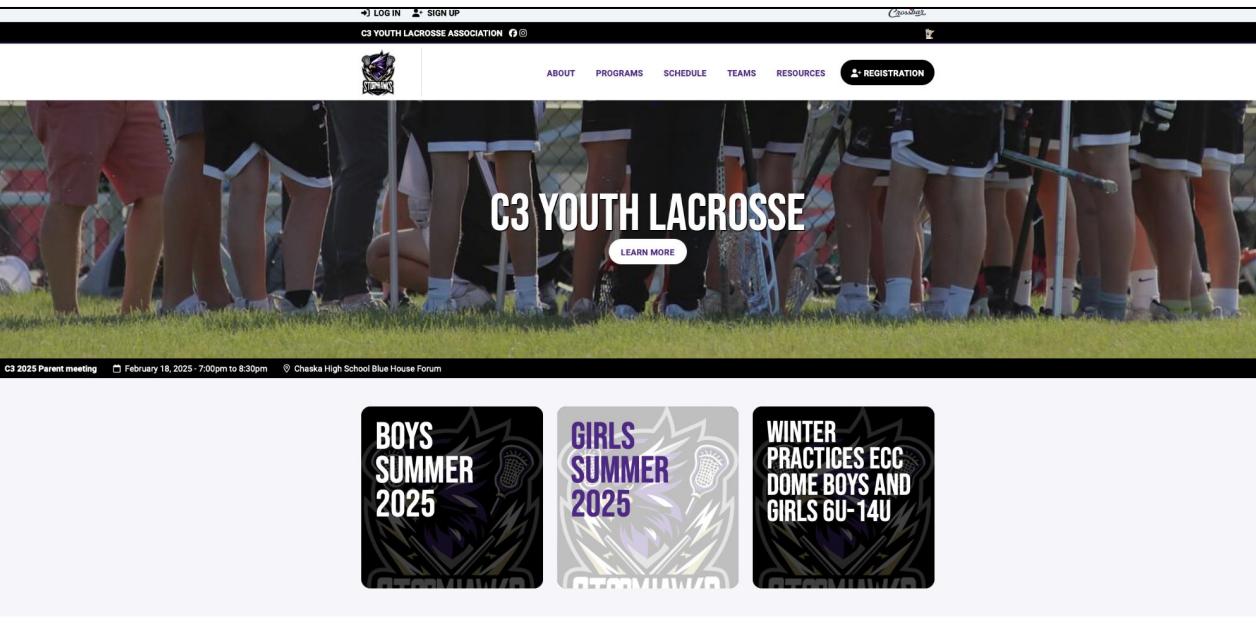


C3 STORMHAWKS APPAREL

24-7 Store

NEW FOR 2025!

- 24-7 Store = Always Open - ability to order at any time
- Apparel is made to order - ships 7 - 10 business days
- Includes a plethora of items from blankets and ornaments to pants and sweatshirts
- Access from C3 Website



C3 STORMHAWKS APPAREL

Custom Store

- Custom Store will open MARCH - watch for communication from C3 with exact dates
- Includes UNRL and THE NORTH FACE items (jackets and vests)
- Resulted from 2024 parent survey responses
- Please note: custom stores require minimums; if not met, cannot fulfill order

UNRL

**THE
NORTH
FACE**



Volunteer

- Each family must drop off \$200 check per player
- Check will be collected when C3 Distributes uniforms
- Family to sign up for 2 Volunteer hours per player
- 1 Player: one - \$200 Check & 2 Volunteer hours
- 2 Players: two - \$200 Checks & 4 Volunteer hours
- Checks will be destroyed month of August/September upon completion of volunteer hours
- If volunteer hours are not complete – checks will be cashed in August
- All volunteer sign ups are on DIBS

Volunteer Hours may consist of:

- Field Setup & Take Down
- Scores table and Clock management
- Field Lining
- Equipment / Uniform hand out
- Team Manager
- Team Scheduler



Volunteer – Team Manager

Duties:

- Partner with Head Coach for communication routines
- Assist with Parent questions
- Assist with coordination of Tournament logistics
- Assist with Youth Night
- Assist with verifying parent attendance and games

- *“Chill Manager”* during games:

During games: Be willing to politely ask parents/fans to act respectfully toward the officials, the other team’s coaches, and the players. – Be willing to speak with officials at half time about unmanageable sideline issues. – Be willing to take measures to control unruly fans.

- Email scores to:

Henry Whitney henrywhitneylax@gmail.com

or

questions.c3@gmail.com



Volunteer – Team Scheduler

Duties: Boys

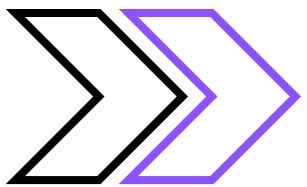
- Confirm Game Days with opponents' weekend before games.

Duties: Girls

- Schedule Regular Season opponents –
- Will receive list of list of home and away
- Confirm dates and times with coaches
- Home: confirm home site with Henry Whitney
- Confirm Game Days with opponents' weekend before games.



Tuition Relief - Recruitment & Retention



Volunteer Parent Coaches will be eligible for a tiered credit structure for player registration costs.

- **First year coaches** will receive a **25%** credit back on total player registration fees paid at the end of the season. EXAMPLE: Coach has one player registered at 10U (boy or girl), and another at 12U. Both players are participating in the Spring and Summer League Season. **Total Credit would be \$300 (\$150 for each player)**
- **Second year Plus coaches** will receive a **50%** credit back on total player registration fees paid at the end of the season. EXAMPLE: Coach has one player registered at 10U (boy or girl), and another at 12U. Both players are participating in the Spring and Summer League Season. **Total Credit would be \$600 (\$300 for each player)**

C3 Lacrosse Association active board members at the Director level and above will be eligible for a **50% credit** at the end of each season

- Board members must attend **75% of board meetings**. If a board member misses 3 or more consecutive board meetings, they may forfeit their board seat and the registration credit.
- Board members **must execute their responsibilities** to the best of their ability.



Open Volunteer Opportunities

Volunteer Operations

- Creating Volunteer Opportunities
- Managing Volunteer Opportunities
- Tracking Volunteer Sessions and Hours tracked in Crossbar
- Tracking and supporting Team volunteers



Safety

Heat Index:

- For games we will follow guidance from YLM and MSLAX
- For practices C3 has developed our own guidelines. Guidelines are based on what the temperature will be at the time of practice. Any time modifications or cancellations will be mass emailed to parents within 2 hours of practice start.

Heat Index Guidelines

- 90-95F = full pads +frequent water breaks
- 96-99F = helmets and gloves only + frequent water breaks
- 100-102F = walkthrough practice only and limit practice to 45-60 min
- >102F = cancel practice

Air Quality Guidelines: (based on last year's experience with fires in Canada)

Any time modifications or cancellations will be mass emailed to parents within 2 hours of practice start.

- Green/Yellow = no mitigation
- Orange = send a mass email to parents warning players with any underlying health concerns
- Red = send a mass email to parents warning players with any underlying health concerns + shorten practice to 45-60 min
- Purple/Maroon = Cancel practices and games

Concussions: Please email the safety directors with a diagnosed concussion and a doctor's return to play letter.

Safety Director: Brian Smith
Email: smbrlax@gmail.com



Learn the Game!

Join us in the back gym and engage in a live demo of lacrosse basic rules and skills for both the boys and girls' side of the game.

The session will be facilitated by our boys and girls' directors, and we will have actual players running through the demonstrations!



C3 YOUTH LACROSSE
ASSOCIATION



THANK YOU!



What do my fees pay?

Registration	Equipment	Coaches	Administrative
<ul style="list-style-type: none">• YLM/MSLAX• Tournament• Field Space	<ul style="list-style-type: none">• Uniforms• Shooting shirts• Free Stick• Goals• Nets• Balls• Paint	<ul style="list-style-type: none">• HS/College Coaches	<ul style="list-style-type: none">• Website• Storage• Scholarship• HS Programs• Misc

All board members are Volunteers and do not receive payment/stipend

