

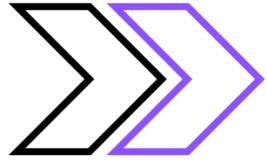
C3 YOUTH LACROSSE
ASSOCIATION

2026

PARENT MEETING

February 24th, 2026

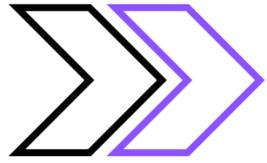




Agenda

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

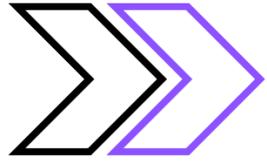




Board Overview

- President: Bryant Cooper
- VPs – Boys / Girls: Penny Tatman, Bob Thorbus & Eric Overman
- Coaching Directors: Chris Braband & Adam Dittberner
- Training Director: Brian Gross
- Marketing: Chris McCormick
- Treasurer: Katie Junker
- Safety Director: Brian Smith
- Uniforms & Apparel: Amy Muhs
- Equipment: Jordan Lofgren
- Fields: Adam Tabor
- Scheduling/Secretary: Henry Whitney





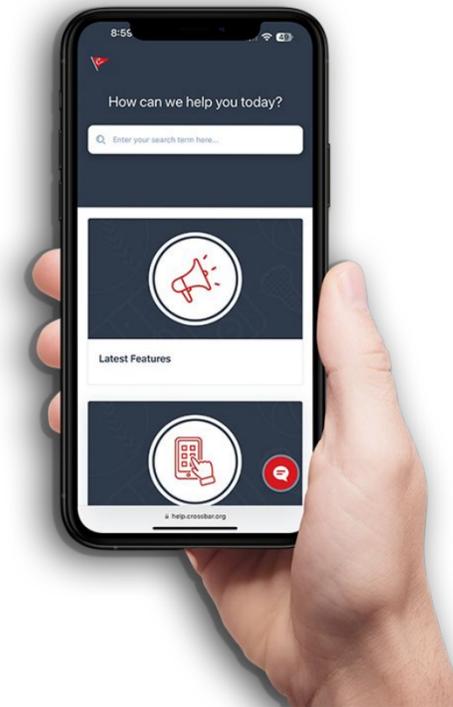
2025 Parent Survey - Chris M

2025 Snapshot

- ~90% positive overall experience
- 90%+ would recommend
- Coaching rated as primary strength
- Primary improvement area: Communication & structure

Conclusion: Strong foundation, great coaches, operational refinements needed.

- **Actions from your feedback:**
 - Additional communication from C3, not just coaches
 - Coaches assigned earlier for Spring
 - Broaden options in gear stores
 - Improve weather cancellation protocol
 - Pockets on uniform shorts!



Get the Crossbar App!





GIRLS HIGH SCHOOL PROGRAMS



Chanhasen Coach: Logan Dobratz & Chaska Coach: Lauren Koloski

- **CHANHASSEN HS:** 7th-12th grade (Tryouts: April 2nd & 3rd)
- **CHASKA HS:** 7th-12th grade (Tryouts: April 2nd & 3rd)
- Season starts **April 1st** during spring break
 - B/JV ends before Memorial Day Weekend
 - Varsity runs past Memorial Day and Playoffs into June (sections), mid-June (State)
- **Chaska Girls GameDay Events:**
 - C3 Youth Scrimmages at halftime during all Varsity HOME Games - 4/11, 4/14, 4/16, 4/29, 5/5, 5/9, 5/12 & 5/21
 - **April 11** - Home Opener/Parents Night vs Eden Prairie, **April 16** - Teacher Appreciation Night vs Delano, **May 5** - Senior Players & Alumni Night vs St. Louis Park
- **Chanhasen Girls Lacrosse Youth Night**
 - May 7th @ 7PM vs. Blake
 - Host C3 youth game during halftime
 - Will also have C3 events during halftimes at all home games
- **Chaska vs Chan Varsity Girls Game is MAY 21 @ 7pm at Chaska!!**
 - Lets fill the stands with C3 youth fans! Youth players wear C3 uniforms to the game!





Boys High School Programs - Chris & Jon



- Open to boys 8-12th grades (7th Grade - if HC approved)
- Season starts **Monday, March 30th**
 - B/JV runs through Memorial Day Weekend
 - Varsity runs past Memorial Day and Section Playoffs/State Tournament
- Boys not eligible to play C3 until **AFTER** the HS Season Ends
- C3 Evals are before the HS season.
- For more details on HS programs, visit:
 - www.chaskalacrosse.com
 - www.chanstormlacrosse.com (Pre-Season Mtg - 3/9/26 @7pm)

C3 Youth Night - *Battle for the Stormhawk Stick*

- **Thurs, May 21st (7pm):** Chaska vs Chan @ Chan HS Stadium
- Players wearing their C3 uniform get free admission
- Other game day/on-field activities and details being finalized



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.”

60+ 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

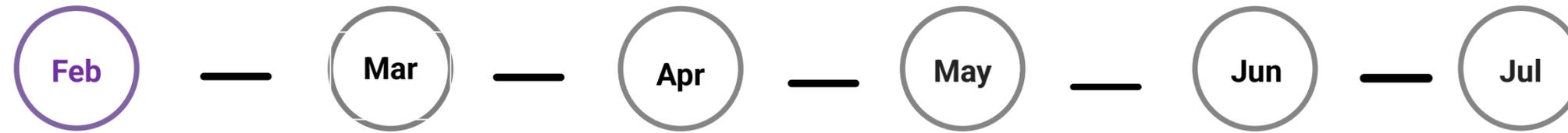


NEXT STEPS

- Visit etsperformance.com
- Schedule your FREE athlete evaluation **by March 16th**
- Receive 2 FREE weeks of training + 10% OFF

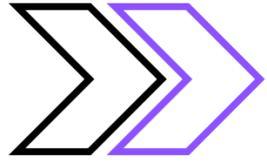


Spring and Summer Seasons Overview



<p>Registration Regular price ends Jan 31st</p> <p>Winter Practice Begin Jan 11th</p> <p>Registration Wait list ONLY</p>	<p>12U/14U Boys Evals March 15 & 22 Location: ECC Dome</p> <p>12U/14U Girls Eval March 15 & 22 Location: ECC Dome</p> <p>8U Boys Box Location: Pipeline Lacrosse</p> <p>Uniform Delivery</p>	<p>GNLL Spring Season Begins 4/11</p>	<p>Outdoor Practices Start Date: 5/4 (Boys, 8U, 10U, 12U, 14U Girls: 8U, 10U, 12U)</p> <p>Wayzata Tournament Dates: 5/15 - 5/17 (possibly Friday) Boys & Girls 8U - 12U, 14UB No Girls 14U</p> <p>Outdoor Practices Start 5/31 14U Girls</p>	<p>6U- start early June</p> <p>YLM & MSLAX Season Games start June</p> <p>Shakopee Tournament Date: 6/5-6/7 Boys: 8U, 10U, 12U, 14UA, 14UB Girls: 10U, 12U, 14UA, 14UB</p> <p>Prior Lake Tournament Date: 6/26-6/28 Boys: 14UA (possibly) Girls: 14U</p>	<p>End of Season Jamboree Dates: 7/18 or 7/19 (Tentative dates) Boys 6U/8U/10U</p> <p>State Tournament Dates: 7/25 & 7/26 Boys 12U/14U Girls State: 8U - 14U</p>
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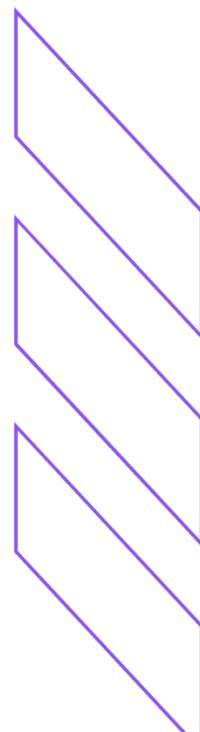




Evaluations

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, provided by GNLL
 - No cuts will be made



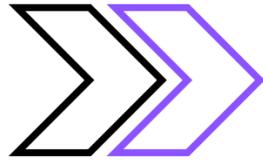
Evaluations

Level	Time	Date
14U Boys	10:30-12:00 at the Dome	Sunday March 15 & 22
12U Boys	12:00-1:30 at the Dome	Sunday March 15 & 22
12U Girls	1:30-3:00 at the Dome	Sunday March 15 & 22
14U Girls	3:00-4:30 at the Dome	Sunday March 15 & 22
10U Girls	3:00-4:30 at the Dome	Sunday March 22

Notes:

8U boys/girls and 10U boys evaluations will occur in the spring prior to the start of the summer season

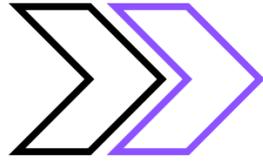




Girls Lax - Early Spring Programming

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 or 2 teams	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	Chaska HS	None	4 scrimmages
8U	3 teams Evenly Balanced	4v4	5/5	TBD	Chaska HS	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	Chaska HS	Wayzata (5/16-5/18) Shakopee (6/6-6/8) State (7/26-7/28)	6 games
12U	2 teams A / B	12v12	5/5	TBD	Chaska HS	Wayzata (5/16-5/18) Shakopee (6/6-6/8) State (7/26-7/27)	8 games
14U	1 team B	12v12	6/2	TBD	Chaska HS	Shakopee (6/6-6/8) State (7/26-7/27)	8 games





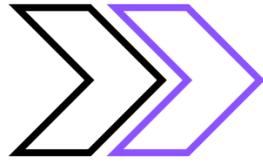
Boys Lax - Early Spring Programming

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	3/14	N/A	N/A	TC Lacrosse Box League Approx. 6 games Saturdays and Sundays (3/14-4/26)
10U	2 teams Evenly Balanced	4/6	TBD	TBD	GNLL Spring League 6-8 games Saturdays and Sundays (4/11-5/31)
12U	2 teams A / B	4/6	TBD	TBD	GNLL Spring League 6-8 games Saturdays and Sundays (4/11-5/31)
14U	N/A	4/6	TBD	TBD	N/A

Notes:

- 8U Box League held at Pipeline Lacrosse (Edina, formally 1st Athlete)
- 10U teams will be evenly split and matched up with comparably-skilled teams
- 12U A and B teams will be formed based on winter evaluations and will compete against other A and B teams.
- 14U will not participate in the spring GNLL season, but will host spring practices for those that are not playing high school lacrosse.





Boys Lax - Spring / Summer Programming

Level	# of Teams / Structure	Start	Practices	Practice Location	Tournaments	League Format
6U	3 teams Evenly Balanced	6/1	TBD 1 x 60 min	Victoria Elementary	None	4-6 games + End of Season Jamboree
8U	4-5 teams Evenly Balanced	5/4	TBD 2 x 60 min	Victoria Elementary	Wayzata (5/15-5/17) Shakopee (6/5-6/7)	8 games + End of Season Jamboree
10U	3 teams TBD	5/4	TBD 2 x 75 min	Victoria Elementary	Wayzata (5/15-5/17) Shakopee (6/5-6/7)	8 games + End of Season Jamboree
12U	2 teams A / B	5/4	TBD 2 x 90 min	Victoria Elementary	Wayzata (5/15-5/17) Shakopee (6/5-6/7)	10 games + State Tournament
14U	2 teams A / B	5/4 (See Notes)	TBD 2 x 90 min	May: Chan HS Upper Turf June-July: Chaska HS	A-Team: Shakopee (6/5-6/7) Prior Lake* (6/26-6/28) B-Team: Wayzata (5/15-5/17) Shakopee (6/5-6/7)	10 games + State Tournament

Notes:

- Practice dates and times subject to change based on coach's schedule(s), weather and field conditions
- 10U may be split A/B, or evenly balanced depending on other associations participating in an A/B format
- 6U-10U: Season ending jamborees to be held July 18-19 (times/locations TBD)
- 12U-14U: State Tournament to be held July 25-26 (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



2026 UNIFORMS



- Vendor **Powell Lacrosse**
- Uniform Includes:
 - REVERSIBLE JERSEY
 - SHOOTER SHIRT
 - SHORTS

Girl's / Women's cuts for all



2026 UNIFORM

Reversible Jersey Top



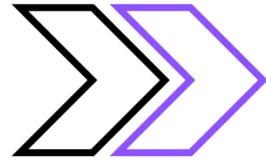
2026 UNIFORM

Shooter Shirt



2026 UNIFORM Shorts (w/pockets!)





2026 UNIFORM Distribution

NEW FOR 2026!

All uniforms will ship directly to your home.

For those players who have evaluations:
You will wear your uniform to evaluations.



C3 STORMHAWKS APPAREL

Store #1: 24-7 Store



- 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

COACHES GIFT: All coaches receive a complimentary gift card to order merchandise for the season!



C3 STORMHAWKS APPAREL

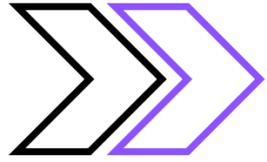
Store #2: UNRL Store

- UNRL Store is open for a limited time - through next week.
- Access on our C3 Website
- Vendor is General Sports in Edina
- Can choose delivery or pick up

UNRL



Volunteer - Katie



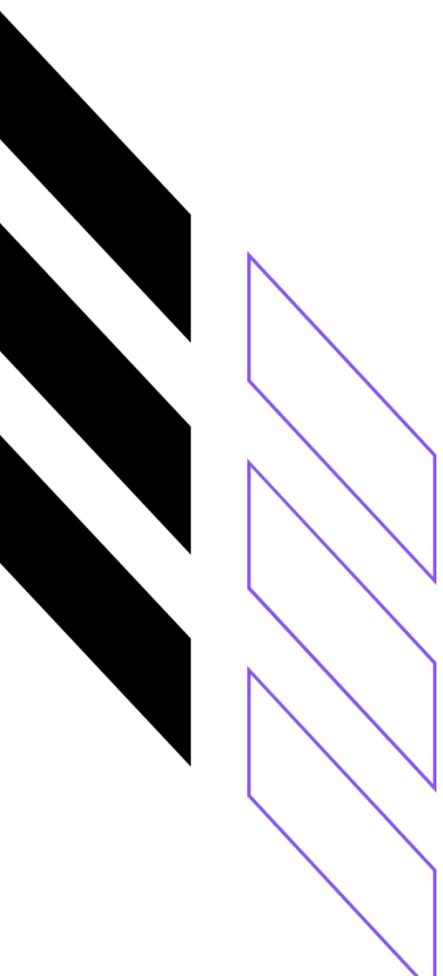
- ***NEW THIS YEAR*** volunteer fees collected using payment method you used when registering
- \$200 per player (max \$400 per family)
- Families complete 2 Volunteer hours per player (max of 4 hours per family required)
- Unfulfilled volunteer hours will be charged against accounts in August/September
- All volunteer sign ups are on Crossbar

Volunteer Hours may consist of:

- Field Setup & Take Down
- Scores table and Clock management
- Field Lining
- Equipment handout
- Bags tournament volunteers

Team/Board roles fulfill ALL volunteer hours for all your players

- Coach and Assistant Coach
- Team Manager
- Team Scheduler
- Board Member



Volunteer – Team Manager

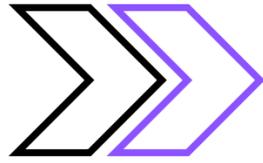
Duties:

- 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





Coaching Credits - Recruitment & Retention

Volunteer Parent Coaches will be eligible for Coaching Credits to apply to a future season*

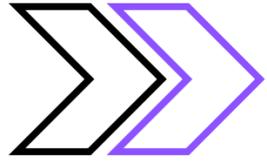
- Volunteer Coaches are eligible for a credit of up to 50% of registration costs paid for each player
- Coaches must complete a full season of coaching to be eligible for credit.
- Limit of 2 parent coaches per team (you may have more coaches, but they will only be eligible for volunteer credit)
- Must be a registered coach on Crossbar, have a current US Lax Membership and complete required coaching certifications.
- Credit via check or electronic credit may available upon request.

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.

*One discount per family (coach or board)





Volunteer – Team Scheduler Katie

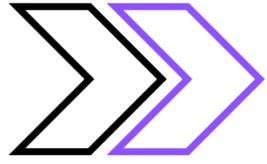
Duties: Boys

- 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.





Open Volunteer Opportunities

Volunteer Operations

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





Open C3 Board Positions

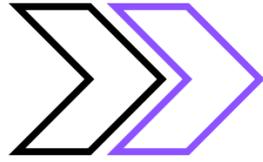
C3 is only possible by parents volunteering time to support the lacrosse community and our players.

We are in need of the next generation of leaders!

- President
- VP - Boys
- Director - Marketing
- Director - Fields
- Director - Corporate Sponsorships



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

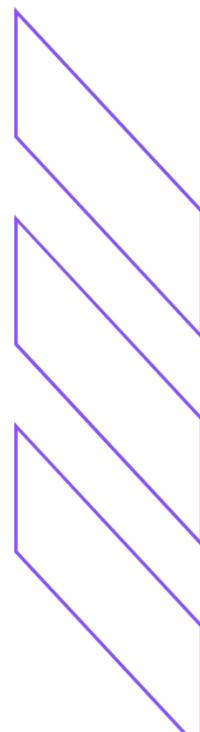
Air Quality Guidelines: (based on last year's experience with fires in Canada)

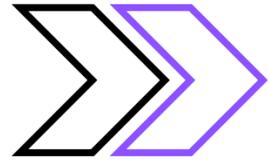
Any time modifications or cancellations will be mass emailed to parents within 2 hours of practice start.

- 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: smbirlax@gmail.com



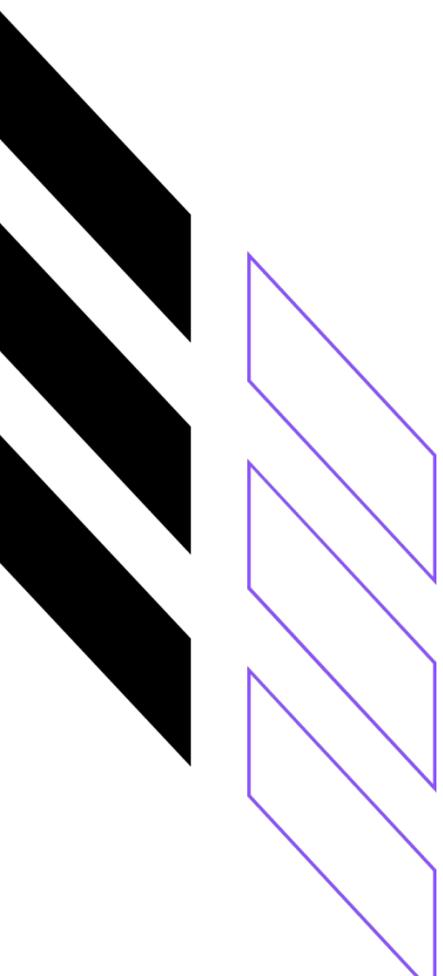


Learn the Game!

Lacrosse 101

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!

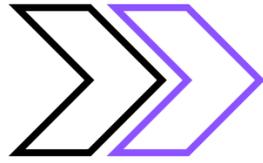


C3 YOUTH LACROSSE
ASSOCIATION



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● Shooter Shirts● Goals + Nets● Balls● Field 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

