



SPRING PARENT MEETING - MARCH 2, 2026



BOARD MEMBERS



Term Ending Sept 2026

President: Jen Carriker

Treasurer: Liz King (Stephanie Geier)

Boys Director: Alicia Rolph

IT Director/Webmaster: Adam Silverstein

Registration Director: Emily Rupar

Equipment Director: Kay Anderson

Communications Director: Amanda Bakken

Term Ending Sept 2027

Vice President: Amanda Hogendorf

Secretary: Amanda Cooney

Girls Director: Josey Castellanos

Coaching Director: Johan Gjenvick

Player Development Director: Riley Wood

Volunteer/Fundraising Director: **OPEN**

Scheduling Coordinator: Sammy Motz

****Spring Tournament Director: OPEN**

Manager Coordinator: Mary Hall



FIELDHOUSE TURF RULES

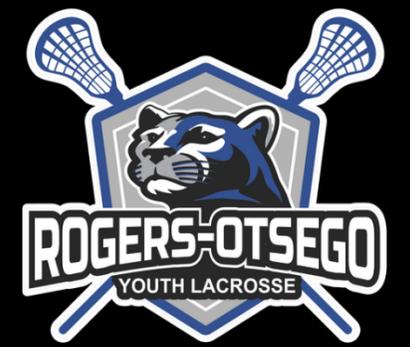


HealthPartners Fieldhouse

- **No food on the field**
- **Lightly colored beverages only**
- **Absolutely no chewing gum/sunflower seeds**
- **No metal cleats/spikes**
- **Clean shoes only on the field**
- **No lawn chairs on the field**
- **Walking Track will be open, please be careful**



2026 SEASON



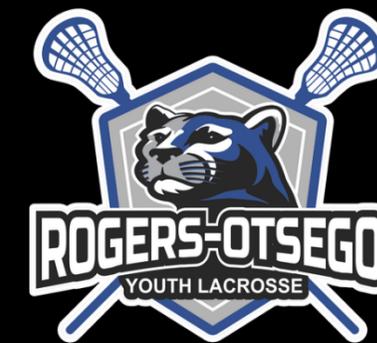
GOALS

- Grow the game
- More focus on attendance
- Build lacrosse IQ
- Improve skills
- Work as a team
- Positive & supportive team culture
- Have fun!





2026 SEASON OVERVIEW



SPRING

- Practices Begin April 6
- Indoor Fieldhouse
- 1-2 x per Week
- Build Skills
- Outdoor practices begin May 4 - field conditions & weather permitting
- Games
 - Schedule TBD (Early April)
 - Boys: May 3, May 16, May 30/31
 - Girls: May 3, May 10, May 17
 - 3 weekends, 2 games per weekend
 - No Games Memorial Weekend
 - Spring State tournament weekend
 - Girls May 29-May 31
 - Boys June 5-7

SUMMER

- Evening outdoor practices begin May 4th
 - 2-4 evenings per week
- Games, weeknights
 - Schedule TBD (Early June)
 - begin mid-June
 - Weekend Tournaments
 - June 26-28 - Woodbury
 - July 18-19 or July 24-26
- No regular Friday practices or games
- No games - July 2-July 5



VOLUNTEER HOURS



REQUIRED - Two Hours Per Family

- **Join the Board***
- **Spring State Tournament Director***
- **Registered Head/Assistant Coach***

- **Team Manager**
- **State Tournament Shifts**
- **Culvers**
- **Maynard's**





UNIFORMS & APPAREL



- **NEW UNIFORM**
 - Includes jersey, shorts, shirt
 - **Fitting Required**
 - **March 9 5:30-7:30 pm**
 - **March 18 6:30-8:30 pm**
- **Fan & Player Apparel**
 - SticksUpLax.com

OPEN NOW!





REQUIRED EQUIPMENT- BOYS



USA Lacrosse Equipment Guide

8U & older:

6U:
Stick,
Mouthguard,
Gloves

BOYS' FIELD PLAYER EQUIPMENT

Required Equipment

1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified



2. FIELD PLAYERS CROSSE (Stick)

- » Short Crosse - 40-42"
- » Long Crosse - 52-72"
- » 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).

3. GLOVES

- » Hand must be fully inserted in glove



4. SHOES

- » Athletic cleats or athletic shoes

5. PROTECTIVE CUP

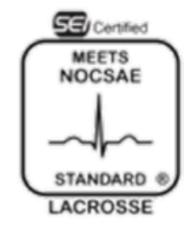
- » Fitted for comfort & protection
- » Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

6. ARM PADS

- » Elbow should be properly & completely covered

7. SHOULDER PADS

- » Covers top of shoulder, collarbone & sternum
- » Should fit comfortably; adjust by loosening/tightening straps
- » NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022



8. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)



Optional Equipment

9. RIB PADS (NOT SHOWN)



GOALIES:

ROLAX will provide additional protective equipment for use during the season.

If you wish to purchase your own please refer to USA Lacrosse Equipment Guide.

ALL BOYS MUST WEAR A PROTECTIVE CUP TO PRACTICES AND GAMES. THIS IS A USA LACROSSE, GNLL, and ROLAX REQUIREMENT.



REQUIRED EQUIPMENT - GIRLS



USA Lacrosse Equipment Guide

GIRLS' FIELD PLAYER EQUIPMENT

Required Equipment

1. GOGGLES

- » Meets the current ASTM standard for women's lacrosse eyewear;
- » SEI certified and bears the SEI mark.
- » SEI Website seinet.org/search.htm#§ion=hidden-us_lacrosse



2. CROSSE

- » Must adhere to Rule 2 Section 2 and meet the manufacturers specifications (Appendix B)
- » Legal Sticks- usalacrosse.com/legal-womens-sticks

3. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)



Optional Equipment

4. GLOVES

- » Must be close-fitting & should be comfortable for player while holding a stick.



5. HEADGEAR

- » Meets current ASTM standard for women's lacrosse headgear and has permanent SEI certification mark.
- » If it includes integrated eyewear, it must also meet that current ASTM standard.



GOALIES:

ROLAX will provide additional protective equipment for use during the season.

If you wish to purchase your own please refer to USA Lacrosse Equipment Guide.



Rogers

FREE

MOUTHGUARD CLINIC

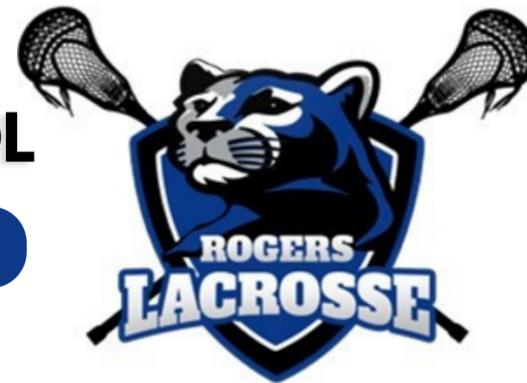
MARCH 10 5:30-8:00PM

OPEN TO YOUTH
THROUGH HIGH SCHOOL

NO APPOINTMENT

TEAM MEMBERS TO RECEIVE
ONE COMPLIMENTARY CUSTOM
MOUTH GUARD (VALUED AT
\$50)

EACH PLAYER MUST HAVE A SIGNED
CONSENT FORM



763-515-5558
MINNESOTAORTHODONTICS
13690 ROGERS DR STE 100
ROGERS, MN 55374

PICK UP DATES: APRIL 1ST & 2ND
8AM-4PM AT THE ROGERS CLINIC

PLAYER DOES NOT NEED TO BE PRESENT FOR PICK UP

*PLAYER CANNOT CURRENTLY BE IN BRACES OR HAVE ANY OTHER ORAL APPLIANCE.
BONDED RETAINERS ARE AN EXCEPTION*





2026 EVALUATIONS



- TBD Based on Team Size*
- 12U – 14U
- March 23 & 25
- Closed to all spectators



- *If not needed to create 2 teams at one age level we will use this as free skills sessions for registered players



EXPECTATIONS



- ✓ Respect All Players, Coaches, Referees, and Parents
- ✓ Parents Lead by Example
- ✓ No Public Displays of Anger or Verbal/Physical Abuse
- ✓ Follow ROLAX, GNLL, & USA Lacrosse Rules
- ✓ Work Hard. Have Fun.

24-HOUR RULE

🕒 Before contacting a coach or ROLAX Board member about playing time, positions, or team placements, parents must wait 24 hours.

- ✓ Encourages calm, respectful communication
- ✗ Prevents emotional, reactive conflicts





DISCIPLINARY ACTIONS



May Include:

- Removal from a game
 - Game Suspensions
 - Removal from Rogers-Otsego Youth Lacrosse program
-
- ✓ ROLAX Board enforces violations & notifies individuals in writing
 - ✓ All board members must report violations
 - ✓ Any witness may report misconduct to a board member

PLAYERS PLAY • COACHES COACH • REFEREES REFEREE • CROWD CHEERS



RESOURCES



[GNLL Rules](#)



[ROLAX
Code of Conduct](#)



[USA Lacrosse
Code of Conduct](#)



[Concussion
Awareness](#)



[Download Mobile App
Crossbar Help](#)



[USA Lacrosse Equipment Guide](#)



COMMUNICATION



Crossbar

- **Team Chat**
- **RSVP to all practices & games**
 - This helps our coaches plan

contact@RogersOtsegoLax.com
president@RogersOtsegoLax.com



[@rogersyouthlax](#)



[@rogersyouthlax](#)



Email & Newsletters



RogersOtsegoLax.com



KEY TAKE AWAYS



- ✓ Get fitted for a uniform
- ✓ RSVP to practices and games in Crossbar
- ✓ BE RESPECTFUL of ALL Players, Coaches, Referees, and Parents
- ✓ Volunteer. Be a Team Manager.
- ✓ Players are here to learn, build skills, and HAVE FUN
- ✓ **Coaches Coach. Referees Referee. Players Play. Crowd Cheers.**



QUESTIONS???

FREQUENTLY ASKED QUESTIONS

