

WELCOME TO THE 2025 NHS BOYS LACROSSE PARENT, ATHLETE, COACH MEETING



NHS Boy's Lacrosse PAC Meeting

Agenda:

- Important Information/Dates
- Coaching Staff/Philosophy
- Communication/Expectations
- Booster Club Updates



NHS Boy's Lacrosse Coaching Staff

Jeff Wright - Varsity *Head Coach*
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Dawson Foster - Varsity *Asst Coach*
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Nick Anderson - Varsity *Asst Coach*
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Brandon Foster - *JV Coach*
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NHS Boy's Lax Coaching Philosophy

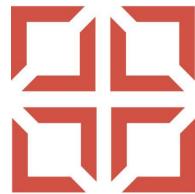
We have 2 objectives as coaches:

Primary Objective: Teach athletes valuable life lessons.

Secondary Objective: Win lacrosse games.



Mission Statement: *The primary goal of the NHS Boys Lacrosse Program is to develop student-athletes of character & integrity who will serve as positive members of the school community & the greater society.*



SCHIECK
ORTHODONTICS



- **Tether** - connect to facemask
- **Remoldable** - up to 20 times
- **Talk, drink, breath** - with ease
- **Made in the USA**
- **MSRP \$25**
- **Signed waiver** - receive one complimentary mouthguard per athlete



ETS Performance

ETS's Mission

- Provide unmatched performance training for athletes committed to maximizing their physical and psychological potential.
- Began our partnership with NHS in the fall of 2024

In-Season Training

- Goal is to minimize performance loss over the course of the season
- Training Times
 - Varsity: 3:30pm-4:00pm (M/W)
 - JV: 5:30pm-6:00pm (M/W)





NorthfieldLive

We provide live coverage of Northfield
High School sports & activities-employing
students for a fresh perspective



Broadcast Northfield Activities

~150 Games & events per school year

- Baseball
- Basketball
- Lacrosse
- Soccer
- Dance
- Football
- Golf
- Graduation
- Hockey
- Softball
- Volleyball
- Weightlifting
- Academics/Scholarships/Awards Ceremonies
- Arts: Band/Choir/Orchestra
- Prom Grand March

What Can You do with NorthfieldLive?

- Video production (behind the scenes)
- Graphic art
- Photography
- On-air announcing



Play By Play Announcer

- The main announcer on a broadcast. Tells the audience what is happening on the field.

Color Commentary

- The second announcer in the booth. Breaks down the plays after they happen and fills in any down time during the game.

Camera Operator

- Runs the camera during broadcasts.

Producer

- Runs the technology that puts our broadcasts onto our website. They also run ads during the broadcast and tweets out highlights as they happen.

Graphic Arts

- Game Day Graphics
- Highlight Reels
- Photography

This week on NorthfieldLive

JANUARY 6 - 11

MON 06 JAN	7:30: G BASKETBALL VS ALBERT LEA 7:30: B BASKETBALL @ ALBERT LEA (AWAY)
TUE 07 JAN	NO LIVE EVENTS
WED 08 JAN	NO LIVE EVENTS
THU 09 JAN	6:00: B SWIM & DIVE VS MANKATO WEST 6:30: G GYMNASTICS VS AUSTIN 7:30: B BASKETBALL VS WINONA
FRI 10 JAN	NO LIVE EVENTS
SAT 11 JAN	9:00: WEIGHTLIFTING: LAKEVILLE SOUTH INVITE 7:15: G HOCKEY VS OWATONNA 7:30: B BASKETBALL VS AUSTIN (ALUMNI NIGHT)

Items in gray are home events not broadcast on NorthfieldLive.com. They are included for awareness and recognition.

NorthfieldLive.com

NorthfieldLive

RAIDER BOYS LAX GAME DAY

NORTHFIELD VS LAKEVILLE SOUTH

THU, APR 25
7:30PM
NHS MEMORIAL FIELD

Watch On NorthfieldLive

www.northfieldlive.com



What Can You Get Out of Your Experience With NorthfieldLive?

- Résumé Builder
- Communication Skills
- Field Experience
- Networking



Tip

Experience is KEY

It's about who you know

More Opportunities Beyond NHS





Money

These are roles with responsibilities. Who Get Paid

- Play-By-Play
- Producer
- Camera Op
- Social Media

Join the NorthfieldLive crew TODAY





Questions?

Call/Text:

Lance: 651-734-3963

Important Dates

Concussion Testing: March 20 - Freshmen/ Juniors (Gym/ Trainers Room)

Tryouts: March 31 - April 2 @ Dundas Dome

V & JV Scrimmages @ Rosemount HS: April 5

- Varsity: 11am & 1pm | JV: 3pm & 5pm

First Game: Saturday, April 12th @ Shakopee

- JV @ 9:30am | Varsity @ 11am
 - Bus times will be emailed/on website soon.



Important Dates Cont.

Home Opener: Tuesday, April 22nd | Stick it to Cancer

Team Pictures: April 23 @ 3:45pm - Upper Cafeteria

Jesse James Raid: May 17 (Mandatory Vol hours)

Last Regular Season Game: May 22 vs Eagan

Section Quarterfinals: Wednesday, May 28th

*Varsity Roster will be cut to 24 Players + 2 Managers
by Friday, May 23rd or sooner.

*Roster moves will be communicated to players



Important Dates Cont.

Team Bonding

- **Monday Motivational Meals**
 - Each family will be responsible for one meal
 - More info coming soon
- **UHL** - Immediately following 3/12 Game
- Captain-led Bonding events



Important Information

Expectations:

- **Practice Times** (*Times may vary - Msg to be sent to team*)
 - Weeks 1-2 @ Dome
 - Grass Field @ NHS
 - JV: 4-5:30pm | V: 4:30-6:30pm
- **ETS Workouts** (2x/wk)
- **Game Film** (Hudl)



NHS Boy's Lacrosse Core Values

Attitude

Commitment

Team

Expectations:

- Timeliness, Effort + A.C.T.
 - We will get what we put out!



Important Information cont.

Communication

- Team Communication = WhatsApp
- Call/Text Coaches if...
 - Sick, Academics, Family/School Events or you just need to talk
- Weekly Email to Families (Sunday)
- Team Instagram: @northfieldboyslacrosse



Important Information cont.

Communication

- If an athlete has a concern, issue or frustration, the following protocol should be carried out:
 - Player to Coach Conversation
 - Player, Parent, Coach
 - Player, Parent, Coach, AD
- Coaches are approachable & willing to talk.
- Playing time & team placement
- 24 Hour Rule



2025 Raider Varsity Captains

- **George Peterson** – Junior Attackman
- **Grant Selchow** – Junior Midfielder
- **Garrett Hoernke** – Junior Defenseman



Meet the Captains

“What I’m excited for this season is getting to see all the young guys grow throughout the season, while also helping them grow and improve. I’m also excited for leading this season and taking back the big nine and making a splash in sections.”

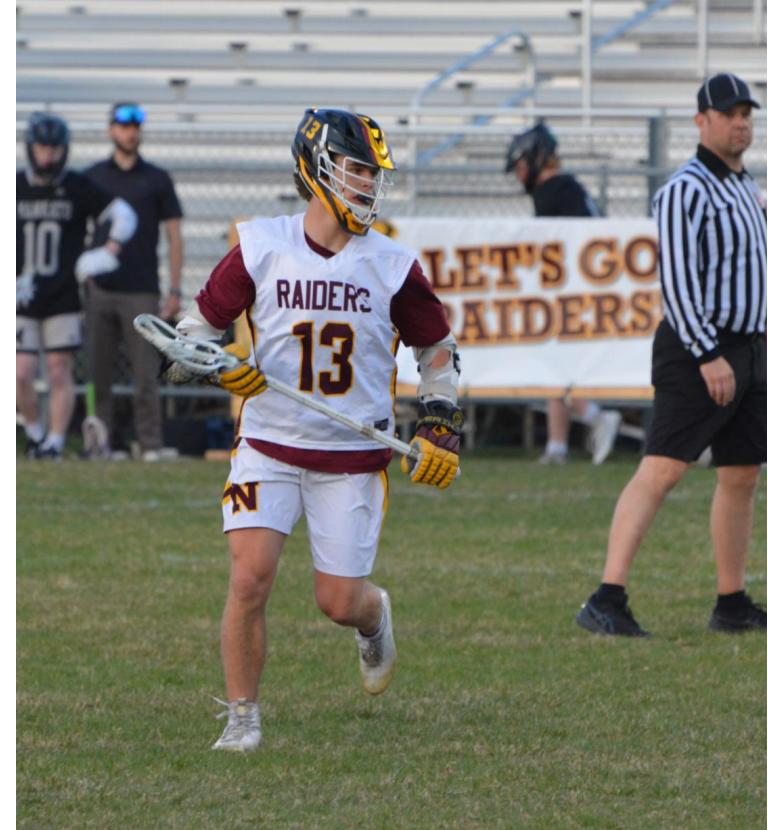
George Peterson
Junior | Attackman



Meet the Captains

“I am most excited for being able to compete in our section. I believe we have a lot of talent and even more hard work.”

Grant Selchow
Junior | Midfielder



Meet the Captains

“I am excited to learn from each other and become the best version of myself. I’m also ready to beat Owatonna!”

Garrett Hoernke
Junior | Defenseman



Quotes

- “One person in pursuit of excellence raises the standards of everyone around them. And as they strive for greatness they bring out the greatness in others. Be that one person today!”
- “Being positive won’t guarantee you’ll succeed. But being negative will guarantee you won’t.”

Go Raiders!

