

**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*

612-208-5004

[jawright7@gmail.com](mailto:jawright7@gmail.com)

**Dawson Foster** - Varsity *Asst Coach*

651-234-9292

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**Nick Anderson** - Varsity *Asst Coach*

507-213-6424

[nanderson761@gmail.com](mailto:nanderson761@gmail.com)

**Brandon Foster** - *JV Coach*

651-338-8771

[bfoster973@gmail.com](mailto:bfoster973@gmail.com)



# NHS Boy's Lax Coaching Philosophy

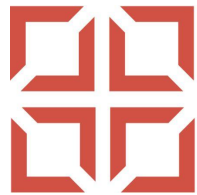
We have 2 objectives as coaches:

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

NORTHFIELD  
**N**  
RAIDERS

# 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)



X





**N**  
**RAIDERS**

**NorthfieldLive**

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**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



NorthfieldLive

# 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




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




\* Items in gray are home events gpt broadcast on NorthfieldLive.com. They are included for awareness and recognition.

NorthfieldLive.com


**RAIDER BOYS LAX**  
**GAME DAY**

**NORTHFIELD  
VS  
LAKEVILLE SOUTH**

**THU, APR 25  
7:30PM  
NHS MEMORIAL FIELD**

Watch  
On  
  
NorthfieldLive

[www.northfieldlive.com](http://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!**

