

**WELCOME TO THE 2026
NHS BOYS LACROSSE
PARENT, ATHLETE, COACH
MEETING**



NHS Boy's Lacrosse PAC

Agenda: **Meeting**

- 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

Dawson Foster - *Varsity Asst Coach*

651-234-9292

dfoster129@outlook.com

Nick Anderson - *Varsity Asst Coach*

507-213-6424

nanderson761@gmail.com

Corey Samora - *JV Head Coach*

507-363-1307

corey.samora@cambridiamortgage.com

Dylan Dietz - *JV Asst Coach*

952-715-1868

dylandietz20@gmail.com



NHS Boy's Lax Coaching Philosophy

We have 2 objectives as coaches:

Primary Objective: Win lacrosse games & compete for a Section and State Title!

Secondary Objective: Teach athletes valuable life lessons.

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.*

NHS Boy's Lacrosse Core Values

Attitude

Commitment

Team

Expectations:

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



NHS Boy's Lax Team Overview/Placement

Varsity

- 18-24 Players
- All must earn their spot
- Must play in a varsity game to letter
- Could include 2-6 “swing players”

Junior Varsity

- 18-22 Players
- Seniors are eligible

8th Graders

- Can tryout barring no issues from coach and/or athletic director.
- Just because you tryout, does NOT mean that you will be granted a roster spot.
- AND, if you make JV/V, it is **MANDATORY** for you to play 14U over the summer!

Important Dates

Concussion Testing: March 30 - Freshmen/Juniors (Gym/Weight Room)

- Immediately after school → Download “*Sway Medical*” App

Tryouts: March 30 - April 1 @ Dundas Dome

V & JV Scrimmages @ Rosemount HS: April 4

- Varsity: 1pm & 3pm (Stadium) | JV: 1pm & 3pm (Turf 2)
- Coaches / Athletes ride Bus. Time TBD.

First Game: Friday, April 10th @ Eagan HS

- JV @ 5pm | Varsity @ 6:30pm
 - Bus times will be emailed/on website soon.



Tryout Dates & Requirements

Tryout @ Dundas Dome

- March 30 - 6-8pm (*dressed by 5:45pm*)
- March 31 - 6-8pm (*dressed by 5:45pm*)
- April 1 - 3:30-6pm (*dressed by 3:15pm*)

YOU MUST REGISTER BEFORE TRYOUTS START (*March 30*)

- Each player must have an official NHS Lax numbered pinnie before tryouts, which is how each player will be evaluated.

Properly Equipped by Rule

- Formed and fitted mouth guard
- Up to code gear (*per US Lacrosse*)
- Stick is legal (back up stick is *HIGHLY RECOMMENDED*)

Sports Physical – Must be up to date!

- NOT ALLOWED TO DO ANYTHING UNTIL THIS IS EXECUTED!

Important Dates Cont.

Home Opener: Tuesday, April 14th vs Rochester

Team Pictures: April 22 @ 3:15pm - Upper Cafeteria

Jesse James Raid: May 16 (Mandatory Vol. Hours)

Last Regular Season Game: May 22 vs Shakopee

JV State: May 30 @ McMurray Fields | St. Paul

Section Quarterfinals: Wednesday, May 27

*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.

- **Motivational Meals**
 - Each family will be responsible for 2-3 slots.
 - Dinner #1 (4/7) - Uniform Distribution to follow (*\$200 Deposit*)
- **Culver's Event + Memorial Day (NCAA Championship)**
- **VFW Burger Bash (*April 24 | 5-8pm*)**
 - *5 players/hour*
- **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: 5-7pm
- **ETS Workouts** (2x/wk)
- **Game Film** (Hudl)



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: 4 - 4:30 pm (M/W) *Start 4/6
 - JV: TBD



X



Important Information cont.

Communication

- Parent Communication = Crossbar
- Player 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





- **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



2026 Raider Varsity Captains

- George Peterson – Senior Attackman
- Grant Selchow – Senior Midfielder
- Garrett Hoernke – Senior Defenseman
- Oliver Waters – Junior Goalie
- Brady Nuebel – Junior Midfielder



Meet the Captains

“I’m really excited for the chance to play with this team again. I’m hoping to learn from and also help the younger players grow. And, I’m ready to beat Owatonna!”

Garrett Hoernke

Senior | Defenseman



Meet the Captains

“This season, I’m excited for the opportunity to show the state how Northfield can play. I’m also excited to help, teach and mentor the young guys and help them grow as lacrosse players, but also help them grow as young men. ”

George Peterson
Senior | Attackman



Meet the Captains

“I am most excited for being able to do something special this year. I believe our group of guys can make a run this season. I'm also excited to watch some of the freshman and other underclassmen step up into more important roles.”



Grant Selchow
Senior | Midfielder



Meet the Captains

“I am most excited to get to play with all my friends this season. I am excited to see the energy everyone will bring to practice. I’m also, to get to know everyone new on the team.”

Oliver Waters
Junior | Goalie



Meet the Captains

“Im looking forward to returning to the lacrosse field and playing the hardest I can. I’m looking forward to seeing what this group can do and how far we can make it.”

Brady Nuebel

Junior | Midfielder





NorthfieldLive



NFLD LIVE



Questions?

Call/Text:

Lance: 651-734-3963

NHS Boys Lacrosse Booster Club Update

Board President – Ryan Peterson



Volunteers

Game Day Volunteers

- Music - Upgraded sound system
- Score Table (JV & V)
- Away Game Meals
- Motivational Meals
- Senior Night
- Derby Day



Sponsorships

We offer several sponsorship levels that provide meaningful exposure for you or your business:

- **Booster – \$100**
 - Name or logo listed on our website
- **Raider – \$250**
 - Website recognition and signage at the DJJ Raid Tournament
- **Maroon – \$500**
 - All of the above, plus signage at all high school home games and additional benefits
- **Gold – \$1,000**
 - All of the above, plus name or logo recognition on Northfield Live during all 8–9 home games and four tickets to season fundraising events

Every dollar helps! If Interested, see me after meeting.



Snap Raise Fundraiser



SCAN QR CODE TO DOWNLOAD SNAP!
MOBILE APP TO GET STARTED!!



YOUR FUNDRAISER JOIN CODE:

418-513-377



Northfield Boys LAX

Follow These Steps to get logged in!

1. Scan QR Code, Download & Open Snap! Mobile App
2. Click "I'm joining or accessing my fundraiser"
3. Click "I'm a student or participant in a fundraiser"
4. Enter your 9-digit Fundraiser Join Code: **418-513-377**
5. **Click "CREATE ACCOUNT" If you are new to Snap! Raise
6. If you are returning to Snap! Raise simply log back in.
7. Add your parent guardian phone # or email address. This will notify them to help you upload supporter emails.
8. Finish creating you profile with your photo
9. Select Sizes for any gear and prizes. Supporters can buy you gear!
10. Upload your 20 supporter emails & phone numbers. SAVE & CLOSE!

Or join by entering join.snap.app into your browser

**THANK YOU ALL FOR
BEING HERE & GO
RAIDERS !**

