



# Marquette Jr. Mustang Boys Lacrosse

Spring Update  
12u & 14u



# Meet the Jr Rep

- **Becky Schweizer**
  - Rockwood Teacher
  - Parent
    - Easton (8th) at Crestview
    - Avery (5th) at Wild Horse
  - Lacrosse Fan :)
  - Second Year on the Mustang LAX Board
    - Registration, ordering jerseys, communication, website



[schweizer.rebecca@gmail.com](mailto:schweizer.rebecca@gmail.com)

# Meet the Coaches

- **Garrett Rivers**

- A standout defender at Maryville University (D2) from 2021–2024
- He served as team captain in 2024
- Coached with Lou Fusz in 2025



- **Mitch Kaye**

- Offensive Midfielder for Maryville University from 2019 to 2024
- Coached at multiple competitive levels, including Lou Fusz U12 (2025), Alpha Lacrosse U14 (Head Coach, 2021), and Team Scennie U18 (Assistant Coach, 2020)



# 12u Parent Coach

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- **Dan Mertzlufft**

- Married to Megan (14 years) and has two children; Taylor (12) and Hank (10). Both kids attend Ascension Catholic School.
- Played lacrosse at Lindenwood University
- Taught History/Government at CBC and was an assistant coach before accepting a head coaching position at Lindenwood Belleville.
- 2013 Great Rivers Lacrosse Conference Coach of the Year



# Crossbar

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Crossbar is the platform we use for registration, our team calendar, marking attendance, and communication.

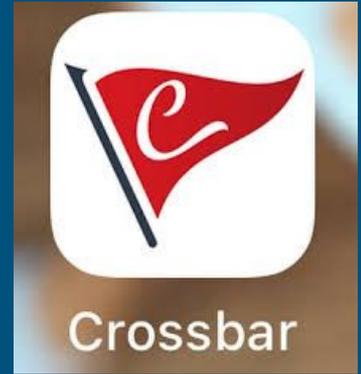
- Create an account
- Download the app

Assigning Teams:

- Team offers and invoiced will be sent out soon.
- You can pay in full or break it into two payments.

Calendar:

- Once teams are assigned, your practices and games will appear on the calendar. You can sync this calendar with other platforms.



# Tentative Spring Schedule for 2026

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- 3/9 & 3/12 First Week of Practices/ Warm Up Week
  - 3/16-20 Spring Break- NO PRACTICE
  - 3/20 SLYLA Rosters Due
  - 3/29-30 SLYLA Week 1
  - 4/4-4/5 NO SLYLA Games Easter Weekend
  - 5/16-5/17 EOY Tournament Weekend (SLYLA)
  - End of May EOY Party

\* Schedule subject to change

# Practice

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## Practice at Chesterfield Valley Athletic Complex (Field A5)

- 12u and 14u: Mondays
  - 1.5 hours, **5:30pm-7:00pm**
- 12u and 14u: Thursdays
  - 1-1.5 hours, sometime between **5:30-7:30pm**
- Regular Practice will start on Monday March 9th
- No Practice the week of March 16-20

# Practice

- Strongly Encourage Carpooling
- Double check equipment
- Boys are responsible for their own water during practice and games
- Recommend having a small snack before practice
- Fresh Fruit and Nuts
- Nature Valley Protein Bar



Coaches Notes 2026

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St. Louis Youth Lacrosse Association  
SLYLA

# SLYLA

- No additional cost to register for SLYLA
- Games are on Saturdays or Sundays
- 12u will play small field (7v7 + goalie)
- 14u will play full field (9v9 + goalie)
- SLYLA Games will be at CVAC
- Rosters are Due around March 22<sup>nd</sup>



# SLYLA Registration

← → × slyla.com ☆ | 📄 | 📌 | 🔄

SLYLA  
youthlacrosse

📷 📘 LEAGUEAPPS LOGIN

ABOUT + TEAMS + RESOURCES +

MISSOURI'S LARGEST & LONGEST RUNNING YOUTH LACROSSE LEAGUE!

## ST. LOUIS YOUTH LACROSSE ASSOCIATION

SLYLA (St. Louis Youth Lacrosse Association) is a non-profit 501c3 youth lacrosse league run by an all-volunteer board that provides opportunities to play for all youth ages, levels and skills. The league is made up of 115+ area and regional teams that compete weekly during the Spring season. SLYLA is a USA Lacrosse Gold Stick Award-Winning League, and follows USA Lacrosse rules and regulations. ALL coaches, officials and trainers are background-checked and certified.

HAVE QUESTIONS ABOUT THE LEAGUE? CONTACT SLYLA: [STLYOUTHLAG@gmail.com](mailto:STLYOUTHLAG@gmail.com)

**OUR MISSION**

# Registration

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- **US Lacrosse Membership**
  - Required to register when you register with the Club
  - Mandatory for all lacrosse activities
  - \$35 per player
  - <https://www.uslacrosse.org/>
  - [Great resource for Parents and Players](#)

Coaches Notes 2026

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# List of Equipment Required

# Equipment For Boys Lacrosse

- All athletes are required to have a white shooter shirt.
- Players should wear navy or black shorts during games.
- When the weather is cold, players should wear gray sweats.
  - Gray or Marquette Hoodie and Sweatpants, you can get them at Wal Mart or from a Team Order
  - Sweats need to be large enough to fit over equipment

**Player Store**



# Equipment For Boys Lacrosse

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- All athletes are required to wear appropriate footwear.
- We practice on grass, so they will need cleats.
- We play away games on a mixture of turf and grass fields.
- The shoes must be laced up and have functional shoe strings.
- Most injuries that can be avoided start with the feet.

# Equipment For Boys Lacrosse

## 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)

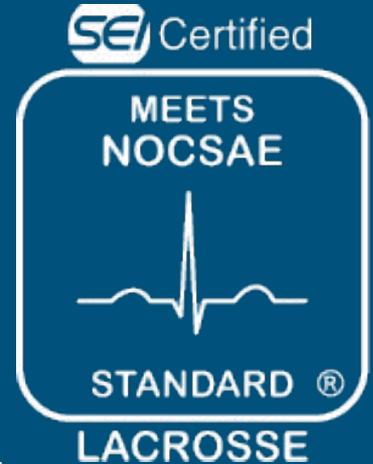
- › Covers the ribs and kidneys; adjust by loosening/tightening straps
- › Should fit comfortably, not restricting breathing



# Equipment For Boys Lacrosse

- **NOCSAE Standard ND200**

- **National Operating Committee On Standards For Athletic Equipment**
- **New standard in chest protectors and shoulder pads**
- **Reduces the risk of Commotio Cordis**
  - **Cardiac arrest induced by impact to the area over the heart**
- **Mandatory for all players on the field to have a certified Chest Protector or Shoulder Pad**
- **Off Ball Lax Video**



Coaches Notes 2026

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# Preseason

Wall Ball  
Physical Training  
Foot Work

# Wallball

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- 2 Hands Catch and Cradle 20 Times L
- 2 Hands Catch and Cradle 20 Times R
- 2 Hands Catch and Cradle Switching Hands w/ Cradle 20 times
- 2 Hands Quick Stick, NO Cradle 20 times
- 2 Hands Catch and Cradle w/ Face Dodge 20 Times L
- 2 Hands Catch and Cradle w/ Face Dodge 20 time R

# Circuit Training

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Day 1	Day 2	Day 3
.5 mi run	X2 Shuttle Run	25 Pushups
20 Pushups	Walking Lunges	30 sec of jump rope
25 Squats	X2 Side Shuffle	25 Alternating Back Lunge
30 sec jump rope	Bear Crawl	12 Explosive Squat Jumps

All workouts are x4 Rounds for Time

# Interval Runs

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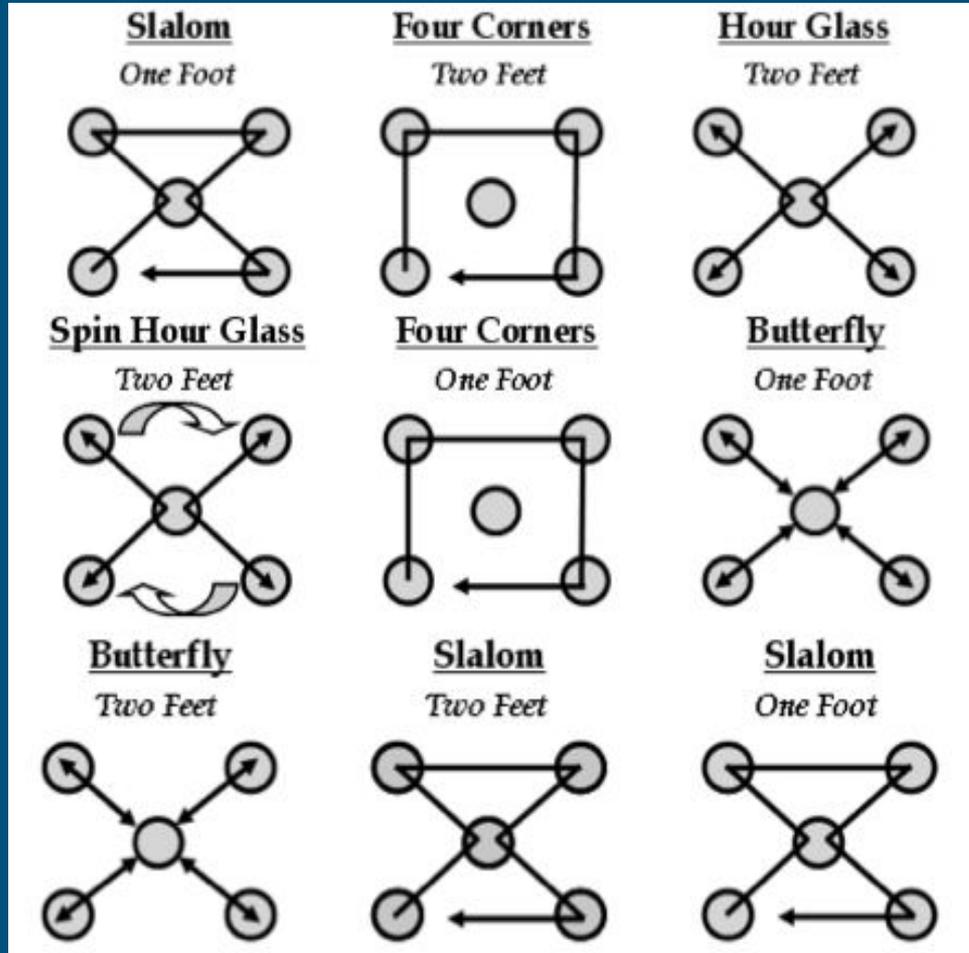
Interval running is a type of running workout that alternates between periods of high-intensity effort and recovery. It is a popular and effective way to improve running speed, endurance, and overall fitness.

## Examples

- Field Running, Jog/walk the sidelines and sprint the end lines
- Use an Interval or HITT app for a timed run
  - 1 min Jog/ 15 sec Sprint

# Footwork

- DOTS
- Ladder
- Jumping Rope



# Footwork

## AGILITY LADDER

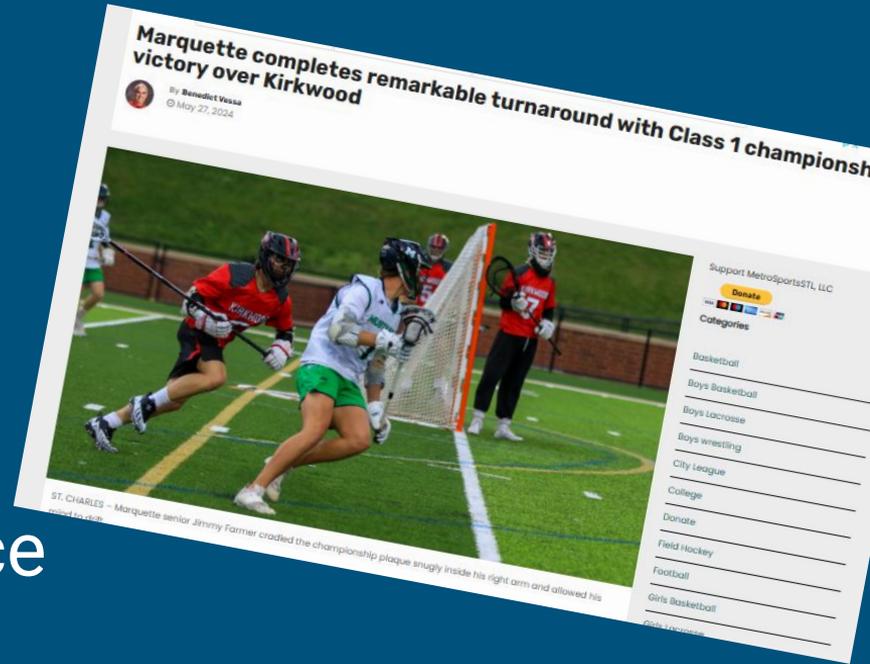
DAREBEE WORKOUT © [darebee.com](https://darebee.com)

repeat each drill **5 times in total** with no breaks in between  
60 seconds rest between drills



# Help Us Build Our Community Program

- Spread the word
- Bring in new players
- Expand the junior program
- Improve our online presence
- Fundraising, scholarships



# Fundraising

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- ❖ **Spirit Wear**- Order yourself a shirt. Buy one for grandma/grandpa.
- ❖ **Business Sponsors**- We are still looking for business sponsors to add to our program. Do you know a great business who would like to be promoted by our team at games, social, events, etc? Please email us at [marquettetmustanqlacrosse@gmail.com](mailto:marquettetmustanqlacrosse@gmail.com) for more information.
- ❖ **Super Bowl Squares Fundraiser**

# Club Fundraiser

**Mustangs Lacrosse Derby Night**- We are so excited to present our annual fundraiser with everyone. We strongly urge each family to purchase a table and bring your friends and family. It will be a fun night of betting, food, drinks, and meeting other parents. Details can be found on our social media platforms.

**Auction Items**- do you have anything you would like to auction off? Tickets? Giftcards? Services?

**Junior Team Auction Basket**- Not attending the fundraiser, consider making a monetary donation to our auction basket.

**Venmo @schweizer-rebecca.**



# Spring Update 2026

— Thank You!

If you have any questions, please email at  
anytime

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



Marquette Junior  
Mustangs Lacrosse  
Club



JSTANGSLAX