



LACROSSE

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2026 PRESEASON MEETING

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2026 COACHING STAFF

VARSDITY & JV



Harry Hildestad
Head Coach



HUNTER FILLA
ASST. COACH



Connor Hill
ASST. Coach



HARRY HILDESTAD

Varsity Head Coach & Offensive Coordinator

Hometown: Gurnee, Illinois

Playing Experience:

- Started playing lacrosse in 5th Grade. Played for True Lacrosse for 5 years of club lacrosse.
- 3-year Varsity player at Warren Township High School.
- Played at Mizzou on MCLA club team.

Coaching Experience:

- 3 years of coaching at Columbia area lacrosse club while attending Mizzou.
- After graduation, 3 years coaching at Rock Bridge High School at the Varsity level.

Notable Awards:

- Went to 2 high school state championships.
- Led the 2024 team to win state championship

“I know what it takes to be a championship-caliber team. I’m looking forward to bringing that knowledge to Marquette and helping take the program to the next level.”





HUNTER FILLA

JV Head Coach & Varsity

Defensive Coordinator

Hometown: Ballwin, MO

Playing Experience:

- 10 years of playing experience.
- Played all 4 years at Marquette High School.
- 6 years at Missouri Baptist University. (Covid year & Redshirt year)

Coaching Experience:

- 2nd year on staff, extremely knowledgeable about goalie and defense strategy

Notable Awards:

- Captain of Missouri Baptist University
- 2nd Team All-Conference for last two years of college.





CONNOR HILL

Assistant Coach

Hometown: Ballwin, Missouri

Playing Experience:

- Started playing in 5th grade. Played for Samurai lacrosse club, STL Shamrocks, LB3, & MO22. Played at Marquette High School. Attended Rockhurst University and played NCAA D2 Lacrosse. In the summers of 2016, 2017, & 2018, played in the BCJALL (British Columbia Junior A Lacrosse League) for the Burnaby Lakers. After graduation, moved back to STL and played Semi-Pro Box Lacrosse for RiverCity BlueCats. Currently playing for Missouri Mastodons Semi-Pro Box team for the past 3 seasons.

Coaching Experience:

- Coaching for all levels of Samurai lacrosse club for the past 4 years.
- Head Coach for the Samurai Box programs.
- JV head coach at Webster Groves HS (2020, 2021).
- You also may have seen me last year helping out with Marquette

Notable Awards:

- In High School, 1st-Team All-Conference (2013, 2014, 2015), 1st Team All-State (2013, 2014, 2015), 1st Team All-Metro (2014, 2015), US Lacrosse All-American (2015). In College, 1st-Team All-RMAC (2016, 2017, 2018), 1st-Team All-GLVC (2019), NCAA D2





LACROSSE

CROSSBAR PLATFORM

- REGISTRATION AND PAYMENT
- ROSTERING
- COMMUNICATIONS
- SCHEDULE AND CALENDAR

DOWNLOAD THE APP:

CROSSBAR MOBILE

www.marquettelax.com



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LACROSSE

2026 GAME SCHEDULE

High School schedules are almost complete. You can find game schedules for JV and Varsity combined.

Crossbar App

- Schedule will show based on teams rostered

www.Marquettelax.com

- Family Calendar top left

Currently all players will see JV and Varsity game schedules. Coach will communicate which games you are to attend.



LACROSSE

EQUIPMENT

REQUIRED

- players need a stick
- helmet
- shoulder pads (must be the chest protector - safety standard since 2021)
- elbow pads
- gloves
- cup protector
- mouthpiece
- cleats

WHERE TO BUY

- Helmets - MHS lacrosse helmets can be ordered at Ultimate Lacrosse
- Ultimate Lacrosse also has all other lacrosse items that may be needed. they have a lacrosse stringing service as well.
- Cleats are often found at sporting goods stores and online - we play on turf and grass

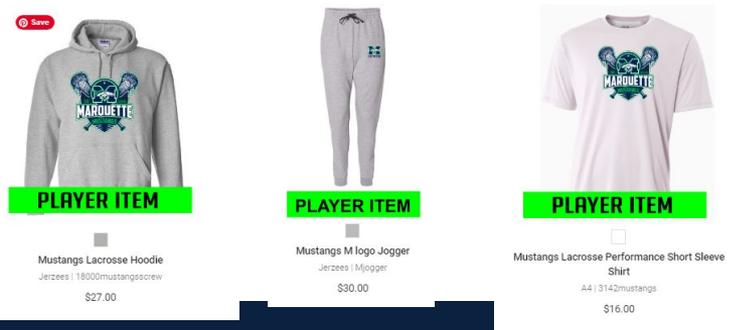
What to buy – High School Program

Spirit Store only open until 2/22!

Uniform Jersey and Shorts – included with club fees.

Players must purchase:

- **Practice Sweats and Hoodie** - available in the Spirit Store. Heather Grey sweats can be acquired without the logo at any department store.
- **Shooter/Undershirt** – available in the Spirit Store





RULES

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COACHES RULES

- ✓ Players will not be disrespectful to coaches, officials, parents, and teammates
- ✓ School is first priority for student-athletes
- ✓ Come to practice, ready to work, and have fun through great competition. Practice is not a social party



Attendance

- ✓ Players are expected to be at every team event. This includes: Practice, games, and film sessions.
- ✓ Missed events will result in loss of playing time.
- ✓ Players are expected to arrive at practice 15 min before their scheduled time.
"Early is on time, on time is late and late is unacceptable!"



LACROSSE

Attendance

- Communicate with Hildestad via Blast or in person during the school day.
- If the ATHLETE fails to notify the coach, it will be recorded as an unexcused absence.
- Any Doctor/Dentist/School event that will make the athlete miss practice or game will need to be told to the head coach 1 week(7 days) prior. Coaches will need to know so they can plan accordingly.
- Player code of conduct will need to be signed by each player. All these rules and expectations are outlined.
 - 1st offense - athlete will be assessed a warning
 - 2nd offense - athlete will miss 1 quarter of next game.
 - 3rd offense - athlete will miss 1st half of next game.
 - 4th offense -Athlete will miss an entire game.



COACHES RULES



EXPECTED TO FOLLOW THE RULES FROM THE PLAYER CODE OF CONDUCT:

- Engaging in any behavior that disrupts games, practices, or any other MHS BOYS LACROSSE activity;
- Acting in an unsportsmanlike manner toward athletes, coaches, parents, or officials, whether part of MHS BOYS LACROSSE or another association;
- Using or being under the influence drugs, alcohol, or tobacco while coaching, participating in, or officiating an MHS BOYS LACROSSE event;
- Using profanity or other offensive or inappropriate language;
- Engaging in behavior that in any way jeopardizes the health, safety or physical well-being of any person;
- Making any verbal or physical threats to any other person;
- Fighting of any kind, which includes but is not limited to physical contact which may result in injury;
- Acting in a manner that any reasonable person would realize is detrimental to MHS BOYS

LACROSSE or its participants.



LACROSSE

PLAYING TIME

- Marquette's Varsity and Junior Varsity goal is to provide playing time for all athletes. However, this may not mean EQUAL playing time.
- The coaches will play the athletes who demonstrate proper behavior at practices and games. This includes: Following the rules, Sportsmanship, Good work ethic, Commitment to the program, Academic eligibility, and Attendance.
- Playing time may be affected by any of these. Skill and execution is not always a priority. Playing time is at the discretion of the head coach. Starters and substitutes can change throughout the season.
- Being a member of the Marquette High School Lacrosse team does not guarantee any playing time.
- The head coach has the right to promote and demote as they determine how to create the strongest team possible.



LACROSSE

M-Factor

- Moving forward it will be the expectation that all Lacrosse athletes participate in the M-Factor Program.
- Morning Lifts during the summer.
- Speed and agility training.
- Still possible to attend and keep summer job.
- Can pay in daily, weekly, or monthly increments if you have conflicts.



ONE TEAM

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REMINDERS

- **Uniform Pick-up - Coach Hildestad's Classroom**
 - **Returning Players** - 2/23 3:30 pm
 - **New Players** - 2/24 & 2/25 3:30 pm
- **First Week of Practice - 2/23 - 2/26**
 - Practice on MHS Stadium Turf - 5:30 pm - 7:30 pm
- **Media Day - 2/26 3:30 pm - 5:30 pm**
 - All players need to attend for headshots and media graphics
- **Regular Practices - Begin 3/3**
 - CVAC A4/A5 5:30 - 7:30 pm.



THE SPIRIT STORE IS OPEN!

- Link found under **RESOURCES** on our website.
- Store will not be open long so get your orders in NOW.
- High School pinnies have already been ordered for those that selected and paid for them during registration. Coach will hand those out when they come in.



Volunteer Opportunities (4 hour requirement)

- **Social Media - post already created graphics**

- Derby Chair & Volunteers
- Sponsor Sign Lead - hang and remove sponsor banners at home games

- **Concession Stand Manager**

- Concession Stand Workers (to be entered separately)
- Senior Night Coordinator (not a senior parent)
- End of Season Banquet Coordinator
- Announcer - Varsity Home Games
- Game Clock & Scorekeeping - Varsity Primary (could be split)
- Game Clock & Scorekeeping - JV Primary (could be split)



PARENT EXPECTATIONS & SUPPORT

- DERBY FUNDRAISER - Host a table of friends and family. [Register your table](#)
- VOLUNTEER - 4 hour requirement for each family
- SPONSORS - Provide contacts for Business Sponsors
- UNIFORM DEPOSIT - Send \$200 check with player when picking up uniform.





LACROSSE

FUNDRAISING Business Sponsors

Interested in being a business sponsor?

Details can be found on our website:

www.marquettelax.com



MUSTANG \$1,500	CHAMPION \$750	MVP \$500
Recognition on all social media outlets on individual and group posts.	Recognition on all social media outlets on individual and group posts.	Recognition on all social media outlets on group posts.
Company Name, Large Logo placement on your own individual 3'x4' banner displayed at Varsity/JV home games.	Company Name, Medium Logo placement on banner displayed at Varsity/JV home games.	Company Name, Small Logo placement on banner displayed at Varsity/JV home games at MHS.
Company Name announced at all home Varsity/JV games at MHS	Company Name announced at all home Varsity/JV games at MHS	
Recognition at end-of-year banquet celebration with Company Name on program and contact information.		
Company Name on Lanyard given out to all parents.		

Your kindness has a ripple effect that knows no bounds! Thank you for your support!



2026 VOLUNTEER BOARD

RANDI MCSPADDEN, **PRESIDENT**

Athlete: Kade McSpadden, Senior

JASON KOZDRON, **VICE PRESIDENT**

**Athlete: Harrison Kozdron,
Sophomore**

KEEGAN JOHNS, **TREASURER**

Athlete: Riley Johns, Sophomore

JILL WOODARD, **SECRETARY**

Athlete: Aiden Woodard, Sophomore

BECKY SCHWEIZER, **JR CLUB REP**

Athlete: Easton Schweizer, 8th Grade

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**THANK
YOU**

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