

2026 Capital City Lacrosse Parent Meeting



Mission: Capital City Lacrosse in Madison, Wisconsin aspires to field teams for area lacrosse leagues within a fun, instructive and welcoming environment under a philosophy that honors the game and promotes teamwork, respect and well-rounded personal and player development.

Capital City Lacrosse is part of the Badgerland Lacrosse Association (BLA)

<https://www.badgerlandlacrosse.com/>.

Board Members: Contact us at info@capitalcitylacrosse.org

President	Amber Smith
Treasurer	Erin Bemis
Secretary	Jesse Liller
Boys Youth Director	September Liller
Girls Youth Director	Maegan Lorentzen
Registrar	Joey Frayne
Fields and Equipment Manager	Julie Quist
Fundraising	Dave Quist
Website Design	Lisa Baker
High School Liaisons	Dave Marcu, Sarah Kissel, Jay Ulinger

Coaches:

- We are in the process of hiring coaches. More information will be available soon.

Team Philosophy & Goals:

- Foster an inclusive and supportive environment for all athletes and encourage positive behavior and effort from all players.
- Demonstrate respect for all participants, including players, referees, coaches, and spectators from both our team and opposing teams.
- Each player will have a fair opportunity to participate in games and practices in accordance with their age group, skill development needs, and team goals. Coaches will strive to ensure that all players, regardless of ability, receive meaningful playing time during scheduled games, unless limited by injury, disciplinary action, or absence.
- Create open lines of communication among the players, coaches, parents/guardians, and board members to ensure a positive and inclusive lacrosse experience.

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Logistics:

- Practices: details will be published soon on our website
 - March 9- April 10
 - 8U and 10U teams practice 2x/week, 60 min/practice, Location TBD
 - 12U and 14U practice 2x/week, 90 min/practice outside KEVA Sports Center 8312 Forsythia St, Middleton, WI 53562
 - After April 10 (or when Madison Parks open)
 - 8U and 10U teams practice 2x/week, 60 min/practice Garner Park
 - 12U and 14U teams practice 2x/week, 90 min/practice, Garner Park
- Games
 - BLA Games: Each team plays two games per week April 19-May 23. Girls typically play Saturday mornings and Boys typically play Sunday mornings.
 - Tournaments: Each team can play up to 2 tournaments; there are no additional fees to play in tournaments.
 - Badger Invite, Wisconsin Dells, April 25 (Girls) and April 25 (Boys)
 - Norski Lacrosse Tournament, May 30 (Girls) and May 31 (Boys)
- Player Attendance Expectations
 - While we understand players have multiple interests, we ask players to attend as many practices as they can to develop their skills as an individual and teammate. Tell the coach if your player will not be able to attend practice.
 - Please try to attend all of the games and tournaments. The spring lacrosse season is very short so there is limited time for games and the team is strongest with all the players present. If your player needs to miss a game, please let the coach know as soon as possible.
- Fees: details will be published soon on our website; scholarships are available
- Equipment: see USA Lacrosse handout
- Communication: We are transitioning to Crossbar as our team management system and website. Stay tuned for more information about creating an account during registration (late January).
- Parent Involvement: Capital City Lacrosse is run by a volunteer board and a mixture of paid and volunteer coaches. Parent support is needed now more than ever as our club continues to grow.
 - Ways to volunteer: Help coaches during practice or volunteer to coach, bring snacks to games, keep score and time at games, help paint the fields, provide snacks and support at tournaments, help bring team supplies to tournaments