



DE PERE CENTRAL LACROSSE
2026



Board Overview, Player Fees & Volunteer Programming

Board Overview

President:	Eric Zeise
Vice President:	Tamara Brockington
Communications Director:	Nicole Van Helden
Treasurer:	Adam Schmidt
Volunteer Coordinator:	Open
Apparel Chair:	Jackie Off
Fundraising Director:	Bill Frank
Webmaster:	Phil Van Helden

Registration

- **Registration (Girls and Boys)**

Student-athletes must register at deperelax.com

Necessary forms that MUST be completed prior to the season

- Code of Conduct (for your high school)
- Concussion Form
- Athletic Physical

Forms may be picked up from Mrs. Guyette at De Pere HS, from the Activities Office at West De Pere HS, or online.

Note: Physicals MUST be renewed every two years

Player Fees

- **Player Fees \$225.00 (Girls and Boys)**

De Pere HS families may pay fees via the portal or deliver a check to Kerry Guyette in the Athletics Department.

West De Pere families should deliver a check to Kerry Guyette in the De Pere Athletics Department.

Check should be made out to “De Pere High School.”

- **Volunteering Deposit \$100.00 (Girls and Boys)**

De Pere and West De Pere HS families to pay a volunteering deposit written out to the ***De Pere Lacrosse Club***. Checks should be dated June 1st, 2026. Treasurer will hold checks until that date and will shred as soon as volunteer commitments are completed. Players to deliver checks to Coaches the first week of practice.

Volunteering Requirements

- Seeking a Volunteer Coordinator to join the Board
- Likely will use Sign Up Genius or similar for actual sign up
- Tentative (3) required volunteer shifts for Boys
- Tentative (4) required volunteer shifts for Girls
- People filling season-long positions will not be required to sign up for any game-to-game shift duties
- More information to follow as we approach the season, website will be updated with more details and SOP's
- Note West De Pere Booster Club requirements would be separate

(Qualifies athlete for scholarship, WDP Boosters donates for each athlete, and covers WDP senior banners)

Girl's Volunteering Overview

- **Girls season-long positions:**
Public address (filled), team photographer (1), banquet organizers (2), social media specialist (1)
- **Girls game-by-game needs:**
Pre-game set up (2), scorer's table (1 JV, 1 V), stats/spotters (2 JV, 2 V), scoreboard (1 JV, 1 V), video board (@WDP HS only), post-game clean up (2), 50/50 raffle (2), team dinners (1 on eve of home games)
- *Play Day's will require several shifts throughout the day

Boy's Volunteering Overview

- **Boys season-long positions:**
(2) Scorer's table, (1) stats/spotters, (1) public address,
(1) scoreboard, (1)team photographer (1), social media
specialist (1)
- **Boys game-by-game needs:**
Pre-game set up (2), post-game clean up (2), 50/50 raffle
(2)



Fundraising & Sponsorship Programming

Primary Fundraising Streams

- Luna Coffee Sales \$200.00 *subject to gross sales
- Yard Sign Sales \$200.00 *subject to gross sales
- 50/50 Raffles \$500.00 - \$1,500 *subject to volunteer participation
- Apparel Sales \$300- \$500 *subject to player and parent participation
- Brat Barn \$600 - \$1,200 each *subject to weather
(Looking to transition to sponsored dine-out nights or 5th Quarter in season)
- Corporate Sponsors \$8,000 - \$12,000 *subject to player and parent participation

2026 Fundraising Goals

- Luna Coffee Sales \$500.00
- 50/50 Raffles \$2,000.00
- Dine Out - 5th Quarter \$1,600.00
- Corporate Sponsorship \$20,000.00
- *Beating last years record year of \$16,800.00*

Key Initiatives

- Youth League Start Up Funding
- Girls Jersey Replacements
- Capital Campaign - Wall Ball Court

Why Corporate Sponsorship

- Easy Money
- Independent Revenue Stream
- Community Engagement

How Is The Money Used

- Funds Board Initiatives
 - Coach Buses, Special Events
 - Jerseys, Equipment
 - Scholarships, Youth League
- Enhances Overall Player Experience
- Supplements Budget, Provides Financial Solvency

Sponsorship Levels



Radio

\$1,250.00

- Exclusive Neptune - Game Time Radio Sponsor supporting clean music at all games
- Neptune - Game Time Commercial copywriting and production (1) radio ad
- Radio ad to play pregame, halftime, and post game
- Headline sponsor announcement on website or social media
- Primary banner display at all home games



Platinum

\$1,000.00

- Headline sponsor announcement on website or social media
- Primary banner display at all home games
- Exclusive gameday announcements at all home games



Gold

\$750.00

- Large logo banner display at all home games
- Gameday announcement at all home games
- Secondary ad in gameday programs

Sponsorship Levels Cont.



Silver

\$500.00

- Medium logo banner display at all home games
- Gameday announcement at all home games
- Business logo in gameday programs



Bronze

\$250.00

- Small logo banner display at all home games
- Gameday announcement at all home games
- Listing in gameday programs



Super Fan

\$50.00

- Listing on banner display at all home games to include a personalized message

Corporate Sponsorship Requirements

- Each player is responsible for soliciting (2) Super Fans or Businesses for Sponsorship
- Sponsor Selects Sponsorship Level
- Sponsor Mail's Donations to:

De Pere High School
Attn: De Pere Central Lacrosse Club
1700 Chicago St.
De Pere, WI 54115

- Sponsor email's a high-resolution copy of your preferred logo art to deperelacrosse@gmail.com
- A member of our Board will follow up to verify all the remaining details

When is Corporate Sponsorship Available

- Now till Friday March 13th, 2026 close of business



Resources

- Sponsorship Flyer
- Art Requirements Flyer
- De Pere Area Chamber of Commerce

Notes

- Please provide deperelacrosse@gmail.com with a list of businesses you plan to pursue so we avoid multiple players inquiring with the same businesses
- First come first served
- Grandfathered from previous season
- Each player is required to solicit (2) Business or Super Fans for business and obtain sign off

Thank You!

To Our 2025 Super Fans



Jan and Denny Metzdorf -Good Luck Ghostbirds! In loving memory of Jerry Zeise "It's A Fun Job Anyway"- Have an amazing season, Lilly. Love Great Grandma Bev!

Grandpa Frank- Get Going Lilly Zeise! I want to wish you, your teammates, coaches, and all the wonderful volunteers a fantastic season ahead! Your dedication, teamwork, and spirit are truly inspiring.

Carol Sinkula - Good luck Ghostbirds. Go #15 Kaitlyn! Larry & Sally Vande Hei - Good Luck Ghost Birds! Mike & Diane Sturdivant - Good Luck Ghost Birds!

Steven and Terry Olson Good Luck and have a fun season! In loving memory of Louie and Judy Dufrane and Ed Wafle. Go Dayne! Mary Sue Wafle - Go #35, Go Ghostbirds

Dawn & James Matheson - Friend of De Pere Central Lacrosse! Chris & Michelle Williams - Congrats Class of 2025 Let's Go, Ghostbirds! Scott & Sidney Garber - Super Fans Of De Pere Central Lacrosse!

Billie Jean Freemore - Super Fan Of De Pere Central Lacrosse! Chad & Lisa Schuettelpelz- Go Braleigh & Ghostbirds! - Have an amazing season!!

The Cummings Family - Go Ghostbirds! GGG - Have a great season, Caitlyn G! Go Ghostbirds! Jason & Staci Karbon - Super Fans Of De Pere Central Lacrosse! Dianne Bacon - Super Fan Of De Pere Central Lacrosse!

Kathy Conrad - Super Fan Of De Pere Central Lacrosse! Chris & Laura Spiering - Super Fans Of De Pere Central Lacrosse! Jerry & Joyce Krull - Go Ghostbirds Have a fantastic season!

Mary and Bruce Pearson - Gracie Backhaus Have A Great Season! GO Ghostbirds! The McKee Family wishes all players and coaches a phenomenal season. Go DePere Central Ghostbirds!

Rose Mabry - Super Fan Of De Pere Central Lacrosse! Connie McKee-Pinn & Chris Pinn - Your dedicated Grandparent Fans are cheering the Ghostbirds on to a wonderful season!

Randy & Sandy Brockington - Go De Pere Central Lacrosse! Jennifer Lanter- Good Luck during your Senior Season, Riley! Love Mom Milt & Maureen Oldenburg - Go Ghostbirds! Make it a great season!

LeRoy Sales & Service- Go Ghostbirds! Matt and Nikki Smith- Mikaela - Congratulations, it's your Senior year, remember to cherish every moment and celebrate your achievements! Go Ghostbirds!!

Amy & Andy Evenson -Go Ghostbirds! Jerry & Kay Jacobs - Super Fans Of De Pere Central Lacrosse! Grandma Mickey - Good luck from Grandma Mickey

Joseph & Heather Totman - Go get 'em Hunter! Have a great season! Go Ghostbirds! Russell & Elaine Hoffer - Super Fans Of De Pere Central Lacrosse! Sue Pahl - Super Fan Of De Pere Central Lacrosse!

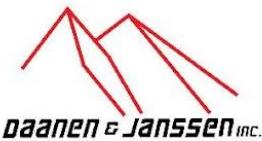


Thank You!

To Our 2025 Sponsors

2025 SEASON SPONSORSHIP

JONES SIGN
Your Vision. Accomplished.



Daanen & Janssen Inc.

macco's
Floor Covering Center



**GREEN BAY
ER & HOSPITAL**



Orsetta

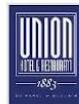


Integrity • Excellence • Innovation



WINDOWS & DOORS
OF WISCONSIN

DIAMOND
HEATING & COOLING



BMO



**GRAYSTONE
ALE HOUSE**

**Team Crowley
Dental**
Your Teeth! Your Team!



SCHNEIDER

Ryan
FUNERAL HOME & CREMATORY

**Knights of
Columbus**



AHLSTROM



dignify



**RENCO
MACHINE**
Company, Inc.



**PACKER
FASTENER**

QUESTIONS??



Facilities & Apparel Overview

Facilities Overview

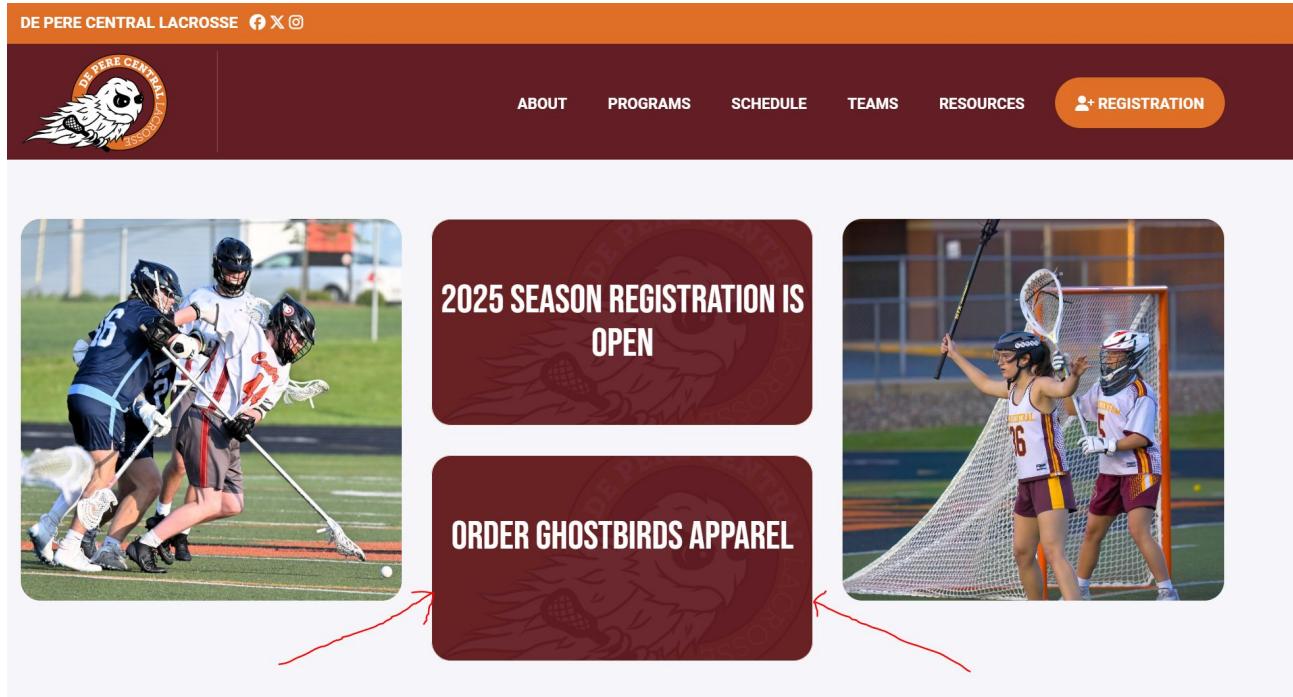
Practices Facilities

- Pre-Season: West De Pere High School Indoor Turf Facility
- In-Season: De Pere and West De Pere High School Stadiums
Practice sites determined based upon field availability
- Strength and Conditioning Training:
ALL players (girls and boys) should attend speed and strength training at their respective high school. Sessions occur after school each day.

Game Facilities

- Home games played at De Pere High School's Nowak Field and West De Pere High School Football Field.
- Concessions available at West De Pere High School ONLY
- Game day operations managed by each team (volunteers needed)

Apparel Overview



<https://graciedesigns.com/collections/de-pere-central-lacrosse>

You may access this link at deperelax.com on the landing page

Apparel Overview Cont.

Boathouse:
Optional Items
Team Jacket: \$124

Shooter Shirt: \$62

Team Store Website: <https://deperelax2026.itemorder.com/>
Team Store Sale Code (for college/university stores only): NTEGS



De Pere Lacrosse: Girls Team

Coaching Staff:

John Uhl (joined in 2018)

Lily Uhl (joined in 2025)

Bill Nusbaum(joined in 2026)



De Pere Lacrosse Girls

Optional Open Turf Sessions

Tuesdays and Thursdays 7 - 9:00pm

West De Pere High School Indoor Turf

Enter Thru Door 4

Practices Start March 16th

Typically Monday thru Friday

Times posted at www.deperelax.com

DPLAX: Girls Tentative Schedule

March 26 th	Appleton	JV @ 5:30pm <u>Varsity @ 7:00pm</u>
April 10 th	@ Bay Port	JV @ 5:30pm Varsity @ 7:00pm
April 11 th	<u>vs.Wauwatosa (@ NDA)</u>	No JV Varsity @ 10:30am
April 11 th	<u>vs.West Bend (@NDA)</u>	JV @ Noon <u>Varsity @ 2:30pm</u>
April 16 th	@ Wausau(Wausau East)	JV @ 5:30pm Varsity @ 7:00pm
April 21 st	vs. Oregon	No JV <u>Varsity @ 5:30pm</u>
April 23 rd	vs. Kimberly	JV @ 5:30pm <u>Varsity @ 7:00pm</u>
April 25 th	<u>vs. Madison(@ Hudson)</u>	JV @ 12:15pm <u>Varsity @ 1:45pm</u>
April 25 th	@ Hudson	JV @ 3:30pm Varsity @ 5:00pm
April 28 th	@ Brookfield (@Brookfield East)	JV @ 5:30pm Varsity @ 7:00pm
April 30 th	@ Neenah	JV @5:30pm Varsity @ 7:00pm
May 2 nd	vs. Neenah	JV TBD No Varsity
May 2 nd	TBD	JV TBD No Varsity
May 7 th	vs. Notre Dame Academy	JV @ 5:30pm <u>Varsity @ 7:00pm</u>
May 8-9 th	<u>DPC Invitational @ De Pere</u>	Times and Opponents TBD
May 12 th	vs. Pulaski(Senior Night)	No JV <u>Varsity @ 7:30pm</u>
May 26 th	1 st Round of Regional Playoffs	
May 28 th	Regional Semifinals	
June 2 nd	Regional Finals	
June 4 th	Sectional Semifinals	
June 6 th	Sectional Finals	
June 13 th	<u>State Championship @ Sun Prairie</u>	

De Pere Lacrosse: Girls Budget

Referees: \$4,000

Equipment & Apparel: \$1,200

Assistant Coaches Salary: \$2,000

Bus Upgrades: \$1,450

HUDL:\$625

Gameday Snacks/Drinks:\$800

Miscellaneous:\$875

Total:\$10,950

DP Lacrosse: Girls Equipment

- Required Helmet
Cascade Women's LX Lacrosse Headgear (\$160)
HELMET MUST BE BLACK
Rental option available
- Additional Equipment
Cleats
Mouthguard (including a backup)
Stick



De Pere Youth Lacrosse

Spring 2026



The De Pere Lacrosse
program is excited to
announce the addition of
youth teams this spring!

Boys and Girls 5th-8th Grade

De Pere and West De Pere Schools

Season runs April-May

Contact deperelacrosse@gmail.com
or scan the QR code if interested



De Pere Lacrosse: Boys Team

Coaching Staff

Head Coach

Hayden Fredriksen

Coached at Neenah 2015-2018

Coached at De Pere 2019-2021



Assistant Coaches

Andre Kedzierski

Patrick Noel

De Pere Lacrosse: Boys Team

Mission:

De Pere Central Ghostbirds Lacrosse seeks to employ the sport of lacrosse to teach life lessons that build stronger individuals and communities both on and off the field while developing a life-long love of lacrosse and its rich history among our players.

Vision:

De Pere Central Ghostbird Lacrosse strives to become the best high school lacrosse program in the region through the development of the physical and intellectual skills of the boys who play the game, supported by a community of administrators, parents, and community members who value a vibrant athletic experience that supports the improvement of our youth.

DP Lacrosse: Boys Equipment

Required Equipment

Recommended Helmet

- Warrior Burn (\$250)
 - **De Pere Central Helmet Rental Option Available for \$75/Season, reach out for details**
- Cascade XRS (\$320)

HELMET NEEDS TO BE GLOSS BLACK

Additional Equipment

- Shoulder pads (\$125)
 - **MUST** be NOSCAE certified with rigid chest plate
- Elbow pads (\$50-\$150)
- Gloves: White or Black (\$50-\$150)
- Mouthguard (2): (\$10-\$20)
- Athletic cup: required by rule (\$15-\$25)
- Stick: (\$50-\$200)
 - visit stringking.com and receive a 20% discount

De Pere Lacrosse: Boys Practice

IMPORTANT DATES

Pre-Season Practice

Voluntary (but highly recommended for those not in other sports!) pre-season practices will be held each Tuesday and Thursday through March 12. Practices will be conducted from 7-8:30 pm at the West De Pere High School indoor turf facility. Keep an eye out for a weekly email with the schedule.

Regular Season Practice (Tentative Schedule)

March 15 Team Meeting Community Room at De Pere 5-7pm.
March 16 Begin on-field practice at West De Pere 6pm!
March 26 Appleton @ De Pere
March 27-April 5 Spring Break: De Pere and West De Pere High Schools
 (Players who are in town for spring break are expected to attend practices.)

Spring Practices

Practices Start March 16th

Typically Monday-Friday

Times posted at www.deperelax.com

Practices Alternate between De Pere and West De Pere weekly (within 6-9pm)

**Note: All early-season practice dates and times are tentative.
Weather may cause changes.**

De Pere Lacrosse: Expectations

Student Athlete Expectations:

- You are a STUDENT-athlete. Your grades and your education are a priority, **treat them as such.**
- Our expectation is that you are making time for your homework and studies, and communicating with coaches when additional time is needed.

Communication Expectations:

- If a player is going to miss a lift, practice, game, or team function, it is the **PLAYERS** responsibility to reach a coach directly.
- Failure to email, text, or call a coach **directly** would be considered an unexcused absence.

Practice Expectations:

- Players are to be suited up and ready to go 5 minutes prior to practice starting.
- Bring the “controllable three” to EVERY practice: Effort, Attitude, Intensity

A handbook with player expectations will be handed out at the player only pre-season meeting.

De Pere Lacrosse: Expectations

JV Playing Time:

- We do NOT make cuts on De Pere Central Lacrosse.
- JV Players will ALL receive playing time during JV Games

Varsity Playing Time:

Players are expected to maintain attendance, academic eligibility, and code of conduct eligibility.

After that, As a WIAA varsity program, our goals are twofold:

- Develop our players as young men and leaders
- Compete to win games and pursue a conference championship

While we wish every athlete could play equal minutes, **varsity playing time is earned, not guaranteed.** Decisions are based on what gives our team the best chance to compete and succeed.

De Pere Lacrosse: Expectations

Our Commitment

Our coaching staff is committed to:

- Clear communication
- Honest feedback
- Player development
- Doing what is best for the team

If a player is looking to discuss their playing time and role on the team, please follow these steps.

Step 1: Player → Coach

The player should speak directly with a coach and ask:

- *Why am I not playing as much?*
- *What do I need to improve?*
- *What can I do to earn more playing time?*

Step 2: Player & Parent → Coach

If the issue is not resolved after the initial conversation, the player and parent may reach out to the coach to schedule a meeting.

Step 3: Parent → Coach

If additional discussion is needed, the parent and coach may meet separately.

We encourage our athletes to advocate for themselves, take ownership of their growth, and trust the process!

De Pere Lacrosse: Boys and Girls Team Hazing

Hazing is defined as any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate.

Some practices associated with high school hazing carry the potential for serious bodily harm or even death. These practices may include: tattooing, piercing, head-shaving, branding, sleep deprivation, physical punishment (paddling and "red-bellying"), "kidnapping," consuming unreasonable/unacceptable foods or beverages, such as alcohol. Coerced sexual activity, in addition to being classified as sexual assault and/or rape, is another form of hazing.

De Pere Lacrosse Conference Alignment 2026

Bay Valley Lacrosse Conference:

Appleton United

Bay Port Pirates

De Pere Central Ghostbirds

Kimberly Papermakers

Neenah Rockets

Notre Dame Academy Tritons

Oneida Thunderhawks

Pulaski Red Raiders

Wausau Wild

SPASH Panthers

DPLAX: Boys Tentative Schedule

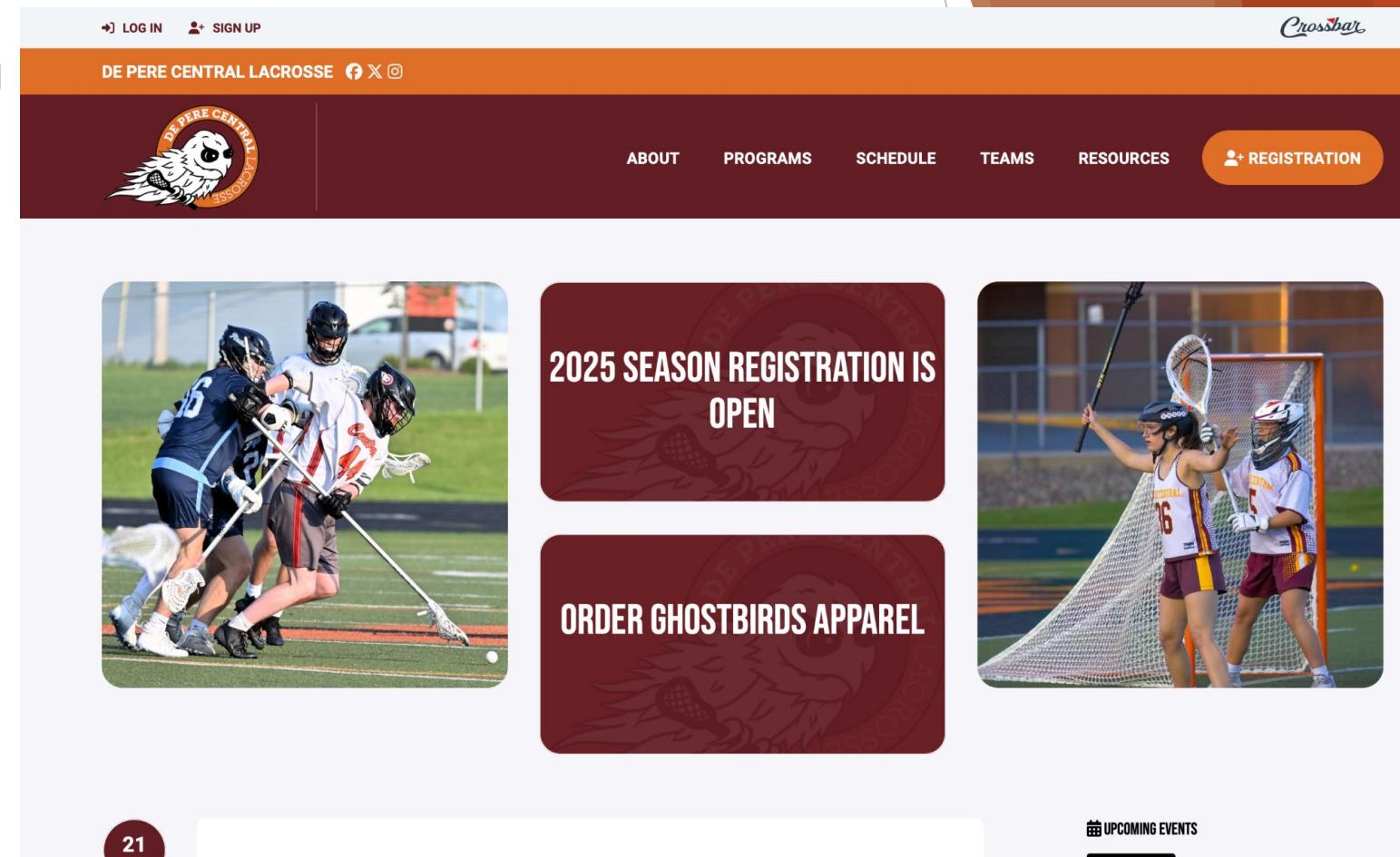
Date	Opponent	Location	Varsity/JV/Both
3/26	Appleton	Home	Both
4/7	Wausau	Away	Both
4/9	Bayport	Away	Both
4/11	Pulaski	Home	Varsity
4/16	Kimberly	Home	Both
4/21	Brookfield	Away	Both
4/23	Neenah	Away	Both
4/28	Deforest	Home	Both
4/30	Notre Dame	Home	Both
5/7	Oneida	Home	Varsity
5/9	Wauwatosa	Away - Wauwatosa	Varsity
5/9	Arrowhead	Away - Wauwatosa	JV
5/9	Arrowhead	Away - Wauwatosa	Varsity
5/12	Pulaski	Home	Varsity
5/16	Janesville (V), Kimberly (JV)	Away - Kimberly	Both
5/22	SPASH	Home	Both

NOTE: There will be times throughout the season where the team is traveling 1.5+ hours away. In those instances, the team will stop for food/bathroom breaks. In those instances, either pack snacks/food, or send your athlete with \$\$ to purchase something to eat when we stop.

De Pere Lacrosse: Website

Register at deperelax.com

- Register
- Apparel link
- Coach contact info
- Resources & more



The screenshot shows the homepage of the De Pere Central Lacrosse website. At the top, there are 'LOG IN' and 'SIGN UP' buttons. The header features the text 'DE PERE CENTRAL LACROSSE' with social media links for Facebook, X, and Instagram. The main navigation menu includes 'ABOUT', 'PROGRAMS', 'SCHEDULE', 'TEAMS', 'RESOURCES', and a highlighted 'REGISTRATION' button. Below the header, there are three main promotional sections: 1) A photo of three lacrosse players in action on the field. 2) A maroon box with the text '2025 SEASON REGISTRATION IS OPEN' overlaid on a graphic of a ghostbird. 3) A maroon box with the text 'ORDER GHOSTBIRDS APPAREL' overlaid on a graphic of a ghostbird. At the bottom left, a circular badge shows the number '21' with the word 'NOV' underneath. On the right, a section for 'UPCOMING EVENTS' shows a date 'Jan 13, 2025'.

De Pere Lacrosse: Follow us!

Follow De Pere Lax on Facebook and Instagram!

Both links are below and on the team website home page in the header.

<https://www.facebook.com/deperecentrallacrosse>

<https://www.instagram.com/deperecentrallax/#>



De Pere Lacrosse: Crossbar app



Crossbar mobile app

- Calendar sync
- Notifications
- Chat

The screenshot shows the De Pere Central Lacrosse website with a dark brown header. The header includes the team logo (a white bird with a red crest), social media links (Facebook, X, Instagram), and navigation links for ABOUT, PROGRAMS, SCHEDULE, TEAMS, and RESOURCES. A 'REGISTRATION' button is also present. Below the header, a sidebar on the left offers links to VOLUNTEER INFORMATION, FUNDRAISING INFORMATION, and CROSSBAR HELP. The main content area is titled 'CROSSBAR HELP' and contains text about the Crossbar app and links for account setup and management.

DE PERE CENTRAL LACROSSE

ABOUT PROGRAMS SCHEDULE TEAMS RESOURCES

VOLUNTEER INFORMATION
FUNDRAISING INFORMATION
CROSSBAR HELP

CROSSBAR HELP

Welcome to De Pere Lacrosse powered by Crossbar! If you have questions, there are several areas within Crossbar for more information. Crossbar may also be used by other sports that your student may be involved with; if you have an account already with a different organization you can use the same one with De Pere Central Lacrosse.

Need Crossbar help?
See “Resources” tab
on our website

QUESTIONS??

De Pere Lacrosse - Boys Budget

Refs

Neenah	600
Oneida	250
Wausau	600
NDA	250
Pulaski	250
Bay Port	600

Total

\$2,550

Other

Defensive Coach	1,250
Team Helmets	1,000
Awards/Gifts	550
Team Dinner	350
Helmet Stickers	300
Supplies/Pinnies	1,550

Total

\$5,000

NEEDS UPDATE?/Is this something that we need for the meeting? Having not attended this before I wasn't sure.