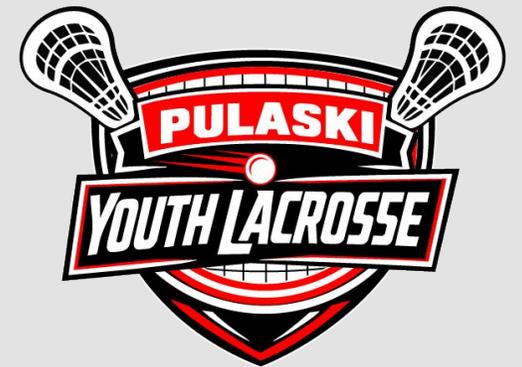


WELCOME Pulaski Youth Lacrosse

Parents Meeting 2/26/26

pulaskiyouthlax@gmail.com



Website: pulaskilacrosse.com

Follow Facebook: [Pulaski Youth Lacrosse](#)

Welcome Parents

Thank you Rich Thompson co-founder of Pulaski Lacrosse in 2018 and serving as president of Pulaski Lacrosse till 2025 and still High School Head Coach.

New members of the Pulaski Youth Lacrosse board:

Justin Rasmussen President

Robin Hester Vice President/Registration

Candice Kozak Secretary/Equipment

Brittany Mack Treasurer

Paige Dufresne Fundraising Committee Chair

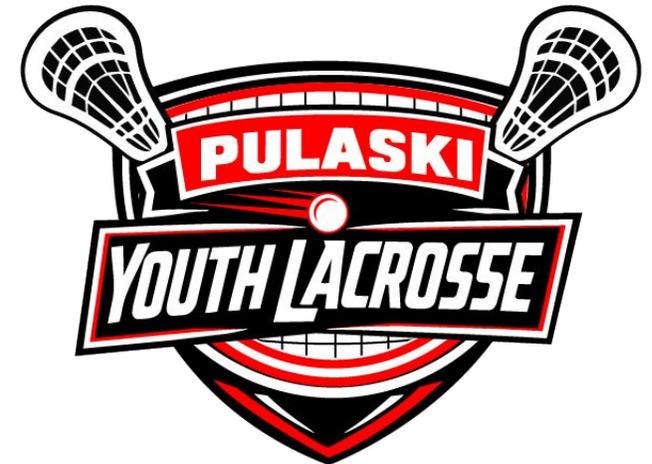
Jessica Enright Board Member at Large

Angie Parmentier Board Member at Large

Jason Hilsberg Board Member at Large

Melissa (Moe) Mansfield Board Member at Large

Matt Niham Advisor to the Board



New Branding & Contact

@pulaskiyouthlax



venmo

Pulaski Youth Lacrosse

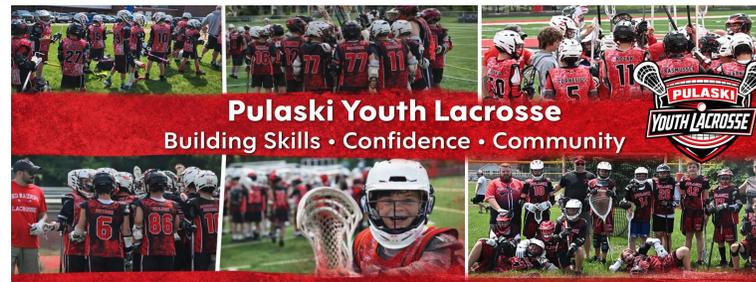
New branding. Same pride, same passion for the game. We're building skills, confidence, and community for players of all levels.

We will continue to post and share out important information.

Facebook: **Pulaski Youth Lacrosse**

Email: pulaskiyouthlax@gmail.com

Website: www.pulaskilacrosse.com



Pulaski Youth Lacrosse

71 followers · 14 following

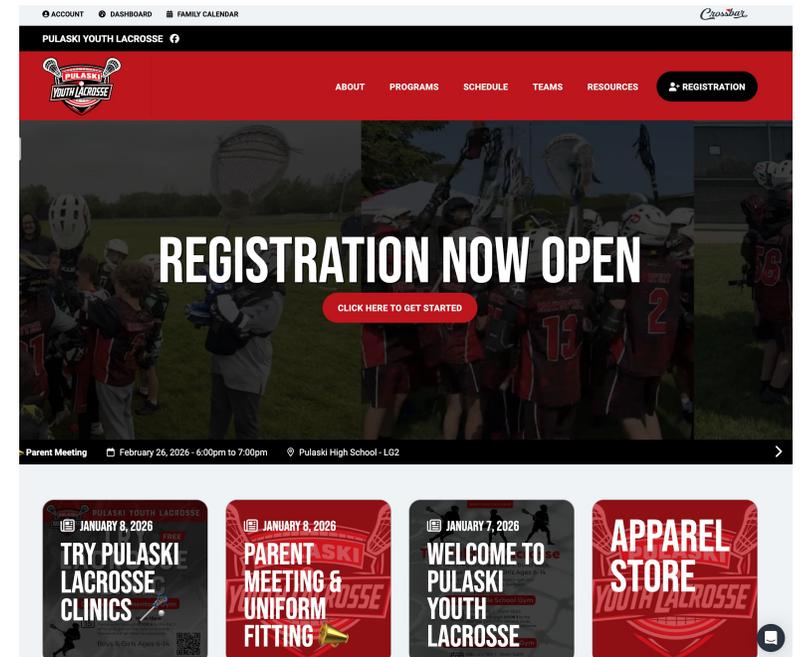
Pulaski Youth Lacrosse is a co-ed youth lacrosse program that serves the Pulaski area community.

U14 U12 U10 U8

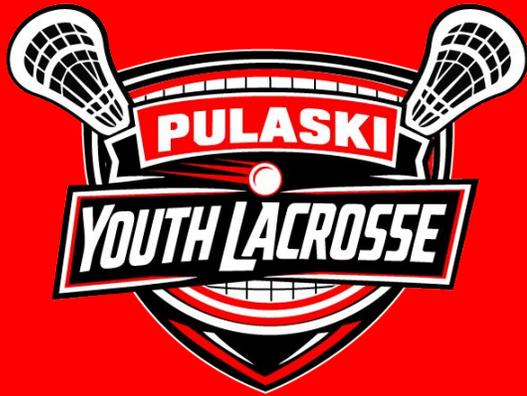
■ Sports team



Message Following Search



Season Schedule & Locations



- Indoor practices start **Wednesday March 4th 2026**
- Glenbrook Elementary
- Outdoor practices start April, Polka Grounds (weather permitting)
- Picture day Wednesday April 15th GLENBROOK GYM: Low-key practice day, still bring gear. Will be done by age group.
- Practices M/W/F pending coach times
 - 8U/10U
 - 12U
 - 14U
- **Check Crossbar app** for all updated communications that involve practices indoor and outdoor, tournament location days.
- Sunday Games, 3 games day, 9am-3pm
- Four Seasons Hobart, WI for Home Field Game
- Official Schedule to come BVLA determining locations, check crossbar
 - April 12: Wausau
 - April 19: Kimberly/Appleton
 - April 26: Pulaski/Oneida
 - May 3: Green Bay/Appleton
 - May 10: Kimberly
 - May 17: Pulaski/Oneida

Parents & Coaches

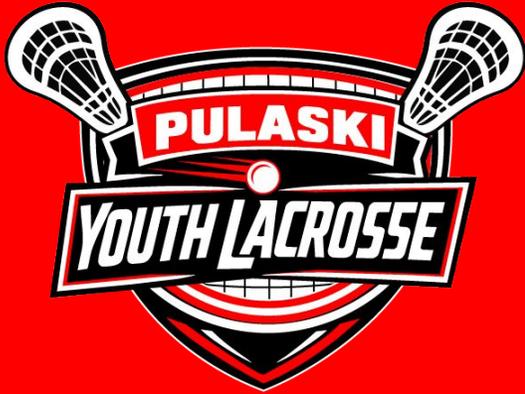
@pulaskiyouthlax



venmo

- Coaches and Assistant Coaches are needed! No prior experience needed. Contact us if you become interested: pulaskiyouthlax@gmail.com
- Volunteers Needed
 - Game – scoring table, set up/tear down, field set up, ball placement
 - Concessions at Home Field Game with Freedom Foods
 - Parent Rep
 - Fundraiser opportunities
 - PYL Board support
- Per family, please provide a \$100 volunteer deposit check, post-dated for 6/6/26, by the first practice on March 4th. Submit the check to your Parent Rep (listed in Crossbar).
- Venmo will be available (Pulaski Youth Lacrosse)
- Players & Parents code of conduct
- Coaches
 - 8U/10U: Billy D, Moe M
 - 12U: Dan H, John B
 - 14U: Jimmy G, Nick V, Nicole F, Justin R
- Parent Reps
 - U8/U10 : Angie
 - U12: Robin
 - U14: Tara

Equipment & Gear*



Equipment

- **Helmet**
 - Under helmet insulated cap, Q collar
- **Shoulder Pads**
 - NOCSAE ND200 compliant, with or w/o bicep pads
 - Kidney pad not required but recommended
- **Elbow Pads or Arm Pads**
- **Gloves**
 - Spare pair wet games or insulated/waterproof gloves underneath: Wickers, Frostfur
- **Mouthguard + extra**
 - Tether not required, not white or clear
 - lip mouthguard not recommended but are ok
 - Staff pick: Bulletproof (braces approved style available), Trufit custom mouthguard, Sisu, Safejawz, or Goon Guard.
- **Protective Cup**
 - Aurorasportlab.com
 - Unequal.com
 - Nuttybuddy.com
 - Shock doctor aircore
 - Diamond MMA
- **Lacrosse Stick + extra**
 - Goalie and Defense stick will be provided
- **Cleats (football, lacrosse or soccer)**
(good idea to bring extra socks)
- **Bag to hold gear**
- **Water Bottle**

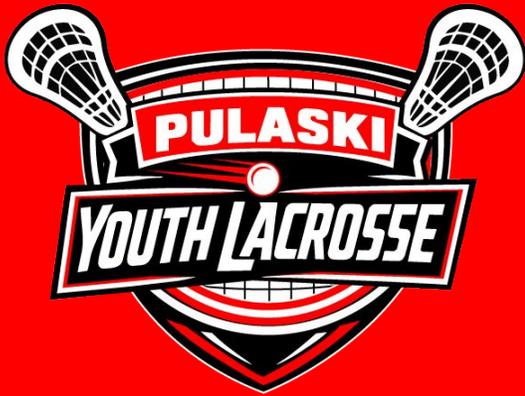
Parents Expect

- Cold & Hot Weather (snow, rain wind, sunny)
- Long Days
- Last minute schedule changes (crossbar app, parent rep).
- Patience
- Support

Things to consider

- Extra water, food, snacks
- Bring Shade, canopies, chairs, sunblock
- Participate in parent sign-up for sharing food, drinks, and snacks!

Equipment & Gear*



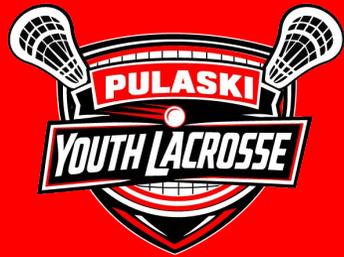
Other Information

- **Maintenance:** Screwdriver, hockey tape, extra stick butt
- *Available for first season players equipment rental, reach out for sizing and check out information \$25 deposit check post dated 6/6/26 required.
- Each team/coaches have their own first aid, stick and helmet kit to fix any immediate issues.

Places to look for future Equipment

- Places to check: Play Again Sports (Green Bay Location no longer carrying lacrosse gear 70% off of remaining gear, Appleton), Facebook marketplace, Sideline Swap App.
- Got lacrosse gear you're no longer using or outgrown gear sitting at home? Play it forward and help kids get on the field. **DONATE**
- Check website for up to date information

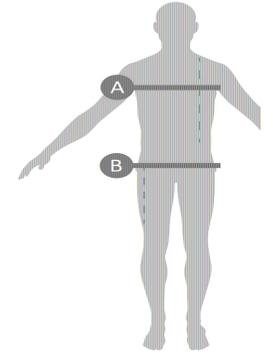
Uniform & Sizing



NEW Apparel will be available early March and orders placed with Hope Clothing!!! Post website & Facebook

New Uniforms

- Final sizing Today, orders placed March 4th
- Shooter Shirt \$25/each (optional)
 - Uniform # will be applied to back Shooter Shirt
 - Check or Venmo pay to Parent Rep (crossbar) today or by first practice March 4th
 - Sizing Uniform website



PYL Website

Shooter shirt Jersey # applied back



Form

Mens Shooter Shirt		
Size	Chest (on body)	Length (From Back Neck to Hem)
YS	<32	23 3/4
YM	32-34	24 3/4
YL	34-36	25 1/2
YXL	36-38	26 1/2
S	38-40	28
M	40-42	28 3/4
L	42-45	29 1/2
XL	45-47	30 1/2
2XL	47-50	31 3/4
3XL	50-52	32 1/2
4XL	52-54	33 1/4
5XL	54+	34



FRONT BACK



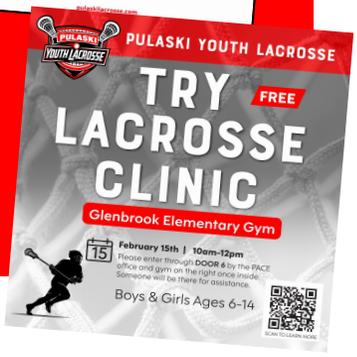
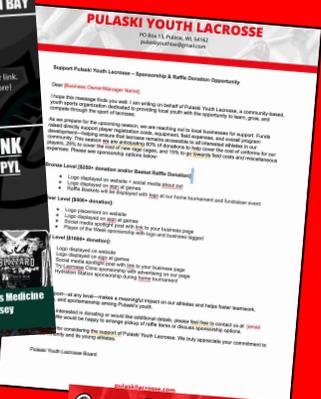
FRONT BACK



Mens Reversible Top/Pinney A		
Size	Chest (on body) (at Underarm)	Length (From High Shoulder)
YSM	<30	23
YXL	31-35	25
SM	36-40	27
LXL	41-45	28
2XL	46-49	30
3XL	50-52	31
4XL	53+	32.5

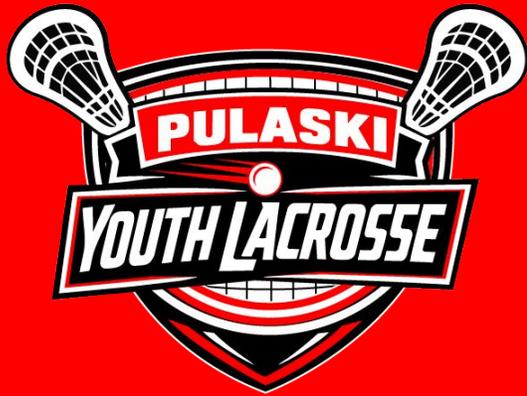
Mens Shorts B		
Size	Waist (on body)	Length on Side (From Waist to Hem)
YS	20-22	16
YM	22-24	17
YL	24-26	18
YXL	26-28	19.5
S	28-31	20.5
M	31-34	21
L	35-38	21.5
XL	39-41	22
2XL	41-43	23
3XL	43-45	24
4XL	45-46	24.5
5XL	46+	25

Fundraisers



- Fundraising is very important to our program. We need your support as parents to help reach out to local businesses for support. This season we are anticipating 60% of donations to help cover the cost of uniforms for our players, 25% to cover the cost of new rage cages, and 15% to go towards field costs and miscellaneous expenses.
- KwikTrip Car Washes: Each player we hope to sell at least 5. Winner free registration in spring 2027. Start kick off season and end April
- Green Bay Blizzard + Pulaski Youth Lacrosse Youth Night March 21st (Facebook)
- Sponsorship & Raffle Donation Opportunities 2026 season
 - Bronze Level [\$250+ donation and/or Basket Raffle Donation]
 - Logo displayed on website + social media shout out
 - Logo displayed on sign at games
 - Raffle Baskets will be displayed with logo at our home tournament and fundraiser event
 - Silver Level [\$500+ donation]:
 - Logo placement on website
 - Logo displayed on sign at games
 - Social media spotlight post with link to your business page
 - Player of the Week sponsorship with logo and business tagged
 - Gold Level [\$1000+ donation]:
 - Logo displayed on website
 - Logo displayed on sign at games
 - Social media spotlight post with link to your business page
 - Try Lacrosse Clinic sponsorship with advertising on our page
 - Hydration Station sponsorship during home tournament
- Continue FREE TRY Lacrosse Clinics. Two done already we'll hold another in June and in Fall.

Thank You!



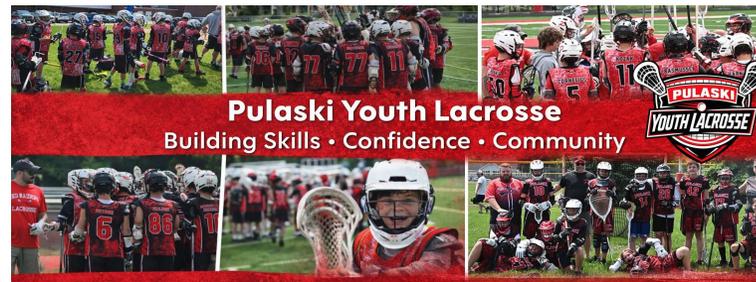
Pulaski Youth Lacrosse

Crossbar App

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Email: pulaskiyouthlax@gmail.com

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U14 U12 U10 U8
Sports team



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