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Agenda

Slides will be posted on the
Rosemount Youth Lacrosse website
after the meeting

- Thank you Board members!
 - Program Overview
 - Affiliations
 - Program Policies
 - Program Levels and Age Groups
 - Jerseys and Apparel
 - Fundraising
 - Initiation Program
 - Girls Lacrosse
 - Boys Lacrosse
 - Equipment Coupons
 - Mouth Guard Event
 - Summer Camps
 - Resources
 - Questions?
-

Rosemount Youth Lacrosse Board



Name	Position
Pat Fritz	Program Director
Nick Brancale	Treasurer
Adam Bengtson	Fields and Equipment
OPEN POSITION	IP/6U Age Group Coordinator
OPEN POSITION	Boys 8U Age Group Coordinator / Communications and Website
Andrew Bowsher	Boys 10U Age Group Coordinator
Matt Munro	Boys 12U Age Group Coordinator
Dan Hoover	Boys 14U Age Group Coordinator
Jared Kary	Girls 14U Age Group Coordinator
Amanda Rovnak	Girls 12U Age Group Coordinator
Chris Magee	Girls 10U Age Group Coordinator
OPEN POSITION	Girls 8U Age Group Coordinator
Nick Longford	Fundraising
Jon Felten	At Large Members
Erin Kary	
Angela Bruss	Uniforms and Apparel
Lance Kuehn	Boys High School Advisor
Kelsey Long	Girls High School Advisor
Dean McCal	RAAA Liaison

Program Overview

- 188 Registered Players in the 8U - 14U Age Groups
 - 8 Boys Teams
 - 5 Girls Teams
 - An additional 19 players currently registered for 6U
- Finances
 - Projecting to break-even as an overall program for 2026
 - The 2026 budget plan includes \$7,500 in fundraising



Affiliations

- Rosemount Area Athletic Association (RAAA)
- USA Lacrosse
 - National governing body for lacrosse
 - \$35 annual membership (required for all participants, except 6U/IP)
- Great Northern Lacrosse League (GNLL)
 - Governing body of the boy's and girl's season from April through May
- Youth Lacrosse Minnesota (YLM)
 - Governing body of the boy's season from June through July
- Minnesota Schoolgirls Lacrosse Association (MSLAX)
 - Governing body of the girl's season from June through July



Program Policies

- Policies & Code of Conduct
 - We expect all participants to act with respect and follow RAAA Code of Conduct
 - For concerns, please adhere to the 24-hour rule prior to reaching out to Coach / Age Group Coordinators
 - For more information regarding policies, refer to the Rosemount Youth Lacrosse Bylaws found on the website
 - Overarching policies governed by RAAA and our affiliated leagues
- Fans are required to sit on the opposite side of the field from the players benches
- Should stay on the end of the field across from your team
- Provide 5 yards from the sideline for safety of fans and players



Program Levels and Age Groups

6U	Born between 9/1/2019 - 8/31/2021	<ul style="list-style-type: none">● Initiation Program, co-ed
8U	Born between 9/1/2017 - 8/31/2019	<ul style="list-style-type: none">● 2 Boys team● 1 Girls Team
10U	Born between 9/1/2015 - 8/31/2017	<ul style="list-style-type: none">● 2 Boys teams● 2 Girls teams
12U	Born between 9/1/2013 - 8/31/2015	<ul style="list-style-type: none">● 2 Boys teams● 1 Girls team
14U	Born between 6/1/2011 - 8/31/2013* <i>*The cutoff date of 6/1 is for 8th graders only. Players in 9th grade are not eligible to play 14U.</i>	<ul style="list-style-type: none">● 2 Boys teams● 2 Girls team

Jerseys and Apparel

- Year 2 of a 2 year cycle.
 - Players will wear their same jersey as last year.
 - There was an option to re-order during registration
 - NO try on event. Head to Westwood sports in Apple Valley to try on at your convenience.
 - Email Angela Bruss or Rosemount Lacrosse if you need a jersey and did not register for one.
 - a24Bruss@gmail.com or Lacrosse@rosemount-aaa.org
 - Players provide their own navy shorts of their preference
- Jerseys Will Be Re-designed for 2027 Season
- Player Shorts, Shirts, and Apparel
 - Available through the team store, provided by Westwood
 - Deadline for ordering TBD
 - See Parents tab on the website for team store link
 - *not active yet. We will let you know when it is



Photos: Team - Action - Individual

- Sports Star Photography
- Team and Individual Photos
- May 18th - Picture Day
- AFRAY Photography
- Game Action Photos
- 1 Game per Team



Fundraising - Butter Braid Sales

- Butter Braid Sales Fundraiser
 - **Goal is to fundraise \$6,000**
 - Requesting that each player sell 5 Butter Braids to achieve this goal
 - For every Butter Braid sold, RYL earns \$6
 - Key Dates:
 - April 8th - Event Kick-off
 - May 9th - Orders Due
 - May 18th - Order Pick-up
 - Pick up at Pictures!



More details to be provided by Fundraising team via email...

Fundraising - Restaurant Nights

- Upcoming Restaurant Nights

- April 23rd - LeeAnn Chin
- May 11th - Omni
- May 19th - Chipotle
- June 4th - Noodles & Co
- Culvers - TBD
- Las Tortillas - TBD

- When ordering

- Remember to say your with Rosemount Lacrosse!



6U / 1P



6U - Initiation Program

- The IP Program is to introduce the 6U boys and girls to the sport
- **FREE Program** thanks to our generous sponsors! 2026 sponsors still being finalized.
- Registration closes **April 29th**
- Format/Schedule/Location
 - Season runs from **May through June 28th**
 - Practices held 1 to 2 times per week at Shannon Park
 - This is an in-house program, limited travel expected
- Coaches: TBD, Parent Volunteers
- Age Group Coordinator: Open Position



6U - Initiation Program



- Required Equipment
 - Helmet with face shield (hockey helmets are fine)
 - Lacrosse stick
 - Mouth guard
 - Tennis shoes
 - Gloves (hockey gloves are fine)
 - T-shirts will be provided

- Current Registrations in the 6U program as of March 10 - 19 Participants

Girls LAX



Girls Game Overview

Level and Team Sizes		Goalie	Off-Sides	Game Format
8U	Format: 4 v 4 Team Size: 8-10 players	✗	✗	<ul style="list-style-type: none"> • Pass Rule: 1 Attempted prior to shot • Field Size: Cross-field / Youth Size • Soft ball/regulation ball • 2 X 12 Min Halves
10U	Format: 8 v 8 Team Size: 11-16 players	✓	✗	<ul style="list-style-type: none"> • Pass Rule: 1 Attempted • Field Size: Cross-field / Youth Size • 4 X 10 Min Quarters • No Checking
12U	Format: 12 v 12 Team Size: 20 players	✓	✓	<ul style="list-style-type: none"> • Pass Rule: 1 Completed in offensive zone • Field Size: Full Size • 4 X 10 Min Quarters • Modified Checking
14U	Format: 12 v 12 Team Size: 23 players	✓	✓	<ul style="list-style-type: none"> • Pass Rule: None • Field Size: Full Size • 4 X 12 Min Quarters • A - Full H.S. B - Transitional checking

Girls Equipment



- Lacrosse Goggles
- Lacrosse Stick
- Mouth Guard (colored)
- Tennis Shoes or Cleats (not metal)
- Goalie equipment provided by Rosemount Youth Lacrosse

10U Girls - 1 Team



- Format/Schedule/Location
 - Season runs from April through the end of July
 - April practices held at RHS Turf 2 Field or Rosemount Dome
 - May through July, primary field is at Shannon Park Elementary
 - Practices 2-3 times per week, 1 hour sessions
 - Spring Season Games - NEW THIS YEAR!
 - Schedule finalized beginning of April
 - Weekends starting April 26th through May 31st
 - Summer Season Games
 - Schedule released by YLM in Late May
 - Games June 8th through July 16th
- Spring State Tournament (GNLL) - May 29th - 31st in White Bear Lake
- River Valley Rumble Tournament in Shakopee, June 5-7
- MSLax Summer Tournament July 24 - 26
- Coaches: Chris Magee
- Age Group Coordinator: Chris Magee

12U Girls - 1 Team



- Format/Schedule/Location
 - Season runs from April through the end of July
 - April practices held at RHS Turf 2 Field or Rosemount Dome
 - May through July, primary field is at Flint Hills
 - Practices 3 times per week, 1.5 hour sessions
 - Spring Season Games
 - Schedule finalized beginning of April
 - Weekends starting mid April
 - Summer Season Games
 - Schedule released by MSLax in May
 - Games June 8th through July 16th
- Spring State Tournament (GNLL) - May 29th - 31st in White Bear Lake
- River Valley Rumble Tournament in Shakopee, June 5-7
- MSLax Summer Tournament July 24 - 26
- Coaches: Grace Fulsaa
- Age Group Coordinator: Amanda Rovnak

14U Girls - 2 Teams (1 Spring Team)



- Format/Schedule/Location
 - Season runs from April through the end of July
 - April practices held at RHS Turf 2 Field or Rosemount Dome
 - May through July, primary field is at Flint Hills
 - Practices 3 times per week, 1.5 hour sessions
 - Spring Season Games
 - Schedule finalized beginning of April
 - Weekends starting mid April
 - Summer Season Games
 - Schedule released by MSLax in May
 - Games June 8th through July 16th
- Spring State Tournament (GNLL) - May 29th - 31st in White Bear Lake
- River Valley Rumble Tournament in Shakopee, June 5-7
- MSLax Summer Tournament July 24 - 26
- Coaches: Kelsey Long
- Age Group Coordinator: Jared Kary

Evaluation Process



- Evaluations
 - Evaluations will be run by Kelsey Long and her team of evaluators
 - Board Members and Coaches that do NOT have players in the age group may participate in the evaluations as volunteers
 - These are closed evaluations, parents not permitted to observe
 - Players will be scored on athleticism, lacrosse IQ, lacrosse skills
 - Players will be given a total score for both days
 - Attendance at both days of evaluations is required for scoring
 - Players not able to participate in evaluations for medical reasons will be provided an alternate evaluation process per our current bylaws document
 - If a player is only able to attend one session, the score from the attended session will be used for the missed session with a possible maximum score of 3
 - If a player does not attend evaluations, they will be placed on the B team

Save the Date!



- **April Practices**

- **12U and 14U - Pre Evaluation Practice**
 - **4/8 - Rosemount Dome - 8:30-10PM**
- **Turf 2 Weekend Practices 8U - 14U - Times TBD**
 - **4/11, 4/12, 4/18, 4/19, and 4/26**
- **12U and 14U Evaluations**
 - **4/12 - TCO Dome Lakeville - 8-10PM**
 - **4/19 - TCO Dome Lakeville - 8-10PM**

***8th Graders playing High School MUST participate in evaluations!**



May 9th Girls Youth Day

Boys LAX



Boys Game Overview

Level and Team Sizes		Goalie	Off-Sides	Game Format
8U	Format: 5 v 5 Team Size: 12-13 Players	✗	✗	<ul style="list-style-type: none">• Pass Rule: 1 Attempted• Field Size: Cross-field / Youth Size
10U	Format: 7 v 7 Team Size: 12 players	✓	✓	<ul style="list-style-type: none">• Pass Rule: 1 Attempted• Field Size: Cross-field / Youth Size
12U	Format: 10 v 10 Team Size: 22-23 players	✓	✓	<ul style="list-style-type: none">• Pass Rule: None• Field Size: Full Size
14U	Format: 10 v 10 Team Size: 19 players	✓	✓	<ul style="list-style-type: none">• Pass Rule: None• Field Size: Full Size

Boys Equipment

- Lacrosse Helmet (White)
- Lacrosse Stick
- Mouth Guard (colored)
- Tennis Shoes or Cleats (not metal)
- Athletic Supporter
- Shoulder Pads and Elbow/Arm Pads
- Lacrosse Gloves (all white or all navy)
- Goalie equipment provided by Rosemount Youth Lacrosse

**See Coach Kuehn for
Helmet Decals - \$10
Bags \$105**



Rosemount Youth Lacrosse Stick Sale - Maverick Charger Sticks Available for \$35

**Limited amount available - first come first serve*

8U Boys



- Format/Schedule/Location
 - Season runs from April through the end of July
 - April practices held at RHS Turf 2 Field
 - May through July, primary field is at Shannon Park Elementary
 - Practices 2 times per week, 1 hour sessions
 - Summer Season Games
 - Schedule released by YLM mid May
 - Games June 1st through July 17th
- River Valley Rumble Tournament in Shakopee, June 5-7
- YLM Jamboree, July 18-19
- Additional Tournament added this year - TBD
- Coach: TBD
- Age Group Coordinator: Open

10U Boys



- Format/Schedule/Location
 - Season runs from April through the end of July
 - April practices held at RHS Turf 2 Field or Rosemount Dome
 - May through July, primary field is at Shannon Park Elementary
 - Practices 2-3 times per week, 1 hour sessions
 - Spring Season Games
 - Schedule finalized beginning of April
 - Weekends starting April 26th through May 31st
 - Summer Season Games
 - Schedule released by YLM Mid May
 - Games June 1st through July 17th
- River Valley Rumble Tournament in Shakopee, June 5-7
- YLM Jamboree, July 18-19
- Coaches: Andrew Bowsher
- Age Group Coordinator: Andrew Bowsher

12U Boys



- Format/Schedule/Location
 - Season runs from April through the end of July
 - April practices held at RHS Turf 2 Field or Rosemount Dome
 - May through July, primary field is at Flint Hills
 - Practices 3 times per week, 1.5 hour sessions
 - Spring Season Games
 - Schedule finalized beginning of April
 - Weekends starting April 26th through May 31st
 - Summer Season Games
 - Schedule released by YLM around mid May
 - Games June 1st through July 17th
- River Valley Rumble Tournament in Shakopee, June 5-7
- YLM State Tournament, July 25-26
- Coaches: Ty Salak, Brennan Pavek, TBD
- Age Group Coordinator: Matt Munro

14U Boys



- Format/Schedule/Location
 - Season runs from April through the end of July
 - April practices held at RHS Turf 2 Field
 - May through July, primary field is at Flint Hills
 - Practices 3-4 times per week, 1.5 hour sessions
 - Spring Season Games
 - Schedule finalized beginning of April
 - Weekends starting April 26th through May 31st
 - Summer Season Games
 - Schedule released by YLM around mid May
 - Games June 1st through July 17th
- River Valley Rumble Tournament in Shakopee, June 5-7
- YLM State Tournament, July 25-26
- Coaches: Isaac, Cadin Rudoll, TBD
- Age Group Coordinator: Dan Hoover

10U Boys - Team Formation

- 2 Teams Formed at the 10U Level
 - YLM and GNLL requires that when 2 teams are formed, must form 2 equal teams or an A and a B Team. We will elect to form 2 equal teams
 - Evaluations will occur during age group practices, with the intent to form teams by the end of April



12U and 14U Boys - Team Formation

- 2 Teams Formed at the 12U and 14U Levels (1 14U team for spring)
 - YLM and GNLL requires that when 2 teams are formed, must form A / B teams
- 12U Evaluations
 - April 15th and 22nd, 7pm - 8:15pm
 - RHS Stadium Turf
- 14U Evaluations
 - April 15th and 22nd, 8:30pm - 9:45pm
 - RHS Stadium Turf
 - 8th graders playing high school ARE required to try out!



12U and 14U Boys - Evaluation Process



- Evaluations
 - Evaluations will be run by outside evaluators
 - Board Members and Coaches that do NOT have players in the age group may participate in the evaluations as volunteers
 - These are closed evaluations, parents not permitted to observe
 - Players will be scored on athleticism, lacrosse IQ, lacrosse skills
 - Players will be given a total score for both days
 - Attendance at both days of evaluations is required for scoring
 - Players not able to participate in evaluations for medical reasons will be provided an alternate evaluation process per our current bylaws document
 - If a player is only able to attend one session, the score from the attended session will be used for the missed session with a possible maximum score of 3
 - If a player does not attend evaluations, they will be placed on the B team

Save the Date!



- **April Practices**

- **12U and 14U - Pre Evaluation Practice**
 - **4/3 - Rosemount Dome - 5:30-7PM**
- **Turf 2 Weekend Practices 8U - 14U - Times TBD**
 - **4/11, 4/12, 4/18, 4/19, and 4/26**
- **12U and 14U Evaluations**
 - **4/15 - RHS Stadium Turf - 12U 7-8:15 PM, 14U 8:30-9:45 PM**
 - **4/22 - RHS Stadium Turf - 12U 7-8:15 PM, 14U 8:30-9:45 PM**

***8th Graders playing High School MUST participate in evaluations!**

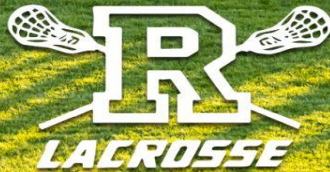
20th Anniversary Game!

May 12th

Come help pack the stands!!



All Irish Night May 21st



ALL IRISH NIGHT - MAY 22 2025



Boys LAX - Additional Events

- **Boys Preseason Clinic**

- The high school staff is offering a preseason clinic to get the players prepped for the season by working on stickwork, shooting, passing, catching, and motion.
- **March 16th - 19th from 6:00-8:00 pm at RHS Turf 2 (or gym).**
- Open to all current 5th-8th Graders
- Register Through EDUTrak - “Rosemount High Boys Lacrosse Youth Preseason Camp”

- **HS LAX Ball Boys**

- 12U and 14U players at Home games.
- 2-4 per game.
- More information to come!



Equipment Coupons

- **Scheels** - Coupon valid until 3/15/26 - 20% off
 - <https://drive.google.com/file/d/1T5clQM8Vr4KaOvr-i7cW-Fz1CICfgHQH/view?usp=sharing>
- **Dicks Sporting Goods** - Good 3/13-3/16 - 20% off
 - Burnsville and Richfield store locations
 - cmm.dickssportinggoods.com/crmcdn/getoffer.aspx?offer_entity_code=O241FM45&token=KiCzWYRuPTapJ2vIYoRryKGn9XIAcPEskKmTSowJilLqSH6zxxAhGz-78eKp3gzGsYiDOfXJYBWHJUOy4d4A-w2

20% OFF YOUR ENTIRE PURCHASE 

NEED AN ITEM NOT AVAILABLE IN-STORE? Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed above. Some exclusions apply.

VALID IN-STORE ONLY. Limit one coupon per customer. Excludes taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection plan, licenses, store credit, services or excluded items, detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.

Mouth Guard Events

- **Cosmopolitan Orthodontics**

- 3/9, 3/11, or 3/23
 - Sign up for a time!
 - <https://tinyurl.com/Rosemount-LAX-MG>
 - Donating T-Shirts to the players!

- **Minnesota Orthodontics**

- Saturday 3/14 - 9am - Noon
 - Just Show Up!
 - Fill out Waiver before you come
 - https://securehealthform.com/mconsentemr/onlineform_login.php?page=/webform/minnes1817&formid=MTczNDg=



Summer Camps

*Registration through District 196 Community Education



Boys Lacrosse “FIRE” Offense Camp (grades 2-9) - June 8 - 11

- ❑ **1-3PM - Turf 2**
- ❑ Designed to improve Offensive skills and face-off techniques.
- ❑ Become a better shooter and Dominate face-off's!

Boys Lacrosse 3V3 “FAST” Camp (grades 2-9) - June 12 - 18

- ❑ **1-3 PM - Turf 2**
- ❑ Learn skills and strategies needed to excel in fast-break offensive and defensive situations.
- ❑ Key Concepts : Odd-man situations, fast whistle restarts, fast break drills, and small sided 3v3 competitions
- ❑ Whether your attacking or defending, gain valuable experience in key game situations, improving your ability to read the play and react under pressure

Girls Summer Lacrosse Camp -NEW this year!! (grades 5-8) - June 8 - 11

- ❑ **1-3 PM - Turf 2**
- ❑ Whether you are new to the sport or returning to sharpen your game, all skill levels welcome!
- ❑ Develop fundamentals such as stick handling, passing, catching, shooting, footwork, and game awareness.
- ❑ Led by current varsity girls lacrosse players



Resources

- Rosemount Youth Lacrosse (<http://rosemount-aaa.org/lax>)
- Rosemount Area Athletic Association (<http://rosemount-aaa.org>)
- USA Lacrosse (<https://www.usalacrosse.com>)
- Minnesota Schoolgirls Lacrosse Association (MSLAX) (<https://www.mslax.net/>)
- Youth Lacrosse of Minnesota (YLM) (<http://www.youthlaxmn.com>)
- Great Northern Lacrosse League (GNLL)
(<https://www.homegrownlacrosse.org/gnllspring>)
- East Side Lacrosse - locally-owned lacrosse gear store - (<http://eslacrosse.com>)

QUESTIONS??

Email: Lacrosse@rosemount-aaa.org



@Rosemount_Youth_Lacrosse



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