



Eureka Lacrosse Club



Preseason Parent-Player Meeting

Tim Borroff-Coaching Director; Varsity Head Coach

- Coach B: 12th year coaching at Eureka, 11th year on Varsity Staff. (MO Scholastic Lacrosse Association VP of Discipline)
- Our Mission: Help our student athletes reach their maximum potential as lacrosse players, students, and young men.
- Accountability: Players are expected to be at every practice. Lack of attendance shows a lack of accountability, leading to lesser playing time.
- Practice Attire: At **EVERY PRACTICE** Players must wear either the practice pack OR: Black shorts, purple or white shirts, gray hoodie, gray sweatpants.
- Excused Absences: Sickness, family **emergencies**, school **emergencies**, etc... Time management is **KEY**.
- Grades: Grade check. Players are held to MSHSAA standards. Players will be honored for their grades at the end of year banquet.
- Team Placement: Varsity- Goal every year is a state championship. The players that best suit this goal make the varsity roster. JV- The goal is to win games, while developing every player on the JV roster. It's a core part of our program's culture that we value every team equally.

2026 COACHES

Varsity

Tim Borroff (Head Coach)

2019 MSLA Assistant Coach of the Year

Ben Eder (13th year–Offensive Coordinator)

2019 JV State Champ!

Tanner Whittemoore (Defensive Coordinator)

Junior Varsity

Christian Schevinger (Head Coach) **2013 CBC State champ**

Dustin Reis - Asst. JV Coach and Goalie Coach

What's a "ward"?

Why are the refs tapping their heads?

What does "over & back" mean?

Still Confused by Lacrosse Rules? You're not alone!

Important Events

DAYS 'TIL Season Starts

82

Parent Tip

All events are listed on our website calendar.

Team-specific events are also on the app!

Winter Conditioning

Begins January 12th

- Tuesday & Thursday Lasalle Springs Middle School 4:30 p.m.
(dress warm)
- Wednesday 2/9, 2/11 and 2/13 Positional Sessions-Location
TBD

Practice Plans

- **Evaluations: February 23-27, 2026**

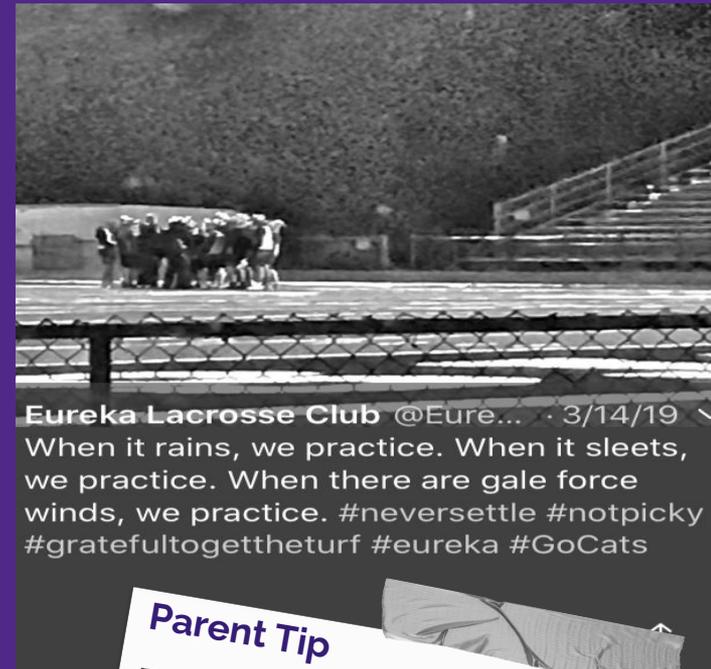
Eureka High School

- **March thru May, 2026**

Location (LaSalle Middle*)

- **Practice Changes?**

Communicated ASAP to Players and Parents through App and Email



Eureka Lacrosse Club @Eure... · 3/14/19 ✓
When it rains, we practice. When it sleets, we practice. When there are gale force winds, we practice. #neversettle #notpicky #gratefultogetheturf #eureka #GoCats

Parent Tip

The best way to stay up to date about practices is to make sure you receive text notifications every time the Club sends an email.

Visit the website for details.

League Alignment

MCC

CBC
Chaminade
Vianney
SLUH
DeSmet

Metro

John
Burroughs
Ladue
MICDS
Westminster
Priory

Gateway

Francis
Howell
Clayton
Fort
Zumwalt
Wentzville
Hickman
Rock
Bridge

Suburban 12

Rockwood
Summit
O'Fallon
Parkway
West
Webster
Groves
Kirkwood
Republic

Suburban West

Lafayette
Marquette
Eureka
Lindbergh
Parkway
South
Seckman

All teams play everyone in their conference. All additional games are chosen by the team.

Tentative 2026 Schedule: Home games indicated by *.

Out of State- 2/27-3/1 KC and 3/20-22 Nashville

KC Trip

Depart February 27th after school

February 28th 10am-Mill Valley Springdale Varsity, JV right after (5th quarter)

February 28th 2pm-Springdale vs. Eureka, JV right after (5th quarter)

March 1st 10am Mill Valley vs. Eureka Varsity

March 1st Noon Mill Valley JV vs. Eureka JV

March 7th Varsity & JV Jamboree

March 11th @ Marquette

March 14th @Seckman

March 18th Howell*

Nashville Spring Break Trip Games:

Depart March 20th

March 21st vs Franklin High School

March 22nd vs Univ School Nashville/Brentwood

March 25th @Desmet

March 28th Glenbard West-Varsity only 10am

March 31st Edwardsville*

April 3rd Parkway South*

April 8th CBC*

April 12th Pembroke Hill-Varsity only 10am-12pm range for game time start*

April 14th @Priory 5pm

April 21st SLUH*

April 24th Lafayette* Senior Night

APRIL 25th EHS Prom

April 28th Chaminade*

May 6th @ Lindbergh

May TBD Playoffs

May TBD JV Tournament

Concussion Protocol

- Trainer at every game.
- Any player who is diagnosed with a concussion must follow an established “Return to Play” protocol.
- The EHS trainer is able to work with our players on the protocol and other injuries.

More information can be found on the website under “Connect / Parent Portal” tab.

Parent Tip

Every player is unique and not all concussion symptoms are the same.

A player should notify the coaches immediately if they suspect they might have a concussion, whether that's during a game or practice.

December

- Register for Spring Lacrosse now through 1/16
- Practice Packs: Orders due December 12/23

January

- Conditioning for All Athletes Not Involved in Winter Sports
 - LaSalle Springs Middle School
 - Begins 1/12
 - Tuesday & Thursday conditioning

Don't Forget!

**Visit the website to
see times and
locations of winter
conditioning**

February

- February 9th, 11th and 13th Positional Sessions-Location TBD
- February 16th-22nd: Dead Week
- Feb. 23rd -25th: Player Evaluation Week
- Team Placement: February 26th
- KC Trip: February 27 - March 1st (all inclusive)
- Regular Season Practices begin

March

- March 7th: Varsity & JV Jamboree
- March 8th: Media Day Varsity & JV
- March 9th: Regular Season begins
- Nashville (all inclusive 3/20 thru 3/22)



Parent Tip!

Once teams are finalized, you will be able to access your son's team on the app!

You'll find rosters, schedules and be able to chat with other team parents.

April

- Regular Season continues

May

- May 6th: Regular season concludes
- TBD: JV Post Season Tournaments
- Suburban West Conference Tournament
- MSLA Postseason Begins 5/11

Parent Tip!

You can sign up to get all our tweets without a Twitter account.

Just text

Follow
@EurekaLacrosse_
to 40404.

#beintheknow
#parentscantweettoo

June

- End of Season Banquet - June 1st @ the Eureka Community Center
- Alumni Game & Freshmen Orientation Game (TBD)



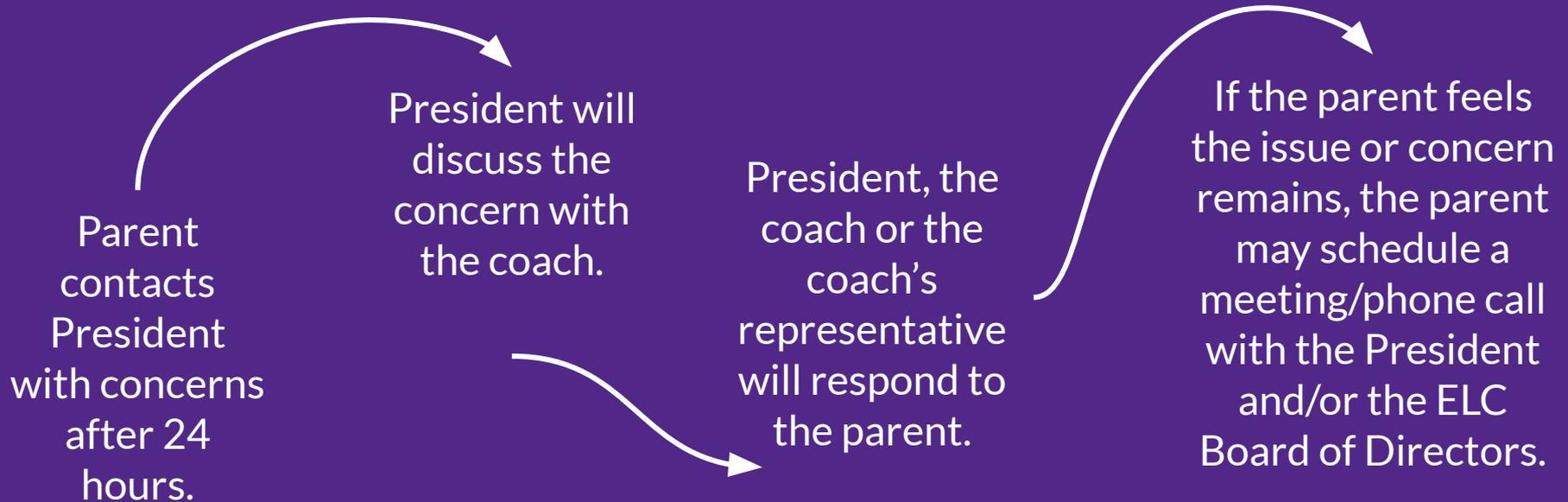
5 Ways to Be a GREAT Eureka Fan

1. Cheer for positive plays and examples of good sportsmanship.
2. Let the coaches coach.
3. Let the referees ref.
4. Stay positive with other parents and fans.
5. Take time to enjoy the game and the season. Eventually, it all comes to an end.



24-Hour Rule

Always encourage your player to discuss his concerns with his coach first.



What Do My Fees Cover?

- Coaches Salaries
 - 5 Coaches
 - Background checks
 - USA Lacrosse Memberships
- Field Rentals for all practices and home games
 - Includes field space and lights
- Field Supervisor for Home Games (must be a paid Rockwood Employee)
- Trainers (required for all home games)
- Field Equipment & Field Equipment Maintenance
- League Fee for High School
- Tournament Costs
- Referees
- Insurance
- Team Meals
- Practice Pack (Shirt & Shorts)
- New Home Uniforms for Club
- Software (Sports Engine & Hudl)
- Banquet Expense for players
- KC & Nashville Trip (All inclusive: Bus, Hotel, Meals)
- Media Day & Some Game Photos
- Misc. (posters, lanyards, senior night)

2025 Season Fees

League Fees: \$895.00

KC Trip: \$439.00

Shooter Shirt/Shorts: \$66.00

Film Meals (most): \$100.00

League Fee: \$1500.00

Pay in full, or 4 equal payments of \$375.00 (Paid in full by May 1st)

2026 Season Fees

Team Fees: \$785

KC Trip: \$350.00

Nashville Trip: \$350.00

Shooter Shirt/Shorts: \$65.00

Film Meals (most): \$100.00

Fundraising/Reserves: **-500.00**

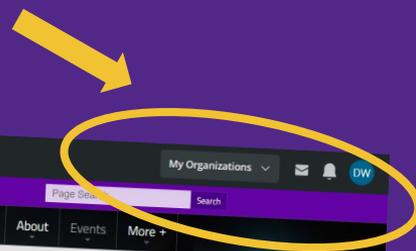
League Fee: \$1150.00

Pay in full, or 4 equal payments of \$287.50 (Paid in full by May 1st)

- You must have an active USA Lacrosse Number to register
- Players must be registered in order to participate in evaluations

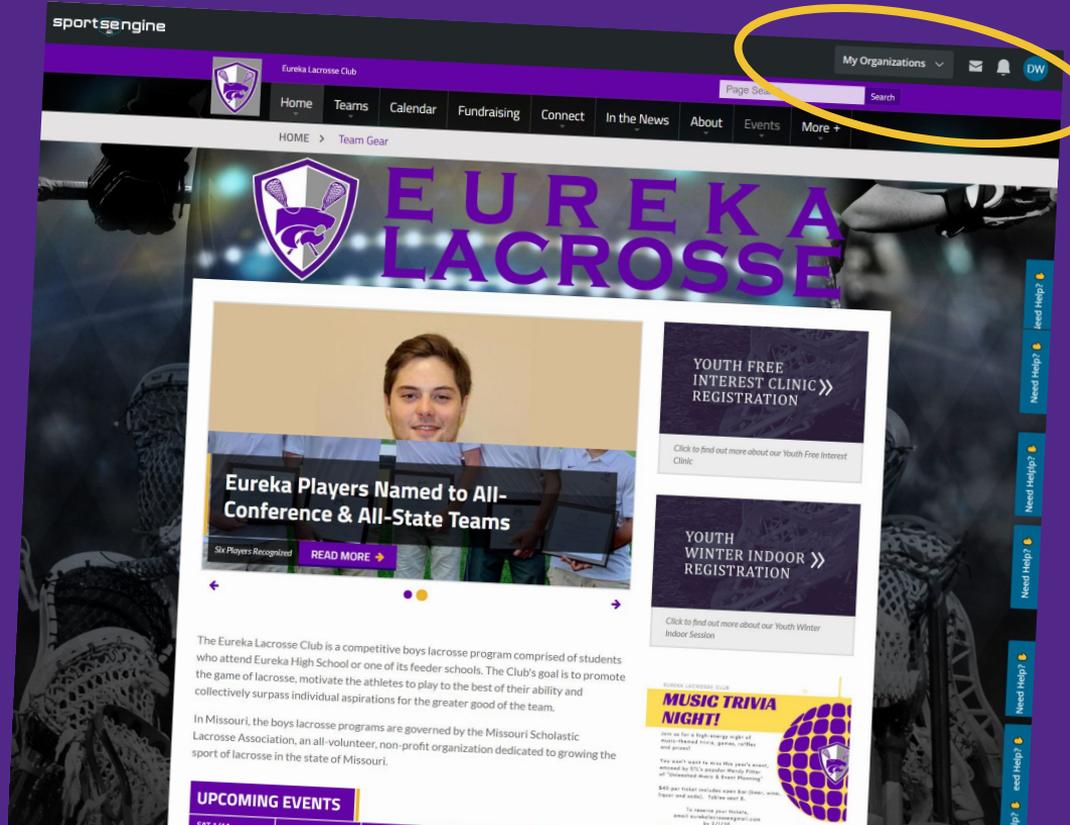
Communication

Make sure you're logged in!



How do we communicate?

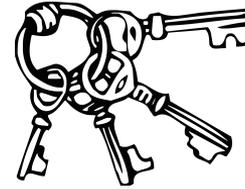
- Email
- Public website
- Sports Engine
- Sports Engine App





When you're logged in, you can...

- Add another email address
- See every email that has been sent to you from the Club...ever!
- Choose how you are notified
 - Text, email or both
- See your upcoming schedule
- See your bill



Visit www.eurekalacrosse.com/parent-portal for more info.

Sports Engine Profile

(parent who registers player)



Household
(Players)



Teams
(member)



App access

Parent Hack

The #1 reason most people have trouble navigating the website is because they aren't logged in with the account they used to register their son.

Other Avenues of Communication



eurekalacrosseclub

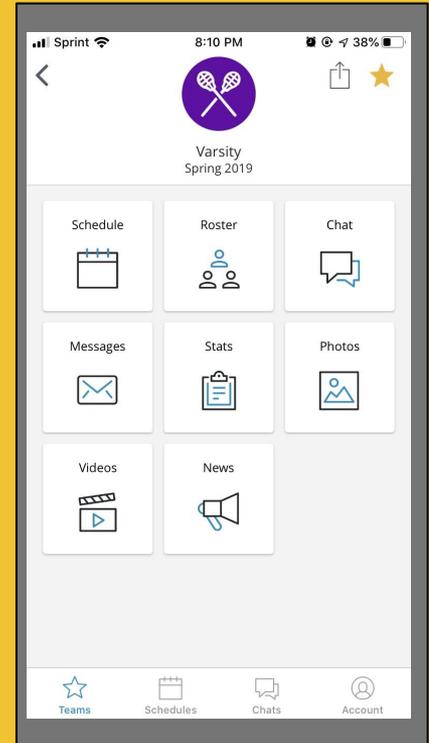
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Sportsengine app



SportsEngine App



Practice Packs

- Ordering Opens 12/4 and goes through December 23rd (one shooter shirt and short is included in registration fee)



Nike Flex 7" Woven Pocketed Short

\$35.99



Nike Dry Franchise Polo

\$35.99



Nike Club Pullover Fleece Hoodie

\$46.99



Nike Men's Team Legend Short Sleeve Tee

\$29.99



BSN SPORTS Men's Cotton Rich Fleece Joggers

\$34.99

FUNDRAISING

Ben & Lisa Heisel

Music Bingo 7-10pm



You're Invited

Eureka Boys Lacrosse Club

Jan 23, 2026 • Doors Open at 6pm

Bud Weber Community Center
333 Bald Hill Rd, Eureka, MO 63025

Join us for music, laughter, and community spirit
— all in support of the Eureka Lacrosse Club.

Bring your family and friends (21+)

Tables seat 8 with open seating. Water and soda included. A silent auction will also take place.



Scan the QR Code for more information and to register.

Questions or if you want to donate to the event contact Lisa Heisel.

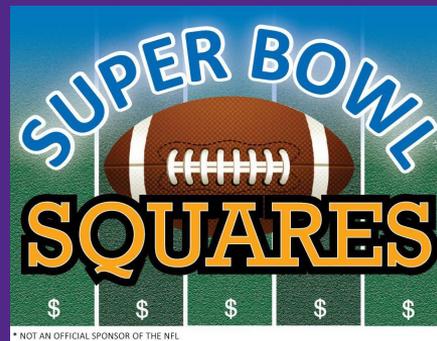
(314) 482-2499

<https://www.zeffy.com/en-US/ticketing/eureka-lacrosse-club-music-bingo>

FAN ANGEL

FanAngel is an online fundraising platform designed for all groups.

The boys make a short movie asking for friends and family to support their season. The boys are required to provide 10-20 emails. We send the movie to your friends and family list and they click a link to donate. Last year we raised \$6000.00 through FanAngel.



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- Share Nights
- Easter Bundt Cake Sales

Volunteers

Crissy Cox



Volunteers!

- Set-up & take down on game days
- Scoring/Spotting/Clock
- Videographers
- Sign-up Genius'

...and more!

Yes!

That was fun!

What can I do?

Count me in!

How can I help?



Checklist

- Practice Pack Order Due 12/23
- Mandatory Helmet: Available Now
- Pay Uniform Deposit: \$150.00 (Due prior to receiving uniforms)
- Player Code of Conduct Signatures
- Grade Checks



Parent Tip!

Once teams are finalized, you will be able to access your son's team on the app!

You'll find rosters, schedules and be able to chat with other team parents.

Questions?

All Board Members can be contacted through the website (Connect -> Our Board)

Email:
jschepis@tristarstl.com

GET
EXCITED!

