



# ROCKFORD BOYS YOUTH LACROSSE

SPRING 2025 PARENT MEETING



# Current Board Members

President: Brad Ritter

Vice President: Aaron Kohn

Secretary: Michelle Bartosik

Treasurer: Matthew Gusky

Director Of Coaching and Player Development:

Chris Gervat

Scheduling/Admin: Laura Kapuscinski



# Current Committee Members

Spirit Wear/Uniform: Brad Ritter

Website: Aaron Kohn/Laura Kapuscinski

Events Coordinators: Jessie Mason

Picture Day: Jen Libiran

Fundraising/Sponsorship: Aaron Kohn

Equipment/Field Maintenance: Matt Kropf

Scheduling/Team Manager Assistant: Laura Kapuscinski

Additional Committee Members as needed:

Dawn Haney, Jessie Mason, Erin Lefevre



# Our Mission Statement

**The goal of Rockford Lacrosse is to instill a lifelong passion for the game of lacrosse by promoting an environment where young athletes can develop skills in a fun and positive setting.**

**Through an enthusiastic instructional curriculum that emphasizes sportsmanship, camaraderie, and work ethic, the program focuses on the growth of players as both athletes and members of our Rockford, Michigan community.**



## Director of Coaching Chris Gervat



- *Long Island Native*
- *Lives with wife Alison and 2 Boys Brooks & Blake in Rockford*
- *4 Year Starter and Captain at UMass 2000-2004*
- *UMass Ranked in the top 10 in NCAA DI 3 out of 4 years*
- *Northport HS - NY - Assistant Coach 2005-2007*
- *Michigan State Assistant Coach 2008-2010*
- *Forest Hills Central Varsity Assistant Coach - 2011*
- *Davenport University Head Coach 2012-2015*
- *True Lacrosse Director of Product and Development 2012-2016*
- *Co-founder - Team Michigan*
- *Head Coach Team America 2032*



# Athlete Conduct

- Respect the game, players, coaches and refs.
- Represent Rockford community in a positive way.
- Show up on time and ready to play.
- Give maximum effort.
- Be coachable and have a positive attitude.
- Support and encourage teammates.
- Mentor program within our season



# Parent Conduct

- Please let the coaches do the coaching.
- Address issues privately away from the field.
- Cheer and support all players. Stay positive even when losing.
- Don't engage with parents/ players negatively.
- Do not yell, call out or comment to officials.
- 24 Hour Rule

# U6 Program Overview





## U6 Head Coach Alex Radandt



- Lives in Rockford with wife Rachel, son Rhodes, and expecting a baby girl in May
- Head Coach Rockford U14
- Co-Founder of Team Michigan Lacrosse and 406 Lacrosse
- Team Michigan 2031, 2033 Head Coach
- Team America 2031 Head Coach
- RBYL Social Media assistant



## U6 Format

### Fun Format!

- Tennis and squishy lacrosse balls
- Learn, practice, play format. etc
- Fun stations - Ground balls, shooting, partner passing, etc
- Fun competition - Hungry Hungry Hippos, Sharks & Minnows, etc



## U6 Equipment

- ✓ Stick
- ✓ Cleats (recommended)
- ✓ Rockford Reversible Jersey
- ✗ *Mouthguard, helmet, gloves are not needed*

### Retailers:

- *Athletes Connection*
- *Play It Again Sports*
- *Dick's Sporting Goods*
- *Lax.com*
- *LacrosseMonkey.com*
- *StringKing.com*



# U6 Schedule



East Rockford Middle School



Tuesdays, April 29, 2024 - May 20, 2024



5:00pm - 6:00pm



Picture Day & Jersey Handout: Tuesday April 29th

*\*Information about picture day will be emailed soon!*

# U8 Program Overview



## U8 Head Coach Alex Radandt



- Lives in Rockford with wife Rachel, son Rhodes, and expecting a baby girl in May
- Head Coach Rockford U14
- Co-Founder of Team Michigan Lacrosse and 406 Lacrosse
- Team Michigan 2031, 2033 Head Coach
- Team America 2031 Head Coach
- RBYL Social Media assistant



# U8 Game Format

## Format:

USA Lacrosse 7v7 Small Ball

Non-Contact Only



- Promotes higher IQ by condensing the field
- Creates more touches for each player
- Develops stronger stick skills



# U8 Grade Equipment

## ✓ Stick

- ◆ Field Stick 37-42"
- ◆ Goalie Stick 37-54"
- ⊘ D Pole - Not Allowed

## ✓ NOSCAE Helmet

## ✓ Gloves

## ✓ ND2000 Shoulder Pads

## ✓ Elbow Pads

## ✓ Protective Cup

## ✓ Mouthguard

## ✓ Cleats

## ✓ Rockford

## Reversible

## Jersey

## Retailers:

- *Athletes Connection*
- *Play It Again Sports*
- *Dick's Sporting Goods*
- *Lax.com*
- *LacrosseMonkey.com*
- *StringKing.com*





# U8 Grade Schedule



East Rockford Middle School

## Practices

## Games



**Tuesdays**

April 15 - May 20

**Wednesdays**

April 16 - May 21



**5:00 - 6:00 PM**

**5:00 - 6:00 PM**



Jersey Handout Tuesday April 15 - Picture Day Tuesday April 29th

*\*Information about picture day will be emailed soon!*

# U10 Program Overview



# U10 Director

Chris Gervat



- *Long Island Native*
- *Lives with wife Alison and 2 Boys Brooks & Blake in Rockford 4 Year Starter and Captain at UMass*
- *UMass Ranked in the top 10 in NCAA DI 3 out of 4 years there*
- *Northport HS - NY - Assistant Coach 2005-2007*
- *Michigan State Assistant Coach 2008-2010*
- *Forest Hills Central Assistant Coach - 2011*
- *Davenport Head Coach 2012-2015*
- *True Lacrosse Director of Product and Development 2012-2016*



# U10 Game Format

Format:

USA Lacrosse 7 v 7



- 1 Competitive Team  
(Black)
- 2 Developmental Teams  
(Orange and White)
- Teams TBD after Indoor practices at Cedar Rock during March
- 2 teams (all players) for tournaments



# U10 Equipment

## ✓ Stick

- ◆ Field Stick 37-42"
- ◆ Goalie Stick 37-54"
- ⊘ D Pole - Not Allowed

## ✓ NOSCAE Helmet

## ✓ Gloves

## ✓ ND2000 Shoulder Pads

## ✓ Elbow Pads

## ✓ Protective Cup

## ✓ Mouthguard

## ✓ Cleats

## ✓ Rockford

## Reversible

## Jersey

## Retailers:

- *Athletes Connection*
- *Play It Again Sports*
- *Dick's Sporting Goods*
- *Lax.com*
- *LacrosseMonkey.com*



# U10 Practices & Games

## Indoor Practices



Cedar Rock Sports Plex

4758 Cornfield Dr. Cedar Springs, MI 49319



Sundays and Wednesdays beginning on March 2. Note: First week practice is Thursday March 6.



5:00pm - 6:00pm

## Outdoor Schedule (April 14)

Practice Location: East Rockford Middle School

Practice Nights: M-T-W-TH

Practice Times: 5:00-6:30pm

Game Nights/Times: Calendar Updated by  
end of March



Picture Day: Tuesday, April 22nd

*\*Information about picture day will be emailed soon!*



# U10 Tournaments & Playdates

## TOURNAMENTS

### RIP THE DUCK

APRIL 26TH - 27TH

SOUTH BEND, IN

ALL TEAMS

### BORDER WARS

MAY 3rd - 4TH

OAK BROOK, IL

ALL TEAMS

### PLL INVITATIONAL

MAY 17th-18th

EAST ROCKFORD MS

BLACK TEAM ONLY

## PLAYDATES

### WEST SIDE

March 22nd vs East Grand Rapids

EAST ROCKFORD MS

ALL TEAMS

### WEST SIDE

APRIL 19th

EAST GRAND RAPIDS, MI

ALL TEAMS

HOTEL BLOCKS COMING SOON!!!!

# U12 & U14 Program Overview





## U12 Head Coach Chris Gervat



- *Long Island Native*
- *Lives with wife Alison and 2 Boys Brooks & Blake in Rockford 4 Year Starter and Captain at UMass*
- *UMass Ranked in the top 10 in NCAA DI 3 out of 4 years there*
- *Northport HS - NY - Assistant Coach 2005-2007*
- *Michigan State Assistant Coach 2008-2010*
- *Forest Hills Central Assistant Coach - 2011*
- *Davenport Head Coach 2012-2015*
- *True Lacrosse Director of Product and Development 2012-2016*



## U14 Head Coach Alex Radandt



- Lives in Rockford with wife Rachel, son Rhodes, and expecting a baby girl in May
- Head Coach Rockford U14
- Co-Founder of Team Michigan Lacrosse and 406 Lacrosse
- Team Michigan 2031, 2033 Head Coach
- Team America 2031 Head Coach
- RBYL Social Media assistant



# U12 Additional Coaches



**Madden Leslie**

- Played At Detroit Mercy
- 2-time All State and all Conference at Rockford
- Middie Attack

**Luke Eichbauer**

- Current player at Davenport University
- All state and all conference at Rockford





# U14 Head Coaches

## Ben Stoklas

- Alumni Davenport University
- 2 time all state & All American At Rockford
- Played Goalie

## Alex Radandt

- Team America 2031 Coach
- Team Michigan co-Founder
- LSM/FOGO @ Palm Beach Atlantic



# U12 & U14 Team Information

## U12

- 10 v 10 Format
- 1 Competitive Team (Black)
- 1 House Team (Orange)
- Teams TBD after Indoor  
practices at Cedar Rock during  
March

## U14

- 10 v 10 Format
- 1 Competitive Team (Black)
- 1 House Team (Orange)
- Teams TBD after Indoor  
practices at Cedar Rock during  
March



# U12 Practices & Games

## Indoor Practices



Cedar Rock Sports Plex

4758 Cornfield Dr. Cedar Springs, MI 49319



Sundays and Wednesdays beginning on March 2.

Note: First week practice on Thursday March 6



6:00pm - 7:30pm

## Outdoor Schedule (April 14)

Practice Location: East Rockford Middle School

Practice Nights: M-T-W-TH

Practice Times: 6:00pm - 8:00pm

Game Nights/Times: Calendar Updated by

end of March



Picture Day: Tuesday, April 22nd

*\*Information about picture day will be emailed soon!*



# U14 Practices & Games

## Indoor Practices



Cedar Rock Sports Plex

4758 Cornfield Dr. Cedar Springs, MI 49319



Sundays and Wednesdays beginning on March 2.

Note: First week practice on Thursday March 6



7:30pm - 9:00pm

## Outdoor Schedule (April 14)

Practice Location: East Rockford Middle School

Practice Nights: M-T-W-TH

Practice Times: 6:00pm - 8:00pm

Game Nights/Times: Calendar Updated by

end of March



Picture Day: Tuesday, April 22nd

*\*Information about picture day will be emailed soon!*



# U12 & U14 Tournaments & Playdates

## TOURNAMENTS

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APRIL 26TH - 27TH

SOUTH BEND, IN

ALL TEAMS

### BORDER WARS

MAY 3rd - 4TH

OAK BROOK, IL

ALL TEAMS

HOTEL BLOCKS COMING

## PLAYDATES

### WEST SIDE

March 22 vs East Grand Rapids

EAST ROCKFORD MS

ALL TEAMS

### WEST SIDE

APRIL 19th

EAST GRAND RAPIDS, MI

ALL TEAMS

### PLL INVITATIONAL

MAY 17th-18th

EAST ROCKFORD MS

BLACK TEAM ONLY





# U12 & U14 Equipment

## ✓ Stick

- ◆ Field Stick 37-42"
- ◆ Goalie Stick 37-54"
- ◆ **D-Pole 52-72"**

## ✓ NOSCAE Helmet

## ✓ Gloves

## ✓ ND2000 Shoulder Pads

## ✓ Elbow Pads

## ✓ Protective Cup

## ✓ Mouthguard

## ✓ Cleats

## ✓ Rockford

## Reversible

## Jersey

## Retailers:

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- *StringKing.com*



# Wall Ball Testing 3rd-8th Grade!

## 3/4th Grade

- Ability to cradle with both hands
- 20 righty catches and throws strong hand
- 5 weak hand catches and throws
- 90 Seconds

## $\frac{5}{6}$ Grade

- Ability to cradle with both hands
- 10 Strong hand
- 10 Weak Hand
- 10 snively right
- 10 snively left
- 10 canadian strong hand
- 5 punch out roll away
- 1 min 30 seconds

## 7th/8th grade

- Ability to cradle with both hands
- 10 Strong hand
- 10 Weak Hand
- 10 snively right
- 10 snively left
- 10 canadian strong hand
- 5 punch out roll away
- 1 min



# YOUTH NIGHT & END OF SEASON CELEBRATION

## YOUTH NIGHT AT THE HIGHSCHOOL:

- Tuesday May 13th
- 6:30pm
- Also Senior Night
- Wear your jersey, get in free!
- All practices will be from 5-6:30pm

## END OF SEASON CELEBRATION:

- Tuesday May 20th
- Hot dogs & Ice Cream
- All teams at the end of your practice
- All ages!!!!

## 2 Team Stores:

- Links coming out early next week.

# Stay Updated & Communicate!

SportsEngine is is our main point of reference for dates and times.



- View your team(s) schedule in the mobile app
- Sync app calendar with personal calendar
- RSVP for games & practices
- Chat with team members, including coach(es), team manager, and parents

Once you download the app, you will need to login with your SportsEngine account. After a moment, all of the teams that are associated with your family's account will appear in the favorites tab. If there are old teams that you are no longer interested in, simply swipe left and they will be removed.



# Thank you to our 2025 generous sponsors!



# POWERADE®



Email [ramslaxpresident@gmail.com](mailto:ramslaxpresident@gmail.com) if you are interested in being a sponsor.



# ADDITIONAL INFORMATION/QUESTIONS

EMAIL:

[rockfordramlax@gmail.com](mailto:rockfordramlax@gmail.com)

OR

Check our website for EVERYTHING you need to know for our season and program.

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