



**Welcome to the
West Youth LAX
Spring 2025
Parents Meeting**



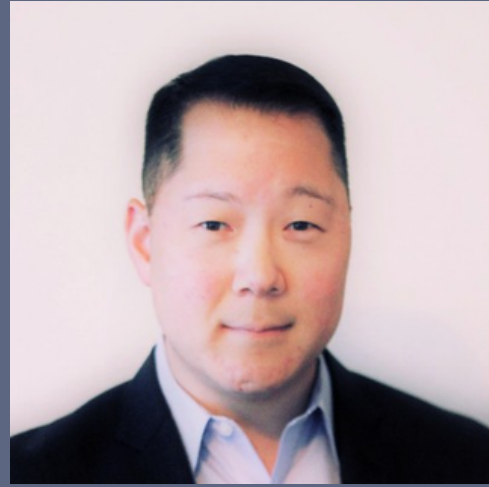
Meeting Agenda

- **Welcome**
- **Board Introductions & Openings**
- **Vision for the Program**
- **Plans for the Future**
- **Meet Coach Laden & Coach Lane**
- **Spring Rec Program**
- **Select Tryouts**
- **Select Coaches**
- **Coaches Training**
- **How can you help?**
- **Questions?**

Our Board



Kari Prinke
President



Will Kang
Vice President



Jeremy Grant
Treasurer



Chris Watkins
Secretary



Frank Podesta
Program Director



Dan Reljac
Member-at-Large

Board Openings



Vision for the Program

Grow the Sport

Promote interest and participation for boys' lacrosse within our local community.

Enhance Player Experience

Support program with training and activities to make players feel proud to play for West.

Support the Coaches

Provide training and support to the volunteer lacrosse coaches so that they may develop our players.

Impact the Community

Cultivate a history and tradition of outstanding athletes, coaches and community.

Plans for the Future



- **Signage - Yard Signs, Banners & Fliers**

- **\$100 New Player Discount**



- **“West Way” Coaches Clinic by Coach Laden**

- **Uniform & Equipment Fitting**



- **Monthly Newsletter**

- **Photo Hub**



- **Roster Shirts & Player Yard Signs**

- **Winter Player Challenge**

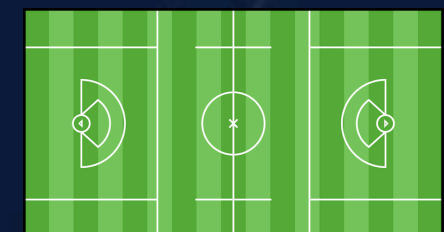


- **Learn to Play Days in Dec/Jan**



- **Registration bonus!! HS is hosting a**

Player Clinic for all registered Spring players



**Coach Laden
&
Coach Lane**

Register for Spring Rec

Deadline:
Friday
12/13



Rec Teams play in the Newtown League
Games start on March 1st

Spring Program

- **Little Shooters (K & 1st) - 1 practice**
- **U9 Rec Team (2nd & 3rd) - 2 practices**
- **U11 Rec Team (4th & 5th) - 2 practices**
- **U13 Rec Team (6th & 7th) - 2 practices**
- **Junior Select (6th & 7th) - 3 practices**
- **U15 Rec Team (8th) - 2-3 practices**

Jersey Mock-ups

OPTION 1

SIDE A



OPTION 2

SIDE A



OPTION 1

FRONT



BACK



SIDE



SIDE B



SIDE B



OPTION 2

FRONT



BACK



SIDE



Select Tryouts

West Boys Lacrosse
Select Tryouts

6th-8th Grades

OFFICIAL Feeder
Program for
West Forsyth HS

Tues, Nov. 12th
7-9 pm
@ West HS Stadium



Evaluations will be done by Select & HS Coaches

**2025 Spring
Select Coaches**

Mike Hannon

&

Patrick Hankey

Mike Hannon

- **Played NCAA Division 2 lacrosse at Kutztown University**
- **Coached Atlanta Youth Lacrosse from 1997 - 2002, AYL Coach of the Year 1998**
- **Co-founded & coached Mt. Pisgah/Riverwood HS club team, 2003**
- **Assistant coach for the original Gwinnett Blackhawks, 2004**
- **Nominated as National Youth Coach of the Year by US Lacrosse, 2004**
- **Founded Team GA, 1st club team in the state, 2005**
- **Established first Team Development Camp at Jekyll Island along with Jim Berkman of Salisbury (#1 winningest coach of all time), 2005**
- **Four straight GA high school championships (3 w/ Gwinnett Blackhawks & one w/ Collins Hill), 2005 - 2008**
- **Coached at South Forsyth, Collins Hill & Parkview high schools along with youth teams from U7 - U15 at St. Pius, South Forsyth & West Forsyth, 2011 - 2021**
- **Awarded Gwinnett County HS Coach of the year in 2019 & 2021**

Patrick Hankey

- **Played NCAA Division 1 lacrosse at Towson University**
- **Coached Multiple Teams in the South Youth Program**
- **USA Lacrosse Level 3 Certified Coach**

Coaches Training

- **Mandatory Coaches Clinic with HS Coach John Laden and staff. Coach will train them in the West way of coaching to help bring more continuity between the youth & HS programs. It'll also set standards for our coaches.**
- **Obtain Bronze Level Certification from USA Lacrosse**
- **Complete Training from Positive Coaching Alliance called “Culture, Practices and Games”**
- **All coaches will sign a Coaching Code of Conduct Contract**

How can you help?

Volunteer



Volunteer NOW!

Coach



Want to Coach?

Parent Communication

- **Website: www.wfylax.com**
- **Email: info@wfylax.com**
- **Social Media**
 - **Facebook: www.facebook.com/WFYLAX**
 - **Instagram: [@westforsythouthlax](https://www.instagram.com/westforsythouthlax)**



Questions?

SWEAT GOLD
BLEED BLUE

GO WEST!!!