CDH Girls Lacrosse

Parent & Player Spring Meeting

2026 Season



Culture Creates Champions

Agenda

Meeting

Introductions

Our purpose, values, and guiding principles

Program objectives, expectations & standards

Key dates, schedules

Support: equipment, apparel, parent roles & events

Letter awards

Q&A

Jeff Rosga ’89 — Varsity Head Coach

Ali Fenstermacher — Associate Head Coach

Jeremy Ancel — Assistant Coach

Dan Gregus — Goalie Coach

Grace Altier ’18 — Volunteer Assistant

“Players often lose opportunity by focusing on what they think — instead of what the team needs from them.”

Our Coaching Purpose

What we're building—on and off the field:

Empowerment

We build lacrosse and life skills through every challenge.

Best Selves

We foster grit, sacrifice, and the courage to lead.

The "We" Mentality

Commitment is a continuous process of "we" over "me."

True Confidence

Purposeful repetition in practice fuels game-day preparation.

Program Ethos: C.A.R.E.

C

A

R

E

What it means here

Culture: Create a supportive environment for individual growth and contribution.

Accountability: Own your attitude and actions—especially when it's difficult.

Responsibility & Respect: Honor commitments and treat others with dignity.

Energy: Bring passion, focus, and presence to every interaction, practice and game.

Culture Creates Champions

Guiding Principles

Daily Standard

Work hard—every rep matters

Do things right—details win

Bring energy—attitude is a choice

Make teammates better

Perspective

Have Fun—joy fuels effort

Play fast—see the game

Trust the process

The score takes care of itself

Program Objectives

Develop each player's skills within a team concept (IQ)

Challenge every player to grow in character, confidence, and contribution

Compete for a Conference, Section and State Title with championship-minded people every year

Build habits that carry beyond the season and into life

> **"Culture isn't what we say—it's what we consistently do."**

Program Behavior Expectations

Make impactful decisions—your choices represent the program

Maintain high standards of attendance and effort

No bullying—ever (in person or online)

Substance-free commitment during the season

Player Code of Conduct must be read and acknowledged once the season starts

> **“Expectations are easy to agree with—until they become inconvenient.”**

Communication Expectations

Players

You own the What / When / Where

Communicate early if you'll miss time

Be direct, respectful, and solution-oriented

Parents

Lead with information and affirmation

Avoid post-game emotional conversations

Use the 24-hour cooling-off rule before concerns

Social Media

Your platform is public and powerful. Don't post while in compromised emotion.

What Earns Opportunity

Playing Time Standard

Playing time is not equal

It’s awarded to the best-prepared players

Team needs come first

How We Evaluate

Skill & effort

Attitude & coachability

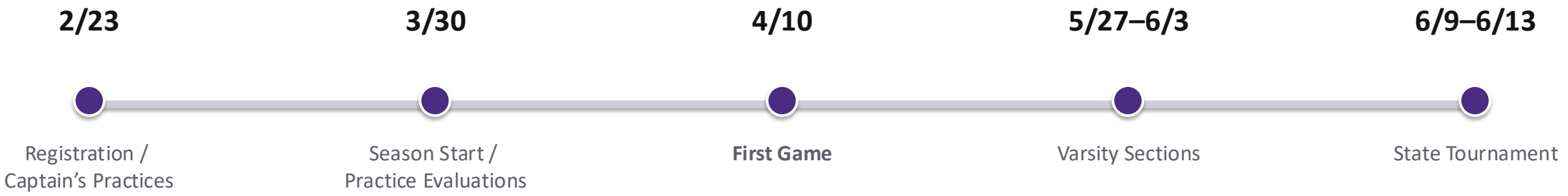
IQ, chemistry, and development

Consistency in practice

“Off-season preparation creates in-season confidence.”

Season Snapshot • Key Dates

Plan ahead. Communicate early. Prepare consistently.



Captains • 2026 Season

Players

Annie LeClair ’26
Paloma Kronschnabel ’27
Channing Haycraft ’27

What a Captain Is

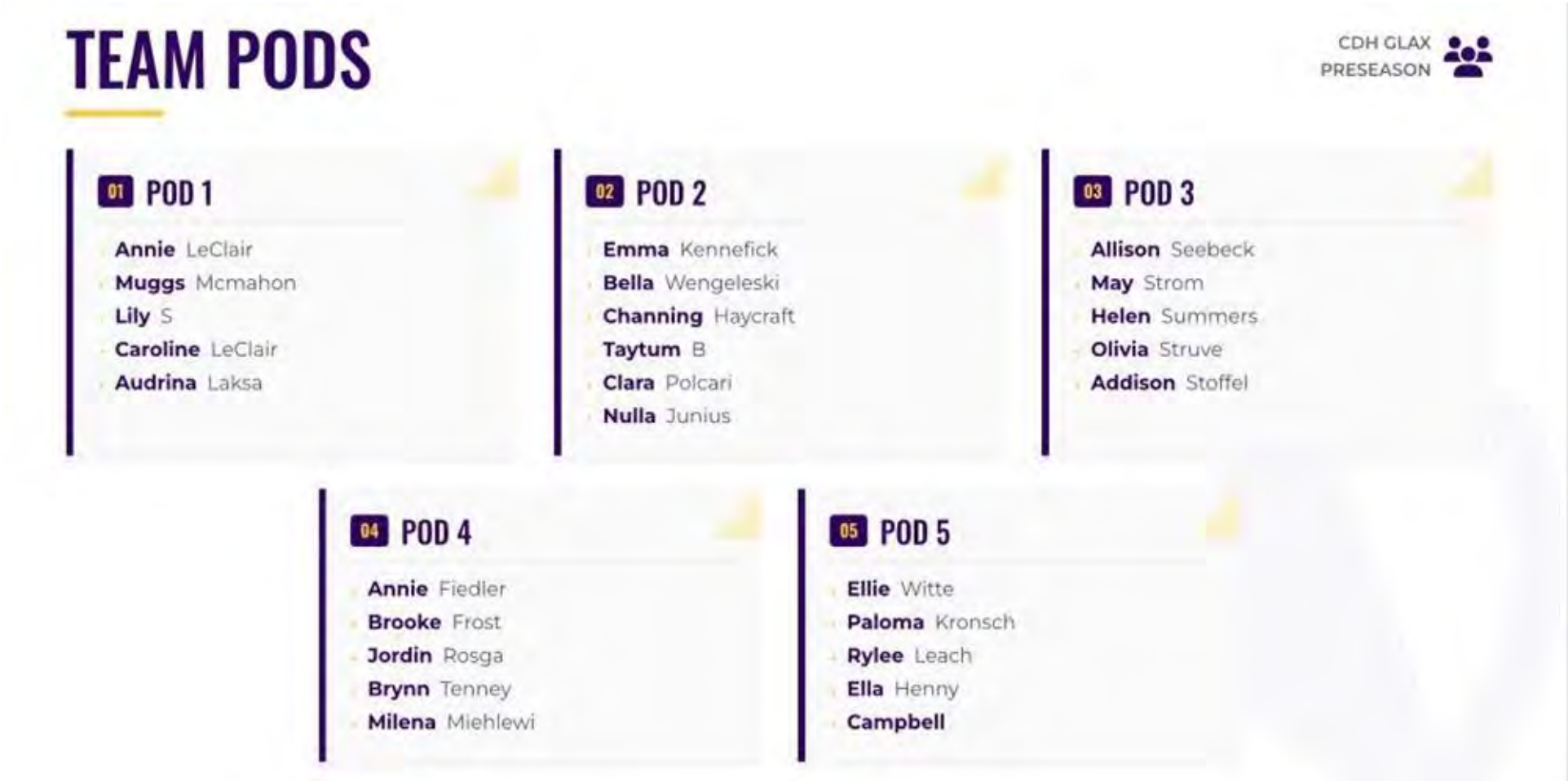
A person of character who chooses the right decision over the popular one

Caring, courageous, and consistent

An extension of the coaching staff—sets tone, standards, and accountability

Pre Season• Training Pods

Prepare consistently. Engage in the Process.



Conway Dome
M&D MN coaches will lead…2/25-26, 3/4-5, 3/15, 3/22

FEB 25	3:30 – 5:00	MAR 11	3:30 – 5:00
FEB 26	3:00 – 5:00	MAR 15	3:30 – 5:30
MAR 4	3:30 – 5:00	MAR 18	3:30 – 5:00
MAR 5	3:00 – 5:00	MAR 22	3:30 – 5:30
MAR 10	3:00 – 5:00	MAR 25	3:30 – 5:00

TEAM BONDING

Friday, Feb 28th | 6:00 – 8:00 PM | The Haycrafts' House

Player Communication

Pay Attention. Respond. Plan accordingly.



Weekly Rhythm • Practices & Training

Weekdays (Mon–Fri)

General practice: 3:45–5:45 PM

(varsity film will follow practices in-season)

Location: Wingerd Field

Changes posted via team chat + calendar

In-season S&C weekdays TBD (after school)

OPENING WEEK:

3/30 – 4/2 Evaluations: 3:45 – 5:45p

4/3: Full Team Practice 3:45 – 5:45p

4/4: 8-10a Varsity Scrimmage (Lakeville South)

4/6: Game Week

Saturdays

8:00–8:45 AM: Strength & Conditioning

9:00–10:00 AM: Field Skills

Practice Structure • What to Expect

2-Hour Practice Plan (Typical)

~10 min	**Free Play**	Wall ball, catch, field set-up (player-led)
~10 min	**Mobility Warm-Up**	Injury prevention + movement prep
~40 min	**Development Stations**	Stickwork/shooting • footwork • ground balls • small side games
~50 min	**Team Systems**	Small group → full field • situations • O/D
~10 min	**Wrap Up**	Final focus • recovery emphasis

Spring Break Program Approach

No full season penalty for missing practice/evaluations during break

Readiness matters: early playing time is awarded based on preparation and repetitions in off-season and accelerated in-season

If you're away, you're expected to be game-ready when you return

Our goal is to field the most prepared team on **April 10**

> **"Transparency: roles are earned through preparation, not promises."**

Florida Trip • Opportunity

Purpose & Structure

Accelerate team and individual readiness through an immersive training environment.

Morning Training (8:00–10:00 AM)

High-intensity skill development

Tactical implementation

Build the Raiders Standard early

Active Recovery (10:00 AM–1:00 PM)

High-level recovery habits

Keep bodies fresh for the spring

Reinforce team connection

“Competitive edge: players return ready to set the pace for the season.”

Florida Trip • Player Roster

Name First	Name Last	Confirmed	Hotel reserved?
Taytum	Bredeson	yes	yes (Tatum, Audrina, Brooklyn, Cambell)
Brooklyn	Frost	yes	yes (Tatum, Audrina, Brooklyn, Cambell)
Channing	Haycraft	yes	yes
Ella	Henningsgard	yes	yes
Paloma	Kronschnabel	yes	
Campbell	Larson	yes	yes (Tatum, Audrina, Brooklyn, Cambell)
Audrina	Laska	yes	yes (Tatum, Audrina, Brooklyn, Cambell)
Rylee	Leach	yes	yes
Clara	Polcari	yes	yes
Jordin	Rosga	yes	yes
Lilly	Selander	yes	
Olivia	Struve	yes	yes
Brynn	Tenney	yes	yes
Piper	Tenney	yes	yes

Reminder // ***Hotel Room block must be booked by 27 Feb to get the group rates***
https://reservations.opalcollection.com/atlantic-suites/availability.asp?startDate=03/28/2026&endDate=04/02/2026&requesttype=invBlockCode&code=9471786

- They room types are constrained, so there aren't unlimited of each type available.
- If you run into any issues booking the type you'd like, please reach out to me and I can work with the hotel.
- The hotel assures me that sleeper-sofas are comfortable, roll-aways are NOT available.

Positions • What Success Looks Like

Midfield

Two-way engine. Endurance, feet, stick skills, commitment to defense. Head up: read & react

Attack

Strong hands & vision. Timing, spacing, finishing. Must ride with effort. Play fast and play to what we see. Space the field; move in time and on time.

Defense

Feet, reactions, awareness. Communicate, slide, and recover with discipline. Body first—stick second Shuffle and slide (don’t push). Communicate early and constantly.

Goalie

Short memory. Brave, composed communicator. Sets the defense.

On the field: 12 players total (11 field). Midfield drives both ends, attack and defensive runners.

Equipment & Apparel

Required Equipment



Women’s stick



Goggles
SEI / ASTM compliant



Mouthguard
Color



Turf cleats
Soccer/football/lax OK

Team-Issued Apparel

Game uniforms

Practice pinnies

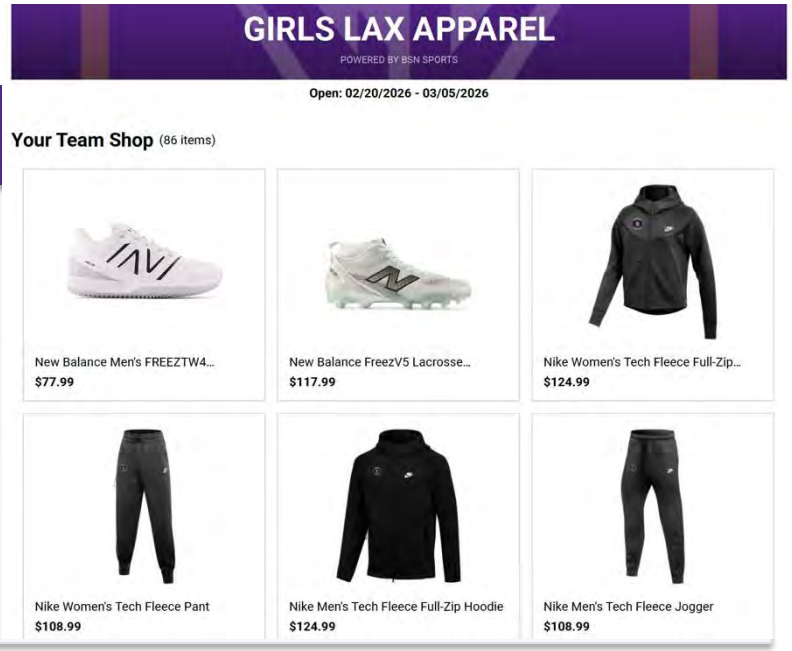
Purple shooting shirts

Equipment & Apparel

Recommended Items & Apparel

Turf Shoes & Cleats

Nike Tech Fleece



Spirit Wear

Team spirit locker store opens this week (link will be shared).

Plan ahead for sizing and ordering deadlines.

Parent Support • How to Help the Team Win

Support That Matters

Consistent logistics (rides, timing, gear)

Reinforce habits: sleep, nutrition, recovery

Encourage resilience—don't rescue discomfort

Celebrate effort, toughness, and growth

Key Events (Dates TBD)

Team uniforms distribution

Captain team dinner

Weekly team meal- parent group

Team photo

Teacher appreciation

Senior Day

Team banquet

"Beyond the Books Give Day: select "Girls Lacrosse" so it supports our program directly."

Awards- Varsity Letter Winners

Varsity Participation: Contribute in 50% or more of total Varsity halves.

- Injury Policy: Players sidelined by injury remain eligible if they stay engaged and attend all team functions/practices.
- Senior Letter Award: Recognizes multi-year dedication and leadership from Seniors who have consistently elevated the program.
- Coaches' Discretion: Awarded for exceptional "Raider Standard" behavior, regardless of stats

Conference, Section and State Award Honors are voted on by each respective committee

Appendix

Evals, Development Resources, & Concepts

Evaluation / Practice: Key Areas

Throwing & catching (speed + accuracy)

Ground balls (under pressure)

Stick skills: cradle, pass, catch, wall ball, ground balls

Athleticism: conditioning run + speed/agility/quickness (SAQ)

Shooting: placement before power

Defense: footwork, angles, and body positioning

Game impact: shooting, defense, field awareness, teamwork

Coaches evaluate consistency, effort, coachability and contribution

Appendix • Video Links (Clickable)

All videos are short—ideal for high-quality reps.

Practice with Purpose. Invest in Confidence

Hand position and fundamentals (Taylor Cummings)

Cradling and ball protection (Taylor Cummings)

Beginner progression (Denver Women's Lacrosse)

Advanced progression (Taylor Cummings)

Focus: accuracy, consistency, pace, and catching cleanly to the ear. ~20-min/day

Non-negotiable: both hands, every session

Tip: film 30 seconds of wall ball occasionally—feedback accelerates improvement.



Tip: open videos from this slide, then return to the appendix images.