

March 18, 2009 Minutes

- A. Introduction by Sarah Bourne, President of Minnesota State High School Coaches Association
  - a. April 18<sup>th</sup>, All America Pre-Nomination forms due to All America Chair
  - b. Join US Lacrosse as Head Coaches by April 1, email name and member number to Sarah Bourne at [puppetdish@yahoo.com](mailto:puppetdish@yahoo.com)
  - c. Minnesota State High School Leagues Coaches: MSHSCA at [www.mshsca.org](http://www.mshsca.org)
    - i. That determines the number of All-Americans and students MN can send to WDNT
    - ii. April 19<sup>th</sup> WDNT tryouts at Robbinsdale-Armstrong HS 2-5
    - iii. Senior only division players have to be nominated by coach to remain eligible, so far 27 seniors
    - iv. All Americas: to nominate please look at criteria (player must meet 4-7), for Academic All America player must meet 2 of 7 requirements and have a 3.68/4.0 GPA, allowed up to 5 players per team
    - v. May 20<sup>th</sup> final All America forms due for Academic
    - vi. April 1<sup>st</sup> All America pre nomination forms due so that the review committee can see players play
  - d. Laxtravaganza: June 13-14, players MUST be US Lacrosse members, site TBD
  - e. NSLA club coaches, please join; this will allow every coach to be on the same page
  - f. New board members:
    - i. Treasurer: Mindy Evers from White Bear Lake ([cyranoforlife@yahoo.com](mailto:cyranoforlife@yahoo.com))
    - ii. Officials Liaison: Rick Reidt
    - iii. Special Events, Coaches Clinic: Gary Gregus (Jeffereson), Alex Erickson (Apple Valley), Kate Leavell (Lakeville) [kateleavell@gmail.com](mailto:kateleavell@gmail.com)
    - iv. USL All-American Chair: Larry Doran (MLA President) [ldoran@knutsonconstruction.com](mailto:ldoran@knutsonconstruction.com)

Minnesota Prep Coach Articles – call for volunteers to write for upcoming issues

- B. May 1 – Kristen Opalinski, Moundview
- C. September 1
- D. December 1
- E. March 1
- F. Editorial Cartoons from Steve Mark (former Hopkins parent)

Minnesota Swarm High School Night:

<https://secure.xcelenergycenter.com/GT/default.asp?Group=High94094>

- G. Coaches Handbook: Bill Moir
  - a. Consistency with administrative tasks, like statistics!
    - i. Home team reports scores to media (Star Tribune, Pioneer Press, laxpower.com)
    - ii. MUST REPORT scores to media, otherwise AD's are fined
    - iii. Keep accurate states please, there are directions in the back of scorebooks, please have your volunteers pre-trained to eliminate questions!
    - iv. Run a professional game

- v. Need a trainer onsite , and an AED
- vi. Ensure that fields are marked correctly, it not you must inform opposing coach
- vii. Look at refereeing assignments on Arbiter
- b. If questions, email Bill at [bdmoir@earthlink.net](mailto:bdmoir@earthlink.net), please have your name, school, and position in email to be on email list, or to be emailed handbook
- c. Referees will be carding!
  - i. However, if a player is suspended for receiving two yellow cards that does NOT equal an ejection. With an ejection the player misses the next game, with a suspension the player only misses the rest of the game—for examples look at e-lacrosse.com to watch film
  - ii. Teach the women’s game please, it rests on the coaches shoulders to know the game and teach it correctly
  - iii. Our MSHSL adapted some US Lacrosse rules
  - iv. Email Bill Moir for rules updates and other rule questions

H. Minnesota Swarm High School Night:

<https://secure.xcelenergycenter.com/GT/default.asp?Group=High94094>

I. 2008/2009 Calendar

J.

K. March 10 – 7:00 PM, Roseville Area

L. - WDNT Nominations due to Sarah Bourne puppetdish@yahoo.com

M. March 18 – 7:00 PM, Edina \*Coaches Association Meeting to Follow\*

N. March 23 – First Day of Practice

O. March 29 – WDNT waivers and registration due

P.

Q. April 1 – All-American Pre-Nomination Forms Due to All-American Chair

R. April 19 – WDNT Tryouts at Robbinsdale-Armstrong High School 2-5 pm

S. May 1 – Prep Coach Article Due

T. May 19 through 28 – Section Play

U. May 22-25 – WDNT

V. May 18 – All-American and Academic All-American Nominations Due to All-American Chair

W. May 25 – State Team and Award nominations due

X.

Y. June 1 – State Team and Award Voting

Z. June 2 and 4 – State Tournament

June 13 & 14 – Laxtravaganza – All-Star Games – players must be USL members

# Officers

Acting Chair: Sarah Bourne (Columbia Heights) [puppetdish@yahoo.com](mailto:puppetdish@yahoo.com)

## Advisory Board:

1. Rachel Aiken (Chaska) [rach815@hotmail.com](mailto:rach815@hotmail.com)
2. Judy Baxter (Eden Prairie) [jbaxter@edenpr.k12.org](mailto:jbaxter@edenpr.k12.org)
3. Sarah Bourne (Columbia Heights) [puppetdish@yahoo.com](mailto:puppetdish@yahoo.com)
4. Laura Mark (the Blake School) [lmark@blakeschool.org](mailto:lmark@blakeschool.org)
5. Bill Moir (Robbinsdale-Armstrong) [bdmoir@earthlink.net](mailto:bdmoir@earthlink.net)
6. Kristen Opalinski (Moundsview) [studio22designs@yahoo.com](mailto:studio22designs@yahoo.com)
7. Sheryl Raithel (Bloomington-Kennedy) [sraithel@bloomington.k12.mn.us](mailto:sraithel@bloomington.k12.mn.us)
8. Guy Jones (Prior Lake) [guyj@generalparts.com](mailto:guyj@generalparts.com)
9. Maureen Sanderson (Rochester) [msanderson87@yahoo.com](mailto:msanderson87@yahoo.com)
10. Gary Gregus (Jefferson) [ggregus@shakopee.k12.mn.us](mailto:ggregus@shakopee.k12.mn.us)

Secretary: Ana Brawner ([ana.brawner@gmail.com](mailto:ana.brawner@gmail.com))

Treasurer: Mindy Evers (White Bear Lake) [cyranoforlife@yahoo.com](mailto:cyranoforlife@yahoo.com)

All State Selection Chair: Rachel Aiken (Chaska) [rach815@hotmail.com](mailto:rach815@hotmail.com)

Officials Liaison: Rick Reidt (Stillwater)

Rule Change Chairs: Judy Baxter (Eden Prairie) [jbaxter@edenpr.k12.org](mailto:jbaxter@edenpr.k12.org) & Bill Moir (Robbinsdale-Armstrong) [bdmoir@earthlink.net](mailto:bdmoir@earthlink.net)

Special Events Chairs: Gary Gregus (Jefferson) [ggregus@shakopee.k12.mn.us](mailto:ggregus@shakopee.k12.mn.us), Alex Erickson (Apple Valley), Kate Leavell (Lakeville) [kateleavell@gmail.com](mailto:kateleavell@gmail.com)

All-American Chair: Larry Doran (MLA President) [ldoran@knutsonconstruction.com](mailto:ldoran@knutsonconstruction.com)

Regional Selections Chairs for the WDNT:

Sarah Bourne (Columbia Heights) [puppetdish@yahoo.com](mailto:puppetdish@yahoo.com)

Kristen Opalinski (Moundsview) [studio33designs@yahoo.com](mailto:studio33designs@yahoo.com)

Women's Representation to the MLA: Heather Brick (Visitation) [mnwomenslacrosse@gmail.com](mailto:mnwomenslacrosse@gmail.com)

