



Moorhead Youth Lacrosse

2025

Board of Directors

President: Mitch Lau
Vice President: Ashley Hirschert
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Fundraising: Jeremy Uphoff/Ashley Hirschert (Co)
Tournament: Stephanie Albert/Mitch Lau (Co)
Boys Director: Patrick Mack
Girls Director: Jason Gregoire
Boys Commissioner: Logan Wiemken
Girls Commissioner: Briann Martinson

Questions

Contact: moorheadlax@gmail.com
Mitch: 701-412-8969 or Ashley: 218-790-3539

Coaching Staff

Boys: Nik Budig, Matt Schroeder, Gavin Fiel, Caleb Alderson, Patrick Mack, Tyler Trautman, Jace Blythe, & Oliver Judd.
Girls: Ava Nelson, Ally Harvala, Sophie Swenson, Betsy Davis, Ellie Retzger, Abbie

EQUIPMENT

→ Scheels

- ◆ Moorhead Location. Fargo will honor the discount, but you will need to wait for management approval, and they are very limited on gear. Moorhead is your best option.
- ◆ Bring the Flyer to get 20% off Lacrosse Gear

*MYLA Will Provide Goalie Equipment



USA Lacrosse Equipment Guide



BOYS PLAYER – Required Equipment

Helmet-meets NOCSAE Standards
Lacrosse Stick
Gloves
Shoes or Cleats, preferably cleats
Protective Cup
Arm Pads
Shoulder Pads-meets NOCSAE Standards
Mouthguard

BOYS GOALIE – Required Equipment

Helmet-meets NOCSAE Standards
Throat Guard
Shoes or Cleats
Protective Cup
Goalie Gloves
Chest Protector-meets NOCSAE Standards
Mouthguard
Goalie Crosse

GIRLS PLAYER – Required Equipment

Goggles
Crosse
Mouthguard

GIRLS GOALIE – Required Equipment

Helmet-meets NOCSAE Standards
Throat Guard
Shoes or Cleats
Pelvic Protection
Goalie Gloves
Chest Protector-meets NOCSAE Standards
Mouthguard
Goalie Crosse
Leg Pads

Practices

Location: Centennial Park, 2600 15th Ave. N., Moorhead

Monday, Tuesday & Thursday

Field 1 (East): 10U Boys 5:30–6:50

Field 1 (West): 10U Girls 5:30–6:50

Field 2: 12U Girls 5:30–6:50

Field 3: 12U Boys 5:30–6:50

Field 2: 14U Girls 6:50–8:10

Field 3: 14U Boys 6:50–8:10

Tuesday & Thursday ONLY

Field 1 (East): 6U/8U Boys 5-6

Field 1 (West): 6U/8U Girls 5-6

****Coaches may adjust the schedule and add scrimmages at their discretion, so please pay attention to your teams communication pages.**

What to bring to practice:

ALL required protective equipment

Full Water Bottles

Extra Water

Sunblock & Bug Spray

ZERO TOLERANCE

MYLA will be strongly implementing a zero-tolerance policy for the use of foul / inappropriate language, bullying, destruction of facilities, and poor sportsmanship. This includes, but isn't limited to actions towards coaches (Moorhead and opposing coaches), officials, parents (of either team), and tournament personnel. This also applies to actions taken by players digitally and/or on social media. Coaches and Players represent Moorhead and its community, and they need to act accordingly.

First Offense: Verbal warning.

Second Offense: Dismissal from the next game (if during a game, includes remainder of current game and next game).

Third Offense: Dismissal from the team, pending board decision.

If an offense is egregious enough, and the discipline needs to be elevated, MYLA and its directors have the right to do so.

Weather Cancellations

The following will cancel potential games and practices:

1. A heat Index of 100 or more.
2. Too much rain, which would cause damage to the fields and put the kids at risk of injury.
3. Thunderstorms/violent storms, or lightning in the area .

The City of Moorhead has the final say when it comes to field conditions and can shut us down at their discretion. Communication of cancellations will be on our social media, emails, and through a team's groupme.

Travel Tournaments

We are working on room blocks for these tournaments as we speak. Please make sure to check your emails for reservation links and more info as we get it.

May 17 - 18 Wayzata Invitational Tournament, Wayzata, MN

May 31 – June 1 Boys: Goat Tournament, Farmington, MN
Girls: GNLL State – White Bear Lake

June 7 - 8 Boys: GNLL State – Maple Grove, MN
Girls: River Valley Rumble Tournament, Shakopee, MN

June 28 - 29 Black & Blue – Woodbury Black and Blue Tournament

***6U does not travel & 8U may travel to Wayzata & Woodbury based on availability. More to come on the in-house schedule.**

How We Communicate

Email-Weekly Updates

GroupMe: Team Communications
Website-Homepage & Team Pages: moorheadlacrosse.com
Social Media Twitter: @MoorheadLax & @GirlsMhdYLAX
Facebook: Moorhead Lacrosse
Instagram: [moorhead_youth_lax](https://www.instagram.com/moorhead_youth_lax)
BlueSky: [@moorheadlax.bsky.social](https://bsky.app/profile/moorheadlax.bsky.social)

Fundraising

In order to keep the cost of registrations down, this year we are requiring each player to sell a minimum of \$200 of product in any combination of the 3 options listed below. If you want to opt out of fundraising, the cost is \$80.

Fundraising options: Butter Braids, Coffee, Pizza

*6U is exempt from fundraising, however, if you would like to fundraise to help our association it is greatly appreciated!

Do you know anyone who might be interested in becoming a sponsor? Send us an email. We are also looking for silent auction basket items.

Jerseys, Shorts & Shooter Shirts

Jersey Order Deadline 3/23

NO NEED TO BUY NEW EVERY YEAR IF LAST YEARS FITS

*6U/8U not required if not traveling

Shooter Shorts & Shirts Deadline 3/30

Not Required but Suggested



High School Youth Days

Practices are cancelled and players are required to attend the game. Admission is free, players need to wear their jerseys. If you don't have a jersey we will hand out orange bracelets beforehand. More information will be available closer to the game.

Important Dates:

March 23rd – Jersey Orders due

March 30th – Shooter Orders due

March 31st – Practices Start

April 7th – Coffee orders & money due

April 8th – Butter Braid orders & money due

April 17th – Butter Braids & Coffee delivered

April 29th – Boys Youth Day @ MHD Spuds home game. **BOYS TEAMS ONLY!!**

May 13th – Girls Youth Day @ MHD Spuds home game. **GIRLS TEAMS ONLY!!**

May 15th – Pizza fundraiser starts

May 17th - 18th – Wayzata Invitational Tournament – Wayzata

May 29th – Pizza orders due

May 31st - June 1st – Boys: Viking Goat Tournament – Farmington
Girls: GNLL State – White Bear Lake

June 7th - 8th – Boys: GNLL State – Maple Grove
Girls: River Valley Rumble – Shakopee

June 12th – Pizzas delivered

June 28th - 29th – Black & Blue Tournament – Woodbury

June 30th – End of Season Party/Olympics

Code of Conduct Agreement

The code of conduct is as follows:

1. Players/Parents will not use foul language on the field towards any coach, player, official, parent, spectator, or tournament official. This includes the use of any kind of slang, racial slurs, or derogatory language.
2. Players/Parents will act appropriately and will respect home and away facilities. This includes but is not limited to: Hotel facilities, fields, restaurants, and training facilities. When our teams travel, we represent the community of Moorhead and must do so with pride and respect.
3. Bullying is not allowed in any way shape or form and will not be taken lightly. This includes but isn't limited to: Verbal bullying, physical bullying, and electronic/cyber bullying.
 - a. Verbal bullying: teasing, name calling, inappropriate, sexual or racial comments, taunting, hand gestures, verbal threats, mocking, etc.
 - b. Physical bullying: hitting, kicking, punching, spitting, tripping, shoving, stealing/damaging personal property, and any other way to cause physical harm to a players body or property.
 - c. Electronic/Cyber Bullying: The use of email, cell phones, social media, the internet, text messages, online game chat, and any other form of electronic device/form of communication that is used to bully another.
4. Players/Parents will show good sportsmanship toward their opponents.
 - a. Sportsmanship is an understanding of and commitment to, fair play, ethical behavior, integrity, and general goodwill toward an opponent. Players should be gracious when they win or lose and always treat their opponent with respect.

First Offense: Verbal warning.

Second Offense: Dismissal from the next game (if during a game, includes remainder of current game and next game).

Third Offense: Dismissal from the team, pending board decision.

I, (player)_____, and (parent)_____ have read and understand MYLA's code of conduct. We understand that bullying and unsportsmanlike behavior of any sort will not be tolerated. We understand what is expected from me as a player/parent and a member of the Moorhead Youth Lacrosse Association. We understand that actions have consequences, and what the consequences are if we don't follow MYLA's code of conduct.

Player 1 Signature_____ **Date:**_____

Player 2 Signature_____ **Date:**_____

Parent Signature_____ **Date:**_____

Photo Release Form

We would appreciate it if parents completed this consent form in order to allow their children to be photographed during league events, practices, games, or related activities for promotional purposes organized by Moorhead Youth Lacrosse (MYLA).

If you do not want to have your child photographed or photographs published, please do not hesitate to indicate this below by marking the corresponding checkbox.

As the parent or legal guardian of the child(ren) listed on this form:

- I understand that my child may be photographed by Moorhead Youth Lacrosse during normal practices, games or any other activities.
- I understand that these images may be used in various forms of media, including but not limited to Social media (Facebook, Instagram, Twitter, etc.), website and promotional materials, newsletters and brochures and local media coverage.
- I give permission for my child's photographs to be shown on Moorhead Youth Lacrosse website, social media pages, newsletters or any other publication/advertisement.

☐ **I GIVE permission** for my child's image to be used as described above.

☐ **I DO NOT GIVE permission** for my child's image to be used.

Player 1 Name _____

Player 2 Name _____

I acknowledge that MYLA will not use my child's name without additional permission. I understand that I will not receive compensation for the use of these images.

Parent Signature _____ **Date:** _____