

# Woodinville Lacrosse Club

2026 Spring Season <sup>FACE</sup>~~Kick~~ Off

Welcome Players & Parents!

# Agenda



1. Welcome to Woodinville Lacrosse	Anissa Wheeler
2. Thank You Thorpe Family	Anissa Wheeler
3. Vision and Mission Statement	Anissa Wheeler
4. Board of Directors Introduction	Patrick Holmes
5. Youth Program Director and Coaching Slates	Mason Leet
6. HS Program Director and Coaches	Chuck Goodman
7. Woodinville Lacrosse Philosophy	Mason Leet & Chuck Goodman
8. Season At-A-Glance	Mason Leet & Chuck Goodman
9. Club Financials	Andrew Nelsen
10. Auction and Sponsorship	Kelsey Saylor
11. Equipment	Mason Leet
12. Registration and Apps	Michael Mainer
13. Communications	Val Kok
14. Team Breakout Sessions	Anissa Wheeler

# Thank you Thorpe Family



Over the past 8+ years, Todd and Catie Thorpe have selflessly given of their time, talents, energy and passion to the Woodinville Lacrosse Club. Todd has coached at the K2, 34, and High school level. Todd has also served on the board in the roles of Secretary and President. In addition to his formal responsibilities Todd has been a community builder for Woodinville Lacrosse. He has coordinated numerous impromptu lacrosse opportunities and several youth travel tournaments. While these are the most memorable ways that Todd has contributed, he has always been willing to set up and fill the gaps in our organization to make sure we are successful.

Catie has been an integral volunteer with WLC as well. She has been a consistent game day volunteer who always steps up wherever she is needed. Catie has been our Auction Coordinator since 2021, and was instrumental in bringing back our Auction and Social after Covid. Catie has done a phenomenal job of growing and improving the auction every year.

We have been blessed to have their positivity, leadership and dedication to our Woodinville lacrosse family these 8+ years. Thank you Thorpe family!

# Vision & Mission Statement



## Vision

The Woodinville Lacrosse Club exists to make lacrosse available to all students, in addition to providing a meaningful and enduring lacrosse experience for players and families in our community.

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## Mission Statement

The Woodinville Lacrosse Club is a non-profit organization that provides lacrosse for students K-12 in the Woodinville High School feeder program. We strive to provide fun and competitive opportunities to play and compete. We are focused on individual and team development through fundamentals, tactics and a holistic coaching methodology. By implementing these methods, we aim to develop players who can play and compete with top talent in the state of Washington.



# Board of Directors



Role	Member	Email
President	Anissa Wheeler	<a href="mailto:president@woodinvillelacrosse.com">president@woodinvillelacrosse.com</a>
Vice President	Patrick Holmes	<a href="mailto:vp@woodinvillelacrosse.com">vp@woodinvillelacrosse.com</a>
Treasurer	Andrew Nelsen	<a href="mailto:treasurer@woodinvillelacrosse.com">treasurer@woodinvillelacrosse.com</a>
Secretary	Josh Massie	<a href="mailto:secretary@woodinvillelacrosse.com">secretary@woodinvillelacrosse.com</a>
Dir of Marketing & Comms	Val Kok	<a href="mailto:communications@woodinvillelacrosse.com">communications@woodinvillelacrosse.com</a>
Registrar	Michael Mainer	<a href="mailto:registrar@woodinvillelacrosse.com">registrar@woodinvillelacrosse.com</a>
At Large – Fundraising	Kelsey Saylor	<a href="mailto:fundraising@woodinvillelacrosse.com">fundraising@woodinvillelacrosse.com</a>

# Youth Program Director



**Mason Leet**

Youth Program Director

(425)-236-9761

[Programdirector@woodinvillelacrosse.com](mailto:Programdirector@woodinvillelacrosse.com)

Players:

- Continue to build on our great culture from this past year!
- Play the game right way
- When in team setting focus on the WE, not ME
- Have a goal in mind this spring, break it down in achievable steps

# Youth Coaching Slate



## K-2 Team

HC: Eric Mattingly

AC: Pat Lewis

AC: Justin Gapper

## 3/4 Team

Navy HC: Michael Mainer

Green HC: John Trenkamp

White HC: Jarret Wood

## 5/6 Team

HC: Andy Ferrington

AC: Andrew Hall

AC: Devin Easterlin

AC: Matthew Armstrong

## 7/8 Team

Navy HC: Mason Leet

Navy AC: Jake Baillie

Green HC: Nathan Schuler

Green AC: Ryan Burns

HC = Head Coach  
AC = Assistant Coach

# High School Coaches/PD



## High School Program Director and Head Coach:

Chuck Goodman - [hscoach@woodinvillelacrosse.com](mailto:hscoach@woodinvillelacrosse.com)

Eric Omri (Asst Coach) - [ericomri@gmail.com](mailto:ericomri@gmail.com)

Christian Berkey (Asst Coach) - [christianbsberkey@gmail.com](mailto:christianbsberkey@gmail.com)

## 2026 Season Priorities

- Be Process Oriented – Every day is an opportunity to assess performance, be coachable, work hard, and get better.
- Set a high standard for our team – Focus on our play, our execution, our controllables.
- Team Values: Bring the Juice and Compete Everyday (*More in process*)
  - Team awards: The Hard Hat, The Belt, and more



# Woodinville Lacrosse Philosophy



## Coaching Principles

1) We will play fast.

- Uptempo practices = Uptempo games

2) We will teach strategy through gameplay.

- Gametime scenarios x Gametime speed = Gametime IQ and creativity

3) We will have fun striving for a high bar.

- We can demand a lot of each other and have fun working together.

## High Level Playbook Concepts

- Offense: Motion offense. Two man game/"pairs".
- Defense: Inside out defense. Slide and recovery packages.
- Whole Team:
  - #1 Stick skills.
  - #2 Understand playing O/D in uneven situations (2v1, 3v2, etc).

# Season At A Glance



## Dates to Note:

-66 and 88 teams will practice a third time every week, always on a Monday or Friday

-Youth practices will be held during mid-winter and spring break

	K-2	3/4	5/6	7/8	HS
<b>Practices Start</b> <b>Day</b> <b>Time</b> <b>Location</b>	February-24 Tues/Thurs 4:45-6 pm WSF	February-17 Tues/Thurs 4:45-6 pm WSF	February-10 Tues/Thurs 5:45-8 pm WSF	February-10 Tues/Thurs 5:45-8 pm WSF	March 2
<b>Games Start</b>	March-14	March-7	Feb 28	Feb 28	March 13
<b>Post Season Dates</b>			5/16, 5/20 and 5/23- Championships (66 team)	5/16, 5/20 and 5/23- Championships (88 team)	Playoffs start: May 4 State C'ship: Saturday May 23
<b>Tournaments</b>	March-9 K-2 Jamboree 6/6-6/8 Summer Solstice	June 13th-14th (TBD)	June 13th-14th (TBD)	June 13th-14th (TBD)	Summer Solstice (Tukwila) June 5-7

# Club Financials



## **FY 24-25**

### **Finished Strong with a Budget Surplus**

#### **Reinvested the budget surplus**

- **\$6500 early bird discounts**
- **\$5600 shooter shirts and subsidized pinnies/short**
- **Free Preseason Training**

## **FY 25-26**

- **Programs are all hitting their targeted participation rates**
- **Current fundraising efforts are above target, driven by strong employer matching**
- **Potential Pressure Areas and Actions**
  - **Field Costs**
  - **Staffing Expenses**
  - **Overall price rises**
  - **Multi- Year targeted increase in our fundraising goals**

# FUNDRAISING - AUCTION



## STICK TOGETHER: A WOODINVILLE LACROSSE SOCIAL

Join us for an evening of community, spirit, and supporting our players!

**Save the Date: May 2<sup>nd</sup> 6-10pm Location TBD**



### We Need Your Help!

- Procurement: Help us secure items.
- Team Parent: Coordinate communication and a basket for your specific age group.
- Decorations: Help transform the venue into a Falcon-themed celebration.
- And More! (Check-in, teardown, and event logistics).



### ALL donations — BIG or small — make a difference

- Sports Tickets • Experiences
- Vacation Homes • Gift Cards
- Golf Packages • Private Coaching Clinics
- Sports Gear

Who do YOU know?  
Where do YOU frequent?  
Ask business owners/managers



# FUNDRAISING – SPONSORSHIP



Businesses can benefit from sponsoring local sports clubs by increasing brand awareness, building relationships with customers, and helping the community.

## Platinum Level (\$1000+ annually)

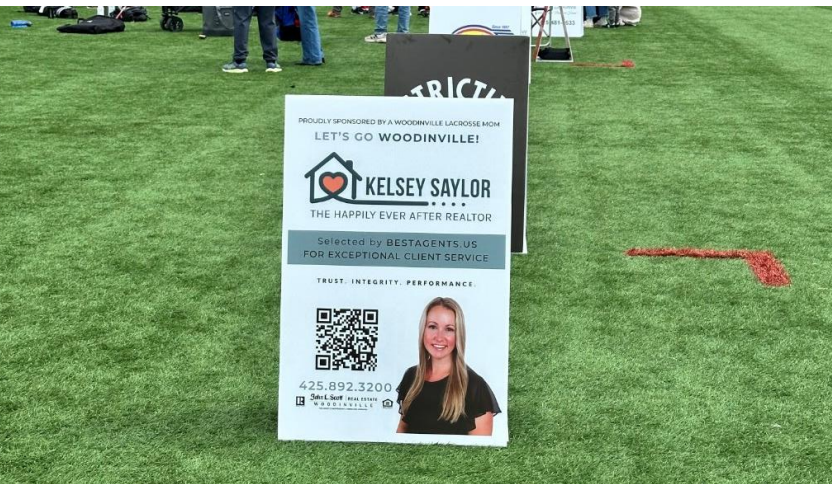
- One promotional email to Woodinville lacrosse community with link to company website
- **Two** promotional social media posts on Instagram and Facebook with link to your company
- Plus all benefits of the Gold Level ↓

## Gold (\$500 annually)

- One promotional social media post on Instagram and Facebook with link to your company
- Plus all benefits of the Silver Level ↓

## Silver (\$250 annually)

- Website recognition with company logo and hyperlink to your website
- Verbal announcement recognition at all varsity home games
- Individual A-Frame sign recognition on-field at all high school and youth home games
- Banner recognition with sponsors at all high school and youth home games



# Equipment



**Equipment Manager – Matt Lessard**

## **Required Equipment**

- Helmet (Club youth standard is WHITE. Black, grey, blue, or green allowed, all others prohibited)
- Chest Protector (NOCSAE Compliant)
- Elbow Pads (Club youth standard is WHITE. Neutral or team colors are allowed)
- Gloves (Club youth standard is WHITE. Neutral or team colors are allowed)
- Stick
- Cleats
- Mouth Guard/Piece - No white or clear mouthguards for HS athletes.
- Athletic Protective Cup
- Non-Woodinville club lacrosse apparel, logos, stickers, or colors themes must not be worn

## **Rental Equipment** (The Club advocates to have your own gear)

- Cost \$75, Rented for the year. Rental gear night, tomorrow Feb 5th, WSF 6PM

Review the Equipment and Apparel Standards on the website for more details. Contact me or the registrar for any equipment questions: [mlessard@wilcoxconstruction](mailto:mlessard@wilcoxconstruction) OR [registrar@woodinvillelacrosse.com](mailto:registrar@woodinvillelacrosse.com)



# Registration & App



**Registrar – Michael Mainer** ([registrar@woodinvillelacrosse.com](mailto:registrar@woodinvillelacrosse.com))

**Registration** – Congrats! If you are here, you are probably successfully registered

- Registration system constraints / gets easier after a time or two
- Any issues or question, don't ever hesitate to write me
- The numbers! They are important for a developmentally appropriate experience!

**Website (Can we do a quick walk through of the site – what is our setup)**

- Equipment Page, Team Central, Calendar, Contact info

**GameChanger App**

- Rosters, contact info (please add phone and email), schedules, locations, messaging, and more

**Gameday Help and General Volunteerism**

- Field Setup / cones, goals, creases, scoreboard/score table, endline balls
- Score table / tent, table, chairs, scoreboard
- Roles / scorebook, game timer, spotter
- Photographer, special events, recruiting/marketing, more

# Communication



- **Communication Director: Val Kok**- 4th year on the board, parent of a senior!
- **Lacrosse Loop & Club Wide Emails**- We try to keep it to Sundays only but during the busy season (right now!) there are many more.
- **Social Media**- Follow us on Instagram and Facebook! Like, Comment & Share to help us show up in more peoples feeds!
- **Pictures Needed!** I wish I could be a multiple places at once but I haven't figured that out yet! I'd love pictures of the boys playing lacrosse- silly pics, action shots, group pictures- whatever you think would be good for a post! Please email pictures to [communications@woodinvillelacrosse.com](mailto:communications@woodinvillelacrosse.com) or text Val at **206-412-5200** and include the age group of the players. *\*By sharing pictures you give your permission for pictures to be posted.*

**PHOTOGRAPHS  
NEEDED**

GAMES, PRACTICES, SIDELINES, CELEBRATIONS



WE NEED PHOTO PARENTS FROM EVERY TEAM  
TO HELP US REPRESENT EACH TEAM ON OUR  
SOCIAL SITES. YOU CAN EMAIL US AT  
[COMMUNICATIONS@WOODINVILLELACROSSE.](mailto:communications@woodinvillelacrosse.com)  
COM OR TEXT VAL AT 206-412-5200

\*BY SENDING US PICS YOU GRANT US YOUR PERMISSION TO  
POST THEM



# Team Breakouts



Please head to your designated location to meet with your team and your coaches.

*At the end of the breakout session, remain with your team and the coach from the age above will come talk with your team for 5 minutes. At the conclusion of that, you are welcome to mingle a little longer or head home.*

Team	Look for the Balloons!
K-2	Blue Balloons
3/4	Red Balloons
5/6	Orange Balloons
7/8	Purple Balloons
High School	Pink Balloons

**HAVE A FANTASTIC SEASON AND THANK YOU FOR COMING!**

# Quick References



Needs/Questions About	Name	Email
Equipment Rental - Youth	Matt Lessard or Mason Leet	<a href="mailto:mlessard@wilcoxconstruction.com">mlessard@wilcoxconstruction.com</a> <a href="mailto:programdirector@woodinvillelacrosse.com">programdirector@woodinvillelacrosse.com</a>
Equipment Rental - HS	Chuck Goodman	<a href="mailto:hscoach@woodinvillelacrosse.com">hscoach@woodinvillelacrosse.com</a>
Registration/Website Questions	Michael Mainer	<a href="mailto:registrar@woodinvillelacrosse.com">registrar@woodinvillelacrosse.com</a>
Pictures/Social Media	Val Kok	<a href="mailto:communications@woodinvillelacrosse.com">communications@woodinvillelacrosse.com</a>
Auction/Sponsorship	Kelsey Saylor	<a href="mailto:fundraising@woodinvillelacrosse.com">fundraising@woodinvillelacrosse.com</a>
Volunteering	Anissa Wheeler	<a href="mailto:President@woodinvillelacrosse.com">President@woodinvillelacrosse.com</a>
Financial Questions	Andrew Nelsen	<a href="mailto:Treasurer@woodinvillelacrosse.com">Treasurer@woodinvillelacrosse.com</a>
General Inquiries	Anissa Wheeler	<a href="mailto:President@woodinvillelacrosse.com">President@woodinvillelacrosse.com</a>