

2023



Go to pondolax.com for program details.

Lacrosse is the fastest sport on feet, so join the Pondo lacrosse program to experience non-stop action and our family culture. Many successful high school players did not start until after they arrived at high school, so it's never too late to play the Medicine Game.

Coaching Staff



- Andrew Trietley, Head Coach
- Jeremy Dorr, Varsity Offensive Coordinator
- Tim McElligatt, Varsity Defensive Coordinator
- Mike Dooley, JV Head Coach
- Derik Mango, Assistant Coach
- Patrick O'Brien, Assistant Coach

Crease Crew Staff



- Kerry Trietley
- Rebecca Coakley
- Tiffany Katrana
- Kelle Richardson
- Kim Silberman
- Jody Lopez

Key Philosophies



- Honor the Medicine Game
- Relentless pursuit of excellence



Gentlemen, we are going to relentlessly chase perfection, knowing full well we will not catch it, because nothing is perfect. But we are going to relentlessly chase it, because in the process we will catch excellence. I am not remotely interested in just being good.

(Vince Lombardi)

- Max effort and great attitude
- The Power of AND, not the evil of OR
 - BOOKS AND SPORTS
 - OTHER SPORTS/ACTIVITIES AND LACROSSE
 - WORK A JOB AND PLAY LACROSSE
 - CHAMPIONSHIP FOCUS AND EMBRACE BEGINNERS

- Do I need prior lacrosse experience?
 - No! We are a no-cut sport offering varsity and JV teams and plenty of ways for new players to contribute. Beginners are fully encouraged. We have many first-time players in the program in addition to life-long laxers.
- When is the season?
 - The main season is spring from March to May. We also offer optional activities throughout the year, such as summer league, fall tournament, and winter league.
- What is the level of competition?
 - Pondo Lax is 4A in 2023 & staying 4A for 2024-2026.
 - CHSAA realigned the leagues again in 2023. We still compete in the Southern League, which is now Thomas Jefferson, Littleton, Lutheran, Air Academy (new), & Cheyenne Mountain (new). Pueblo West, Palmer, & Vanguard moved to 4A Metro.

- What are the preseason opportunities?
 - We're currently playing the Winter League at the Foothills Sports Arena. There are Wednesday morning offense chalk talks with Coach Dorr & Coach O'Brien and twice per week wall ball sessions in the Small Gym. Check the BAND calendar.
- When and where are practices?
 - There is a change for varsity in 2023. Lax cannot practice on the PHS Turf at the same time as either soccer or T&F. Coaches & AD are working on the detailed plan, but it's likely varsity will start at 4 pm on the lower grass & move to turf for 5-6 pm. We're also blocking time at EchoPark. JV is unchanged for upper grass 3:30-5:30 pm.

■ What are the offseason opportunities?

- Below is a chart of the typical 12-month calendar with optional activities and common a la carte fees.

PONDEROSA HIGH SCHOOL BOYS LACROSSE | ANNUAL ACTIVITIES | 2022-23

OPTIONAL OFFSEASON OPPORTUNITIES										REQUIRED ACTIVITIES				Version 1
SUMMER			FALL			WINTER			COST	SPRING			COST	TOTAL
JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB		MAR	APR	MAY		
DLC League									\$ 90				\$ 90	\$ 90
Back-To-School			DLC League			Holidays			\$ 90				\$ 90	\$ 90
			Tourney						\$ 85				\$ 85	\$ 85
									\$ 90				\$ 90	\$ 90
									\$ 95				\$ 95	\$ 95
Weekly Practice			Fall Camp						Free				Free	Free
LT Skill Sessions			LT Skill Sessions						Free				Free	Free
			Strength & Conditioning						Varies				Varies	Varies
										CHSAA Season			\$ 650	\$ 650
									\$ 450				\$ 650	\$ 1,100
Equipment & Practice Uniform														
												Helmet	200	
												Shoulder Pads	100	
												Elbow Pads	50	
												Gloves	100	
												Cleats	80	
												Practice Uniform	90	
														\$ 620

Notes

- [1] All costs are estimates. The program keeps costs as low as possible. Volunteers are always welcome to help with fundraising to keep costs low.
- [2] The estimated cost for the spring season is the sum of the district fee & booster fee.
- [3] All equipment is purchased by and owned by the player. The program does not provide equipment. Short term loaners are available for players new to the sport.
- [4] The program requires a black helmet. Orders are placed each fall at a significant discount to retail and the program usually has spares available for purchase.
- [5] Helmet decals are provided as part of the spring fees.
- [6] Game uniforms are loaned to players at no cost and owned by the program.
- [7] Practice uniforms are purchased every three years and owned by the player.
- [8] There are mandatory practices and games over spring break in March. Do not plan a vacation for spring break.

■ What is the required uniform?

- The program provides game uniforms. Game shorts and game jersey are owned by the program and returned at the end of the season. The shooter shirt and socks are owned by the player and included in their fee.
- For practice, the program requires a certain reversible jersey. Players purchase the jersey for approx. \$35 and keep it. We change designs every 3 years to minimize the number of practice jerseys purchased in a 4-year high school career. In 2023, players can wear either the prior version or the new style. Players are asked to wear dark colored and mostly solid shorts or sweatpants.
- Players will need cold weather layers.

- How do I receive all communication?
 - Players & parents join BAND.
 - Players & parents should double check the accuracy of emails & phone numbers in our Google Sheet.
 - Players should confirm access to the playbook in Google Drive.

- How can I help the program?
 - Our booster club is called Crease Crew. We're always looking for volunteers. We need help in 2023 with fundraising, coordinating buses, & organizing team dinners.

- How can I promote the program?
 - Part of honoring the Medicine Game off the field is being a kind and likable ambassador.
 - Please follow us on Instagram and Facebook and like and share posts.

■ How much does it cost?

- The spring season is approximately \$650. Offseason activities are optional and vary in cost. All equipment is provided by each player. The program can loan some gear while a new player is deciding to make the full commitment.
- The District fee is \$200; \$100 comes to the program.
- The Crease Crew fee is expected in the range of \$375 to \$425. The final evaluation is underway.
- Fees cover 3 of the 6 coaches, meals for certain away games, uniforms, helmet decals, transportation, game film services, supplies (goals, nets, balls, etc.), team photo & posters, & reserve for future uniforms.
- Payment plans are welcome.
- Completely transparent budget & tracking are available.

Prominent Crossover Athletes

NEW WEBSITE CONTENT!



Chris Hogan

Outstanding midfielder for Penn State lacrosse in college but drafted by the Patriots. Played 10 years in the NFL and then switched back to play professional lacrosse in 2021.

**TLN Short
Documentary**



Jared Bernhardt

Won the Tewaaraton Award (the "Heisman" for NCAA lacrosse) in spring 2021 as a Maryland lacrosse player and led the Terps to the '21 NCAA championship game, then quarterbacked Ferris State that fall to win the '21 NCAA DII football championship.

Football Highlights



Pat Spencer

Another Tewaaraton winner ('19) from Loyola (MD) who used his extra year of eligibility to play basketball at Northwestern. Now pursuing a pro b-ball career in Europe and the NBA's development leagues.

**Northwestern
Highlights**



Tom Kennedy

Dual sport college athlete in football and lacrosse at Bryant University. Drafted into

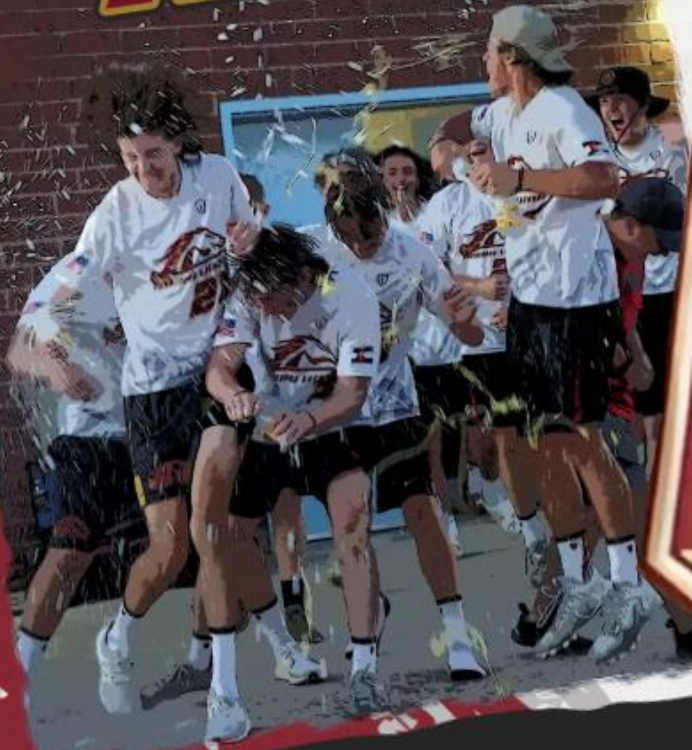


ASK THE EXPERT!

Coach Patrick Nolan is Pondo's Strength & Conditioning coach.



PLAY LACROSSE



1st Practice on
Monday Feb 27th
Details at
pondolax.com

2022 PLAYOFFS

UP NEXT



PLAYOFFS!

2022 CHSAA Boys Lacrosse State Championships
(Colorado)



Ponderosa
8-7

NEUTRAL GAME
Playoff

Tue, 5/10
7:00pm

PREVIEW



Battle Mountain
9-6

@ Battle Mountain High School



Colorado 4A Boys Lacrosse

2022 All-State Honors

1st Team

Cole Skillington, M, Senior

2-Time 1st Team Winner in '21 & '22

Brady Porter, D, Senior

2-Time Winner, 2nd Team '21 & 1st Team '22



Colorado 4A Southern League 2022 League Awards

1st Team All League

Brady Porter, D, SR
Cole Skillington, M, SR
Joe Elliott, D, SR
Nate Kaufman, A, SR
Caden D'Lallo, M, JR
Garrett Katrana, A, SO



2nd Team All League

Jacob Fries, DM, JR
Kyler Haynes, A/M, FR
Ryder Richardson, FO/M, FR

**1st time
player!**

Offensive Assistant Coach of the Year

Jeremy Dorr

2021 LEAGUE CHAMPS & STATE QUARTERFINALS



2021 COLORADO 4A STATE AWARDS



1ST TEAM ALL-STATE (2 PLAYERS)

DEREK KRUMLAND, LSM (SR) COLE SKILLINGTON, M (JR)

2ND TEAM ALL-STATE (3 PLAYERS)

BRADY PORTER, D (JR) NATE KAUFMAN, A (JR)
CAMDEN STANLEY, A (SO)

HONORABLE MENTION ALL-STATE (1 PLAYER)

JOE ELLIOTT, D (JR)

COACH OF THE YEAR: ANDREW TRIETLEY

2021 COLORADO 4A SOUTHERN LEAGUE AWARDS

PLAYER OF THE YEAR: COLE SKILLINGTON (JR)

1ST TEAM ALL-LEAGUE (7 PLAYERS)

DEREK KRUMLAND, LSM (SR) HAYDEN GARRICK, G (SR)
BRADY PORTER, D (JR) COLE SKILLINGTON, M (JR)
JOE ELLIOTT, D (JR) NATE KAUFMAN, A (JR)
CAMDEN STANLEY, A (SO)

2ND TEAM ALL-LEAGUE (4 PLAYERS)

CALEB BUDDINGTON, M (SR) HAYDEN DENNING, D (SR)
CADEN D'LALLO, SSDM (SO) GARRETT KATRANA, A (FR)

HONORABLE MENTION (1 PLAYER)

DAWSON HADWIGER, M/FOA (SO)

COACH OF THE YEAR: ANDREW TRIETLEY

DEFENSIVE ASST COACH OF THE YEAR: TIM MCELLIGATT

**1st time
player!**



SEASON START 2023

MON 2/27

PRACTICE

PHS GRASS & TURF // 4:00 - 6:00
ALL PLAYERS IN JOINT SESSION

TUE 2/28

PRACTICE

PHS GRASS & TURF // 4:00 - 6:00
ALL PLAYERS IN JOINT SESSION

WED 3/1

CARDINAL & GOLD SCRIMMAGE

ECHOPARK STADIUM // 4:00 - 6:00
TEAM DINNER // 6:30 // COMMONS

THU 3/2

PRACTICE

VARSITY // PHS GRASS & TURF // 4-6
JV // PHS UPPER GRASS // 3:30-5:30

FRI 3/3

PRACTICE

VARSITY // ECHOPARK // 3:30-5:30
JV // PHS UPPER GRASS // 3:30-5:30

SAT 3/4

SCRIMMAGE DAY

V & JV // LEGACY STADIUM // 2-8 PM
CHAPARRAL & GRANDVIEW

FOR MORE INFORMATION GO TO PONDOLAX.COM



PONDEROSA LACROSSE 2023 GAME SCHEDULE

Version #03
(1/30/2023)
(CHANGES)

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27 CHSAA Starts Joint Practice	28 Joint Practice	1 Cardinal & Gold Game Intersquad Scrimmage 4:00 EchoPark 6:30 Team Dinner	2 Practice	3 Practice at EchoPark	4 Scrimmage Day Chaparral & Grandview At Grandview 2-8 pm	5 <i>OFF</i>
6 Practice	7 Practice	8 Practice	9 1st Allowed Game Practice	10 Pine Creek (H) JV 5 pm EchoPark V 7 pm EchoPark	11 Practice <i>Spring Break</i>	12 <i>OFF</i> DAYLIGHT SAVINGS <i>Spring Break</i>
13 Practice <i>Spring Break</i>	14 St. Mary's (A) No JV V 6 pm St. Mary's <i>Spring Break</i>	15 <i>OFF</i> <i>Spring Break</i>	16 <i>OFF</i> <i>Spring Break</i>	17 <i>OFF</i> <i>Spring Break</i>	18 <i>OFF</i> <i>Spring Break</i>	19 <i>OFF</i> <i>Spring Break</i>
20 Practice	21 Northfield (A) JV 5 pm Northfield Turf V 7 pm Northfield Turf	22 Practice	23 Practice	24 Rangeview (A) JV 4:30 pm RV Turf V 6:30 pm RV Turf	25 Practice	26 <i>OFF</i>
27 Practice	28 Palmer (A) No JV V 4 pm G. Berry Stadium	29 Practice	30 Practice	31 Resurrection Christian (H) JV 5 pm EchoPark V 7 pm EchoPark	1 Practice	2 <i>OFF</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 2023	3 Practice	4 Golden (H) JV 4:30 pm PHS Turf V 7:30 pm EchoPark	5 Practice	6 Practice	7 Practice	8 Practice JV Arapahoe Tourney	9 <i>OFF</i>
	10 Thompson Valley (A) JV 5 pm Ray Patterson V 7 pm Ray Patterson	11 Practice	12 Practice	13 Practice	14 Jefferson Academy (H) No JV V 5:30 pm EchoPark	15 Practice	16 <i>OFF</i>
	17 Air Academy (A) JV 4:30 AA Stadium V 6:30 AA Stadium	18 Practice	19 Practice	20 Cheyenne Mountain (H) JV 4:30 pm PHS Turf V 7:30 pm EchoPark	21 <i>OFF</i> Prom	22 <i>OFF</i>	23 <i>OFF</i>
	24 Lutheran (H) JV 5 pm EchoPark V 7 pm EchoPark	25 Practice	26 Practice	27 Practice	28 Littleton (H) No JV V 6:30 pm EchoPark	29 Practice	30 <i>OFF</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 2023	1 Douglas County (A) JV 5 pm DC Stadium V 7 pm DC Stadium	2 Practice	3 Thomas Jefferson (A) JV 4 pm TJ Turf V 6 pm TJ Turf	4 Practice	5 Practice	6 Last Game Practice	7 <i>OFF</i>
	8 Practice	9 Practice	10 1st Playoff Game (Top 8 earn a bye)	11 Practice	12 Practice	13 2nd Round	14 <i>OFF</i>
	15 Practice	16 Practice Graduation	17 Quarterfinals	18 Practice	19 Practice	20 Semifinals	21 Practice
	22 Championship	23 <i>OFF</i>	24 <i>OFF</i>	25 <i>OFF</i>	26 <i>OFF</i>	27 <i>OFF</i>	28 <i>OFF</i>
	29 <i>OFF</i> Memorial Day	30 <i>OFF</i>	31 <i>OFF</i>	1 <i>OFF</i>	2 <i>OFF</i>	3 <i>OFF</i>	LEGEND League Game (H) Home game (A) Away game Changes since prior version

REMINDERS



- Players need hours of reps. Hit the wall.
- Join chalk talks & indoor wall ball sessions.
- District registration will open in 1 or 2 weeks.
- Join BAND and check your email daily.
- Support our social media.
- Crease Crew is looking for volunteers.
- We'll share details about recent apparel orders when we learn specific dates.

1, 2, 3... Stangs... 4, 5, 6... Family