

# Skyline High School Boys Lacrosse - Fall Ball 2024



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## Coaching Staff

Kolton Atkinson - Head Coach / Gabe Goorman- Varsity OC  
Colt Bartnicki - Varsity DC / JR Barnes - Varsity Face-Offs & Midfield  
Jarron Cozad - JV Head Coach  
Niko Palauni - JV Midfield / Carter Marr - JV OC / Ray Makusiewicz - JV DC

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## 2024 SSO Board

Robynn Whiting - President / Bess Thompson - Treasurer / Akiko Kawamura /  
Corey Clements / Ted Sargetakis

SSO Purpose: To enhance the experience your boys have playing on a high school team & to help build the future of the program.

<https://skylinelacrosseut.com/>

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## Team Values

The purpose of Fall Ball is to develop all of our players.

We (Coaches & SSO) accomplish this with:

1- Accountability, 2- Hard Work, 3- Community and 4- FUN!

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## Volunteering Opportunities:

- Sign up sheet being passed around or sign up on Post It Notes on back wall
- Chilifest needs donations for Silent Auction ASAP

## Practices:

- Fall Ball: September 4 - October 14th  
(*Note: Last day of practice is the last day of Fall Break*)
- Monday/Wednesday 5:00 - 7:00 pm  
Players need to be dressed and ready to start practice AT 5:00.
- Location: Spring Lane Elementary (5315 S 1700 E Holladay, UT)

## Fall Ball Structure:

- Optional Strength and Conditioning  
Tuesdays 6:30pm-8pm in Skyline Weight Room
- White/Navy Teams  
Teams announced on September 25th  
Players compete in these teams for the remainder of Fall Ball
- Scrimmages  
October 10th vs West Jordan @ West Jordan (Joel P Jensen Middle School)  
5:30pm

October 12th vs Herriman @ Skyline (on lower turf) 10 am  
October 14th - Intersquad 6s tournament - 5pm (last day of practice)

**Halloween Scrimmage: Thursday, October 24th @ 5:30 p.m.**

Intrateam scrimmage, youth program half time. This is an annual event for our team. It is meant to be fun. The players are encouraged to dress up in costumes! The coaches will give out prizes. We will also have at least 1 food truck.

**Registration:**

- Cost : \$385 for the fall
  - 1- Millcreek Lacrosse Club fee: \$350
  - 2- Players must have an active US Lacrosse membership = \$35/year  
<https://www.usalacrosse.com/membership>
- The purpose is to help cover the cost of fields, equipment, coaches, etc.
- Players will not be allowed to participate until registration is complete with an active US Lacrosse membership. Registration is due by August 30th
- Registration is easier on a computer, last year there were issues trying on a mobile device.
- <https://registration.teamsnap.com/form/12155>

**Registration QR Code**



**Communication:**

- Players should communicate with coaches if they will be late, miss practice, are injured, etc. (This helps them build a sense of responsibility and repertoire within the team.)
- TeamSnap for calendar, announcements, etc
- All coaches can be reached via TeamSnap
- TeamSnap group chat guidelines:
  - 1- No individual messages, this is not a personal chat forum
  - 2- Please do not coordinate rides in the full team chat

**Equipment:**

The team does have some equipment that can be loaned out, purchasing your own equipment is encouraged. If you need to borrow equipment, the coaches will be at the storage unit to check out items on September 3rd, 5:30p.m.- 7:30p.m.

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## Spirit Wear/Team Apparel Store:

- Through Game One
  - Items can be customized and ordered anytime, typically are being printed the next day
- <https://shop.game-one.com/utah/salt-lake-city/skyline-eagles/skyline-eagles-lacrosse>

## Team Store:

- Open with Tribal West Lacrosse until **August 25th**
  - All equipment will be shipped when the store closes
  - *12 Bag minimum*, if bag minimum is not met, no bags will be shipped and refunds will be issued.
- <https://skyline24summer.itemorder.com/shop/sale/>

## Team Apparel Store QR Code



## Tribal West Equipment Store



## Team Service Event:

TBD - Allison Armstrong is our parent in charge of Service Events. She is currently working on something with the Food Bank for Sept 5th or 12th. We will add this to the calendar, with details, as soon as it is solidified.

## Team Bonding Event:

- Utah Olympic Park Push Track - Saturday, September 21 @ 9AM
- Bring a water bottle and close toed shoes. Check the weather accordingly and bring layers, they are usually needed.

# Skyline Boys Lacrosse Team Rules

- Be on time
  - Be dressed & ready to warm up when practice and warm ups are scheduled to start
- Practice equipment
  - Skyline Pennies - provided
  - Black, navy, gray, or white shirts, shorts, hoodies, sweatpants
  - Black or white socks (match cleat color)
- Work hard
  - Take coaching, push yourself and the person next to you
- Do the little things
  - Line up bags, clean the field, sidelines, and locker rooms. We will leave things better than we found them.
- Communicate with the coaches
  - Let the coaches know if you will miss or be late to anything via text (Required notice at least 1 hour before practice unless it is an emergency)
  - Missing practice & team events will result in loss of playing time
- Be respectful of referees & the competition
  - Conduct penalties will result in players sitting
    - 1st conduct penalty = 1 quarter out
    - 2nd conduct penalty = 1 half
    - 3rd conduct penalty = 1 game
- Be positive
  - Lift your teammates up
- Maintain a minimum of a 2.5 GPA & no Fs
- Attend school
  - Missing class on game day will mean you do not play in the game
- Take accountability
- No bullying/hazing
  - Bullying and/or hazing will result in disciplinary action and could lead to dismissal from the team