



Skyline High School Boys Lacrosse - Fall Ball 2025

Coaching Staff

Kolton Atkinson - Head Coach / Nick Marcy - Varsity OC
Ray Makusiewicz - Varsity DC
Jarron Cozad - JV Head Coach / Zach Gosselin - JV OC /
Blake Runkle - Defense Floater / Kyle Cord - Goalie Coach

SSO Board

Robynn Whiting - President / Bess Thompson - Treasurer
Conrad Stutznegger - Treasurer Elect
Melissa Child / Corey Clements / Akiko Kawamura / 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/>

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!

Volunteering:

- We are asking each family to sign up for a *minimum* of 4 spots
- If you have questions on the details of any event/need, please email Robynn at: skylinelax.ut@gmail.com
- Our coaches dedicate countless hours to our boys' team. We're not asking you to do the same, but we are asking for your support. When everyone lends a hand, it lightens the load for those who have carried a lot in past seasons. Many of our past volunteers have given so much, and it makes a big difference when all families share in the effort. Please don't hesitate to ask how you can help—we'd love to have you involved!

New Fall Format: 4 Sessions

- *Session 1: September 4 - October 14 (Tues/Thurs - 7 - 8:30 pm)
5 field session, 2 scrimmages ****Practices for September are: 9/4 (TH 7-8:30pm), 9/8 (Mon 7-8:30pm), 9/10 (Wed **6:30-8:30pm), 9/15 (Mon 7-8:30pm), 9/17 (Wed 7-8:30pm), 9/22 (Mon), 9/24 (Wed **6:30-8:30pm), 9/30 (TUES 7-8:30pm) ****
Players need to be dressed and ready to start practice AT 6:30 or 7, depending on the day.
- *Session 2: September 23 - October 9 (Tues/Thurs - 7 - 8:30 pm)

6 field sessions, 1 scrimmage

Players need to be dressed and ready to start practice AT 7.

- *Session 3: October 11 - Nov 11 (Tues/Thurs - 7 - 8:30 pm)

1 field session, 2 scrimmages, 4 indoor sessions

- *Session 4: November 14 - Dec 16

12 indoor sessions

****Time differences** - Nov. 14th, Dec. 5th & 12th (7pm - 8 pm) Pool time if approved*

Nov. 13th, 18th, 20th, Dec. 2nd, 4th, 9th, 11th, 16th and 18th (6:30 - 8 pm) Weight room and track

Fall Ball Structure:

- White/Navy Teams

Teams announced after practice on Sep 9th

Players compete in these teams for the remainder of Fall Ball

- Scrimmages: *any time changes will be announced on TeamSnap and on the team website

Saturdays - Sept 13 (6:30pm), Sept 20 (6:30pm), Oct 4 (6:30pm), Oct 11 (9am)

Tuesday - Oct 7th during practice time (7pm - 8:30pm)

Registration:

- Cost : \$75 per session
- Players must have an active US Lacrosse membership = \$35/year
- <https://www.usalacrosse.com/membership>
- Players will not be allowed to participate until registration is complete with an active US Lacrosse membership. Registration is due by September 3rd.
- <https://www.successfund.com/fallball2025/>

Registration QR Code



Communication:

- Players should communicate with coaches if they will be late, miss practice, 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
- Skyline Lacrosse Website also has many links and a calendar:
<https://skylinelacrosseut.com/>

Equipment:

The team does have some equipment that can be loaned out, *purchasing your own equipment is encouraged*. Coaches will be at the unit (located behind the stands of the stadium, near the tennis courts) to check out gear on September 4th @ 5:45 PM

Spirit Wear/Team Apparel Store: Through Game One

- Items can be customized & ordered anytime, items typically 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 **OCT 25th day after Alumni game**
- *12 Bag min.*, if minimum is not met, no bags will be shipped & refunds will be issued.
- <https://jordyouth25.itemorder.com/shop/sale/>
- ALL ORDERS WILL BE READY 2-3 WEEKS AFTER THE STORE CLOSSES EXCLUDING ANY BACKORDERS. Orders will be available for pick up at Tribal West Lacrosse in Sandy.

Team Apparel Store QR Code**Tribal West Equipment Store****Team Service Event: One in Fall, one in Spring**

- Trail Clean Up - Sept. 20th TIME 9:30 AM - Location TBD - will send email w details
- Carpooling will probably be necessary, due to parking limitations.
- Players should arrive with proper footwear and clothing for a hike. Please bring plastic bags for collecting trash and dog waste.

Team Bonding Event: One in Fall, one in Spring

- Fall: TBD - Utah Olympic Park possibly in October

Fundraising Event (SSO): TBD - Car Wash at school in September**Halloween Scrimmage: October 30, 6:30pm**

Intrateam scrimmage, youth program half time. This is an annual event for our team. It is meant to be fun. The players and families are encouraged to dress up in costumes! The

coaches will give out prizes. Our Snack Shack will be open with food, drinks and apparel for sale.

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