

War Eagle Lacrosse

Fall 2026 Player / Parent Meeting

September 16, 2026

Meeting Agenda

- Introductions: Booster & Coaches
- Update on the Program
- Fall Ball Schedule & Fees
- Health & Safety (Physicals & Dragonfly)
- Spring Season Preview & Fees
- Fundraising & Sponsorship
- Volunteer Roles

Health, Safety & Dragonfly

Trainer's Corner

Keely Goodloe MS, LAT, ATC
(CHOA Sports Medicine)

Keely.Goodloe@choa.org

404-825-8302

Dragonfly Requirements

Complete all electronic forms via Dragonfly. **Only accounts with a GREEN CIRCLE are cleared.** Complete this before contacting athletic trainers!

SFHS 2026-2027 Boys Lacrosse Booster Club Board

Role	Name(s)
Co-Presidents	Missy Jones, Torie Roush
Operations	Rob Guano
Secretary	Dana March
Treasurer	Brandon Stahl
Fundraising	Rachel Johnson
Events	Stacey Capogrossi, Enid Peachey
Sponsorship	Brittany Gold, Ryan Jewett

2026-2027 NEW Coaching Staff Introductions

Head Coach: Ian Scott

Director of Lacrosse: Mike Ryan

JV Coach: Cliff Lohrey

Head Coach, Ian Scott

Coach Scott is a former NFL defensive tackle, collegiate athlete and current football coach at SFHS.

Played for the Florida Gators (2000–2002) as a defensive tackle, Two-time Second-Team All-SEC selection

- NFL Career: Drafted in the 4th round of the 2003 NFL Draft by the Chicago Bears; Six Seasons in the NFL with the Bears (starting in Super Bowl XLI) and the San Diego Chargers
- Gainesville High School (Head Coach): Head varsity football coach at his alma mater in Gainesville, Florida,
- Daniel High School (Assistant Coach): Served as a defensive assistant coach at Daniel High School in Central, South Carolina
- University of Florida (graduate assistant), UCF, and Central Michigan—before joining the NFL's Carolina Panthers staff.

Director of Lacrosse, Mike Ryan

- 2017 US Lacrosse Hall of Fame, Georgia Chapter inductee
- NY State Upstate Chapter Hall of Fame 1990
- Over 40 years coaching, playing Lacrosse
  - Played at SUNY Cortland
  - Coaching Experience includes Rochester Institute of Technology
  - 4 State Championship appearances - 1x in New York, 3x in Georgia
  - Milton High School - 4 Final Four Appearances
  - Northview High School - 4 Final Four Appearances, State Championship 2014
  - Johns Creek High School- Region Championship
  - Denmark High School - Region Championship
- US Lacrosse Foundation Hall of Fame recognition - Outstanding Contributor for Lacrosse 2014-2015 Award Winner
- Only coach to win 13 Region Championships at 4 Area High Schools

JV Coach, Cliff Lohrey

Coach Lohrey: Health and PE Department SFHS, Sponsor for the Sports Medicine Club



Player & Parent App

Blast App

Fall Ball Overview (NEW format)

- October Schedule
  - Practice 2x/week, Grass Fields at SFHS 4-6p
  - 2x Sundays Round Robin Games vs. 3 area teams, **October 11th and October 25th**
  - Offense/Defense Coaching for practices and games (Don Hilton & Gavin Rodrigo, Jack Travassos)
- Skills development sessions with Offense/Defense Coaching - Nov 3 - Mid Dec, 2x/week / 12 sessions (Rick Lewis, Jason Alberici)

Fall Fee: $250* (Fall Sports, JV & Football player rates adjusted when season ends)

Payments can be made tonight with debit/credit card and via cash or check.

If making payment via check, please make payable to the SFHS Boys Lacrosse Booster. We will collect payments before the first practice.

SOUTH FORSYTH HIGH SCHOOL
BOYS LACROSSE
FALL PRACTICE SCHEDULE

WAR EAGLES

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 PRACTICE 4:00-5:30	6	7 PRACTICE 4:00-5:30	8	9	10
11 SCRIMMAGE: Sawnee Mtn. Park (see times below)	12 PRACTICE 4:00-5:30	13	14 PRACTICE 4:00-5:30	15	16	17
18	19 PRACTICE 4:00-5:30	20	21 PRACTICE 4:00-5:30	22	23	24
25 SCRIMMAGE: Sawnee Mtn. Park (see times below)	26 PRACTICE 4:00-5:30	27	28 PRACTICE 4:00-5:30	29	30	31

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 STICK SKILLS 4:00-5:30	3	4 STICK SKILLS 4:00-5:30	5	6	7
8	9 STICK SKILLS 4:00-5:30	10	11 STICK SKILLS 4:00-5:30	12	13	14
15	16 STICK SKILLS 4:00-5:30	17	18 STICK SKILLS 4:00-5:30	19	20	21
22	23	24	25	26	27	28
	NO STICK SKILLS — THANKSGIVING WEEK					
29	30 STICK SKILLS 4:00-5:30					

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 STICK SKILLS 4:00-5:30	3	4 STICK SKILLS 4:00-5:30	5
6	7 STICK SKILLS 4:00-5:30	8	9 STICK SKILLS 4:00-5:30	10	11	12
13	14 STICK SKILLS 4:00-5:30	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FALL BALL PRACTICES
Begins Monday, October 4
Every Monday & Wednesday
4:00 – 5:30 PM
SFHS Grass Field

SCRIMMAGES
Sunday, October 11 — Sawnee Mountain Park
1:45 PM South vs. Etowah
3:45 PM South vs. Creekview
4:40 PM South vs. West
20 minute games with 10 minute halftime

Sunday, October 25 — Sawnee Mountain Park
3:00 PM South vs. West
Two 25 minute halves with a 5 minute halftime

STICK SKILLS
Begins Monday, November 2
Every Monday & Wednesday
through December 14
4:00 – 5:30 PM
SFHS Grass Field

No stick skills during Thanksgiving week.

WAR EAGLES
SOUTH FORSYTH BOYS LACROSSE

SFHS NEW Lacrosse Website & Registration

Fall Registration Link & All Details for the Season:

www.sfhsboyslacrosse.com

USA Lacrosse Verification: Membership up to date required for registration.

Spring Season Preview

Returning Players

Estimated fee: $1,100 / player. Includes complete player packs, coaching, transportation, decals, meals, and film.

New Players

Estimated fee: $1,450. Includes custom South Chrome Helmet and team bag in addition to all standard player pack items.

Player Packs

Branded shirts, hoodie, sweatpants, pinnie, shorts, and bags (helmets/bags for first-year players).

Spring Season Important Dates

2027 Season Timeline

- First Practice: January 27, 2027
- First Game: February 4, 2027
- Last Regular Season Game: April 21, 2027

Postseason & Playoffs

- First Round/Sectional: April 27-28, 2027
- Second Round: April 30-May 1 , 2027
- Quarterfinals: May 5-6, 2027
- Semifinals: May 7-8, 2027
- State Finals: May 13-15, 2027

Sponsorship Drive & Fee Offsets

Sponsorships are crucial to program success, longevity, and off-setting player fees.

Player Discount: Receive a discount equal to 20% of new sponsorships brought in (capped at total spring registration fee).

Fundraising

Fundraising Events for the upcoming season:

- Poker Night January 2027 - Parent Participation and Players 18+
- Raffle Tickets February 2027

Volunteer Roles & Openings

Field Table (Varsity): Marc Capogrossi, Gee Harvey

Field Table (JV): 2 Open spots

Music: Mark Davis Varsity / Open (JV)

Scoreboard: Choate (Varsity) / OPEN (JV)

Announcer: JV & Varsity OPEN

Spotter: Rob Guano (Varsity) / OPEN (JV)

Stats: Mark Davis / OPEN (JV)

Events Assistance & Dinners: JV Volunteers needed

Meeting Takeaways & Next Steps

- ★ Second parent meeting coming in November with Spring details and in-person registration. Communication will be sent via Parent GroupMe
- ★ Full participation in Fall expected unless playing another sport. Register @ http://www.sfhsboyslacrosse.com/.
- ★ **Parent Board Transition:** 80% of board are Senior Parents - **Parents of Freshman, Sophomore and Juniors please volunteer and inquire about Board opportunities.**
- ★ Active participation in sponsorship drives keeps the program strong.

Join the SFHS Parent GroupME



Spirit Wear

South War Eagle Lacrosse Team Store Open!

📅 Order Window: Sep 16th to Oct 18th

📦 Pick up Date: November 2nd

Thank You and GO WAR EAGLE !

💙 10% of total sales support the South Lacrosse Booster Club!

★ https://foreverschoolgear.com/collections/south-forsyth-lacrosse-collection

Let's Make This Season Great!

Questions? Reach out via our parent & player communication channels.