

# South Forsyth High School Girls Lacrosse

Spring Season Meeting January 28, 2025



# Coaches and Trainers

## Coaches

Coach Jenna Kasmarik

Coach Reilly Duerk

Coach Sara Kinsey

## CHOA Athletic Trainers

Diane King

Devin Smith



# Mission Statement

South Forsyth Girls Lacrosse empowers young women to compete relentlessly for personal, academic, and athletic achievements. Through celebration in times of success and support in times of adversity, we embrace the individual goals of each athlete to assure they reach their fullest potential.



# Core Values

- BE INTENTIONAL
- BE RESILIENT
- BE DISCIPLINED
- BE EMPOWERED
- BE YOU

# Division Information



**GHSA AREA ASSIGNMENT: Division 3 (6A), Area 5 (New for 24-25)**

Alpharetta  
Lambert  
Forsyth Central  
North Forsyth  
South Forsyth  
West Forsyth

**\* TOP 4 TEAMS FROM EACH REGION MAKE PLAYOFFS\***

# Varsity Letter Requirements



In order to receive a varsity letter for South Forsyth High School Girls Lacrosse, a player must complete the following:

1. Attend 95% of practices
  - a. Excused practices do not count against this.
2. Play in one-third of Varsity Games (8)
  - a. Must appear in 6 minutes at a minimum per game
3. Be eligible and in strong academic standing
4. Contribute significantly to the Varsity program
5. Practice good sportsmanship towards teammates, opponents, and officials
6. Display 100% effort when on the field for games and practices
7. Maintain a coachable and positive attitude towards the program

# Varsity Letter Requirements



- Coaches reserve the right to offer or not offer a letter based on contributions to the team outside of these requirements. If a player lettered last year, that does not guarantee them a letter the following year.
- Players will only receive the actual “letter patch” if it is their first time lettering. Otherwise, they will receive a chevron.
- Letter Jackets are optional and are the responsibility of the parents and player to purchase.
- Other patches may be awarded such as state or region.

# VARSITY 2025

SOUTH FORSYTH GIRLS LACROSSE

## SCHEDULE



2 / 6	LASSITER*	AWAY	6:30PM
2 / 11	BLESSED TRINITY	HOME	7:00PM
2 / 13	WESLEYAN	AWAY	6:00PM
2 / 18	WEST FORSYTH	HOME	7:30PM
2 / 25	HILLGROVE	AWAY	6:30PM
2 / 27	ALPHARETTA	AWAY	5:55PM
3 / 5	JOHNS CREEK	AWAY	7:30PM
3 / 11	CENTRAL** (V)	HOME	6:00PM
3 / 13	NORTH FORSYTH	HOME	7:30PM
3 / 15	STARR'S MILL	HOME	2:00PM
3 / 17	BROOKWOOD	AWAY	6:00PM
3 / 20	F. CHRISTIAN	HOME	5:30PM
3 / 22	HARRISON	HOME	1:00PM
3 / 25	LAMBERT	HOME	7:30PM
4 / 8	WOODSTOCK	AWAY	6:30PM
4 / 11	CHEROKEE	AWAY	6:00PM
4 / 17	CAMBRIDGE***	HOME	6:00PM
4 / 19	CREEKVIEW	AWAY	10:00AM
4 / 21	NORTH PAULDING	AWAY	6:00PM

\*2/6 SCRIMMAGE

\*\*3/11 YOUTH NIGHT

\*\*\*4/17 SENIOR NIGHT

VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY

# JV 2025

SOUTH FORSYTH GIRLS LACROSSE

## JV SCHEDULE



2 / 11	BLESSED TRINITY	HOME	5:30PM
2 / 13	WESLEYAN	AWAY	4:30PM
2 / 18	WEST	HOME	6:00PM
2 / 22	CAMBRIDGE	AWAY	10:00AM
2 / 26	EAST FORSYTH	AWAY	5:30PM
2 / 27	ALPHARETTA	AWAY	7:30PM
3 / 3	MARIETTA	HOME	5:30PM
3 / 5	JOHNS CREEK	AWAY	6:00PM
3 / 10	EAST FORSYTH	HOME	5:30PM
3 / 13	NORTH FORSYTH	HOME	6:00PM
3 / 20	BUFORD	AWAY	7:00PM
3 / 22	HARRISON	HOME	11:00AM
3 / 25	LAMBERT	HOME	6:00PM

VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY | VARSITY





# **Booster Club**



# Booster Club Board Members

President

Courtney Righter

Secretary

Angelique Eyster

Members-At-Large

Lexi Frederick  
Alethea Jacobs  
Sheryne McConnell  
Meghan Smith

Vice President

Megan Crump

Operations

Gerry McGinley  
Chris McConnell

Treasurer

Randy Knight

# Sponsorship Update



## Fall Drive Recap

- \$13,120 earned
- 18 new sponsors; 28 Total
- Top Earners: Macy & Olivia!
- Most New: Harper B!
- Top Class - Sophomores!
- 20% of sponsor dollars earned back to families - checks have been sent; tax letters out
- Never too late to bring in a sponsor - talk to Megan C
- **New!** Mid-End of Season Turnkey Renewal program for 25/26

## Corporate Match

- We are a 501(c)(3) organization. Your Employer may match qualified donations (ie. your player's fees)
- Player receives 20% of any corporate match back

## Large Corporate

- Have contacts at large companies who might want to donate cash, supplies, scholarships etc?
- Josh Jacobs will supply letter template
- Player receives 20% of sponsor dollars back

# Our Sponsors - Give Them Some Love!



## Platinum \$1K



## Gold \$500



flooranddecor.com



flooranddecor.com

## Silver \$250





# Fundraising

50/50 Raffle: Sold \$6905 in tickets - donated back!!

Upcoming: Snap!Raise

Spirit Night at Rosati's: Week of **Feb 16** (coming soon!)

"Always-on" Fundraisers:

- Christian Brothers Auto: mention SFHS for 5% of your bill back to our team
- Dental Town \$20 cash back to our team for any new patients who mention were referred by our team

# Fundraising



\*Snap!Raise Team Goal:  
\$10,000

\*Download App to set up.

\*Add a Photo of your player in Uniform.

\*Enter 20 emails and the app will do all of the work!

\*\*Returning Players: Once logged in, review old emails; add these old contacts to this years page.

\*All contributors will be listed on a banner at the end of the fundraiser to display at the Stadium.



## Snap! Raise Fundraiser

Snap! Raise is an online fundraising platform that helps programs raise more money with less effort. We can skip the door-to-door sales and keep fundraising efforts simple and safe. Our fundraising campaign will raise money by telling our story via email, text message, and social media.

The **Snap! Mobile app** gives you convenient access to your Snap! Raise fundraiser through your mobile device, so you can easily reach out to supporters and watch as the donations roll in!

### How to get started:

Your Fundraiser: South Forsyth Girls Lacrosse Donation Drive 2025

Use the QR code to download the Snap! Mobile app and enter your join code to sign up (or log in if you've already created an account).

Join code: 199029133

You can also use this link to log in through your browser:  
[http://raise.snap.app/join\\_code/199029133](http://raise.snap.app/join_code/199029133)

Invite your supporters to donate: Enter 20 (or more!) email addresses and 20 (or more!) phone numbers.  
Examples: parents, grandparents, other relatives, family friends, neighbors, parent's coworkers, former coaches

Remember, it's all online, so you can invite relatives and friends from across the nation or even another country!

Once the fundraiser is live, log back in to share on social media.



Scan to download the Snap!  
Mobile app.

[snapmobile.app/link/download](http://snapmobile.app/link/download)



Snap! Mobile Inc. Privacy Policy

Snap! Raise does not sell or otherwise transfer to outside parties your personally identifiable information. No user information will be sold or shared in any way to any third-party website for any reason whatsoever.



# Where Do the Funds Go?

## **Revenue**

Car wash, Youth Clinic, Raffle, Donations, Sponsorships, Spirit Wear Sales, Registrations, Snap!Raise

## **Season Expenses:**

Player Packs, Photography, Film & Equipment, Transportation/bus drivers, Team Meals, Locker Room supplies, Brave Training, Lacrosse Equipment, Referees, Senior Night, Youth Night, End of Season Banquet, Miscellaneous, Uniforms (next season), Coaching, Administrative (website, SOS, legal fees, TeamSnap)



# Game Day Operations

## **Volunteers** needed for:

- \* **Home Games:** Set up/Breakdown, Scoreboard, Spotter, Stats (4 per game), Announcers (**Mike Bennett and Matt Lish**), Music, etc.
- \* Will set up a practice run before the first game!
- \* **Away Games:** Stats (4 per game)

**Away Game Transportation:** Like last season, we will need to transport our players to most away games. **\*\*PLEASE SIGN TRANSPORTATION PERMISSION SLIP\*\***

When a bus will be provided, we will let you know ASAP so you can plan accordingly.



# Team Parents



Help coordinate transportation, communication, meals for each team.

**Varsity:** Courtney Righter

**JV:** Interested parent?

# Team Meals



Team meals will include TEAM BREAKFASTS this season! Dates added as we move forward.

\*Feb 10 : Chick-Fil-A (after AM practice)



\*Feb 14: Planet Smoothie (after AM practice)

\*March 24: Alessio's (after evening practice)





# Philanthropy

- Successful fall philanthropy projects: thanks to all for contributing!
- Partnering with PWB Joy of Hope for a Spring Clean cleaning supply drive to benefit Jessie's House.
- March 11 - Youth Night with the Boys Lacrosse Program.
- More info to come as we get closer!



# Communication

Parent Communication: Transitioning TeamSnap for **ALL** Parent communications, including schedules, assignments, emails and chat.

- **All players will be added to their team roster tomorrow and you will be sent an invite to join.**

Coach/Player Communication: GroupMe



# Social Media

Please submit any accolades, lacrosse tournaments, pictures, academic honors, philanthropy efforts to **Lexi Frederick** (850-445-5670) or [lfacnp@gmail.com](mailto:lfacnp@gmail.com). Please send in real-time as much as possible!

- **WEBSITE**      www.sofogirlslax.com
- **INSTAGRAM**    sofogirlslax
- **FACEBOOK**     SouthForsyth High School Girls Lacrosse
- **X**                @sofogirlslax

# Booster Club: Thinking Ahead

## Positions open next year:

- Treasurer
- Secretary
- Field Operations
- Members-At-Large: fundraising, spirit wear, event planning, utility players.

\*Please reach out if you are interested in helping out next year - start shadowing THIS year to make it easier next year!

\*If you are able to help SOME of the time, that is great too!