

South Forsyth High School Girls Lacrosse

Fall Meeting: August 21, 2025



Coaches and Trainers

Coaches

Coach Jenna Kasmarik

Coach Reilly Duerk

Coach Sara Kinsey

Coach Rachael Lehner

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

Fall 2025 Strength & Conditioning

- Strength and Conditioning (\$125 per player)
 - September (start date TBD) - October
 - Days: Tuesdays & Thursdays from 4pm - 5pm
 - Location: SFHS Weight Room
- Dragonfly must be completed!
- Registration info can be found at
<https://registration.teamsnap.com/form/37167>



Division Information



GHSA AREA ASSIGNMENT: Division 3 (6A), Area 5

Alpharetta
Lambert
Forsyth Central
North Forsyth
South Forsyth
West Forsyth

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

Fitness Tests for Spring



- 1 mile (on the track)
 - Varsity Expectation - Under 7:20
 - JV Expectation - Under 7:45
- 3x300s (50 yards and back)
 - Varsity Expectation - Under 60 Seconds
 - JV Expectation - Under 65 seconds
- NOTE - if you don't make these times it doesn't disqualify you from making JV. But the standard for Varsity sets the bar for the program. These are goals to work towards!
 - Making these times can further justify whether you make Varsity, but these won't be the only factors.

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 (6)
 - a. Must appear in 4 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.



Booster Club



Booster Club Board Members

President

Courtney Righter

Secretary

Amber
Marchman

Members-At-Large

Erin Barlag
Lexi Frederick
Missy Ragone
Katie Sands

Vice President

Megan Crump

Operations

Matt Jackson

Treasurer

Matt Lish



Booster Club Board Members: Next Year

WE NEED YOU!

OPEN POSITIONS NEXT YEAR:

PRESIDENT

VICE PRESIDENT: SPONSORSHIPS

MEMBER-AT-LARGE: SOCIAL MEDIA

Start shadowing this season! It will make next year much easier.
Contact Courtney if you are interested in finding out more!

Let's work together to support our teams!



Sponsorships

Fundraising

Social Media

Philanthropy

Game Day Ops

Team Meals

Team Bonding

Spirit Wear

Parent Volunteers

Fundraising: Looking for someone to helping to coordinate our fundraisers this season:

- Car Wash
- Snap!Raise
- Spirit Wear

Volunteer Form: Please complete before leaving tonight!

Fundraising



August: Youth Clinic

September: Car Wash

December/January: Spirit Wear

February: Snap!Raise

Other: Spirit Nights (Dates TBD: Fall Night and Season Kickoff in Jan)

Sponsorships



Important to support upcoming season! Three types, all 20% back to your player fees:

Local Sponsors

- Great for us & great for the community
- Fall Drive - Top Earning Class Wins!!!
- Three levels of sponsorship
- Cash or "In-Kind" (gift cards for food or supplies)
- Player receives 20% of sponsor dollars earned toward spring fees

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 earned toward spring fees

Fall Local Sponsorship Drive!



- 20% back to you for all dollars earned
- Top earner of NEW sponsors wins a \$100 gift card!
- Ask for Cash &/ OR “In-Kind” donations from local businesses - 3 Levels!
- Ends December 31
- Sign up/tracking sheet to avoid duplication
- Get out into the community and represent SFHS Lax
- On your own or team-up, email, send a video

Platinum - \$1000	Gold - \$500	Silver - \$250
<ul style="list-style-type: none">• Individual company banner located on SFHS stadium fence• Company logo on group banner located on SFHS stadium fence• Company logo on stadium Jumbotron and announced over PA during home lacrosse games• Company logo on website, www.sofogirlslax.com• Wall plaque for company display• Tagged promotional player photos in front of place of business to post on SFHS Girls Lacrosse social media	<ul style="list-style-type: none">• Company logo on group banner located on SFHS stadium fence• Company advertisement over PA during home lacrosse games• Company logo on website, www.sofogirlslax.com• Wall plaque for company to display• Tagged promotional player photos in front of place of business to post on SFHS Girls Lacrosse social media	<ul style="list-style-type: none">• Company logo on group banner located on SFHS stadium fence• Company advertisement over PA during home lacrosse games• Company logo on website, www.sofogirlslax.com



Philanthropy/ Community Involvement

South Lacrosse has previously teamed up with an organization called the PWB Joy of Hope Foundation to participate in community outreach. PWB is a local non-profit that works closely with The Place, Meals By Grace, No Longer Bound, Jesse's House, CHOA, Shepherd's Men and Make a Wish Georgia.

Last season, our team participated in:

- A Thanksgiving food drive for The Place, supporting Forsyth County families in need
- Holiday hygiene packs (lotions, shower gels, hair products, etc) for The Cottage residents
- Spring cleaning supply donations for Jesse's House

This season we are planning to continue our collaboration with PWB to work on these important supply drives. Additionally, we hope to add an in-person service opportunity for the girls to participate in this spring!

Team Bonding

- August: Youth Clinic (8/9)
- September: Car Wash (9/13)
- October: Thanksgiving Boxes for PWB Joy of Hope (week of 10/20)
- December: Holiday Party (TBD)
- January: Big/Little Reveal



Social Media

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

- **WEBSITE** www.sofogirlslax.com
- **INSTAGRAM** [sofogirlslax](https://www.instagram.com/sofogirlslax)
- **FACEBOOK** SouthForsyth High School Girls Lacrosse
- **X** @sofogirlslax

Communication

- **ALL** Parent Communication will be on TEAMSNAPE.
 - Emails, chats, schedules
- One Team (SFHS Girls Lax 25-26) on TeamSnap with all events beginning with Fall strength and conditioning.
- Coach/Player Communication: GroupMe (may be transitioning).

Looking Ahead: Spring Season Costs

- **Player Fees: \$850 (PLANNED) (3 payment plan option will be available; CC or Check)**
 - Fall Fundraising Dependent
 - Fees to be finalized by January
 - Registration for Spring Season will open January 1, 2026 with first payment due by January 14.
 - Tryout Dates: January 19 & 20

Where Do the Funds Go?

Revenue

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

Season Expenses:

Coaches, Player Packs, Photography, Film & Equipment, Transportation/Bus drivers, Team Meals, Locker Room supplies, Equipment, Senior Night, Youth Night, End of Season Banquet, Uniforms (TBD), Coaching, Administrative (website, SOS, legal fees, TeamSnap)

Conclusion



Questions?