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





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





- 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 <u>https://registration.teamsnap.com/form/37167</u>



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





President

Courtney Righter

Vice President

Megan Crump

Treasurer

Matt Lish

Secretary

Amber Marchman

Operations

Matt Jackson

Members-At-Large

Erin Barlag Lexi Frederick Missy Ragone Katie Sands



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!







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			
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	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	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			

Fall Local Sponsorship Drive!



Sign Up Sheet

- Fall Sponsorship Drive Sign Up
 Sheet
- Add NEW Sponsors you are pursuing so we don't duplicate
- Enter your name (or names)
 and grade level
- Once you have a sponsor go back and enter the package and amount
- If multiple players work together to get a sponsor the 20% toward fees will be split equally

25/26 =	Sponsor (Bold= Committed) =	25/26 Player =	In Kind	₹	Package 24	⇒ Amount 24/	25 = Amount 25/2 =	Package 25/2	Business Contact	Phone =	Email	= C
Renewal	Jim Ellis Automotive Group	Booster (righter)		•	Gold	\$500		-	Rachel Roose		rachelr@jimellis.com	х
Renewal	Craig LaCava Photography	Booster (righter)	In Kind	*	Gold	\$500	\$500.00	Gold ▼	Craig LaCava		craig@lacava.org	x
Renewal	PWB Joy of Hope Foundation	Milstead		•	Gold	\$500	\$500.00	Gold ▼	Shannon Burch	404-434-3474	sburch4410@gmail.com	x
Renewal	Budget Blinds	Booster (crump)		-	Gold	\$500		-	Josh Shapiro	312-200-3683	joshshapiro@budgetblinds.com	×
Renewal	Tequila Fiesta Taqueria and Bar	Booster (lish)		•	Gold	\$500		•	Jonathan Esquivel	470-560-8663	tequilafiestainfo@gmail.com; infoteq	quila X
Renewal	Vitality Bowls	Booster (lish)	In Kind	*	Gold	\$500		•	Sushma Chanda	678-852-3243	suwanee@vitalitybowls.com	x
Renewal	Ascension Mixed Martial Arts	Ragone	In Kind	-	Gold	\$500		-	Junior (dad) Matt (Son) Assuncao		info@ascensionmma.com	
Renewal	Floor and Decor	Ragone		•	Gold	\$500		-	Eden Wooster	636-357-0787	ewooster@weareteam.com	
Renewal	Home with Sherry Team	Ragone		-	Gold	\$500		-	Sherry Ajluni	678-283-1710	sherry@sherryteam.com	
Renewal	Lou Sobh Honda and Lou Sobh Kia	Ragone		•	Gold	\$500		-	Abigail Fitz (Executive A	s: 678-679-7299	AFitz@LouSobhHonda.com	
Renewal	Alessio's Restaurant & Pizzeria - Windermere	Ragone	In Kind	-	Gold	\$500		-	Hunter		windermere.alessio@gmail.com	
Renewal	Waffle House	Fredrick	In Kind	*	Gold	\$500		-	Lexi/ Brent Fredrick	850-445-5670	brentfrederick@wafflehouse.com	
Renewal	Buffalo's Cafe	Booster (sands)	In Kind	*	Gold	\$500		-	Erik Ehlers	470-309-9464	erik.buffalos@gmail.com	x
Renewal	Jon Brian Contracting	Booster (crump)		*	Platinum	\$1,000		-	Brian Smith	770-527-8633	mssmith0909@gmail.com	
Renewal	Northside Forsyth Internal Medicine & Geriatrics	Fredrick		-	Platinum	\$1,000		-	Soheil Momin MD	(404) 644-9338	sohelmomin@yahoo.com	
Renewal	Tams' Backstage	Milstead		-	Silver	\$250		-	Lisa Head		lisa.tamsbackstage@gmail.com	
Renewal	Dental Town	Booster (crump)	In Kind	-	Silver	\$220		-	Lyla Watson	770-855-0386	pr@dentaltownsmiles.com	
Renewal	Three Dogs Flooring	Booster (marchman)		-	Silver	\$250		-	Jessica		Info@threelittledogsinteriors.com	X
Renewal	Dixie's Groomer	Booster (crump)		•	Silver	\$250	\$250.00	Silver *	Lisa Holmer	404-569-1798	lisahollmer71@gmail.com	X
Renewal	Five Star Painting	Booster (marchman)		-	Silver	\$250		-	Scott Specker	678-372-5612(F Scotts@fivestarpainting.com	x
Renewal	Keller Williams - Ligas	Booster (crump)		•	Silver	\$250		•	Wendi Ligas	404-291-4167	wligas@kw.com	x
Renewal	JDMA Tax	Booster (sands)		*	Silver	\$250			Bibi Lopez		bibi@jdmatax.com	x
Renewal	Atanta Motor Company	Booster (barlag)		*	Silver	\$250			Fred Blackwell	770-318-2738	fred@sscod.com	x
Renewal	Pearl Lacrosse Balls - Donated by Guardian Spo	Barlag	In Kind	+	Silver	\$400	\$400.00		Carson Costas		carson@guardiansports.com	x
Renewal	Creative Cabinets and Fine Finishes	Booster (righter)		-	Silver	\$250	\$250.00	Silver *	Jenna Hill; Susan Fossu	ım: Evan Hill	evan@creativecabinetsff.com	×
Renewal (Wait until 2026)	Troncalli Automotive Group			•	Silver	\$250			Jennifer Cope	678-341-4239	itcope@troncalli.com	
New	Firehouse Subs	Rubin		-	Silver	0	\$500.00	Gold	Jigar Patel	6783717360	ligarster@gmail.com	x
New	Cue Barbecue	Righter		•					Dave Bakitas	(770)888-1048	dave.bakitas@cuebarbecue.com	n X
New				-								
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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





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

FACEBOOK SouthForsyth High School Girls Lacrosse

• X @sofogirlslax

Communication



- ALL Parent Communication will be on TEAMSNAP.
 - 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





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)





Questions?