

South Forsyth High School Girls Lacrosse

Spring Season Meeting
December 11, 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

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 8:30
- 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.

SOUTH FORSYTH GIRLS LACROSSE VARSITY SCHEDULE | 2026

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Home/Away</u>	<u>Varsity</u>
Feb 5th	Thursday	Lassiter	HOME (Scrimmage)	6:30pm
Feb 11th	Wednesday	Decatur	AWAY	6:00pm
Feb 18th	Wednesday	North Forsyth	AWAY	6:00pm
Feb 20th	Friday	St. Pius	HOME	6:00pm
Feb 24th	Tuesday	Holy Innocents	AWAY	5:00pm
Feb 26th	Thursday	Central	AWAY	6:00pm
March 3rd	Tuesday	Wesleyan	HOME	7:00pm
March 5th	Thursday	Woodstock	HOME	6:30pm
March 10th	Tuesday	Alpharetta	HOME	7:30pm
March 12th	Thursday	Denmark	AWAY	6:30pm
March 14th	Saturday	Starrs Mill	AWAY	3:00pm
March 18th	Wednesday	Hillgrove	HOME	6:00pm
March 21st	Saturday	West Forsyth	AWAY	1:30pm
March 24th	Tuesday	Lambert	AWAY	7:30pm
March 26th	Thursday	Harrison	AWAY	7:30pm
March 31st	Tuesday	Fellowship Christian	AWAY	6:00pm
April 2nd	Thursday	Johns Creek	HOME	6:00pm
April 15th	Wednesday	Cherokee	HOME	6:00pm
April 23rd	Thursday	Milton	AWAY	6:00pm

SOUTH FORSYTH GIRLS LACROSSE JV SCHEDULE | 2026

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Home/Away</u>	<u>JV</u>
Feb 11th	Wednesday	Decatur	AWAY	7:45pm
Feb 18th	Wednesday	North Forsyth	AWAY	7:30pm
Feb 20th	Friday	Westminster	HOME	7:30pm
Feb 23rd	Monday	Mt. Pisgah	AWAY	5:00pm
March 3rd	Tuesday	Wesleyan	HOME	5:30pm
March 6th	Friday	Whitewater	AWAY	6:30pm
March 10th	Tuesday	Alpharetta	HOME	5:55pm
March 14th	Saturday	Starrs Mill	AWAY	1:00pm
March 18th	Wednesday	Mill Creek	AWAY	7:00pm
March 21st	Saturday	West Forsyth	AWAY	12:00pm
March 24th	Tuesday	Lambert	AWAY	6:00pm
March 26th	Thursday	Harrison	AWAY	6:00pm
March 31st	Tuesday	Cherokee	AWAY	7:30pm (@ Cherokee)

Senior Night 4/15



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

Let's work together to support our teams!



Sponsorships

Fundraising

Social Media

Philanthropy

Game Day Ops

Team Meals

Team Bonding

Spirit Wear



Booster Club Board Members: Next Year

WE NEED YOU!

OPEN POSITIONS NEXT YEAR:

VICE PRESIDENT: SPONSORSHIPS

MEMBER-AT-LARGE: SOCIAL MEDIA

MEMBER-AT-LARGE: FUNDRAISING/SPIRIT WEAR

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



Fundraising: Recap/Looking Ahead

August: Youth Clinic

September: Car Wash

October: Spirit Night at Chipotle

January: Spirit Night at Rosati's: January 20

February: Snap!Raise

Fundraising

“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



- *Start Date: 2/6/26
- * Snap!Raise Team Goal: \$13,000.
- *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.

 **EXAMPLE**

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

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

EXAMPLE



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.

Sponsorship Update

- \$6,900 Earned so far - Cash + In Kind
- 13 renewed and 2 New Sponsors (Firehouse Subs - Rubins, Outdoor Shades Georgia - Coach Reilly)
 - Booster renewed \$3,400; retaining 20% rebate in budget
 - Thank you to the following who families who renewed an additional \$3,500 in sponsorship - 20% cash back - Milstead, Frederick, Barlag, Ragone, Rubin

Our Sponsors - Give Them Some Love!



Gold \$500



Silver \$250



Creative
Cabinets
AND FINE FINISHES

CREATIVECABINETSFF.COM
770.693.1896



Sponsorships



Not too late! Reach out to Megan Crump with any new sponsors - ANYTIME, no deadline (up until Jan 15th to be printed on banners).

Two ways to help! Both get you 20% cash back

Local Sponsors

- Great for us & great for the community
- 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 Matching

- 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



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.

So far this year, we have organized:

- Thanksgiving food drive for The Place, supporting Forsyth County families in need
- Holiday hygiene packs for The Place Cottage and Jesse's House residents

Under Consideration for the spring:

- Cleaning supply donation drive for Jesse's House
- In-person volunteer hours at a location TBA (Humane Society, FCA, Meals By Grace, etc)

Parent Volunteers

- **Game Day Operations:** Many volunteers needed especially for home games.
 - Field setup, Press Box duties, Stats, Announcing, Music, Scoreboard, etc.
- **Team Parents:** JV and Varsity - help with scheduling, meals, events.

Please complete the Volunteer Form before you leave tonight!

Team Bonding

- **August:** Youth Clinic (8/9) ✓
- **September:** Car Wash (9/13) ✓
- **October:** Thanksgiving Boxes for PWB Joy of Hope (10/22) ✓
- **December:** Holiday Party 12/14 at The Righter's House
- **February:** Big/Little Reveal
- **Team Meals** throughout season (schedule to be finalized in January)

Communication

- Parent Communication will be on TEAMSNAPE & GroupMe.
 - Emails, schedules, roster on TeamSnap
 - Day to day chat on GroupMe
 - **TURN ON ALL NOTIFICATIONS!**
- One Team for Varsity and JV(SFHS Girls Lax 2026) on TeamSnap with all events -practices, games and events.
- Coach/Player Communication: GroupMe (may be transitioning).
- ***IF YOU ARE NOT ON ANY OF THESE APPS, PLEASE SEE ME AFTER THE MEETING!

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

Looking Ahead: Spring Season Costs

- **Player Fees: \$950 (3 payment plan option will be available; CC or Check: \$320/\$315/\$315)**
 - Registration for Spring Season will open January 1, 2026 with first payment due by January 14.
 - **Tryout Dates: January 19 & 20: 4pm - 5:30pm** on GRASS fields
 - Registration will be through TeamSnap. Link will be sent out January 1.

Where Do the Funds Go?

Revenue

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

Season Expenses:

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

Conclusion



Questions?