

# South Forsyth High School Girls Lacrosse

Fall Meeting August 26, 2024



# 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



# Fall Ball 2024

- In-house Fall Ball with Coach Mike Kasmarik (\$125/\$150 with pinnie)
  - September 9 - October 23
  - Practices: Monday/Wednesday 6:30pm-8:00pm EXCEPT during Fall Break
  - Location: SFHS Practice Field
  - Play Day - September 15th @ Johns Creek High School
    - 1pm vs. Johns Creek
    - 3pm vs. Roswell
- Registration info: <https://registration.teamsnap.com/form/10789>
- Dragonfly must be completed!

# 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\***

# 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.



# Looking Ahead: Spring Season Costs

- **Player Fees: \$850 (2 payment plan option available)**
  - Coaches Fees
  - Player Packs/Coaches Apparel/Practice Gear
  - Equipment (Nets, Fields, Balls, Paint)/Field Maintenance
  - Team Meals
  - End of Season Banquet
  - Team Banners



# **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

# We need you! Let's work together to support our teams!



Sponsorships

Fundraising

Social Media

Philanthropy

Game Day Ops

Team Meals

Team Bonding

Spirit Wear



# 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

## 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 earned toward spring fees

# Fall Local Sponsorship Drive!



- Sponsorship Packet coming out this week on Email/ Group Me!
- Ends November 30
- Top earning class wins - perks and prizes!
- Cash & “In-Kind” donations from local businesses
- Sign up/tracking sheet will be provided 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"><li>• Individual company banner located on SFHS stadium fence</li><li>• Company logo on group banner located on SFHS stadium fence</li><li>• Company logo on stadium Jumbotron and announced over PA during home lacrosse games</li><li>• Company logo on website, <a href="http://www.sofogirlslax.com">www.sofogirlslax.com</a></li><li>• Wall plaque for company display</li><li>• Tagged promotional player photos in front of place of business to post on SFHS Girls Lacrosse social media</li></ul>	<ul style="list-style-type: none"><li>• Company logo on group banner located on SFHS stadium fence</li><li>• Company advertisement over PA during home lacrosse games</li><li>• Company logo on website, <a href="http://www.sofogirlslax.com">www.sofogirlslax.com</a></li><li>• Wall plaque for company to display</li><li>• Tagged promotional player photos in front of place of business to post on SFHS Girls Lacrosse social media</li></ul>	<ul style="list-style-type: none"><li>• Company logo on group banner located on SFHS stadium fence</li><li>• Company advertisement over PA during home lacrosse games</li><li>• Company logo on website, <a href="http://www.sofogirlslax.com">www.sofogirlslax.com</a></li></ul>

# Fall Local Sponsorship Drive!



## Sign Up Sheet

- [Fall Sponsorship Drive Sign Up Sheet](#)
- Pick one that's listed or add your own
- Enter your name (or names) and grad 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

		2024/25 Local Sponsorship Drive					
	Local Sponsors	24/25 - Player Sign-up	Grade	25/25 Package	Amount	Prior Year Pkg	Prior Yr Amt
Renewal	Jim Ellis	Olivia Smith	Senior			Platinum	
Renewal	Jon Brian Contracting	Oliva Smith	Senior			Platinum	
Renewal	Tams' Backstage					In Kind	
Renewal	Buffalo's Cafe					In Kind	
Renewal	Alessio's Pizza					In Kind	
Renewal	PWB Joy of Hope Foundation	Brianna Milstead	Junior			Gold	
Renewal	Rosat's Pizza	Olivia Smith	Senior			In Kind	
Renewal	Northside Forsyth Internal Medicine & Geriatrics	Reise Fredrick	Senior			Gold	
Renewal	Advanced Dental					Silver	
Renewal	2 Sister Nail Bar					Silver	
Renewal	Lenny's Grill and Subs					In Kind	
Renewal	Atlantic Home Mortgage	Avery Lowe	Sophomore			Silver	
Renewal	Mochibees					Silver	
Renewal	Craig LaCava Photography	Courtney Righter	Sophomore			In Kind	
Renewal	Waffle House	Reise Fredrick	Junior			In Kind	
NEW	Dixie's Groomer	Crump, Righter	Sophomore				
NEW	Three Dogs Flooring	Crump, Barlag, Righter	Sophomore				
NEW	Watson & Associates Real Estate	Righter	Sophomore				
NEW	Creative Cabinets and Fine Finishes	Sally Righter	Sophomore				
NEW	DriveSmart Cumming	Crump, Barlag, Righter, Lish, Bibb	Sophomore				
NEW	Atlanta Bread Company	Crump	Sophomore				
NEW	Dental Town	Crump	Sophomore				
NEW	Lazy Dog Cafe	Righter	Sophomore				
NEW	The Bagel Hole	Crump, Barlag, Righter, Lish, Bibb	Sophomore				
NEW	Peachtree Orthopedics	Reece McCannell	Senior				
NEW	Budget Blinds	Crump	Sophomore				
NEW	Crumb!						
NEW	Frida's						
NEW	Jimmy Johns						
NEW	Jerimiah's						
NEW	Jersey Mikes						
NEW	Zaxby's						
NEW	Dunkin Donuts						
NEW	Express Oil Change						
NEW	Everbowl						
NEW	Scoopjoy						
NEW	Caribou Coffee (Opening soon)						
NEW	Nothing Bundt Cakes						



# Fundraising

August: Youth Clinic

August: Car Wash

September: 50/50 Raffle (Sept 1 - Sept 30) : Prizes for Top Sellers!

January: SnapRaise

Other: Spirit Nights, Spirit Wear : Coming Soon!

# 50/50 RAFFLE

## Directions

- Each athlete and family will receive 50 tickets to sell during the month of September (not required to sell all but more tickets available if needed).
- Ticket Prices: **1 for \$5 or 5 for \$20.**
- Top 3 athletes with the highest sales will receive a **\$100 gift card to Lululemon!**
- Raffle Winner(s) will receive 50% of the profits. If sales reach \$10,000, we will start a new pot for a second winner and so forth!
- Number of winners dependent upon amount of tickets sold.
- Please share on social media, and share posts and updates throughout the month!
- Return tickets to Lexi Frederick by 9/28/24: Include Athlete Name, Purchaser Name and check (Payable to SFHS Girls Lacrosse Booster Club) or Venmo **@LexiFrederick** for TOTAL AMOUNT SOLD.
- Winners will be announced on Team IG at 7:00pm on 9/30!
- Winner does not need to be watching to win!



**50/50**

# RAFFLE CONTEST

5 STARS  
-TICKET-

**\$5** each  
5 tickets for \$20

**TICKETS GO ON SALE SEPTEMBER 1**

**SOFO GIRLS LACROSSE**  
DRAWING WITH BE HELD SEPTEMBER 30TH AT 7PM  
ON INSTAGRAM LIVE @SOFOGIRLSLAX  
DO NOT NEED TO WATCH TO WIN

**CASH PRIZES**



# Philanthropy/ Community Involvement

**“The greatness of a community is most accurately measured by the compassionate actions of its members” - Coretta Scott King**

**Our team community outreach opportunities are guided by the PWB Joy of Hope Foundation. It 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. Our team participates in 3 to 4 activities per year.**

**Team Activities last season =**

**October: Thanksgiving food drive for The Place, supporting Forsyth County families in need**

**November: Collection of personal items (lotions, shower gels, hair products, etc) for Jesse’s House residents**

**Spring: Collection of cleaning items for Jesse’s House**

**Ideas for this year may include these activities, but may vary depending on the foreseen needs of the community, and also our team calendar availability. Other ideas include assisting Miracle League at a sporting event, and the team becoming CPR certified.**



# Team Bonding

- August: Youth Clinic (8/10) & Car Wash (8/17)
- September: Pool Party at Smith's (TBD)
- November: Thanksgiving Boxes for PWB Joy of Hope
- December: Christmas Party at the Frederick's House (12/14)



# 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



# Communication

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

Coach/Player Communication: GroupMe



# Important Dates

- August 26 : Raffle Info distributed
- September 9: Fall Ball registration due
- September 9 - October 23: Fall Practices
- September 15: Play Day at Johns Creek High School (1pm/3pm)
- September 28: Raffle Tickets and Payment Due
- September 30: Raffle Winners announced
- November 30: Sponsorship Drive Ends
- November/December: Conditioning
- December 1: Minimum Non-Refundable Payment of \$220 due
- January 27-29: Tryouts
- February 1: Remainder of Fees Due