



# HELLGATE KNIGHTS LACROSSE

P.O. Box 3032  
Missoula, MT 59806

February 7, 2018

Dear Parents/Guardians:

It's our pleasure to join you in the 2018 Hellgate Knights Lacrosse season! The purpose of this handout is to provide you with key information and contacts to help you and your athlete have the best possible experience.

In spite of our growing numbers and success, we are still a young organization. We depend on contributions from our parents, not only with team fees, but also with all of the "behind the scenes" activities. We invite you to jump in feet first! We value being active participants in our children's lives and this is an open invitation to get involved. See below and thanks for joining in!

Much, if not all, of this information can also be found on our website: <http://www.hellgatelacrosse.usl.la>. If you would like to submit postings to the website please contact Sally Lane ([sallylane\\_msla@yahoo.com](mailto:sallylane_msla@yahoo.com)).

## Registration and Fees:

The initial registration fee of \$100 is non-refundable but will be applied to the season fee. We requested that you register on our website and make your deposit with PayPal or by check. You can make all future payments by PayPal or personal check mailed to our PO Box (see above). The registration fees for each team are shown below. Parents/guardians of all registered players have been emailed the balance due on their accounts. Your remaining balance includes the \$10 PayPal fee if you pay online. As noted in that email, if you pay by check, you should write your check for \$10 less. Full registration fee payment is due by March 15, 2018. Please contact the team treasurer ASAP if you cannot make the full payment by March 15, 2018 to arrange a payment schedule.

<b>Boys Varsity:</b>	\$450
<b>Girls Varsity:</b>	\$450

The Boys teams' treasurer is Nancy Clouse ([nancykcg@gmail.com](mailto:nancykcg@gmail.com)). The Girls team treasurer is currently an OPEN position—please let Sally or Nancy know if you are interested in this position!

## Team Photos:

- The Boys Varsity teams' photo day is Tuesday, April 3rd at 3:30 sharp in the Hellgate HS courtyard.
- The Girls team photo day is Wednesday, April 4th at 3:30 sharp in the Hellgate HS courtyard.

Along with the team photo, players also have the opportunity for individual photos. We use Kathleen Ward (880-3297 or [kwardphoto@bresnan.net](mailto:kwardphoto@bresnan.net)). Order forms will be distributed at the Player/Parent meeting and will be available on picture day.

## Grades and Conduct:

We follow the academic standings of our players. We're not a sanctioned sport but, if we do act like one, our model must follow the established sports teams. Periodically, your player will be required to provide proof of good academic standing (**Tuesday, April 3rd, and Tuesday, May 1st**) by emailing a screen shot or picture of their current course grades from "Q-StudentConnection" to BOARD MEMBER Lisa Vachio (406.370.9197) at [lisavachio@gmail.com](mailto:lisavachio@gmail.com). Good academic standing is defined as a minimum cumulative grade point average of 2.0 and all grades in current courses above an "F" at the time of the grade check. If we find a player is not in good academic standing, we will notify him/her and their parent/guardian so that the problem may be addressed. The player will have 10 days to regain good academic standing and send another screen shot or picture as proof. If, after the 10 days, the player still is not in good academic standing they will be ineligible for game play until they provide proof of regaining good academic standing. They will still be eligible to practice.

As for conduct, these tend to be case by case situations and we trust that we will have your support should something develop. MCPS has published policies but, since we are not a sanctioned sport, we have some leeway. The board does have an established disciplinary committee should infractions occur.

## Practice Schedule:

Unless you hear otherwise, the typical week involves practice immediately after school 4:30-6:30 PM, 3-4 days per week, Monday through Thursdays. Consult the master schedule on the website regularly as these things can be fluid. We practice at Hellgate Soccer Fields up the Rattlesnake. Our club is very fortunate to rent these home fields. We appreciate the HHS administration opening this to our athletes. Teams will make every effort to not cause any damage to the area, will pick up all debris, and leave the fields in better shape than we found them at every practice.

**Boys Practice Mon-Thurs (except Thursday game) 4:30- 6:30**

**Rattlesnake Fields**

**Girls Practice Mon and Wed 4:30- 6:30, Thursday 3:30-5:30**

**Rattlesnake Fields**

## Game Day:

As noted earlier, we fend for ourselves for practice and game fields. The field is Fort Missoula Regional Park-turf field and grass. This location also allows for night games. We have many game day duties and will need the help of many parent volunteers. Besides lining and striping the fields prior to the games, we have opportunities for staffing the scoring table and the sale of Hellgate LAX wear. We have an opportunity to make game days an "event," but we will need parent help.

## Spring Yard Clean-up/Leaf Fundraiser:

On Sunday, April 23<sup>rd</sup> we'll be doing some good old-fashioned work. We have a terrific fundraiser and count on your participation. We make about \$3,500 each season and this is a large part of our budget. It works like this: We clean yards! We'll announce the specifics later but, generally, volunteer parents and all the players will meet on Sunday to be divided into teams. You'll be given instructions and addresses for which your team is responsible. You'll work with the homeowner on the projects they've identified. We'll rake yards, prune vegetation, load debris into trailers (that we'll provide). For this, we'll be paid \$100 per yard. Our goal is to secure 30 addresses and we depend on your help to find customers (think Grandma and Grandpa!). People are thrilled when we show up! There may be nothing sweeter than watching a high school student properly use a rake. **This is an enormous undertaking and we'll need a couple of volunteers to assist in the preliminary work.** Please contact Sarah Flynn ([sflynnmt@gmail.com](mailto:sflynnmt@gmail.com)) to help with this project.

### **Scholarships:**

Hellgate Lacrosse is an inclusive team sport. The board understands that financial roadblocks exist for our kids. There is a scholarship donation link on the website, if you are fortunate to be in a position to donate. These funds go to offset registration costs for the program. Parents that need financial support are encouraged to reach out to the team(s) treasurer(s).

### **HKL Team Sponsorship:**

Cathy Richman will be heading up our all-team sponsorship request. This is a great opportunity for business to support HKL and, in return, get advertising for their business. We appreciate your tax deductible contribution. HKL is a 501(c)(3) organization.

### **Other FUNd-raisers:**

We have a number of scheduled FUNd-raisers throughout the season—many of which provide great opportunities to socialize with your fellow Hellgate Lacrosse families. We hope you join us for as many of these as possible and invite your friends and extended families! You can find these events on the calendar at the HKL website.

### **Team Logo Wear:**

We provide you the opportunity to support Hellgate Lacrosse by selling fashionable, supremely high-quality, and desirable logo wear. Cathy Richman is in charge of this and will be providing opportunities to purchase gear at the Parent Meeting. We also hope to set up logo wear sales at games if we secure some volunteers to help with this.

### **Team Uniforms:**

Hellgate Lacrosse owns and distributes uniforms (jerseys and shorts/skirts) to all players based on which squad they make. Boys jerseys are generally handed out each game and returned. Girls are issued a jersey for the season. Players will be expected to return the uniforms immediately upon completion of the season. (Think “right after the last game, before you depart”...please plan your wardrobe accordingly!) Players are also issued team HKL Pennies, which are to be returned at the end of the season, except for our seniors.

### **Volunteer Opportunities:**

We will be offering sign-up sheets at tonight’s meeting for help with all the committees that make Hellgate Lacrosse happen. Please be generous with your time – I think you will find it highly rewarding.

**Secretary:** Thank-you notes for donations (work with Trenton Memorial funds). Notes from Board meetings.

**Operations:** Field arrangement this person would work with City of Missoula for FMRP rental and the MCPS for practice and game rentals of the Rattlesnake fields. This person would also manage the field lining, setting up work crews and arranging for field supplies to be at the appropriate fields for games and practice.

**Girls Varsity Rep (additional):** Team manager for the girls’ team. Assist coach’s needs; work with current rep to learn the ropes for next year.

**Girls Team Treasurer:** Will work closely with ALL team treasurer, Nancy Clouse. HKL has an inclusive budget, but we like to have a treasurer for each team for team purchases and budgeting. Attend monthly board meetings and act as a parent rep for the girl’s team.

# Hellgate Knights Lacrosse Board

**Sally Lane**, President – [sallylane\\_msla@yahoo.com](mailto:sallylane_msla@yahoo.com) 406-239-5765

**Lisa Vachio**, Vice-President – [lisavachio@gmail.com](mailto:lisavachio@gmail.com) 406-370-9197

**Allen Szalda Petree**, Past President –

**Nancy Clouse**, Boys' Treasurer – [nancykgc@gmail.com](mailto:nancykgc@gmail.com) 406-531-3659

**OPEN**, Girls' Treasurer –

**Kim Strawbridge**, Secretary – [kjm765@gmail.com](mailto:kjm765@gmail.com)

**Cathy Richman**, Fundraising Chair – [cathyrichman@gmail.com](mailto:cathyrichman@gmail.com)

**OPEN**, Operations/ Field arrangement Committee Chair –

**Sarah Flynn**, Spring Clean/Leaf Coordinator – [sflynnmt@gmail.com](mailto:sflynnmt@gmail.com) 406-531-9102

**Sarah Flynn**, MT HS MLA regional Rep – [sflynnmt@gmail.com](mailto:sflynnmt@gmail.com) 406-531-9102

**Reidun Johnston**, School Relations Chair – [Rlanguaunet@hotmail.com](mailto:Rlanguaunet@hotmail.com)

**Cathy Richman**, Team Store Committee Chair – [cathyrichman@gmail.com](mailto:cathyrichman@gmail.com)

**Kim Strawbridge**, Team Store/Coordinator – [kjm765@gmail.com](mailto:kjm765@gmail.com)

**Kristina Lucero**, Boys Varsity Rep – [kristinalucero@gmail.com](mailto:kristinalucero@gmail.com)

**Kim Strawbridge**, Girls Varsity Rep – [kjm765@gmail.com](mailto:kjm765@gmail.com)

**Kim Chambers** Tournament Director 2019 – [kim@charterconst.com](mailto:kim@charterconst.com)

- Committee: **Reidun Johnston** – [languaunet@hotmail.com](mailto:languaunet@hotmail.com) 406-274-2649

## HELLGATE KNIGHTS LACROSSE

### 2018 COACHING STAFF

#### **Max Reuter, Boys Varsity Head Coach**

Contact: [mreuter0704@gmail.com](mailto:mreuter0704@gmail.com) 971-998-7910

High School: Wilson, OR

College: The University of Montana, Missoula, MT

#### **Josh Rude, Assistant Boys Coach**

Contact: [joshrude24@gmail.com](mailto:joshrude24@gmail.com) 801-699-0336

High School: Juan Diego, UT

College: Boise State University, Boise, ID

#### **Wes Armstrong, Assistant Boys Coach**

Contact: [wes.armstrong248@gmail.com](mailto:wes.armstrong248@gmail.com) 248-885-1196

High School: Birmingham Seaholm HS, Birmingham, MI

College: University of Montana, Missoula MT

#### **Meagan Moberg, Girls Varsity Coach**

Contact: [mmoberg17@gmail.com](mailto:mmoberg17@gmail.com) 406-830-6480

High School: Peterborough New Hampshire

College: University of Montana, Missoula MT

#### **Emma Swartz, Assistant Girls Coach**

Contact: [emmarswartz92@gmail.com](mailto:emmarswartz92@gmail.com) 406-531-7993

High School: Missoula Hellgate

College: University of Montana, Missoula MT