

2017 JHS GLAX SEASON INFORMATION

COACHING CONTACTS

- **Varsity:** Coach Katie (Izzy) Hochman at hoch.coachhs@gmail.com or 612.750.1001
- **JV:** Coach Hallie Hoogland at hallie.hoogland@gmail.com or 763.443.1772
- **B SQUAD:** Coach Sarah Hochman at s.hochman022@gmail.com or 612.750.0977

JHS GLAX WEBSITE

Parents and Players need to become familiar with the program's website at www.jeffersongirlslacrosse.com. It is the hub of our communications, provides news, updates, and announcements, and has pictures and picture links. Each team and the Booster Club all have their own page and calendar. Please subscribe to the Booster Club calendar and any appropriate team calendar(s), and get in the habit of regularly checking the website.

EMAIL LIST

The Booster Club and coaches communicate with players and parents via email, with the sender appearing as "JagLax Girls Booster Club". At least two members of each family (the player AND one parent) should be on the distribution list for this email account. Right now, there are a number of families not signed up for these emails, or who only have one family member receiving emails. If there are not at least two family members receiving our emails, get on our email distribution list by filling out the contact information sheet (handed out at the PAC meeting), or email us at jhsglpresident@gmail.com.

OTHER WEBSITES, ETC.

Here is a list of other websites to bookmark for relevant information throughout the season:

- www.metrowestconference.org generates a schedule for every activity for each school in our MetroWest Conference, and it allows for people to subscribe to any calendar.
- www.mnlaxhub.com is a site with lacrosse news and information from across the state.
- www.laxpower.com is a site with national lacrosse rankings.
- www.mshsl.org is the state's high school activities league site that can also generate schedules, it contains rules, has sectional and state tournament schedules and publishes some lacrosse stats.
- Get on **Twitter** for immediate updates and information!
 - Follow the coaches on Twitter! Their account is **@JaguarLaxCoach**
 - Follow the captains on Twitter! Their account is **@JaguarGirlsLax**
 - Follow Jefferson Activities on Twitter! That account is **@jeffjaguars**
 - Cyndi Nightengale is on Twitter! Her account is **@cynbadd84**
 - She is our webmaster and social media director. She routinely tweets important news and updates for us.
 - **Facebook** page is **cynbadmedia**
 - **Instagram** account is **@cynbadd**

2017 JagLax Girls

GAME SCHEDULE

VARSITY

APRIL

8 – Scrimmages, 11A, JHS Turf Field
13 – at Burnsville, 7P
18 – at Lakeville North, 7P
20 – at Robbinsdale Cooper, 7P
25 – at Washburn, 7P
27 – CHASKA, 6P, JHS Turf Field
29 – BRECK, 1P, JHS Turf Field

MAY

4 – at Chanhassen, 7P
5 – at Holy Angels, 530P
9 – KENNEDY, 6P, JHS Turf Field
15 – EAGAN, 6P, JHS Turf Field
20 – at Roseville Area, 11A
23 – at Benilde St. Margaret, 7P
24 – ST. LOUIS PARK, 6P, JHS Turf Field
31 – Sections Begin

JUNE

13-17 – State Tournament

JUNIOR VARSITY

APRIL

8 – Scrimmage, 11A, JHS Turf Field
13 – at Burnsville, 530P
18 – at Lakeville North, 5P
25 – at Washburn, 530P
27 – CHASKA, 430P, JHS Turf Field
29 – BRECK, 11:30A, JHS Turf Field

MAY

4 – at Chanhassen, 530P
5 – at Holy Angels, 4P
9 – KENNEDY, 430P, JHS Turf Field
15 – EAGAN, 430P, JHS Turf Field
20 – at Roseville Area, 930A
23 – at Benilde St. Margaret, 530P
24 – ST. LOUIS PARK, 4P, JHS/OMS Grass Field

B SQUAD

APRIL

13 – at Burnsville, 4P
24 – BRECK, 430P, OMS

MAY

1 – MINNETONKA, 430P, OMS
4 – at Chanhassen, 415P
10 – KENNEDY, 4P, OMS
11 – at Woodbury, 430P
16 – WOODBURY, 445P, OMS
18 – EDINA, 430P, OMS
20 – B Squad Jamboree at Benilde-St. Margaret vs. Cretin-Derham, 1015A vs. Benilde, 1130a
23 – at Benilde, 415P

OTHER EVENTS

APRIL

8 -- Scrimmage Day, Varsity and JV, JHS Turf, 11a - 330p
10 -- 7th & 8th Grade Breakfast w/ Coach Izzy & Captains, Ellie's House, 10a
11 -- 11th & 12th Grade Breakfast w/ Coach Izzy & Captains, Ellie's House, 10a
12 -- 9th & 10th Grade Breakfast w/ Coach Izzy & Captains, Ellie's House, 10a
14 -- WhirlyBall, Maple Grove, 11a - 1p
17 -- Sometime this week -- Snap! Raise Fundraiser Kickoff
21 -- Mulch Fundraiser Turn In, JHS, 4-5p
27 -- Panera Dining Out Fundraiser, Edina, 4-8p

MAY

1 -- Culver's Dining Out Fundraiser, Bloomington, 5-8p
6 & 7 -- Mulch Pick Up, Jerry's Valley West, TBA
9 -- Chipotle Dining Out Fundraiser, Old Shak/France, 5-9p
15 -- Sometime this week-- Snap! Raise Fundraiser Conclusion
24 -- Senior Night

JUNE

7 -- Last Day of School! Graduation!
11 -- Year-End Banquet, TBA, 630p
19-21 -- Summer Camp, JHS Turf, 900-1130a