



JAN 2026



FOREST LAKE YOUTH LACROSSE

# THE SCOOP



## UPCOMING DATES

JAN 17	Try-Lax Events
JAN 28	
FEB 20	2026 Registration Closes
FEB 22	Team Evaluations & Jersey Try-On Event
MAR 25	Player / Parent Meeting
MAY 30	Girls Spring State Tournament
JUN 5-7	Boys Spring State Tournament

»»» REGISTER NOW FOR THE 2026 SEASON! «««

The 2026 Forest Lake Youth Lacrosse season is right around the corner, and **registration is now open!**

With planning already underway, early registration helps us prepare for teams, coaches, and scheduling. Additional details and information to register can be found [here](#).

Registration closes on **February 20th**.

## LAX NEWS

### Evolving Our 8U Experience

This season, we are making a few adjustments to our boys & girls 8U programs. For 8U girls, we will be exploring tournament opportunities outside of the traditional spring and summer state jamboree format. 8U Boys will continue to participate in the spring state tournament, but will not attend in summer season.

At the 8U level, our goal is to create positive, confidence-building opportunities where players can continue learning the game, developing skills, and enjoying competition in a supportive environment. We believe these adjustments will provide our youngest athletes with experiences that better align with their growth and development.

### Coaching Makes the Difference!

Coaches play a critical role in creating a positive and meaningful experience for our players. We are grateful for those willing to step into a coaching role, whether you're returning or considering coaching for the first time. If you're interested in helping teach the game, support player development, and be part of our community, we invite you to apply. Submit your application [here](#).

### Changes to Off-Season Activities

In November, we shared info on off-season lacrosse opportunities designed to help players stay active and build skills ahead of spring season. Families whose players participate in any approved off-season program are eligible for \$50 off registration. Participation is optional but encouraged for players looking to start the season strong.

## TRY LAX EVENTS FOR NEW PLAYERS

We will be hosting two free **Try Lax** events this month at Playmakers Lacrosse in Vadnais Heights.

These sessions are designed for new players and those interested at learning more about lacrosse. This is a great opportunity to share with friends, classmates, and neighbors.

Each session is **free**, with no equipment or experience required!

Date/Times:

- **January 17<sup>th</sup> - 10:00 a.m. - 11:00 a.m.**
- **January 25<sup>th</sup> - 11:00 a.m. - 12:00 p.m.**

[Click here](#) to register.



# LAX LINGO

## SNOW OUTSIDE. STICKS INSIDE.

Even when the fields are covered in snow and the temperatures keep us indoors, skill development doesn't have to pause.



**Stick handling** is one of the easiest and most effective skills to work on indoors, and a little consistency now goes a long way once the season starts.

Even without a field or partner, players can sharpen their hands, improve coordination, and build confidence with simple drills at home. We found a great video that walks through **5 Lacrosse Stick Skill Exercises That You Can Do at Home**. These drills don't require much space and they are perfect for staying engaged and refining your technique.

**Watch here:** <https://www.youtube.com/watch?v=E9A8x82AyXY>

Practice with Purpose:

**Time commitment:** 5–10 minutes per session is enough when done with purpose.

**Frequency:** Aim for 3–5 days per week for best results.

**Reps matter:** Focus on clean, controlled reps rather than speed.

**Both hands:** Split time evenly between dominant and non-dominant hands

**Game habits:** Keep your head up and simulate game-like movements when possible

*As always, practice safely and choose a clear space when working on stick skills indoors.*

## Spotlight

### Expanding the team!

### Welcome new members to the Lacrosse Board!

Youth sports don't run on autopilot, they run on people.

Forest Lake Youth Lacrosse is a fully volunteer-led organization, and the work to support our athletes happens year-round, often behind the scenes. We're excited to welcome new members who have stepped up to serve, joining an existing team committed to keeping our program running, growing, and strong!

Please join us in welcoming the following new members who are contributing their time and talents to Forest Lake Youth Lacrosse:

- **Gianne Hagen** – Treasurer
- **Heidi Wiberg** – Fundraising/Sponsorship Coordinator
- **Angela Plaisance** – Member at Large – Operational Support
- **Mindy Lutz** – Member at Large – Operational Support

We're incredibly grateful for their willingness to serve and for the many volunteers who make it possible for our players to focus on learning, growing, and enjoying the game.

To see the full team supporting Forest Lake Youth Lacrosse as well as open positions, [click here](#).



## Quick Links

[Forest Lake Youth Lacrosse Homepage](#)

### Apparel Ordering

[Neill](#)

[Full Court Apparel](#)

[Great Northern Lacrosse League \(GNLL\)](#)

[GNLL Boys Rules Summary](#)

[GNLL Girls Rules Summary](#)

### External Opportunities

[Box, Club Teams & Camps](#)

### Social Media

[Forest Lake Youth Lacrosse Facebook](#)

## Spotlight Features

In addition to sharing team successes, we want to hear from you and recognize those in our association! That could be a team, coaching/manager, or player moment that you'd like us to feature on our social media and in our spotlight section, let us know by emailing [info@forestlakelax.org](mailto:info@forestlakelax.org).