



DEC 2025



FOREST LAKE YOUTH LACROSSE

THE SCOOP



UPCOMING DATES

DEC 15	2026 Registration Opens
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

WE HEAR YOU

We want to extend a sincere thank you to everyone who took the time to complete the end-of-season survey this past summer. Your feedback is incredibly valuable to us as we continue to grow and strengthen our program.

We hear you — and the board is working hard and taking steps to ensure our program remains inclusive and supportive for all players of all levels.

Our goal is to create an environment where every child has the opportunity to learn, grow, and thrive both on and off the field.

Thank you for being an important part of the Forest Lake Youth Lacrosse community and for helping us make this program the best it can be!

LAX NEWS

2026 Season is Almost Here!

We've been busy this off-season, solidifying key dates, securing indoor gym and field space, updating the website, and enhancing communication. Stay tuned for more preseason updates!

Apparel Makes Great Holiday Gifts!

The holidays are approaching fast, and lacrosse apparel makes great gifts! From cozy layers to keep warm during those chilly spring games to lightweight gear that keep you cool in the summer heat, we've got you covered.

Coaching Applications Now Open!

Applications are now open for both new and returning coaches. If you've coached with us before, we welcome you back—and if you're considering coaching for the first time, we'd love to have you join the team. Submit your application [here](#).

Help Us Spread the Word!

We will be hosting two free Try-Lax events in January at Playmakers Lacrosse in Vadnais Heights designed for new players to experience the basics of the game. We'd love for you to share this opportunity with friends, classmates, and neighbors. It's a fun way to check out the game. No experience or equipment required!

Date/Times: Jan 17th @ 10 am & Jan 25th @ 11 am.

2026 SEASON REGISTRATION OPENS DECEMBER 15TH

The 2026 lacrosse season is approaching quickly, and we're excited to begin preparing for another great year. Registration will officially open on **December 15**.

A full registration email will be sent separately with detailed information about evaluations, the parent meeting, practice timelines, and what to expect this season.

Families who complete their registration by December 31 will receive a **\$50 early-bird discount**. Early registration helps us plan coaching assignments, secure field space, and build balanced teams.

LAX LINGO

In this section we will feature tips, lesser known rules, and information from our directors and coaches that are helpful to both players and parents.



YOU'LL HEAR THIS ONE SHOUTED FROM THE SIDELINES ALL SEASON LONG: "**GROUND BALLS WIN GAMES!**" BUT WHAT DOES IT ACTUALLY MEAN?

A **ground ball** is when the ball is loose on the field and a player scoops it up. It might not look as flashy as a goal, but it's one of the most important plays in the game. Every ground ball won creates new **opportunities** to move the ball, reset the play, and shift the momentum. Teams that hustle for those loose balls often find themselves with more chances to connect, pass, and work together.

So the next time you hear a coach from the bench, remember it's a reminder of teamwork and effort. Every ground ball is a chance to open up the game and make something happen!

Spotlight

No Bones About It — 12U & 14U Girls Slayed the Great Pumpkin Shootout!



The 12U & 14 U Girls had the wonderful opportunity to participate in the Great Pumpkin Shootout Tournament in September. They brought incredible energy, teamwork, and spooky spirit! Their hard work and determination paid off as they battled their way to 4th place finish in the Gold Bracket for 12U & 4th in Silver Bracket for 14U!



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](#)

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.