

2025 BHS LAX

Bingham Lacrosse Coaches

V

Brett HC bretteverill@gmail.com

Cody Elmen

Will Yost

Conner Green

JV

Brent Bailey HC

Dom Tschaggeny

Tylor Williamson

Daniel Miner

DOLO and CC and V:

Matt Cheek

CC and JV:

Brent Bailey

Aux/Specialty Coaches

Danny Dupaix

Ryken Whitney

Jordan Whitney

Finn McMissile

Team Resources:

Nom Nutrition <https://www.outdoornom.com/> use code: "bingham" for 40% off of orders

Rule 1 Nutrition <https://www.ruleoneproteins.com/>

Tribal West <https://tribalwest.com/> use code: "MOJO2024" for 20% off online purchases. Good until 12/31/24

Team Theme: Be The Storm

Team Book: *Extreme Ownership* by Jocko Willink & Leif Babin

https://www.amazon.com/Official-Extreme-Ownership-Companion-Workbook/dp/0981618871/ref=sr_1_2_sspa?crid=38G9AM3PYTP9W&dib=eyJ2IjojMSJ9.x4z6KtGpcudpFUoLUQR7gSj1tDDuiEn68U0NI3opdXM1Qi_zPnVNf5ksYEE4zJ2E5EEsCt2Azv4X48So7JTCjOQnuZRI8B0tv1nowjeWMV9L2QrqdyrTnIDSgPFelgIm2BXlyJb4dtrt54uQQLgVZBkC9EaXTzaMOj7SF0-DOqzmFSCBumpKnXsdndocycOKxIBhLj_qCLTh3-5G6sUmzOu6X9CjOtrZf4-

GoWfpPs.ngNDsFUtF2muzjIMKrAgShuFP3aW_SxElZ8AJcQvzDQ&dib_tag=se&keywords=extreme+owner+ship&qid=1733240891&sprefix=extreme%2Caps%2C176&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

Please purchase a copy or get the E book or do the audio book. We will read throughout the season. I recommend the audio book narrated by Jocko and Leif. They are awesome.

Important Dates for Spring 2025

December 3 rd	Winter Camp begins (Monday & Wednesday 6:30 PM-8:30PM) \$25.00. Lax will be played every night after weights
December 22 nd	Store Closes
December 18 th	Last day of Winter Camp
January 13 th	First day of Spring weights and conditioning (Monday-Thursday 6:30 PM-8:30PM) \$175.00
February 9 th -23 th	2 weeks prior restrictions. (MOJO Coaches Josh and Ricky led practices and conditioning) M,W,TH
February 24 th -25 th	Tryouts 6:30 PM - 9:00 PM at the stadium
February 26 th	Team Selection (V and JV)
March 1 st	Mandatory Team Event, Stats Training, Bus Treat Assembly
March 3 rd	Uniform Handout
March 5 th	First Game vs West Jordan
March 6 th	Email Campaign
March 29 th -April 6 th	Spring Break !!!
April 7 th	Mandatory First practice after the break (We have a game on the 9th) THIS WILL BE AT 6:00 AM and then again at 6:30 PM
April 12 th	The Lax Formal
May 9 th	Senior Night against American Fork
May 10 th	State Tournament Bracket Reveal and Breakfast
May 12 th -24 th	State Tournament Playoffs
May 28 th	Team Banquet & Alumni Game
TBD	Concussion testing will be after Tryouts
TBD	Physical session at Bingham is usually the first week of March

Expectations- Be There!

Everything is outlined in the BHS LAX code of conduct.

This will be issued to players after team selections.

Attendance- Players are expected to be at all Lacrosse functions on time.

Players receive a 1-time excusal for any event with no penalty.

Beyond the 1-time excused absence, players will miss 1 quarter for every event missed.
For any event missed, including the excused absence, please use the following form below. This will be sent out in Team Snap

Absence Form

<https://forms.gle/VJUrfJFRsaVQWrkxi6>

Spring Store Closes on 12-22-24

STORE WEBSITE <https://binghamboyslax24.itemorder.com/>

*All Optional and additional items can be ordered from the school store. Spirit pack items will come from the school once all fees are paid.

These items will be sent to school and then sent home with the player.

In season practices

No 8th period this year.

All days from 6:30 PM to 8:30 PM @ Bingham

(If we do a Saturday, it will most likely be in the morning)

Registration for Winter camp & clinic

Dec. 3rd – 18th

Mondays and Wednesdays from 6:30 PM to 8:30 PM.

It will be at Bingham in the film room, weight room, gym and on the track.

Register prior to attending. Forms are turned into the office.

Cost is \$25.00.

(Bring cleats, sticks, helmets, gloves and gym shoes. We will be inside and out Most likely outside)

Registration for Spring camp & clinic

January 13th – February 6th

Monday-Thursday 6:30 PM to 8:30 PM.

It will be at Bingham in the film room, weight room, gym and on the track.

Register prior to attending. Forms are turned into the office.

Cost is \$175.00.

(Bring cleats, sticks, helmets, gloves and gym shoes. We will be inside and out)

WINTER CLINIC



SPRING CLINIC



Registration for tryouts

Register for tryouts on Aktivite (formerly **register my athlete**)

<https://www.registermyathlete.com/login/>

Grade checks that night

Grade checks will be done for Quarter 2. Must have a 2.0 or Higher Only 1 F or 1 Incomplete

Spirit Pack Fees

Participation Fee: \$325.00

Practice Uniform/Pennies: \$90.00

Team Short and Shirt: \$50.00

Travel Jacket and Pants: \$125.00

Team Socks: \$25.00

Team Polo: \$50.00

(Must be paid prior to first game)

Total: \$665.00

Volunteers (Will be coordinated by Hillaree Jones)

Stats-Spotters and Statisticians are needed for every V and JV game, home and away.

Filming- Filming of away games as needed.

Bus Treats- Bus treats for away games.

Team Dinners- will be once a week when games start. 8:00 PM on Wednesdays.

Lax Formal- Boys and Girls HS team dance.

Senior Night- Last regular season home game.

Locker Room Decoration- Make the smelly locker room look amazing.

Game Schedule- Is on MaxPreps and in TeamSnap

<https://www.maxpreps.com/ut/south-jordan/bingham-miners/lacrosse/schedule/>

For most games

V starts at 5:30 PM

JV starts at 7:30 PM

Warm up 1 hour prior

Every player will ride the bus to and from the schools.

Fundraising (Coordinated by Tom Mr. Moon)

Fundraising & Sponsors

Banner/Scoreboard donations/applications to be submitted by the 20th of February. Players that receive any fundraising money for the program will receive 50% of that amount to go towards their spirit pack and team fees. There will be no refunds on these donations, even if there is extra or for the student does not make the team) Prizes will be awarded to the player(s) that bring in the most money.

Email Campaign

February 27th 7:00 PM (BHS Cafeteria)

Players Only

We will have an email campaign at the school one night where everyone will reach out to their network proving them a link to donate to the program for a specific player.

Prizes will be awarded to the player(s) that bring in the most money.



Team Platforms/Communication

Teamsnap

Teamsnap is our main form of communication for chat, schedules, updates and volunteering, it is set up by team, after tryouts your player will be invited to join his team. Browser and Application

Hudl

Hudl is where all of our games are recorded. Players can watch themselves and scout other teams. Players can gather video of just themselves and create recruiting videos. Browser and Application options.

Lacrosse Labs

All of our plays and drills reside in Lax Labs. It also contains our practice plans. Browser and Application options.

Any questions?

Contact us!

binghamlaxinfo@gmail.com

bretteverill@gmail.com

801-440-2906

Text or call Matt Cheek 678-618-9567