



ABOUT

NORTHSTARS LACROSSE CLUB OBJECTIVES

- Provide a premier club lacrosse experience for elite-level players from Northern Maryland, Southern Pennsylvania, and Delaware.
- Identify unique individuals who possess a fierce drive to consistently improve as a person, player, and teammate.
- Expose our members to the most competitive tournaments that align with our program's goals/values, and support our members journey through the collegiate recruitment process
- Supply resources and structure at the highest level to enable young men to unlock their full potential on and off the field.

WHY CHOOSE NORTHSTARS?



Coaches Who've Been There – And Care

We believe that great coaches are the backbone of a great club lacrosse experience. We hire local coaches who've played the game at a high level and care deeply about your child's growth—on and off the field. They know the game, understand the journey, and are focused on building both resilient players and resilient people.



Holistic Development – Well Rounded Athletes

We're committed to developing the whole athlete. That means supporting growth on and off the field—with access to mental performance coaches, nutrition guidance, injury prevention specialists, and a full strength and conditioning program. Our goal is to build confident, resilient, and well-prepared athletes for sport and life.



Recruitment Support & Resources

We support our athletes every step of the high-school and college recruitment process. From highlight film creation to outreach strategy and ongoing mentorship, our staff works closely with players and families to find the right fit. Our coaching staff has helped +75 current NCAA Lacrosse players find their home at the next level.



OUR PEOPLE

Braden Wallace : Co-Founder, Director & Coach

- Offensive Coordinator: The John Carroll School (Present)
- RIT (Rochester Institute of Technology) Class of 2017
- 2x Team Captain, 2x All-American
- 91 NCAA Division III Games Played, 141 Career Points
- 2017 NLL Draft Selection
- Director of Boy's Lacrosse: Edge Lacrosse Club (2018-2022)

Gunnar Waldt : Co-Founder, Director & Coach

- Head Coach: The John Carroll School (Present)
- St. Paul's High School: Class of 2011 | Bryant University: Class of 2016
- 2x Team Captain, 3x All-American
- 2x Tewaaraton Semi-Finalist
- 4-Year Starter, 67 NCAA Division I Games Played, 739 Career Saves
- Played in the Premier Lacrosse League for Redwoods LC
- Former Asst. Coach: The University of Richmond

Jimmy Spillane : Program Coach + Sports Performance

- Doctor of Physical Therapy - True Sports Maryland
- Faceoff Coach: Mount Saint Joseph High School (Present)
- RIT (Rochester Institute of Technology) Class of 2022
- NCAA National Champion 2021 (Coach) 2022 (Player)
- 2X Team Captain
- 643 NCAA Faceoff Wins (#1 in RIT History)
- NCAA Coaching Staff Of The Year (2021 - Faceoff Coach)

Myles Cohen : Program Coach

- Assistant Defensive Coordinator : Boy's Latin School (Present)
- Furman University : Class of 2019
- 42 NCAA Division I Games Played as an LSM / Close D
- 2014 MIAA Champion
- Westminster Wild 3X NABLL Champion

OUR PEOPLE

Nate Brungot : Program Coach

- JV Offensive Coordinator: The John Carroll School (Present)
- Head JV Coach E.C. Glass High School
- Hampton University Lacrosse (2019)
- University of Lynchburg : Class of 2022
- Joppatowne HS Health and Physical Education Teacher

James Fredal : Program Coach

- Seton Hill University : Class of 2013
- 39 NCAA Division I Games Played as an LSM / Close D
- E.C. Glass High School Defensive Coordinator (Present)
- Former Program Coach: Sweetlax Hawksbill
- High School All-American: Bishop Foley High School

Kyle Funk : Program Coach

- Kennard-Dale Offensive Coordinator (Present)
- True Baltimore Director (2019-2025)
- Harford Tech Varsity head coach (2021-2024)
- Former True National 2026 Head Coach
- Former Atlantic Rage Box Lacrosse Coach

Ryan Zoll : Program Coach

- Assistant Defensive Coordinator : The John Carroll School (Present)
- Towson University : Class of 2020
- St. Paul's High School: Class of 2015

LOCATION

Facilities

All Northstars practices, strength training, and dry-land workouts take place at The John Carroll School—a premier private high school in Harford County. We're proud to have consistent access to top-of-the-line turf fields, a fully equipped weight room, and an indoor gym where we focus on speed training and injury prevention. It's a year-round training environment designed for serious development.



Tournaments

We are fortunate to be based in one of the strongest regions for club lacrosse, with premier tournaments across Maryland, Delaware, and Southern Pennsylvania. Our philosophy is simple: compete where the talent is/where the coaches are, without unnecessary travel and costs. While we prioritize local events to maximize development and exposure, we also recognize the value of an occasional overnight trip—for team bonding, memorable experiences, and providing an opportunity for our members to socialize. Each season, we carefully evaluate tournament options to ensure the best opportunities for our players' growth and success.

2024/25 Tournaments





CLUB FINANCIALS

2028 / 2029

\$2,800

(1-Year Membership)

Includes

All team training sessions

All team strength and conditioning

All tournaments

Custom Cascade Helmet (New players)

Custom Maverik Gloves (New players)

Custom Nike apparel package

Guest speakers

NCAA recruitment guidance

**Sibling discounts available*

**Payment plans available*

Excluded

Tournament travel

Tournament accommodations

Individual showcase events

Colts Box Lacrosse (Discounted)

2030 / 2031 / 2032

\$2,400

(1-Year Membership)

Includes

All team training sessions

All team strength and conditioning

All tournaments

Spring HoCo League

NXT League (Pending Team Interest)

Custom Cascade Helmet (New players)

Custom Maverik Gloves (New players)

Custom Nike apparel package

Guest speakers

**Sibling discounts available*

**Payment plans available*

Excluded

Tournament travel

Tournament accommodations

Individual showcase events

Colts Box Lacrosse (Discounted)

CLUB SCHEDULE

2028 / 2029

Fall (October–November)

- 1-2 Tournaments (local & travel)
- 1 Team practice/week
- Strength and conditioning program
- Collegiate coaching sessions
- NCAA recruiting seminar
- Guest speaker series

Winter (January–February)

- Bi-weekly training sessions
- Strength and conditioning program
- Guest speaker series
- *Colts Box Lacrosse

Spring (March–May)

- In-season (High-School)
- Monthly skill sessions
- Klutch College Gamedays
- Strength and conditioning program

Summer (June–July)

- 2-3 Tournaments (local & travel)
- 2 Team practices/week
- Strength and conditioning program
- Collegiate coaching sessions
- NCAA recruiting seminar
- Guest speaker series

5

Team Tournaments

+80

Training Hours

+5

Guest Speakers



CLUB SCHEDULE

2030 / 2031 / 2032

Fall (October–November)

- 1-2 Tournaments (local & travel)
- 1 Team practice/week
- Strength and conditioning program
- Collegiate coaching sessions
- NCAA recruiting seminar
- Guest speaker series

Winter (January–February)

- Bi-weekly training sessions
- Strength and conditioning program
- Guest speaker series
- *Colts Box Lacrosse

Spring (March–May)

- HoCo League
- 2 Team practices/week
- Klutch College Gamedays
- Strength and conditioning program

Summer (June–July)

- 2-3 Tournaments (local & travel)
- 2 Team practices/week
- Strength and conditioning program
- Collegiate coaching sessions
- NCAA recruiting seminar
- Guest speaker series

5

Team Tournaments

+100

Training Hours

+5

Guest Speakers

PLAYER PACKS

NIKE Apparel Partner Program

As an official Nike Lacrosse Partner, we're part of a select group of elite club programs nationwide. All of our team apparel is top-tier Nike gear, giving our athletes access to exclusive products and performance wear. While we proudly rep the Swoosh, we still give players the freedom to use the equipment brands they know and trust.

Equipment

- Custom Cascade XRS Pro Helmet (Chrome Gold)
- Custom Fourge Athletics Helmet Decals
- Custom Maverik Shift Gloves
- Custom Maverik Monster bag

Apparel

- Nike practice short-sleeve shirt
- Nike practice shorts
- Reversible practice pinnie
- Nike sweatpants
- Nike sweatshirt
- Nike long-sleeve shirt
- Nike game uniform
- Nike game shorts
- Nike game shooter shirt
- Nike Hat



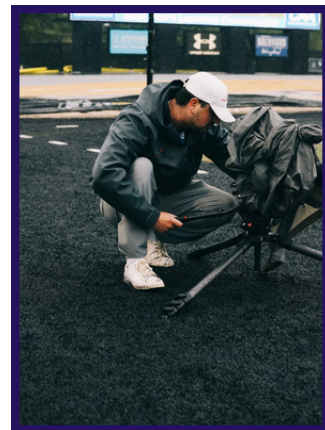
Seasonal Team Stores

Seasonally we will launch online team stores where families can purchase additional gear for players, parents, and supporters. Featuring a wider range of products from multiple trusted brands, our stores make it easy to show your Northstars pride.

2024/25 GUEST SPEAKERS

Atherton Townsend – Rush Profiles

Atherton, founder of Rush Profiles, joined us to speak about the vital role highlight film plays in the college recruiting process. With a mission to help student-athletes gain exposure and excel academically and athletically, he shared expert advice on film structure, what coaches want to see, and overall costs. We look forward to partnering with Rush Profiles to give all Northstars players a competitive edge in their recruiting journey.



Nicole Alai – Sports Nutritionist

Our athletes had the opportunity to learn from a world-class sports nutritionist with experience at the UFC Performance Institute, USA Olympic Center, UCLA Athletics, and the LA Galaxy. Nicole provided education on how to properly fuel for training and competition, including travel nutrition, supplementation, recovery strategies, hydration, and meal planning. Her insights helped our players build smart, sustainable habits to support performance.



Anthony Joaquim – St. Josephs University

We welcomed Anthony—Assistant Coach at Division I Saint Joseph's University, St. Joe's alum ('17), and current NLL player. He shared valuable insights into the college recruitment process, covering the do's and don'ts of communicating with coaches, the role of prospect days, highlight video tips, and what college programs are really looking for. His firsthand experience gave our players a clearer understanding of how to navigate their journey to the next level.



FAQ's

How do I secure my spot on Northstars?

Spots will be offered individually after tryouts. To secure a spot, players must register online and pay the deposit. Fall practices will begin end of September / early October

What is the Klutch Lacrosse refund policy?

We understand that life happens, and we're committed to working with our members during times of unexpected change. However, as a baseline, all payments are non-refundable.

How is playing time dictated?

Playing time is based on a combination of factors, including an athlete's dedication, fundamental skill level, coachability, attitude, and effort. While equal playing time is not guaranteed, we recognize that in order to help players reach the next level, they need opportunities to be seen. As a club focused on college recruitment, we strive to balance competition with exposure for all athletes.

If my son joins Northstars, can he play for other teams too?

By joining Northstars Lacrosse Club, you are committing to make this your primary club affiliation. Participation with school teams is allowed and encouraged. However, playing with another club or outside organization is not permitted without prior written approval from our staff and will be reviewed on a case-by-case basis.

If my son joins Northstars, is his spot guaranteed through his recruitment?

We recognize that today's club lacrosse landscape can be stressful for both players and parents. Once a player earns a spot on a high-school aged roster, their spot is secure. A player/family may be asked to leave or not return due to issues related to attitude, behavior, continued disruption to team growth, commitment to the program or how they treat teammates, peers and coaches.

If my son joins Northstars, is he required to attend any specific middle/high school?

While one of our core goals is to "keep kids local," there is no pressure or preferential treatment based on where a player chooses to attend school. Every athlete in our program is valued equally, regardless of their academic path.

NCAA RECRUITING

Our Background

Although Northstars is entering only its second year of formal operation, our foundation is built on many years of experience coaching club lacrosse and successfully guiding athletes through the NCAA recruitment process

As founders, we take pride in having directly contributed to the development of over 75 student-athletes who currently compete at the NCAA level. This extensive background not only demonstrates our deep understanding of the sport and its recruitment landscape but also underscores our commitment to fostering athletic and personal growth in aspiring collegiate athletes.

Former Players Coached → Current NCAA Schools





ABOUT

COLTS BOX LACROSSE CLUB OBJECTIVES

- Provide MD, PA and DE lacrosse players the best indoor ("BOX") lacrosse training the area has to offer.
- Colts lacrosse is built upon teaching the fundamentals and subtle nuances of box lacrosse, instructed by dedicated coaches who have experience playing the game at the highest levels.
- To truly gain the benefits from playing box Lacrosse, it has to be done the right way. Players will experience authentic box lacrosse drills and schemes routinely done by NLL pros.
- We are dedicated to growing the game of box lacrosse in Maryland and developing well-rounded players prepared to succeed at the collegiate level

WHY COLTS BOX LACROSSE?



Elevate Your Field Game with Box Lacrosse

Box lacrosse is one of the most effective ways to elevate a player's field game. With tighter spaces, faster pace, and more physical play, athletes develop sharper stick skills, quicker decision-making, and better body control. These transferable skills—like finishing in traffic, tight passing, and defensive footwork—translate directly to higher performance in field lacrosse. It's a powerful tool for well-rounded player development.



Authentic Box Lacrosse

To truly unlock the benefits of box lacrosse, it has to be taught the right way. That's why we bring in coaches who've played the game their entire lives, including NLL pros who run authentic box lacrosse drills and schemes. Our players gain real-world, hands-on experience that sharpens their skills and builds their game IQ. We are committed to providing Maryland's best—and safest—box lacrosse program for players who want to elevate their field game.



ABOUT

HCLF OBJECTIVES

- The Harford County Lacrosse Foundation is a registered Maryland 501 (c)(3) that aspires to reduce barriers, increase inclusivity, and fuel the growth of lacrosse by awarding equipment, financial support, and educational/training opportunities to individuals, organizations, schools, and coaches within Harford County

2024/25 FOUNDATION IMPACT

Holiday Fiddlestick Tournament

Our inaugural event was a fantastic success, raising \$1,500 for The HCLF. We gathered 75 participants from 16 local schools, drawing over 150 community members to the event. The energy was incredible, and we're proud to have brought together athletes, and families for a day of great competition and community support.



Performance Sponsorship

We're proud to have sponsored two local athletes for a month-long sports performance training program, helping them prepare for their upcoming high school lacrosse season. By providing them with the resources and expert guidance needed to enhance their strength, speed, and agility, this training set them up for success on the field.



Faceoff Training Sponsorship

We proudly sponsored two local athletes to attend private faceoff training sessions, giving them access to high-level instruction to sharpen one of the game's most critical skills. This opportunity helped them build technique, confidence, and competitive edge. Supporting local talent is at the heart of our mission.

