



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

- Director of Lacrosse Operations: Johns Hopkins University (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 Division I Games Played, 739 Career Saves
- Played in the Premier Lacrosse League for Redwoods LC
- Former Asst. Coach: The University of Richmond



OUR PEOPLE

Nate Brungot : Program Coach

- Varsity Offensive Coordinator: The John Carroll School (Present)
- Head JV Coach E.C. Glass High School (2023)
- Hampton University Lacrosse (2019)
- University of Lynchburg: Class of 2022
- Joppatowne HS Health and Physical Education Teacher

Josh Patterson : Program Coach

- Assistant Offensive Coordinator: The John Carroll School (Present)
- Varsity Coordinator: Saint Peter and Pauls High School (2025)
- Hood College: Class of 2021 (Lacrosse)
- C. Milton Wright High School: Class of 2018

Josh Stevens : Program Coach

- Flagler University Lacrosse: Starting Goalie 2024 / 2025
- Calvert Hall: Class of 2023

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

Jacob Smidt : Program Coach

- Assistant Defensive Coordinator : The John Carroll School (Present)
- Hood College : Class of 2023
- The John Carroll School: Class of 2019

Gavin Class : Strength & Conditioning Coach

- Certified Strength and Conditioning Specialist
- Performance Coach at Strength 2 Strength
- Towson University: Class of 2016 (Football)

OUR COACHING MODEL

Our coaching model is designed to provide consistency, continuity, and a high level of instruction throughout the year. Every team is assigned two dedicated coaches, a Head Coach and an Assistant Coach, who remain with that team year-round. This structure allows coaches to build meaningful relationships with players and families, understand each athlete's development needs, and implement a consistent coaching philosophy.

In addition to each team's dedicated coaching staff, we maintain a roster of *Program Coaches* who regularly attend team practices. These coaches enhance practice efficiency by increasing the coach-to-player ratio, providing individualized instruction, and supporting position-specific skill development. Their presence also allows athletes to build relationships with multiple members of our coaching staff, creating a more connected and collaborative club environment.

Program Coaches also serve as an important resource during tournaments and competitive events. By supplementing each team's dedicated staff, they ensure every team has 2-3 coaches on the sideline, providing continuous instruction, in-game adjustments, player support, and effective communication throughout competition.



This layered coaching structure delivers a higher-quality experience for every athlete by combining consistent leadership with specialized expertise. It allows us to maximize player development, improve practice efficiency, and provide the level of coaching support expected from a premier club lacrosse program.

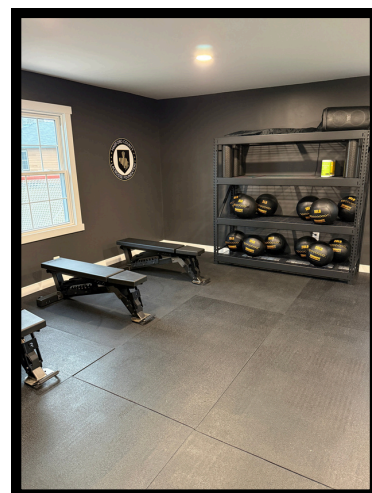
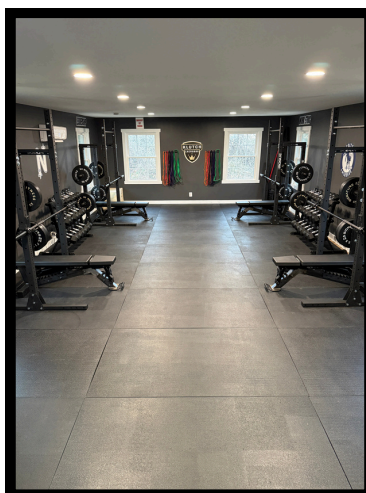
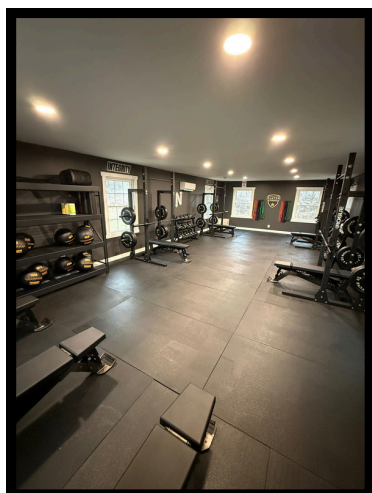
LOCATION

Facilities

All Northstars practices take place at the new CopperPlex in Harford County, MD. With consistent access to eight fully lit, state-of-the-art turf fields, we provide a year-round training environment built for player development and long-term success.



All Northstars workouts take place in our dedicated weight room at The Millstad Facility in Bel Air, MD. By investing in our own training space, we provide athletes with year-round access and the flexibility to train around our team schedule. Every workout is designed and led by a certified strength and conditioning coach, ensuring a safe, structured, and effective training environment.



LOCATION

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.

2025/26 Tournaments





CLUB FINANCIALS

2028 / 2029 / 2030

\$3,000

(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)

2032

\$2,600

(1-Year Membership)

Includes

All team training sessions

All team strength and conditioning

All tournaments

Spring HoCo League

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 / 2030

Fall (September - November)

- 2 Tournaments (local & travel)
- 1-2 Team practice/week
- Weekly 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

Summer (May-July)

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

5

Team Tournaments

+80

Training Hours

+5

Guest Speakers

CLUB SCHEDULE

2032

Fall (October–November)

- 2 Tournaments (local & travel)
- 1 Team practice/week
- Weekly 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)

- 3 Tournaments (local & travel)
- 2 Team practices/week
- Weekly 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 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
- Team 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.