



April 2010 Newsletter Spring Grove Lumberjax Lacrosse

Next Board Meeting

When: Sunday, April 11, 2010, 7pm

Where: Spring Grove Area Community Center, 50 North East St., Suite 307

What: The majority of time for this meeting will be spent planning the May 1 Lumberjax Shootout tourney

Team Rosters

<u>Girls</u>	<u>U15 Boys</u>	<u>U13 Boys</u>	<u>U11 Boys</u>	<u>U9 Boys</u>
Head Coach Sandy Grosberger	Head Coach Tony Smith	Head Coach Ted Griffiths	Head Coach Doug White	Head Coach Mike Walker
15-Elizabeth Anderson 21-Tianna Arentz 50-Tiffany Brzenk 8-Alexis Cable 30-Madysen Clingan 48-Amanda Craver 2-Katie Eichelberger 42-Anna Fenstermacher 14-Haley Finchbaugh 44-Alexis Hersh 13-Lindsay Hersh 43-Jamie Hippler 45-Caitlin Hoffman 28-Emma Hoffnagle 4-Brea Keiser 29-Marsia Landaverde 26-Sabrina Martin 27-Jordyn Miller 25-Kiah Morrison 24-Haley Staub 36-Michaela Taylor 18-Hallie Walker 7-Carli Walker 46-Amber Walter	73-Tyler Amspacher 39-Tre Baker 58-Hunter Cheek 38-Zack Clingan 75-Seth Corman 43-Carter Forry 64-Cole Gagnon 41-Matt Harter 34-Jake Hengst 37-Seth Hildebrand 35-Evan Himes 59-Victor Huber 68-Evan Maher 56-Colin Marshall 67-John Pacy 42-Ian Piety 69-Spencer Race 40-Ty Sager 62-Isaac Smith	29-Colton Anderson 54-Jared Barley 19-Gavin Black 47-Grant Bortner 49-Jeremy Bossom 57-Branson Bricker 53-Chase Brown 72-Ethan Clark 48-Corey Eckard 51-McKye Eckert 52-Adam Grant 28-Dylan Griffiths 36-Bryce Kephart 32-Dakota Parker 44-Corey Roberts 55-Tyke Shubert 31-Landon Sterner 50-Hunter Sterner 46-Landon White 30-Grant Wierman	9-Trent Baker 25-Caleb Becker 27-Tanner Bolton 23-Frankie Cernovsky 33-Marcus Fasnacht 11-Casey Franklin 45-Curtis Franklin 24-Nick Greene 10-Nick Gregory 26-Zeb Hollinger 14-Michael Hoschar 12-Travis Keiser 15-Nick Race 18-Ryan Reibling 22-Jacob Shearer 13-Mason Staub	6-Brylan Anderson 20-Nicholas Anderson 21-Quinn Black 1-Noah Eckard 7-Reid Grant 2-Scott Lawson 3-Nathan Maher 16-Logan Parker 5-Sam Sweigart 4-Hunter Walker 17-Robert Wood

Fundraising

- The Lumberjax Shootout on Sat, May 1 is our major fundraiser. Volunteers are needed to help. Please let us know what times you're available. Join us for the April 11 board meeting to help.

- Our Sammy Sandwich sale will begin May 4th. The sales sheets will be handed out starting May 4th. Please contact Jen Ranker for further information (jennranker@hotmail.com)

Game Schedules & Team Records

The game schedules are on the website! The schedules are updated as we become aware of changes, so always check with your coach to confirm practice and game times and locations. We are also tracking team records on the website if you want to see how any of the teams are doing.



Important Dates:

Sat 5/1 Lumberjax Shootout - This is our major fundraiser. This year we are planning for more teams than last year, including girls league. This is a major undertaking and we can use all the help and volunteers we can get. Please join us at the Sunday 4/11 board meeting to help plan the event.

Tue 5/4 Sammy's Sandwich Sale - Forms and details to be handed out at practices/games starting May 4.

5/9 - 5/22 YCLA Tournament - This is the end of year tournament. We could play any evening these two weeks. Game dates and times will be posted the week of 5/2

6/21-6/23 Playmaker Lacrosse Spring Evening Camp - Being held at the Spring Grove High School this year. All Spring Grove Lumberjax players will get a \$25 discount off registration. Click on <http://www.playmakerlacrosse.com> (click on SCHEDULE) for more information, or contact us at info@springgrovelacrosse.com

Boy's high school vs. youth rules. What's the difference?

With the sport of lacrosse growing rapidly throughout the country and the abundance of new players, coaches, parents and fans being introduced to the fastest game on two feet, I know that understanding the rules of boys youth lacrosse can be complex and confusing. As you head into your spring season, it is so important for us as parents to grasp the basic rules of the game so we can best support our children. The following provides a comparison of the key five National Federation of State High School Associations rules compared to the recommended US Lacrosse youth rules. It should help clarify some of the action on the field for your youth players, and provide you with some basic differences between High School and Youth Lacrosse.

— Jody Martin-US Lacrosse Men's Division

Lacrosse RULES Differences:

"NFHS" vs. YOUTH (recommended by USL)

1. Age vs. Grade

- a. In High School lacrosse, players are mixed and matched from all ages and grades when playing competitively for their High School. The US Lacrosse Youth Council recommends that leagues should be organized by age, and physical and cognitive maturity should be considered when grouping players together.
- b. US Lacrosse also recommends that players that have participated in any High School level program as a member of a High School freshmen, Junior Varsity, or Varsity team, should not be considered eligible for U15 competition.
- c. Suggested Groupings:
 - i. Senior Division—15 and Under
 - ii. Junior Division—13 and Under
 - iii. Elementary School: Lightning Division—11 and Under



- iv. Elementary School: Bantam Division—9 and Under
- 2. Equipment**
- a. Equipment for Youth Rules will conform to NFHS Crosse dimensions and equipment requirements, including NOCSAE—approved helmets, with following modifications:
 - i. NFHS: All players are required to wear protective gloves, arm pads, shoulder pads, shoes, and jerseys.
 - ii. NFHS: The Crosse shall be an overall fixed length of either 40-42 inches (short stick) or 52-72 inches (long stick). The head of the Crosse at its widest point shall measure between 6½ and 10 inches, inside measurement, at the top and the bottom of the wall. The length of the head shall be a minimum of 10 inches from the top of the head to the throat.
 - iii. YOUTH: The length of the short Crosse may be 37-40 inches for offensive players in the Lightning and Bantam divisions, and defensive players in such divisions may use a stick with a length of 37 to 72 inches.
 - iv. YOUTH: Rib Pads are strongly recommended.
- 3. Length of Game: (Stalling)**
- a. NFHS: The regulation playing time of a game shall be four periods of 12 minutes. During the final two minutes of regulation play, stalling rules will be in effect
 - b. Youth: Senior and Junior Division—Four 10-minute, stop-time quarters. Lightning and Bantam Divisions—Four 12-minute, running-time quarters. This stalling rule shall be enforced for the Junior and Senior Divisions; however this rule will be waived for Lightning and Bantam Divisions.
- 4. Facing Off**
- a. NFHS: Play should be started at the beginning of each period and after each goal by facing the ball at the center face-off X.
 - b. Youth: In any game, at any point during the game when there is a four-point lead, the team that is behind will be given the ball at the midfield line in lieu of a face off as long as the four-point lead is maintained, unless waived by the coach of the trailing team.
- 5. Unsportsmanlike Conduct**
- a. NFHS: No player, substitute, non-playing member of a squad, coach, or anyone officially connected with a competing team shall:
 - i. Enter an argument with an official as to any decision that has been made; use threatening, profane, or obscene language/gestures at any time during the game; bait or call undue attention to oneself, or any other act considered unsportsmanlike by the officials.
 - b. YOUTH:(Recommended by USL) Personal Fouls are to be taken seriously. In addition to the NFHS Rules, any player or coach who uses derogatory/profane language (starting with "damn") on the field or bench, whether addressing a player, coach, or referee may receive: first offense 1-3 minute non-releasable unsportsmanlike conduct penalty, second offense a 3 minute non-releasable expulsion foul.