

**Hello Lumberjax,**

**We are planning to email a monthly update/newsletter from the club. A lot of this information can also be found by visiting our website [springgrovelacrosse.org](http://springgrovelacrosse.org). If you have any further questions or comments on any of the items below, please email us at [sg-lumberjax@springgrovelacrosse.org](mailto:sg-lumberjax@springgrovelacrosse.org), or [info@springgrovelacrosse.org](mailto:info@springgrovelacrosse.org). Or, feel free to come to one of our monthly board meetings.**

**Thanks**

**Spring Grove Lumberjax Lacrosse**

**Next Monthly Board Meeting**

Wed, January 20th, 2010

7pm

Heidelberg Twp. Building

**Spring 2010 Season - Registration**

U9, U11, U13, U15 and Middle School Girls

January 13, 2010 5:00 - 7:00 PM

January 16, 2010 9:00 AM - 12:00 PM

Heidelberg Township Building

**RATES PER FAMILY**

1<sup>st</sup> player - \$ 150

2<sup>nd</sup> player - \$ 115

3<sup>rd</sup> player - \$105

(Families will have an option of making monthly payments to cover the registration cost.)

**NEW FOR THIS YEAR: Uniforms will be provided for all players!**

**Lumberjax Apparel**

It's too late to order apparel for Christmas, but the website will be updated soon for another order in the spring

**CASCADE PRO 7 Helmets for Christmas!!**

We have a one time opportunity to purchase the new CASCADE PRO 7 Helmet at a discounted rate. These will be available by Christmas. This is the same helmet that the Spring Grove HS team wears. Our color option will be a royal blue helmet with white trim and chrome face mask. To view the helmet you can click on the link below. The Pro 7 is recommended for older players currently wearing a size Small and larger helmet now. The Pro 7 is a One Size fits all helmet. Any player that needs an XS helmet we can arrange to order a CPV Cascade helmet in the same color as the Pro 7 for \$145.00.

<http://cascadelacrosse.com/pro7/pro7swap.php?sh=royal&vi=white&ch=white&mo=&ve=white&st=white&ma=chrome>

The Cascade Pro 7 Retail for \$252.50 *includes tax*

We are offering three pricing options to our club members

1) Trade in a complete usable equipment package and purchase the new helmet for \$135.00 *includes tax* (Complete Equipment package includes a Helmet, shoulder pads, gloves, and elbow pads, all of which must be in good usable condition)

2) Trade in your existing helmet and purchase the new helmet for \$165.00 *includes tax* (Helmet must be in good usable condition)

2) Purchase the Helmet outright for \$185.00 *includes tax*

All orders must be placed by 12/10/2009. Helmet orders and equipment trade in will be at Heidelberg Twp Building on 12/10/2009 between 5:00 and 6:30. All equipment to be traded in will be inspected at that time.

### **Cash For Christmas**

Do you have old Lacrosse Equipment laying around. The club is looking to outfit new players. We are offering a one time cash buy out of your used equipment.

1) Trade in a complete usable equipment package and receive \$50 CASH  
*(Complete Equipment package includes a Helmet, shoulder pads, gloves, and elbow pads, all of which must be in good usable condition)*

2) Trade in your existing helmet and receive \$25 CASH *(Helmet must be in good usable condition)*

Equipment trade in will be at Heidelberg Twp Building on 12/10/2009 between 5:00 and 6:30. All equipment to be traded in will be inspected at that time.

### **Lumberjax Shootout Tournament Committee Meeting**

WHEN: Thursday 12/10/2009

TIME: 6:00 to 7:30

WHERE: Heidelberg Twp Building

Any one interested in volunteering for the tournament committee please plan on attending. The Lumberjax Shoot out was a huge success last year and we look to expand it this year to include a girls bracket. We need all the help we can get to make this a successful tournament again in 2010.

### **Note from Bruce Jones (one of the original Spring Grove Lacrosse Club parents)**

#### **regarding 2009 Winter season at Lanco Fieldhouse and a "Shooting Drills" date**

Good morning guys; What a indoor season the Spring Grove teams are having so far. Our 2 girls teams have won all their games as well as both boys team. We also have 1 youth team playing and they just lost their first game this past week by 1 goal. We have come a long way in the past 7 years since we have been taking teams there. So I just wanted to say great job to all of you. This week the JV team has a bye and the high school team plays Dallastown on field #2 at 9:40. Guys I also wanted to touch base with you about getting together on 12/12 to do just shooting drills at the Rec park. We would like to get together around 10:00 am -12:00 and work with everybody on this who would like to be there. Coach Steve will get with you guys at school with some more info about this. This is for everybody and we also are inviting all the Youth teams as well so Ted if you could let me know if any of your guys can help this day please let me know. If this date doesn't work we can change it .

Bruce

### **Information about the club and the game**

-Spring Grove Lumberjax Lacrosse has youth teams for 9 year olds and under (U9), under 11 (U11), under 13 boys (U13), under 15 boys (U15) and Middle School Girls. Youth girls are welcome to play U9 and U11, but these age groups play boys lacrosse rules (contact, requiring helmet, shoulder & elbow pads, and chest protection). High school aged boys and girls now play through the school district and not our club.

-Spring Grove boys Lumberjax Lacrosse plays in the York County Lacrosse Association ([www.yorkcountylacrosse.org](http://www.yorkcountylacrosse.org)). Visit the website to see teams that we play during the spring season. Spring Grove girls Lumberjax Lacrosse plays in the York Girls Lacrosse Association (<http://www.yorkgirlslax.com/>). Visit the website to see teams that we play during the spring season.

-Boys lacrosse is played with 10 players on the field; a **goalie**, 3 **attack** players who are offensive minded players who possess great stick skills that allow them to shoot with precision, 3 Midfielders or **Middies**, who are always on the move, advancing the ball and playing both offense and defense, and 3 **Defenders** who use size, speed, strength and skill to keep opposing attackers from scoring. The U9 division will sometimes play with 7 players; goalie, 2 attack, 2 middies and 2 defenders, and play on a shortened field.

### **Game Details**

U9: also known as Bantam Division

4 quarters, 12 minute running clock, one 15 min overtime running clock, no sudden victory

U11: also known as Lightning Division

4 quarters, 12 minute running clock, one 15 min overtime running clock, no sudden victory

U13: also known as Junior Division

4 quarters, 10 minute stop clock, sudden victory 4 minute overtime periods

U15: also known as Senior Division

4 quarters, 10 minute stop clock, sudden victory 4 minute overtime periods