



February 2010 Newsletter

Spring Grove Lumberjax Lacrosse

Next Board Meeting

When: Wed, Feb 17, 2010, 7pm

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

Spring Season registration

No more registration dates are planned. If you missed registration and your child is still interested in playing, please contact us asap at info@springgrovelacrosse.org. Registration paperwork is available for download on the website.

Handbook and Code of Conduct

The website has been updated with the 2010 Spring Grove Lacrosse Club Handbook and also the 2010 Spring Grove Lacrosse Code of Conduct (handouts and attachments page). Please print and sign the 2010 Code of Conduct and give to your coach at your 1st practice.

Voluntary Indoor Practice @ SG Community Center Gym

Spring Grove Lacrosse has reserved the gymnasium at the Spring Grove Community Center on Wednesday nights in February in order to start practicing and training for the spring season.

Wed Feb 3rd

U-9/U-11..... 6:00 - 7:30 PM

U-13/U-15..... 7:30 - 9:00PM

NO GIRLS PRACTICE THIS NIGHT

Wed Feb 10th, 17th & 24th

U-9/U-11..... 6:00 - 7:00 PM

U-13/U-15..... 7:00 - 8:00PM

MS GIRLS.....8:00 - 9:00PM

Players must bring all equipment. Any child that has not signed up to play Lacrosse is welcome to come out and practice with us to see if they would like to play in the Spring. Please send out an invitation to anybody that may have an interest in playing Lacrosse. We will have equipment there for them to borrow for the evening.

"Community Night" / "Let's Do Dinner" Fundraiser

Thursday, Feb. 11, 2010, 5-9 pm

Isaac's - West York

Download and fill out a flyer from our website and give to your cashier when paying, and 25% of the cost of your meal will go to Spring Grove Lacrosse Club



Parents Night Out Party (Adults Only)

Saturday March 27, 2010, 7-11pm

Old Stoverstown Fire Co.

Appetizers/Finger Food & Beer provided

Come out and socialize with other lacrosse parents. More details will be provided in next month's newsletter and also on the website.

Positive Coaching Alliance (PCA)

Positive Coaching Alliance (PCA) is transforming youth sports so sports can transform youth. Through partnership with more than 1,100 youth sports organizations, leagues, schools and cities nationwide, PCA has conducted 6,000-plus workshops for youth sports coaches, parents, organizational leaders and athletes. There are several local workshops coming up. If interested in any of these please contact us ASAP (info@springgrovelacrosse.org) to see if spots are still available;

Type: D-GC®: Culture, Practices, Games (coaches)

Dallastown Middle School Auditorium.

Date/Time: 2/21/10. 12-2 PM

Type: The Second-Goal Parent: Developing Winners in Life Through Sports

Dallastown Middle School Auditorium

Date/Time: 2/21/10. 2:30-4:30 PM

Type: Leading your Organization: Developing a Positive Coaching Culture

Location..TBA

Date/Time: 3/14/10. 5-7 PM

Important Dates:

2/3, 2/10, 2/17, 2/24

Voluntary indoor practice at Community Center

2/11/10

"Community Nights" at Isaac's West York

5-9pm

See FUNDRAISER page

2/21/10

PCA workshops - Dallastown

3/1/10

Practices Begin

3/27/10

Parent's Night Out (see Home Page for Details)

5/1/10

8am-8pm Spring Grove

2nd Annual Lumberjax Shootout tournament

Coaching Tip from Doc Rivers



Among the most frequently asked questions in the Double-Goal Coach workshops PCA conducts throughout the country is whether it's *ever* OK for coaches to yell at players. In the latest podcast from the Liberty Mutual Responsible Sports program powered by Positive Coaching Alliance, PCA National Advisory Board member and Boston Celtics Coach Doc Rivers provides a great answer.








Despite the differences between the NBA and youth sports, Doc's advice rings true for the inevitable times that coaches are compelled to raise their voices: "There's no doubt that positive reinforcement is better than negative reinforcement. And even when I get on a player (and I do), I try to remind them later, and even at the time, that if I'm screaming at you or if I'm gettin' on you, it's never personal. And I'm not trying intimidate you to do something well. I'm trying to coach you to make you better. And there's a difference between a coach who yells at players, and what I call 'instructing loudly.' Sometimes you have no choice because of the environment you're in. It's a hostile crowd. It's noisy. But the words you say have to be positive.

"An example, if I said, 'Glen Davis, what are you doin'? That's stupid,' that's negative. If I say, "Glen Davis, what are you doin'? You're better than that. You can do better than that,' that's positive. You have to be very careful when you 'get loud'. Make sure that message is a positive message."


For more information, or similar articles, visit <http://www.positivecoach.org/>

Typical spring season information

For those new to the club, we'd like to provide some general information on the 'typical' spring season;






-  Practices usually start around March 1
-  Practice schedules vary by coach/age group but are usually 2 or 3 nights per week.
-  Scrimmage games and/or 1st game usually is during the last week of March
-  Regular season games are scheduled from end of March through the middle of May
-  Games are usually focused on Saturdays, but games are also scheduled for week nights
-  LAXFEST is usually held on the last Saturday of the season in the middle of May. This is traditionally an All-Star game for all of York County Lacrosse Assoc. (YCLA), with each age group team sending a couple players which are selected by their respective coaches. This year the format may change to a 'championship game day'. More information will follow as details become available.
-  YCLA yearend tournament is normally held the 3rd week of May. Normally the tournament is a single-elimination style between all teams in the YCLA.

Frequently asked Questions/Rules for boys lacrosse

-  All Boys teams in the YCLA will abide by the latest version of the National Federation of State



High School Associations (NFHS) 'Boys Lacrosse Rules Book'.

-  U-9 Bantam – Under nine years of age as of September 1st in the year preceding the spring lacrosse season.
-  U-11 Lightning – Under eleven years of age as of September 1st in the year preceding the spring lacrosse season.
-  U-13 Junior – Under thirteen years of age as of September 1st in the year preceding the spring lacrosse season.
-  U-15 Senior – Under fifteen years of age as of September 1st in the year preceding the spring lacrosse season, or in eighth grade during the spring lacrosse season.
-  The allowable length range for offensive crosses (short sticks) is 37-42 inches and the allowable length range for defensive crosses (long sticks or 'd-poles') is 37-72 inches.