

If you have any further questions or comments on any of the items below, please email us at sg-lumberjax@springgrovelacrosse.org or info@springgrovelacrosse.org, check our website at 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

1st player - \$ 150
2nd player - \$ 115
3rd 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!

Other Important Dates

Thursday, January 21 SG Lumberjax Team Night
6:00 to 8:00pm
LaxWorld @ York Galleria Mall
get 15 % off anything in the store including new equipment starter packages.

Monday, March 1; Practice begins

Saturday, March 27; Parents Night Out (See details below)

Saturday, May 1; 2nd Annual Lumberjax Shootout

Coaches, Coaches, Coaches!

We need coaches for the 2010 season at all levels. Please let us know if you are interested in coaching this season!

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 by January 15 to register;

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

Parents Night Out Party (Adults Only)

Spring Grove Lacrosse Club is organizing a Parents Night Out Party for parents to socialize and have a good time with other lacrosse parents. Mark your calendars for the evening of Saturday, March 27, 2010. More details will be provided in subsequent newsletters and on the website.

2010 Board Committees

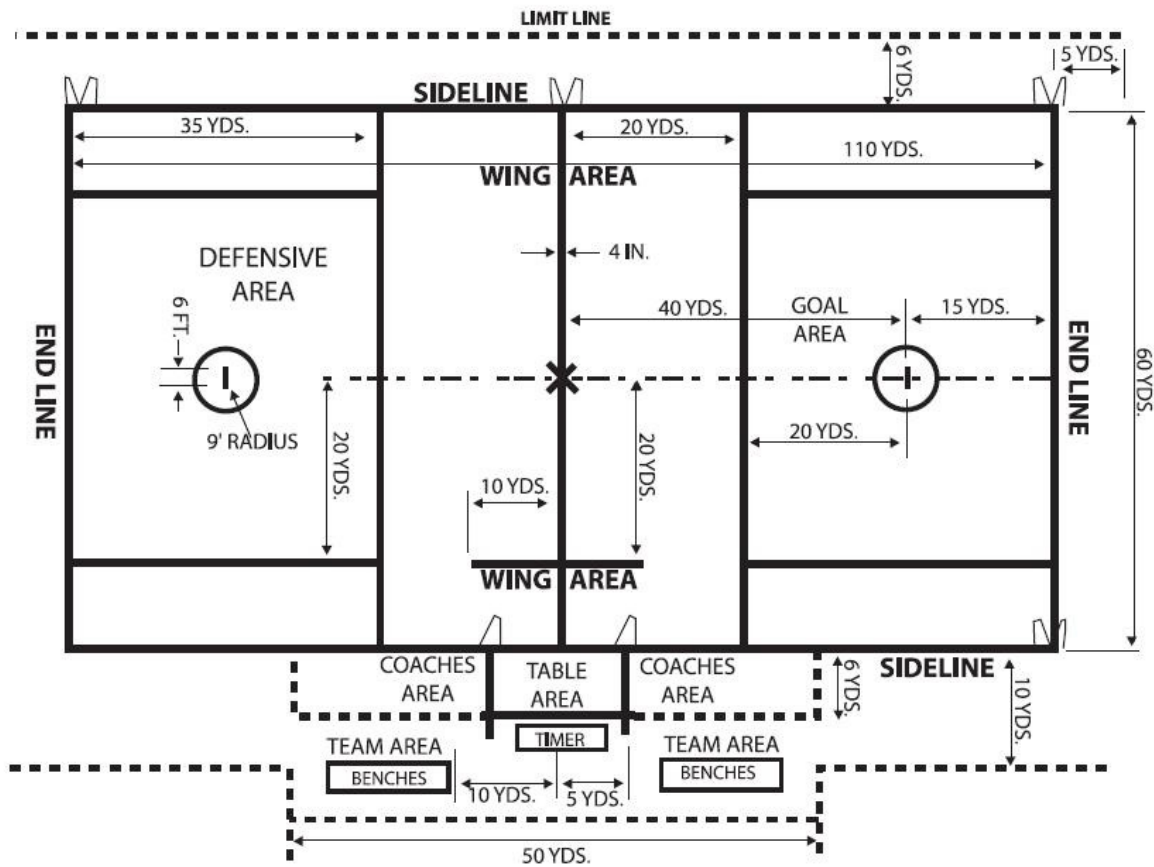
The following list shows the chairperson for all the needed committees for Spring Grove Lacrosse. If you are interested in helping with any of these committees, please let us know at info@springgrovelacrosse.org

*Fundraising.....Jen Ranker
Scheduling.....Dan Wilmot
Concessions.....Randi Cheek
Timer/Score Keeper:Jack Greene
Equipment:..... Ted Griffiths
Field Maintenance:..... Mitch Black
Club Merchandise.....Stacy White
Tournament..... Dan Wilmot
Tournament Advertising Sales.....Bob Eichelberger
Web Site & Communications.....Brent Hoschar
Registration.....Stacy White and Beth Staub
YCLA RepresentativeDoug White*

Facts about Lacrosse

Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians. Modern lacrosse has been embraced by athletes and enthusiasts of the United States and the British Commonwealth for over a century. The sport of lacrosse is a combination of basketball, soccer and hockey. Anyone can play lacrosse--the big or the small. The game requires and rewards coordination and agility, not brawn. Quickness and speed are two highly prized qualities in lacrosse.

The Lacrosse Field



History of Spring Grove Lacrosse

In the summer of 2002 two elementary school age boys from Spring Grove, met at a YMCA summer lacrosse camp. The camp was being offered by a Southwestern high school coach who wanted to introduce the sport of lacrosse to local youngsters. These boys haven't put their sticks down since!

By the following spring of 2003 a total of nine boys from Spring Grove wanted to play lacrosse. Southwestern graciously took in these boys so they had an opportunity to play. The boys, their fathers, and Dan Wilmot (a former lacrosse player for Syracuse with a great love of the game) all envisioned a youth program in Spring Grove and worked diligently to make that a reality for the following season.

With the help of the Heidelberg Township Recreation Board and the Penn Grove Retreat Camp four coaches were fielding two teams with 41 boys during the spring of 2004.

After the 2004 season the Heidelberg Township Recreation Board installed a lacrosse field for our club and generously donated to our club to get us started.

During the spring of 2005 our program had taken off with 98 boys and girls playing lacrosse on three youth teams, as well as 2 new JV teams, one of which was the start of the girls' program. Ten coaches stepped up to help during the spring of 2005.

Our club has grown by leaps and bounds since those first two boys attended the YMCA camp and put lacrosse sticks in their hands! Many parents have volunteered their talents and time to keep our club running and growing and we are always looking for fresh faces to help chip in.