



June 2010 Newsletter

Spring Grove Lumberjax Lacrosse

Next Board Meeting

When: July 2010, date to be determined (check the website!)

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

What: Elections for the 2011 board will be held at the June meeting.

Year End Pool Party

Sunday, June 27, 2010

Lincolnway Pool

175 Margate Road

York, PA 17408

6:30-9:30pm

Admission: \$2/person to be collected at the gate.

(Players are coaches are free)

Spring Grove Lacrosse Club will provide Hot dogs, Hamburgers, Drinks, and Paper Goods. Each player is asked to bring either a Side Dish or Dessert.

There will be a DJ at the party, an award presentation for the player selling the most fundraising items this year, and a presentation for all 4 year+ players in the club!

Please RSVP via email to hoschar@verizon.net by June 21, 2010 with:

- 1) Player's Name
- 2) Team (U15, U13, U11, U9, Girls)
- 3) # Attending
- 4) Side Dish or Dessert

PLEASE NOTE: To prevent injury, NO Lacrosse sticks or Lacrosse balls should be brought to the pool. The pool does not allow glass items (bottles, dishes, etc.)

Spring Season Details

See the website for a summary of the 2010 spring season – on the 'SHOOTOUT' link and the 'HANDOUT' link – we have W-L records, Shootout results, etc. On the 'LINKS' page, there is a link to YCLA website which has the YCLA year end tournament results.

Congratulations to all the 'graduating' U15 and MS Girls lacrosse players from the Lumberjax Lacrosse club, and good luck with your future lacrosse at the High School level.



Playmaker Lacrosse Spring Evening Camp, 6/21-6/23 - Being held in Spring Grove again 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

2010-2011 Board elections

The new board for the 2010-2011 season was elected at the June 6 board meeting. We'd like to thank Dan Wilmot for his years of service to the club, Dan resigned from the board, but will still be around to help with the club! Welcome Tim Grant who was elected to a board position!

Ted Griffiths, President	pres@springgrovelacrosse.org
Doug White, Vice-President	vicepres@springgrovelacrosse.org
Bambi Greene, Treasurer	treas@springgrovelacrosse.org
Beth Staub, Secretary	sec@springgrovelacrosse.org
Mitch Black, Board Member	board1@springgrovelacrosse.org
Bryan Bricker, Board Member	board2@springgrovelacrosse.org
Brent Hoschar, Board Member	board3@springgrovelacrosse.org
Tim Grant, Board Member	board4@springgrovelacrosse.org

Volunteers

Thanks to all coaches, committee chairs, and volunteers for a great 2010 spring season! In preparation for next season, we'd like to secure chairpersons for the 2011 season. Please contact us (info@springgrovelacrosse.org) if you are interested in any of the following chair positions – we can answer your questions or get you in touch with this year's chairperson.

- Ø Registration
- Ø Boys League Representative
- Ø Girls League Representative
- Ø Apparel / Merchandise
- Ø Concessions
- Ø Field Maintenance
- Ø Fundraising
- Ø Lumberjax Shootout Tournament
- Ø Timing / Scorekeeping
- Ø Website / Communications
- Ø Scheduling
- Ø Equipment / Uniforms

LANCO Indoor Winter League

Sign ups for LANCO winter indoor league will be coming up soon. Check our website, springgrovelacrosse.org, for further information as it becomes available;

LANCO Fieldhouse
1901 Miller Road
East Petersburg, PA 17520

YCLA happenings

Several items are being discussed by York County Lacrosse Association (YCLA,



www.yorkcountylacrosse.org/), which may require a vote by our board;

- Ø U7 boys league. There is some interest by YCLA to investigate starting a younger U7 division. The thought is this division would be an instructional division.
- Ø Elementary girls division. There is some interest by YCLA to investigate starting an elementary girls division.
- Ø Fall league. YCLA is discussing the possibility of an organized fall league
- Ø Competitive season play, A teams vs B teams, and how it could affect year end YCLA tournament opportunities

All of these items will be discussed at upcoming YCLA meetings, and also at our Lumberjax board meetings. If you have opinions or input on any of these items, please plan on attending one of upcoming board meetings.

10 Steps to a Positive Lacrosse Experience

You, the parent, are equally as important to your child's positive lacrosse experience as the coach of the team. In order for your child to get the most out of playing lacrosse, it is important that you do the following:

One:

Be supportive of your child by giving encouragement and showing an interest in his or her team. Positive reinforcement encourages learning and fun. Research has shown that a ratio of five positive statements (compliments, positive recognition) for each negative statement (criticisms, corrections) is ideal for helping young athletes do their best. Try to maintain a 5:1 ratio in your comments to your child.

Two:

Attend games whenever possible. If you cannot attend, ask about your child's experience, not whether the team won or lost. Some questions that you might ask before asking about the final score include: "Did you try as hard as you could? Did you have fun? Did you learn anything today that might make you a better player in the future?"

Three:

Be a positive role model by displaying good sportsmanship at all times to coaches, officials, opponents and your child's teammates. "Honoring the Game" is an important part of what US Lacrosse represents. Help us by honoring the game in your behavior as a spectator.

Four:

Let your child set his own goals and play the game for himself/herself. Be your child's "home court advantage" by giving him or her your unconditional support regardless of how well he or she performs.

Five:

Let the coach coach. Refrain from giving your child advice when he or she is playing. Use positive reinforcement with your child's coach. Let the coach know when he or she is doing a good job.

Six:

Respect the decisions of the referee or umpire. This is an important part of honoring the game. Your child will pay more attention to how you act than to what you say.

Seven:

Read the rule book. A full understanding of the rules will help you enjoy the game and educate others.



Eight:

Get to know who is in charge. Meet with the leadership of the program, whether it's school-sponsored or recreational, to discuss topics such as cost, practice and game scheduling, insurance coverage, emergency procedures, etc.

Nine:

Get involved! A great way to support your child's lacrosse experience is by becoming a volunteer for the program. Some of the ways you can get involved: keep the scorebook, run the clock, line the fields, manage equipment, chaperone trips, raise funds, organize clinics and team social events, update the team website, photograph players and organize carpooling.

Ten:

Sit back and enjoy the game. Remember, lacrosse is played for FUN.

For more information on our Parents Guide, please visit our site at <http://www.uslacrosse.org/TopNav2Left/Parents/USLNationwideParentsGuide.aspx>.

2010 Spring Grove Lumberjax Lacrosse

