



May 2010 Newsletter

Spring Grove Lumberjax Lacrosse

Next Board Meeting

When: Sunday, May 16, 2010, 7pm

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

What: Nominations for 2011 board positions will be taken at this meeting. Elections for the 2011 board will be held at the June meeting.

Fundraising

- Our Sammy Sandwich sale fundraiser is running from 5/5 to 5/20. Orders are due to your coach or Jenn Ranker on or before May 20. Items can be picked up on 5/27 at the Lacrosse office of SGACC between 6 and 6:45pm. Further information and order forms can be found on our website springgrovelacrosse.org. Please contact Jen Ranker for further information (jennranker@hotmail.com), 71 7-849-4385

Important Dates:

Thur 5/20 Sammy's Sandwich Sale - Turn in order forms

5/15 - 5/22 YCLA Tournament - This is the end of year tournament. We could play any days this week. The tournament is a single elimination format. Game dates and times will be posted on our website as soon as possible. Spring Grove is hosting the Championship games on Saturday 5/22 at the Old School Stadium.

Tues 5/25 - Equipment & Uniform turn-in's - 5:30 to 7pm, Community Center. Please wash the shirts and shorts before turning in.

Thur 5/27 - Equipment & Uniform turn-in's - 5:30 to 7pm, Community Center. Please wash the shirts and shorts before turning in.

Thur 5/27 Sammy's Sandwich Sale - Pick up orders at Community Center, 6:00-6:45pm

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

Sunday, 6/27 - Year End Lumberjax Pool Party. Lincolnway Pool, 175 Margate Rd, York, 17408, 6:30-9:30pm. Further information will be sent out separately.

Apparel items

Our spring apparel sale was a success! Thanks to all your support, we made approx \$500 for the club. We still have about 50 Shootout T-shirts leftover from the tournament, and we still have blue shorts with the Lumberjax logo. Please come to a board meeting, or see Stacy White if you want to purchase either item. Shirts are \$10, and shorts are \$12.

Winter Indoor Lacrosse at Lanco Fieldhouse

Registrations will be held in September. We'll send out a reminder once dates are announced.



A special Thank You for LumberJax Shootout Volunteers from the Club President

Thanks to all volunteers, for all your support, hard work, and dedication, to making this year's Lumberjax Shootout a great success. It was a long hot day but I think everything went rather smoothly. I have heard many compliments from other clubs on how impressed they were with the event.

A special thanks to;

Randi and Ron Cheek....for heading up concessions' what a great job for the second year in a row! I truly appreciate you and your family's dedication to running the concessions for the club.

Thanks to all the concession help throughout the day, **Beth Staub, Benae Hoffnagle, Tory and Rhonda Bortner, Connie Keiser, Mike and Michelle Harter, Tracey Marshall, Jen Hildebrand, Tess Piety, Tim Race, Dawn Snyder, Kristi Hoschar, Kathy Clark, Suzanne Brown, Julie Bricker, Judie Wierman, Julie Hollinger, & Bob Smith.**

Bob Eichelberger.....for running with the advertising and programs and scheduling the High School Kids.

Jeff Richards...for his assistance in design layout and printing the programs

Steve Richards and all the High School Lacrosse Players for your hard work and support all day, we would not be able to do this event with out your support. Thank you for giving back to the game and helping out the youth players!

Barry and Jackie Bortner.....for all your help running the head tables, taking care of the t-shirt orders, and your guidance in help running the tournament

Beth Staub....for the many many field requests and working with the SGASD to have the fields mowed and use of the facilities .

Mitch Black and field crew Rick Delaughter, Judie Wierman, Larry Anderson, Marc Kephart, Mike Riebling, Stacy White, Jen Ranker, Paul Race, & Mike Bossom.....for the long hours prepping and painting the fields.

Vickie Bortner and the SGASD PE Department.....for allowing us the use of cones, water coolers, score boards etc. and to Vickie for making up all the field signs.

Mike Bossom... for putting all the signs together

Dan Wilmot.....for working up the brackets and scheduling all the games and referees.

Tim Link and the SPLOA..... for all their service in scheduling and officiating the games.

Mark Kephart, Ron Roberts, Doug White, Ron Bolton, Mike Riebling, Brent Hoschar, Bryan Bricker, Tim Grant, Barry Bortnerfor all your help in set up and tearing down of the goals, garbage clean up, etc. Clean up is the last thing anybody wants to do after a long hot day. Thanks for all your help in staging the event.



Rick Miller and Carl Barley.....for running the score board and announcing the games for the U-15 bracket.

Brent Hoschar.....for all the work updating all the forms, maps etc and keeping the website up to date.

Mike Harter.... for coordinating the dumpster set up

Doug White.... for the use of your truck and trailer moving all the goals, and coordinating all the porto pots.

Tory Bortner and HS Kids.....for assisting in directing traffic throughout the day.

Bryan Bricker....for the use of all the table and chairs and working to supply the Kubota 4 x 4's

Jake Slagle & Mark Czapp and the entire SGASD...for continuing to work with us to help promote youth athletics, and to allow the use of the SGASD facilities.

Sponsors....For your continued support in helping financing our tournament. I ask all Spring Grove Lacrosse members to support our 2010 Lumberjax Shootout sponsors.

I am sure I missed some people, if so I apologize. There is no way we would be able to hold an event of this caliber without all your support collectively! Please feel free to speak up on anything you think we should or should not do, that would make the event better in the upcoming years.

Thanks,
Ted Griffiths

2010 Luberjax Shootout Sponsors

Title Sponsor - LaxWorld

Bracket Sponsors

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- Hersh Concepts, LLC
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- Sovereign Bank



Shootout Results

U15

1st: Carlisle

2nd: CV Eagles

3rd: Eastern

3rd: Northern

Sportsmanship Award: CV Eagles

U13

1st: Warrior

2nd: Spring Grove Lumberjax

3rd: Central Orange

Sportsmanship Award: Northern

U11

1st: Warrior

2nd: Dallastown

3rd: Red Land

3rd: Spring Grove Lumberjax

Sportsmanship Award: New Oxford

U9

1st: Warrior "A"

2nd: York Suburban

3rd: Red Land

Sportsmanship Award: Tied - Warrior "A" and Red Land

May 1 Lumberjax Shootout photos

Time Out Sports Shots captured a lot of good photos throughout the day on May 1. you can visit their website and purchase photos if you desire; <http://inkbyers.zenfolio.com/f302153948>

A word from the YCLA President

Coaches, Parents, and YCLA Representatives

We have had a few incidents this season which usually boil down to lack of sportsmanship. In any game as coaches and parents we **MUST** teach our children to **Honor the Game**. We **MUST** as coaches and parents **be responsible** for the actions of our players. No coach or parent should address a opposing team player with the intent to reprimand or belittle a player. Only address a opposing player with positive statements which is our job as coaches and parents to fill every players emotional tank. If issue arise before, during or after a game the proper procedure is to address the opposing coach and or the official(s) that are in charge of the game. This should be done without emotion and in a discreet manor when handling the subject(s) at hand. Children are very apt to learn, and they learn by watching how adults handle situations in life and then duplicate what they see. **"Do as I say and Not as I Do"** *does not* work in the eyes of children. As the season continues I ask of every coach to be aware of their surroundings and be conscious of not only the verbiage they use but their non verbal actions as well. At no point in time is it OK for a opposing coach to make a negative comment, reprimand or put his hands on a opposing player. If the situation cannot be handled amongst game officials or coaches it is



to be brought to attention of your club's YCLA disciplinary member who will make the proper arrangements to have a mediation set up to attend to the situation at hand. This may or may not result in suspension of player or coach depending on severity of the situation.

It is no player, coaches or clubs right to belong to YCLA it is a privilege much like having a driver license. I will quote a great coach Lou Holtz who addresses his team every year with one simple statement, " You do not come here to make us you...you come here to be apart of us." As coaches, parents and players we are to be a positive influence in these young lacrosse players lives. It is you they remember and emulate into their adulthood.

Phillip E. Bates

President, York County Lacrosse Association

Assistant Varsity Lacrosse Coach, Dallastown Area High School

laxdad17@yahoo.com

Men's Lacrosse Personal & Technical Fouls

There are personal fouls and technical fouls in boy's lacrosse. The penalty for a personal foul results in a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game. The penalty for a technical foul is a thirty-second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

Note: The US Lacrosse Youth Council has developed modified rules for ages 15 and under play. To get a copy of these rules contact US Lacrosse at 410.235.6882.

Personal Fouls

Slashing: Occurs when a player's stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.

Tripping: Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.

Cross Checking: Occurs when a player uses the handle of his crosse between his hands to make contact with an opponent.

Unsportsmanlike Conduct: Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.

Unnecessary Roughness: Occurs when a player strikes an opponent with his stick or body using excessive or violent force.

Illegal Crosse: Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if any other part of the crosse was altered to gain an advantage.

Illegal Body Checking: Occurs when any of the following actions takes place:

- a. body checking an opponent who is not in possession of the ball or within five yards of a loose ball.
- b. avoidable body check of an opponent after he has passed or shot the ball.
- c. body checking an opponent from the rear or at or below the waist.
- d. body checking an opponent above the shoulders. A body check must be below the shoulders and above the waist, and both hands of the player applying the body check must remain in contact with his crosse.

Illegal Gloves: Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.



Technical Fouls

Holding: Occurs when a player impedes the movement of an opponent or an opponent's crosse.

Interference: Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.

Offsides: Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.

Pushing: Occurs when a player thrusts or shoves a player from behind.

Screening: Occurs when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.

Stalling: Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock.

Warding Off: Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

Glossary of Men's Lacrosse Terms

Attack Goal Area: The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the offensive team crosses the midfield line, it has ten seconds to move the ball into its attack goal area.

Body Check: Contact with an opponent from the front - between the shoulders and waist - when the opponent has the ball or is within five yards of a loose ball.

Box: An area used to hold players who have been served with penalties, and through which substitutions "on the fly" are permitted directly from the sideline onto the field.

Check-up: A call given by the goalie to tell each defender to find his man and call out his number.

Clamp: A face-off maneuver executed by quickly pushing the back of the stick on top of the ball.

Clearing: Running or passing the ball from the defensive half of the field to the attack goal area.

Crease: A circle around the goal with a radius of nine feet into which only defensive players may enter.

Crosse (Stick): The equipment used to throw, catch and carry the ball.

Defensive Clearing Area: The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the defensive team gains possession of the ball in this area, it has ten seconds to move the ball across the midfield line.

Extra man Offense (EMO): A man advantage that results from a time-serving penalty.

Face-Off: A technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses.

Fast-Break: A transition scoring opportunity in which the offense has at least a one-man advantage.

Ground Ball: A loose ball on the playing field.

Handle (Shaft): An aluminum, wooden or composite pole connected to the head of the crosse.

Head: The plastic or wood part of the stick connected to the handle.

Man Down Defense (MDD): The situation that results from a time-serving penalty which causes the defense to play with at least a one man disadvantage.

Midfield Line: The line which bisects the field of play.

On-The-Fly Substitution: A substitution made during play.

Pick: An offensive maneuver in which a stationary player attempts to block the path of a defender guarding another offensive player.

Pocket: The strung part of the head of the stick which holds the ball.

Rake: A face-off move in which a player sweeps the ball to the side.

Riding: The act of trying to prevent a team from clearing the ball.

Release: The term used by an official to notify a penalized player in the box that he may re-enter the game.

Unsettled Situation: Any situation in which the defense is not positioned correctly, usually due to a loose ball or broken clear.