

# BRIGADE



# LACROSSE

## The Crease

Brigade's Monthly Newsletter

Issue #20: November 13, 2015

### Commissioner's Corner

**By Chris Lenard**

Welcome Brigade Lacrosse families to the 2016 season.

This will be our 12<sup>th</sup> season with NVYLL, our parent organization. This will be my third year as League Commissioner and as always, I am here to help when and where I can. As all of you know, we are a 100% volunteer organization. What that means is that we need your help in allowing the season to run smoothly. We will need coaches, team managers and help during games and assessments. I feel like it was yesterday that I signed up to help coach a U9 team for my son, Brad. To be honest, I never played the game, but watched the Pittsburgh Bulls play in the Civic Arena and fell in love with the game. Well as it turns out, I then became a head coach for one of the 3 U9 teams. I have coached or have been on the board ever since. I have such fond memories of the first team and how all of the young players responded to the drills and concepts. Basically, ground balls!!! I look to you to help continue the growth of the league through volunteering. I promise, you will not regret it and will form some lifelong friendships with both the parents and the players.

We had a great 2015 season and I know that everyone in the league has greatly appreciated the addition of the artificial turf field at Gainesville Middle School. This has allowed us the opportunity to host playoff games as well as accommodate teams for practices earlier in the year.

I look forward to seeing everyone in 2016 and having another great season.

GO BRIGADE!!!

Chris Lenard

Commissioner, Brigade Lacrosse





# Girls Commissioner Update

By Dyanne Liga

Hello Brigade Families,

A lot has been happening in the off season this year! First, we held our first fall clinics since 2012 and the girls had a GREAT showing!!! Thank you to all the coaches that volunteered to make clinics possible: Bill Annibell, Sam Collingwood, Buddy Lint, Jason Marsh, Johanna Nengel, Matt Robinson and Teena Thornton. Special thank you to our high school players that assisted: Kelsey Dolieslager, Hannah Lugent and Mackenzie Reynolds. A special thank you to Sam Labella for designing our tee shirts!

As you may know Brigade is a member of the Northern Virginia Youth Lacrosse League (NVYLL). NVYLL is the entity that schedules all our games, creates division guidelines for teams, employs referees and generally administrates the 24 member leagues in Northern Virginia. This season Johanna Nengel, Brigade's League Administrator will serve as an assistant in the NVYLL Girls Commissioner. Brigade has also been invited to participate in a newly formed NVYLL Competition Committee, created to enhance and ensure parity within matrix divisions and identify areas in need of improvement.

It's never too early to think about coaching for spring 2016, I'm currently assigning Head Coaching positions for teams. If you have interest in coaching for the upcoming season, please contact me! Several coaches' clinics have been arranged. So, save the dates, as details will be shared as they become available to us.

## **US Lacrosse – Coaching Clinics**

Level 1 Jan 30th at Colvin Run ES Vienna VA

Level 2 Jan 30th Gainesville VA

Level 2 Jan 24th Front Royal VA

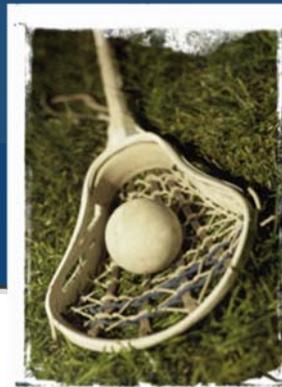
Level 3 Feb 21st Bethesda MD

Coaches Meeting Feb 28th Marymount University

Dyanne Liga  
Girls Commissioner  
Dyanne115@hotmail.com

# Boys Commissioner Update

By: Jason Marsh



Hello Brigade families

My name is Jason Marsh and I am excited to be your new Boys Commissioner. I have been part of the Brigade Board since June 2014 as the Director of Player Development for Boys. I have a son that has been playing for Brigade at the U9 level since 2015 and a daughter that has played since 2014.

Thanks to everyone that participated in our Brigade Fall Clinics. I think it was a great program and it was great to see so many new and returning players come out and participate. I would also like to thank all of our coaches that volunteered to come out and help us with the program. We could not have done this without your help.

Registration for the 2016 Spring Season will open up in November, be on the lookout for more information in the near future.

In just a few months we will be into the spring season, and we cannot wait to start watching our Brigade boys play. Here are a few things to know about the upcoming boys' season:

- **Brigade Coaches:** WE NEED COACHES!!! In order to meet the anticipated player demand, we need coaches. It is not essential that you have lacrosse experience to coach lacrosse if you are interested in coaching. If you are an experienced coach in any sport, and are willing to spend the time to learn the game, we would love to have you coach for Brigade. Lacrosse experience is valuable, but it can be taught if you do not have it. The ability to coach/teach young men is the primary skill we are looking for in our coaches. We will be opening up registration for coaches soon and if you are interested and have any questions about what is involved, please contact Andy Waskow or myself.
- **Assessments:** We are beginning to put together our assessment plan for tryouts and we will be sending out this information in December.

Best of luck to our Brigade players that are playing in the Fall Brawl Tournament!

Thank you for supporting Brigade Lacrosse!

Should you have any questions or concerns regarding the boys program please contact me.

Jason Marsh  
Boys Commissioner

# 16 Unforgettable life lessons I learned from

## lacrosse

By Kate Leavell



Life really is just one big lacrosse game. If you grow up playing this sport and learning its lessons, then you're on your way to navigating the great big world out there. This could apply to almost any [youth sport](#), and should be the focus of parents, coaches, administrators and players—using sports to build confident, socialized, prepared adults who are ready for the gauntlet of obstacles and choices that lay ahead when they go out on their own.

There are more than 16 lessons that I've learned from lacrosse, but these are the most important.

1. **Life is a series of cuts.** It's all about making choices, changes of speed, and changes of direction. When we stop moving and stand still, our progress stalls and we can't protect the ball.
2. **We need awareness at all times**, to know what the people who are with us are doing, to know what our opponents are doing, and to learn how to work with both of them for the best outcome.
3. **Integrity and sportsmanship** make the game more fun to play, but aren't always easy, especially when the other team doesn't practice them. Keeping those qualities despite what others are doing builds character and feels pretty good at the end of the day.
4. **Anticipating** is always better than reacting.
5. The first one off the line has the opportunity to get the prize, but **the person who is in the [best position](#)** usually comes up with it. Attacking goals smarter, not just faster, and with the best effort pays off.
6. **Falling down is inevitable.** Failing to get back up stops the game.
7. Injuries and health problems happen, rest and recovery is essential, but **prevention makes for a much better season/life.**
8. **Mistakes and failures teach us the best lessons**, and those lessons stick with us the longest.
9. **Consistently watching film/reviewing our habits** can show us what we are doing right and where we need to improve.



Continued...

Article can be directly viewed from US Lacrosse at: <https://shar.es/1uD3wN>

Article CONTINUED:

10. **We don't have to just follow plays**, we can make decisions based on each situation. Adjust on the fly, try something new, never be afraid to drop the ball—it's part of the game.

11. **My role on the team is not the same as everyone else's role**, but I can do my part to the best of my ability and make a difference.

12. **My encouragement and positivity** can change the entire outlook of the team around me.

13. The refs don't always see the fouls that we think we see, but we have to **continue to move forward**. Focusing on the past never changes the call.

14. Sometimes people on the sideline don't know what they are cheering or booing for, so we have to **focus on the task at hand** and let the background noise be just background noise.

15. It may feel like one person is scoring all of the goals, but **the game can't be played alone**. Without the team around them, even the strongest player would have to forfeit.

16. When the season is over, the memories are almost never about the scoreboard, but rather about the **journey and the relationships**.

# Important Dates

## For Brigade



- **November 15, 2015** – Spirit night discount on registration. You must register in person at The Brigade Spirit Night at Buffalo Wild Wings. Please see the coupon at the bottom of this page.
- **February 2016** – Player assessments will be held. Please keep your eyes and ears open as more information will be communicated as we approach the season.
- **February 29, 2016** – On, or about, this date practices for the Spring season will begin. Field space is currently being secured to start practices.
- **April 2/3, 2016** – April 2 will be the first regular season game for ALL boys' teams. April 3 will be the first regular season game for ALL girls' teams.

## Who wants a DISCOUNT!!

On Sunday, November 15, 2015, from 5pm - 8pm, Board members will be present at BWW to receive your registration form for a discounted registration price of \$190.



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**Bristow, VA 20136**

Commissioner: Chris Lenard  
[clenard@patricioenterprises.com](mailto:clenard@patricioenterprises.com)

Vice Commissioner – Boys: Jason Marsh  
[jason.marsh@cgfederal.com](mailto:jason.marsh@cgfederal.com)

Vice Commissioner – Girls: Dyanne Liga  
[dyanne115@hotmail.com](mailto:dyanne115@hotmail.com)

League Administrator: Johanna Nengel  
[exchange.brigade@gmail.com](mailto:exchange.brigade@gmail.com)

Secretary: Matt Robinson  
[Brigadesecretary@gmail.com](mailto:Brigadesecretary@gmail.com)

Member at Large: Buddy Lint  
[brigadeatlarge@gmail.com](mailto:brigadeatlarge@gmail.com)

Treasurer: Ronnie Buzzard  
[brigade.mbyl.treasury@hotmail.com](mailto:brigade.mbyl.treasury@hotmail.com)



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(703) 378-AUTO**

Director of Field Acquisitions & Scheduling: Shane Canestra  
[SHANE.P.CANESTRA@saic.com](mailto:SHANE.P.CANESTRA@saic.com)

Director of Assets & Equipment: Kevin Johnson  
[brigadelax@gmail.com](mailto:brigadelax@gmail.com)

Director(s) of Team Development – Boys: Andy Waskow  
[andywaskow@aol.com](mailto:andywaskow@aol.com)

Director(s) of Team Development – Girls: Teena Thornton  
[teenamthornton@gmail.com](mailto:teenamthornton@gmail.com)

Director of Marketing: Vacant

Newsletter Editor(s): Vacant

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