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Stafford
Lacrosse
Association

Newsletter

WORDS FROM THE PRESIDENT

by Ross Baker

As we prepare for a new year of lacrosse, I am excited and honored to serve the membership as the President. I have been a member of Stafford Lacrosse Association (SLA) for the last seven years as a U13 and U15 Coach, Commissioner and Member at Large. During that time, Chris Adams, John Wasek, Dave Williams, and John Haid have served as President and provided outstanding leadership for the organization. John has skillfully provided effective guidance and established an environment in which our kids have seen expanded playing opportunities and team success. I thank him for his tireless efforts over the past two years and look forward to his advice as the Past President.

The Board has exciting plans and programs that will not only provide for improved and expanded play for our kids but will also provide better facilities and safer play. While continuing to develop and provide more programs, we also must keep an eye on the quality of the programs. With expanded growth comes the challenge of finding more volunteers to support the programs. It is important that you become involved in some way. Whether that is coaching, fundraising, sponsorships or team managers, we can only succeed if we have people to ensure the programs are of high quality and are provided in a safe and positive environment. I encourage anyone interested in volunteering to contact any board member.

My focus for the upcoming year will be looking outside the organization to ensure our visibility within the community and to ensure our priority for facilities. With the Embry Mill Athletic Complex project underway, it is critical that SLA establish a partnership with the county to ensure a lacrosse game field is included in the plan.

Speaking of partnerships, SLA has partnered with **Virginia Lacrosse Company** and **Spotsylvania Youth Lacrosse** to provide a quality Fall Boy's lacrosse program that will include skills development and games. We have also partnered with **New World Sports** to provide similar programs on the Girl's side to include opportunities for competitive select team play. Please see the website for more details.

I encourage you all to visit the website often and to explore all the tabs for information on our programs, procedures, and policy. SLA has upcoming challenges and I will do my best to address them as we move forward. Please remember to provide positive and constructive feedback so we can identify and address each challenge. Feel free to contact me with any questions or issues. My contact information is provided on the website.

Thank you all for participating.

Sincerely,

Ross Baker
President, Stafford Lacrosse Association

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Sponsors and Donors

SLA has begun to emphasize sponsorship as a way to keep fees low. This will be an increasing emphasis by the SLA Board in the coming years. First, we would like to thank our 2012-2013 sponsors and donors:

- ◆ Virginia Lacrosse (two year sponsor)
- ◆ Allergy Associates of Fredericksburg (two year sponsor)
- ◆ Dick's Sporting Goods (two year sponsor)
- ◆ Sue Murphy's New World Sports (we would like to take this time to thank Sue Murphy and New World Sports for their generous \$500 donation for SLA's partnership on its 2012 Summer/Fall camps)

Next, we would like to announce our first 2013-2014 sponsor, New World Sports. New World Sports is teaming with the UMW Women's Lacrosse to start **STORM Fredericksburg**, a local, development-oriented girl's lacrosse travel program for middle and high school girls. Tryouts are September 22, 2013 at UMW.

For more information, please visit our website: www.staffordyouthlacrosse.com.

ALLERGY PARTNERS
of Fredericksburg



Fall 2013 Opportunities

LAX Boys

Virginia Lacrosse Company's (VALAXCO) 2013 Fall Ball Program

–HS Fall Ball 2013

–Fall Youth Lacrosse

Three weeks of clinical work and three weeks of intra-league game play.

VALAXCO is an official SLA sponsor and is owned and operated by Coaches Blair Penny and John Haid.

Fredericksburg Fieldhouse Seymour & Ulmer 2318 Lacrosse

Led by Coaches Mike Seymour and Tim Ulmer, two names that are very familiar to SLA.

LAX Girls

Fredericksburg Fieldhouse Girls 2318 Lacrosse Academy

Led by Coaches Kelly Ulmer and Jess Glaser.

UMW Women's Lacrosse 2013 Fall Clinics

Two one-day clinics hosted by UMW.

STORM Lacrosse -Fredericksburg

Development-oriented travel teams from STORM Lacrosse teamed with University of Mary Washington.

For more information and links to the registration pages, go to

<http://www.staffordyouthlacrosse.com>

Click on the "Fall LAX 2013" on the left.

Keep an eye on this tab for future opportunities in the winter months.

SLA Girls Program: Recap of 2013

by Paul Everitt

Another successful year in the books.

Spring 2013 saw G34C repeat as champions in the playoffs: an amazing feat and a great sign for years to come. Two years in a row, wow.

Congratulations to G56C for their strong playoff performance, as well as G78B and G78C, which combined for a single regular season loss. Most of all, kudos to the coaches, parents, and players for embracing the *Positive Coaching Alliance* spirit and conducting themselves with class. The four NVYLL girls teams, each week, seemed to set a new measure of progress for SLA.

From a long-term perspective, fantastic things afoot for the youngest and oldest. My deepest appreciation to the coaches for the two Rec programs (GK2 and G35) who launched a local rec girls lacrosse. For years, we have all felt like this was the most important step we could take and they did it.

SLA's high school program had enough interest to field two teams. The JV team,

though facing established teams the entire year, kept working hard the whole season. The varsity team made a big jump forward, finishing fourth in the club states.

The biggest change is the establishment of girls' varsity lacrosse in Stafford High School, thanks to the tireless work of School Board member Dewayne McOsker. The high school coaches are (almost all) hired, the schedules are set, and the uniforms have been ordered.

Numbers-wise, the girls' program had 150 registrants. With varsity and JV peeling off, it is not likely to increase. With a year under our belt, we would like to see a good jump in numbers on the GK2 program. Both G34 and G56 were hovering on the edge of needing a second team at each age.

For more information and links to the registration pages, go to www.staffordyouthlacrosse.com.

Spring 2013 saw G34C repeat as champions in the playoffs: an amazing feat and a great sign for years to come.



2013 SLA G34 Team

SLA Boys Program: Recap of 2013

by Harvey Davis

We had a great season this year starting with assessments in January right into the playoffs in May and June. We had several issues with weather that reduced a lot of practice time at the beginning of the season but as the season progressed, we saw huge improvement and success.

SLA had five U9 Rec teams that played several games amongst themselves and the U9 Rec teams from Spotsylvania County Lacrosse Club (SCLC). This was a significant increase in our U9 program, which sets the future for lacrosse in Stafford County.

I would like to personally thank the U9 coaches and coordinator who made this happen.

We also fielded two U11 teams, four U13 teams, and three U15 teams. We competed in the U13A and U15A divisions of NVYLL this year, which was a major change from last year. Both players and coaches did a great job and should be very proud of their season.

We had nine travel teams (U11, U13, U15) and five U9 Rec teams for a total of 244 players this year. Unfortunately, we were unable to run a Middle School Recreation Program this year due to coaching support issue and player interest.

For next year, we are looking at other options to give middle school age boys the opportunity to try lacrosse if they are not interested in fully committing to the travel teams practice and playing schedule.

I would like thank all of our volunteer coaches and team managers. You all did a great job and should be proud of your commitment to your community!

We still need more coaches, especially at the C and B team levels. Historically,

this has been our weakest area and it does affect the number of teams we can field. We had enough players at the U13 level to field five teams but we did not have enough coaches. This forced us to field four very large teams reducing playing time for our boys. Therefore, if you even think you could help coach your son's team, we need you!

For Fall 2013, we plan to have some coaches training sessions. As soon as we get the scheduled laid out, we will open this program to all interested parents and coaches throughout our community.

I would also like to give a special thanks to one of our sponsors, Virginia Lacrosse Company (VA Lax), who provide position-coaching support all year round and helped us assess our players for team assignments.

As we coordinate our program for next year, we will need as much support as we can get to deal with the growth in our program and give our boys the opportunity to learn the fundamentals of Lacrosse, Sportsmanship, and Team Work!

Go Manahoacs!!!

For more information and links to the registration pages, go to www.staffordyouthlacrosse.com.



2013 SLA U15 Team

SLA had five U9 Rec teams that played several games . . . This was a significant increase in our U9 program, which sets the future for lacrosse in Stafford County.

SLA Open Positions

Have you considered getting more involved in SLA but were afraid to commit to coaching? There are a handful of unpaid positions that are open and looking for volunteers.

The **Recreation League Director** will head up the Recreation League. In the past, SLA has offered Recreation League as a less expensive, non-traveling option for people who are new to lacrosse. This has been a double-edged sword in that, while it is a great way for new families to break into lacrosse, it takes up a great deal of the Commissioners' time and preventing them from visiting all the practice fields, and providing spot-checks of the travel teams. Having a dedicated director in this position will provide a single POC for Recreation Coaches to work with while freeing up the commissioners to provide oversight to all teams and skill levels.

The **Field Operations** position is important for all home games. Responsibilities include: arrive early prior to games to set up the cones and scoreboard; ensure safety equipment is available and functioning; close the field down at the end of the day by putting away the equipment. The FO will also liaison with coaches to ensure they have names for scorekeepers and field marshals for home games.

Volunteers for each of these positions will be provided training and more instruction on what the job entails. If you are interested, email the SLA Board at stafford.lacrosse@gmail.com.

An SLA Welcome to ...

... our new **Booster Club Officer**, Kristen Van Liew and **Fundraising Coordinator**, Deb DeCola. Both Kristen and Deb will be providing support to SLA through promoting volunteerism and fundraising opportunities.

Coaches and Organizers NEEDED

SLA has been growing at all levels. For this upcoming year, the SLA Board's emphasis is long-term organization strength by finding and developing coaches and organizers. Please help! Now is an ideal time to start involvement, gradually learning from those we have in place now.

Interested in becoming a coach or organizer or would like more information, please email us at stafford.lacrosse@gmail.com.

Stafford Lacrosse Association

P.O. Box 1834
Stafford, VA 22555

PHONE:
(540) 308-9217

E-MAIL:
stafford.lacrosse@gmail.com

We are on the Web!

See us at:

<http://staffordyouthlacrosse.com/>

SLA has had a commercial non-solicitation policy in place: Families should not use the SLA membership as a means to promote for-profit businesses. SLA does highlight sponsors that help support SLA, but in a measured, non-annoying fashion (read: not a constant stream of emails.) In addition, SLA will strive to maintain a listing of all for-profit and non-profit lacrosse opportunities in the area, sponsor and non-sponsor alike.

SLA Board Members

President	Ross Baker
Secretary	David Sullins
Treasurer	Bill Astrab
Boy's Commissioner	Harvey Davis
Girl's Commissioner	Paul Everitt
Past President	John Haid

About Our Organization

The Stafford Lacrosse Association (SLA) is a non-profit organization that is committed to the continued growth and expansion of lacrosse in the Stafford County and

Quantico areas. We are a member of the Northern Virginia Youth Lacrosse League (NVYLL).

The lacrosse season starts in February and

ends in early June. SLA provides play at all experience levels and offers lacrosse activities throughout the summer, fall, and winter.

STAFFORD LACROSSE ASSOCIATION

P.O. Box 1834
Stafford, VA 22555

