



Stafford  
Lacrosse  
Association

# Newsletter

Jan 2014

Volume 2, Issue 1

## WORDS FROM THE PRESIDENT

by Ross Baker

The 2014 lacrosse season is nearly upon us.

This newsletter contains important information for you and your player to prepare for what promises to be a fun and rewarding season. Please read all of it in its entirety and consult the website frequently.

NVYLL has changed its operating matrix with regard to levels of play and, therefore, there will be changes in the levels and numbers of teams that SLA may field. SLA will field an A level team in the boy's U15, U13, and U11 age groups and the girl's 7/8, 5/6, and 3/4 age groups. The remainder of the teams will be fielded in upper or lower B levels of play as there is no longer a C level. New boy and girl players will be evaluated for spots on the upper or lower B teams.

It is recommended that players new to the sport register for the Middle School Recreation Program (grades 6-8) to develop fundamental skills and concepts. The Boy's and Girl's Commissioners should be consulted if you have questions on the appropriate placement of your player.

In accordance with the new changes, SLA will conduct boy's tryouts on January 19th and 26th. Only players who are interested in playing at the A level should attend these events. All players should attend their respective age group practices throughout February for evaluation and team placement. The A-team coaches will continue to evaluate players at the age group practices until the rosters are full. Please see the website for detailed schedules, changes and information.

We continue to partner with the County to improve the field at St. Clair Brooks Park. **This project will be a major investment for SLA.** Anyone interested in donating to this project should contact me directly.

Please be flexible and check the website often as the weather and county may require short notice changes.

I look forward to seeing you all at the field. Thank you all for participating.

Sincerely,

Ross Baker  
President, Stafford Lacrosse Association

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## SLA Coach Training Agenda

- Session 1 6 pm, Jan 16th (all coaches) Hampton Oaks Community Center
- Session 2 6 pm, Jan 30th (all coaches) Hampton Oaks Community Center
- Session 3 TBD, Feb 9th (boys on-field clinic)
- Session 4 TBD, Feb 10th (all coaches) Hampton Oaks Community Center
- Session 5 TBD, Feb 23rd (all coaches) NVYLL Rules Clinic, Marymount University
- Session 6 TBD, Mar 2nd (boys on-field clinic)

S	M	T	W	T	F	S	<b>JAN</b>	
			1	2	3	4	Thurs, 16 Jan - Coach Training	
5	6	7	8	9	10	11	Sun, 19 Jan - A-Team Tryouts	
12	13	14	15	16	17	18	Sun, 26 Jan - A-Team Tryouts	
19	20	21	22	23	24	25	Thurs, 30 Jan - Coach Training	
26	27	28	29	30	31			

  

S	M	T	W	T	F	S	<b>FEB</b>	
						1	Sun, 2, 9, 16 Feb - Player Assessments	Tues, 18 Feb - Matrix & Game Field DUE
2	3	4	5	6	7	8	Mon, 3 Feb - PCA Workshop Great Falls	Wed, 19 Feb - NVYLL Commissioner Mtg
9	10	11	12	13	14	15	Sat, 8 Feb - SLA Lacrosse Clinic	Thurs, 20 Feb – SLA Membership Meeting
16	17	18	19	20	21	22	Sun, 9 Feb - Coach Training	Sat, 22 Feb - U9 Assess / Coaches' Mtg
23	24	25	26	27	28		Mon, 10 Feb - Coach Training	Sun, 23 Feb - Marymount Coaches' Clinic

  

S	M	T	W	T	F	S	<b>MAR</b>	
						1	Sat, 1 Mar - U9 Assess / Practice SL	Sat, 15 Mar - Kick-off Day
2	3	4	5	6	7	8	Sun, 2 Mar --NVYLL Practice SL	Wed, 19 Mar - Final Roster DUE
9	10	11	12	13	14	15	Sun, 2 Mar - Coach Clinic	Sat, 22 Mar - 1 <sup>st</sup> Game NVYLL
16	17	18	19	20	21	22	Sat, 8 Mar - Equipment Day	Fri, 28 Mar - Added Player DEADLINE
23	24	25	26	27	28	29	Mon, 10 Mar - Practice Starts @ Schools	Sat, 29 Mar - 2 <sup>nd</sup> Game NVYLL
30	31						Week of 10-14 Mar - Mid School Rec & U9 Start Practice	

## SLA Membership Events

### Open SLA Membership Meeting

Date: Thursday, February 20, 2014  
 Time: 7:00pm  
 Location: Courthouse Community Center, Room C  
 29 Stafford Avenue, Stafford, VA

### SLA Season Kick-Off Event

Date: Saturday, March 15, 2014  
 Time: Teams will be assigned a report time.  
 Location: TBD

## 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)

For more information, please visit our website:  
[www.staffordyouthlacrosse.com](http://www.staffordyouthlacrosse.com).



## SLA Girls Program: New Year, New Changes

by Paul Everitt

It is a busy time of the year, with preseason planning in full swing.

Let us cut right to the chase: **we need coaches**. With the track that we are on, we will have more players than spots available.

- *If you are a parent . . . .* jump in! SLA has lots of ways to support getting you ready

- *If you are a HS player in need of volunteer hours . . .* we need help coaching!

The more of you that we can get, the easier it will be to get parents to say YES.

So please, help out on coaching.

In addition:

### - **GK2**

We have big plans for GK2 this season. Megan Hubbard will be our director. We are in discussions with other programs in region about more game time.

### - **Assessments**

G34/G56/G78 are each likely to have more than one team's worth of players. This means that we will conduct assessments to place players. The calendar in this newsletter gives the dates. This year, the boys and girls are following a standard program designed by Tim Ulmer, the SLA Board's Member-at-Large Representative. Thanks Tim!

### - **Girls Advisory Board**

Thanks to those that expressed an interest after the last newsletter. If anybody else is interested, drop me a line at [pauleveritt@me.com](mailto:pauleveritt@me.com).

### - **UMW Schedule**

University of Mary Washington opens their home season on Feb 18 at 3:30 pm. The full schedule is posted: <http://umweagles.com/sports/wlax/2013-14/schedule>

## SLA Boys Program: New Year, New Changes

by Harvey Davis

The year 2014 is going to be a great season and things are really ramping up. Registration is now open for both players and coaches. We really look forward to having some great programs this year and need as much support as we can get. We need to adapt to some of the league changes that Ross mentioned. We are excited about having a robust Middle School Recreation program.

I would like everyone to congratulate **Troy Lane** for stepping up to be the Director for Boy's NVYLL. This will help me significantly in getting the program running smoothly. **Emory Harshman** is acting as the Director for Recreation Programs while we try to find another volunteer to step up as he will be coaching U11 this year.

**We need coaches.** If you have coached any sport, have lacrosse experience or just want to be part of the program, please come out to our training sessions. We will provide you with everything you need to know on how to be a successful youth lacrosse coach.

Listed are our needs for 2014. We hope that you can help fill these gaps. Each team should have a Head Coach and at least one Assistant Coach.

### **U9 Rec: 5 Teams**

We have 4 confirmed Coaches. *Need 1 more.*

### **MS Rec: 4 Teams**

We have 2 confirmed Coaches. *Need 2 more.*

### **U11: 4 Teams**

We have 3 confirmed Coaches. *Need 1 more.*

### **U13: 5 Teams**

We have 2 confirmed Coaches. *Need 3 more.*

### **U15: 2 Teams**

We have 1 confirmed Coach. *Need 1 more.*

## SLA Fundraising Events

Debbie DeCola, our Fundraising Director, has organized several fundraising events to raise monies and awareness for SLA. Teams and parents are welcome to hand out/send out the flyers to family/friends/co-workers to bring in more \$\$\$ for SLA.



### Chili's Grill & Bar at Stafford Market Place

When: Thursday, 30 January 2014 11 am – 11 pm

≥ Chili's will donate 20% of all sales (excludes taxes and alcohol purchases) to SLA ≤  
with each receipt turned in with the attached **SLA Give Back Event** flyer



### Jersey Mike's at Stafford Marketplace

1495 Stafford Market Place • Stafford, VA

When: Saturday and Sunday, 1-2 February 2014  
8-9 February 2014  
15-16 February 2014

≥ Mention you are with Stafford Lacrosse Association and SLA will receive 20% of the proceeds ≤



### SweetFrog at the Brafferton Shopping Center

315 Garrisonville Road, Stafford, VA

When: Saturday and Sunday, 1-2 February 2014  
8-9 February 2014  
15-16 February 2014

≥ Mention you are with Stafford Lacrosse Association and SLA will receive 20% of the proceeds ≤

### Sweet Frog flavors for February will be:

- Salted Caramel
- Blackberry
- Original Tart
- Vanilla NSA (no sugar added)
- Strawberry Kiwi (non-dairy)
- Tiramisu
- Cake Batter
- Chocolate
- Blue Cotton Candy
- Pineapple
- Cheesecake NSA (no sugar added)
- Pink Lemonade (non-dairy)
- Strawberry
- Cinnamon Roll



## SLA Fundraising News

We would like to thank all those that participated in the following fundraising events:

**BUFFALO WILD WINGS** Spirit Event  
**SLA earned \$250!!**



## SLA Sponsorship Status

Thirty sponsorship letters have been hand delivered to businesses up and down Garrisonville Road, Route 1, and some on Route 3. We hope to hear some good news very soon!

## SLA Kick-Off Spirit Event with **PLAY IT AGAIN SPORTS**

Parents – out with the old and in with the new! Cleaning out your garage, shed, toy boxes, kids rooms and have sporting equipment to DONATE?

Please save it and bring it with you to the **SLA Kick-Off Spirit Event on Saturday 15 March 2014.**

**PLAY IT AGAIN SPORTS** will be there to collect it all, price it, and donate all proceeds to SLA.



**Stafford Lacrosse  
Association**

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**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	<b>Ross Baker</b>
Secretary	<b>Dewayne Sullins</b>
Treasurer	<b>Bill Astrab</b>
Boy's Commissioner	<b>Harvey Davis</b>
Girl's Commissioner	<b>Paul Everitt</b>
Past President	<b>John Haid</b>
Director of Fundraising	<b>Debbie DeCola</b>
Member at Large	<b>Tim Ulmer</b>

*SLA Staff*

Newsletter	<b>Patricia Davis</b>
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*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**

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