



**Stafford
Lacrosse
Association**

Newsletter

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WORDS FROM THE PRESIDENT

by Ross Baker

In this edition of the *SLA Newsletter*, you will find a recap of our boys and girls seasons, requests for help, and news about future projects. As you know, SLA is an all-volunteer organization. Without your support, SLA could not provide the quality opportunities for our kids. Your support has provided our kids with another fun year of lacrosse. The Boys U13 Lower B (U13LB) are champions. The boys U13 Upper B (U13UB) and girls 78 Lower B (G78LB) participated in the championship game in their brackets. Over half of our boys and girls teams made it to the semi-finals in their respective bracket. We were able provide recreation play (Rec) for our Boys U9 with four teams participating with Spotsylvania teams. The Boys Middle School Rec resurrected with the help of Todd Heap, our former U15 coach. The Girls Rec saw the growth of the Girls GK2 Rec with games against Prince William County.

This was the first and very successful year for Girls High School Lacrosse in Stafford County's five high schools. SLA will benefit with this growth of the girls program over the next two years. This will require more coaches and volunteer, so please help us by providing this great opportunity for our girls to succeed.

I would like to thank Harvey Davis for providing great leadership as our Boys Commissioner to our boys program over the past two years. Harvey and his family are headed for Texas. Good news is we had all season to prepare Troy Lane as the new Boys Commissioner.

Paul Everett has lead the great growth of our girls programs and was instrumental in the inclusion of the game at the high school level. He lead the effort to convince the school board to include girls lacrosse in addition to creating and managing the SLA High School Club team for two years, grooming the talented girls that made the high school programs so successful in its first year. Paul is stepping down as the Girls Commissioner. Paul has been one of the main contributors to the success of this organization. He will be missed. However, he did a great job recruiting his replacement before stepping down by bringing Clara Schuster in as the new Girls Commissioner.

SLA is still looking to fill two important positions: **Field Manager** and **Equipment Manager**. The Equipment Manager is an important off-season position that ensures our gear is accounted for and inventoried, items for order identified and the gear prepared for the next season. Please consider volunteering this summer.

Our efforts working with the county continue to bring opportunities to SLA. We will continue to participate in the Embry Mill Athletic Complex planning process. We are working toward a lacrosse specific facility that will provide top-level fields for our games.

I encourage all to visit the website often during the off-season to learn of summer and fall lacrosse opportunities and off-season SLA events.

Sincerely,

Ross Baker
President, Stafford Lacrosse Association

Spring 2014 SLA Season Results

SLA would like to congratulate all our players and coaches on another successful season.

GO MANAHOACS!

G34A - Round 1

U11A - Round 1

U13UB - Round 1

G56A - Round 1

U11UB - Finals

U13LB - Champions

G78A - Semi-finals

U11LB - Round 2

U15A - Round 2

G78LB - Finals

U13A - Semi-finals

U15LB - Round 1

Summer 2014 Lacrosse Clinics and Camps

Every summer there are a number of clinics offered locally. While SLA does not sponsor or endorse them, we do try to ensure our families are aware of them and will keep this list updated as we become aware of different events, camps, and clinics in the local area.

Girls:

2318 Lacrosse Summer LAX Camp

Date: Aug 4-6 from 9am - 12pm. Girls grades 3-12. Cost is \$135.

POC: Coaches Kelly Ulmer and Jess Glazer.

Mary Washington Summer Clinic

Date: July 16. Girls grades 9-12.

Fredericksburg Academy pickup games.

Date: 18 Jun - 30 Jul. Girls grades 6-8. No practice, just drop in, pay the \$5 and play.

POC: Walter Hoffman, fagirlslax@yahoo.com, 540-661-2446.

Nike Camp at Mary Washington.

Boys :

2318 Lacrosse Summer LAX Camp

Date: Aug 4-7 from 1pm - 4pm. For U9-U15 boys. Cost is \$165.

POC: Coach Tim Ulmer.

Hybrid Lacrosse Training

Multiple class dates. Two sessions each week from 4pm - 5:30pm each session. Boys ages 8-18. \$260 for 4 sessions.
POC: rappahannocklax@gmail.com

Private Lessons from Skylar Sipe

Skylar Sipe is a North Stafford Graduate who currently plays for Liberty University. Five players per session. \$30 per hour. smsipe@liberty.edu, 540-446-7373

Mountain View High School Summer Camp

Date: Aug 12-14 from 3pm – 5:30pm. Cost is \$35.00.

Go Big Boys Summer Lacrosse Camp

Multiple dates and multiple sites. \$325 per 4-day session. Classes run 9am - 3pm for ages 7 through high school.
POC: Coach Rich Klares, 703-405-1466

Breaking News: Pratt Park Celebration Stage Grand Opening!!

by Debbie DeCola

SLA Lacrosse and Stafford County celebrated the grand opening of Pratt Park's **Celebration Stage** on June 25, 2014 in style! Thank you to so many wonderful parents and kids for volunteering to run the show by unpacking, organizing, and setting up our booth and activities. SLA's booth got the majority of the action, to include long lines to play games and to talk to the Boys Commissioner and our girls coach, Kelly Ulmer.

We could not have done this without the help of the following:

- LaVanda Thompson Luna
- Tamara HasFaith Lancaster
- Alicison Grizzle Lamorie
- Jenny Lowe
- Troy Lane
- Kelly Ulmer
- And many others that were there and volunteered their time.

We were the last booth to pack up due to the lines of visitors. We handed out 150 foam lacrosse balls, 100 SLA pencils, 15 pounds of candy, and 87 SLA informational flyers.

Under thunder, lightning, and torrential downpours, our volunteers packed up, hit the truck, and unpacked everything to the storage unit.

Thank you to everyone who helped and visited our booth!



SLA Hail and Farewell



Clara Schuster – Girls Commissioner.

We are so incredibly lucky to have Clara as the new Girls Commissioner. With her accomplished background, high character, and fresh energy, she is exactly what SLA needs to realize this golden age just around the corner.

Troy Lane – Boys Commissioner.

Troy has been with SLA for the last three seasons as a coach with the U13 teams.



Paul Everitt – After 5 years as SLA's Girls Commissioner, Paul is stepping down. Last year, Paul spearheaded the effort to bring girls varsity lacrosse to Stafford County high schools. His daughter, Morgan Everitt, is an SLA alum and local girls lacrosse success story. Paul, we thank you for your years of service and dedication to SLA and the sport. This program will benefit from his contributions for years to come.

Harvey Davis – Harvey stepped up to be the Boys Commissioner when we needed it most and is responsible for the outstanding opportunity experienced by all the boys. He had no lacrosse coaching or playing experience. Yet, he showed that giving to the community only requires the desire to do it. Thanks Harvey.

Coach Sully – Multi-year G78 coach and SLA Board Secretary (and boys coach and 50 other things).

Amy Stevens – Our beloved local umpire has finished UMW and is off to do wonderful things abroad.

Michelle Starr – Michelle came into the program years ago as lacrosse novice and head coached G56, is aging out. The joy and energy Michelle has brought in ways large and small has helped keep the program running.



SLA Girls Program: Spring 2014 Wrap-up

by Paul Everitt

Another great spring for girls lacrosse in Stafford County, in the books. Let us jump right in on the spring-that-was, and look ahead to the golden age of Stafford girls lacrosse in the next 3 years.

Our NVYLL program faced a big transition as NVYLL voted at the last minute to change the tiers, pushing us to field an A team at each age. I am proud of the players, coaches, and parents for handling this transition so well. Our girls rose to the new level of competition and we witnessed smarter game play and quicker improvement in stick skills. It became apparent that athletes from third to 8th grade were understanding the rules better and “seeing the field” more than ever before. Close-scoring games and single- and double-overtime wins, losses, and ties characterized the season.

Looking at the G34A and G56A goals for vs. goals against for the season, we played very competitively with a number of close games. Those are two good teams with players who, over the coming years, are going to blossom. G78A had another strong season,

finishing a goal away from the championship. G78LB, with first-time coaching and 14 first-year players closed a fantastic season with a one-goal loss in the finals. Deep appreciation to Kelly Ulmer, Lynsay Barnett, Bryan Schuster, and Coach Sully, and your amazing assistant coaching staff, for the jobs you did this spring. A special thank you to the coaching assistance from UMW lacrosse players Taylor Paige (G), Corinne Wiederkehr (A), and Maureen “Mo” Sunderland (D).

Our Rec Program progressed as well. Thanks first to Michelle Starr for running our G35 rec clinics, helping get sticks in the hands of some eager players. The second-year GK2 program under Megan Hubbard made a major jump, forming a regional rec league with Prince William and winning the Hanover Havoc tournament. Kudos to Megan for all the hard work, positive energy with our girls, and helping build the future vision of girls rec lacrosse. This is a big step.

Despite the nail-biting suspense this season, the SLA girls will benefit in 2015 from the skill building this

year. We look forward to great things in 2015, when next season, the rising 3rd graders from SLA’s 2014 GK2 championship team join the G34 team led by Coach Tanya Hunter, and the SLA 2013 G34 championship team reunites under Coach Kelly Ulmer!

I am most pleased, though, with the classiness of our program. We have a coaching staff that follows the NVLL positive coaching vision, not just in words but in deeds, keeping the game fun and being strong role models on the sidelines. Our parents are supportive, even when getting the short end of the stick on some league issues. In addition, our girls conduct themselves as classy young women, which is everything we could ask.

This is my last year as Girls Commissioner and, boy, the four years have flown by. It is clear that the next 3 years will be the golden age of girls lacrosse in the area. We have four coaches across four elementary school ages that played women’s lacrosse in college and have proven to be great role models for our girls. This spring’s regional efforts with Prince William, Spotsy, and Fredericksburg point to an

exciting growth at the first-step entry level, thus building a huge base. Finally, the first year of high school girls lacrosse showed our graduates could lead competitive teams in the inaugural season. When you see the All-Area teams in the

paper, you will be looking at an SLA Alumni photo shoot. As well, hundreds of new families will see that and think "That sounds fun, let's start playing."

In summary, we had 400+ girls playing lacrosse in

Stafford County, a number that will continue to grow. This is indeed the start of a golden age.

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SLA Girls Commissioner Bio: Clara Schuster

We are pleased to announce that SLA parent and G78LB coach **Clara Schuster**, has been elected to the position of Girls Commissioner. Clara is a Fredericksburg native and graduate of

Courtland High School and University of Virginia. She moved back to Stafford in 2011 after living in Pittsburgh for several years. Her daughters Catherine (G78) and Mary Ellen (G56)

finished their second season in SLA this year. Clara runs a local engineering business with her sister Mary Williams that supports Army, Navy and Marine Corps customers.

Message from Incoming Girls Commissioner

by Clara Schuster

This is an exciting time for girls lacrosse in our area. The high school programs were very successful in their first year, and they will be looking to SLA as a partner to continue building on our programs to feed their rosters.

As a recreation league, our focus is on growing and sustaining interest in lacrosse and helping players develop strong fundamental skills.

My goals for the upcoming year are to provide additional opportunities throughout the year in the NVYLL off-season, and to promote interest in the sport and expand our numbers on the girls side into 2015 and beyond. I am excited to be involved in this program and to be working with our girls coaching talent to include Kelly Ulmer, Tanya Hunter, Megan Hubbard and Meg Desmond. Our family fell in love with SLA over the last two seasons.

As a parent, I pledge to build on past successes and continue to provide our girls with great experiences in lacrosse!



SLA Boys Program: Spring 2014 Wrap-up

by Harvey Davis

First, I would like to congratulate all of the Boys Teams for the great effort this year. I watched our players grow as individuals and our Teams become cohesive units that were never considered as an "easy win" by our competitors. Many of our teams progressed past the first round in the playoffs and we need to recognize the outstanding efforts of our U13LB team as they are the league champions at this level. This just proves that our boys, mostly new to lax had an outstanding coaching team and rose to the top. U11UB also distinguished themselves as the runner-up in their division. These boys will mostly be returning to U11 next year and will be a force to reckon with.

This year we had 160 boys playing on our eight NVYLL teams; this was a decline in numbers from last year by 22. Much of the decrease was due to having a Boys Middle School Rec program with 27 registered players. However, this allowed our 1st year Middle School players get more attention and a chance to learn the sport before playing in a competitive environment; where they would spend a good portion of their time on

the sidelines. This being said, we need to have our parents and players advocate for more boys to come out and learn the great sport of Lacrosse.

I want to congratulate Todd Heap as he was the only dedicated coach we had for the Boys Middle School Rec program. We need more folks like Todd who take their love for the sport to the next level and step up to coach and lead our boys.

U9 Rec probably had its most successful year ever; not necessarily in numbers: 57 players in total compared to last year with 59. However, the organizational level of coaching was outstanding. This was due to all the coaches efforts lead by Terry Maguire. I continuously received positive comments such as "this is the best run you activity in County!" on more than one occasion. This said, all of our U9 head coaches are moving on to the U11 level with their sons. If you, the parents, enjoy the sport and want to learn more, it is incumbent upon you to take the lead and step up. We will hold coaching training activities and camp for you to learn how to be a Lax coach.

Last of all, I want to say farewell to the organization, coaches, players, and parents. I am transferring to Austin, Texas, with my job and can no longer be an active member of SLA. I joined the organization because I felt a need to give back to my community and I could not think of a better way to do it than being part of SLA. I leave you in good hands with the continued leadership of the Board and Troy Lane, your new Boys Commissioner. Troy had to step up and help a lot this year, as my work kept me out of town and the country much of the Season. He is the absolute best choice to lead Boys Lax for SLA. I am confident that he will take the organization to the next level.

Sponsors & Donors



SLA Fundraising Events

by Debbie DeCola

SLA will begin its fundraising ventures early again this year to prepare for the Spring 2015 season! For all that would like to donate, help with delivering SLA's vision and letters, or if you have a POC within a company to speak with, please email debra_decola@comcast.net.

Spirit Wear

SLA had a terrific and fun year with spirit wear! All spirit wear is for sale all year long and keep an eye on your email for an end of season BLOW OUT SLA spirit wear SALE!! Look for more great stuff in Spring 2015!

If you have ideas on items you would like to see, please email debra_decola@comcast.net.

Spirit Events

SLA had a great time with spirit events at Jersey Mikes! Thank you, Amy Ellis! Sweet Frog 610! Thank you, Casey! Buffalo Wild Wings, Domino's Pizza, and Chili's! Thank you all for participating and help raising funds for SLA and its future success!

Any suggestions on future spirit events, please email debra_decola@comcast.net.

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 and send out the flyers to family, friends, co-workers to bring in more \$\$\$ for SLA.



2318 LACROSSE

BOYS & GIRLS SUMMER CAMPS

GIRLS OUTDOOR SUMMER CAMP

- August 4-6
- 3 day camp from 9:00 am - 12:00 pm
- Grades 3-12
- Outdoor Fields at the Fredericksburg Field House
- Focus on fundamentals, individual stick skills, shooting, footwork, attack & defensive concepts.
- \$135

BOYS OUTDOOR SUMMER CAMP

- August 4-7
- 4 Day camp from 1:00 pm - 4:00 pm
- U9 - U15
- Outdoor Fields at the Fredericksburg Field House
- Emphasize individual skills, position work, core offensive & defensive principles
- \$165

Positions: All positions welcome including goalkeepers

Equipment: *Girls:* Lacrosse stick, goggles, mouthguard, cleats/running shoes & water required

Boys: Helmet, gloves, shoulder & arm pads, mouthguard, cup & water required

Register Online at: www.fredfieldhouse.com

COACHES:

TIM ULMER • #23 UNITED STATES NAVAL ACADEMY • ASSISTANT COACH UMW

KELLY ULMER • #18 LOYOLA UNIVERSITY • 2X ALL AMERICAN & 2X CAPTAIN

JESS GLAZER • SALISBURY UNIVERSITY • NATIONAL CHAMPION & 2X CAPTAIN

Stafford Lacrosse Association

P.O. Box 1834
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Phone:
540-308-9217

Email:
stafford.lacrosse@gmail.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 **Dewayne Sullins**
- Treasurer **Bill Astrab**
- Boys Commissioner **Troy Lane**
- Girls Commissioner **Clara Schuster**
- Past President **John Haid**
- Director of Fundraising **Debbie DeCola**
- Member at Large **Tim Ulmer**

SLA Staff

- Newsletter **Patricia Davis**

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.

We are on the Web!

See us at:

<http://staffordyouthlacrosse.com>

STAFFORD LACROSSE ASSOCIATION

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