



SOUTHRIDGE LACROSSE

SLE News

Volume 1, Issue 4

December 2013

Upcoming Events

Registration 12/31
Deadline

Team/Board 1/6
Meeting

Winter Month of
Conditioning December 2
days a week
+ Sat.

WINTER TRAINING

Winter conditioning is offered to players that want to get an edge on the competition and physically prepare themselves for the upcoming season. The December conditioning is NOT MANDATORY and is a great opportunity for players to stay conditioned that are not currently playing school or other club sports.

Cost \$87 for 8 sessions + Saturdays
Two nights a week + Saturday
For month of December.

Location of Cross fit team will be working out will is 6818 W Kennewick Ave #F

Contact Annie if you have questions 509-701-4495 or ackerman5259@msn.com

The Board

President:

Russ Midili

Vice-President:

Rhonda Schafer

Secretary / Treasurer:

Heather Shulman

The Team

Head Coach:

Terry Brown

Asst. Coaches:

Jeff Banning, Robby Narquis, David Primus, Eric Riel, & Paul Sisk

Team Captains:

Mario Midili & Michael Hubbard



TEAM SPIRIT GEAR

Looking for some great ideas for Christmas gifts? How about some Southridge Lacrosse Spirit Gear. It is simple to order and you can pick the design and color of your choice. Go to <http://www.mylocker.net/my/shop/southridge132109/index.html>.

School Sports

Are you participating in a winter sport with your high school? Let us know. We would love to come out and support you. Good Luck to you and your team this winter season.

A special holiday treat is located inside this edition for you. Save \$10.00 with the special Gift Card included. :)



Southridge Lacrosse

C/O Heather Shulman
PO Box 6665
Kennewick, WA 99336

We're on the Web:
www.southridgelacrosse.com
and on Facebook:
Southridge Lacrosse Club
and follow us on Twitter:
SL_LAX

Helmets

Does my player need a new helmet? The answer is no. You do not have to buy a new helmet.

What if my player is in need of a new helmet? If you would like to buy a new helmet, we ask that you by the **Cascade Pro 7 in WHITE.**

Why white? We decided white is the best color. We are growing and in the next year or two there

most likely will be another high school program in Kennewick. We don't want players to have to purchase a new helmet in Kamiakin or Kennewick colors when their program starts up.

Don't the boys have to have matching helmets and uniforms?

Yes, they do. We will be adding wraps to the helmets in Navy, white, and yellow. These wraps will have Southridge name across the back and the Southridge "S" on the side as a logo for the club. The wraps will cover the whole helmet. Let us know if you have any questions.

MEET THE TEAM

We will be having an exciting INAUGURAL SEASON!!!

We are thrilled to have you be part of it with us. We are up to 19 players and growing!!!!

We are really excited to meet all the new faces out and there and welcoming back all the returning faces.

Many Helping Hands Make a Team Run Smoothly

We are looking for some volunteers to help out with the upcoming season. It takes a team to run a team.

- 1) **Team Manager** - Communicate with the team through email and phone regarding schedules, prepare player roster, assist coach with keeping coaching books, basically contact between families and coach, work with Field, Travel, and Fundraiser Coordinators
- 2) **Field Coordinator** - Work with Team Manager to make sure fields are set up and taken down before and after games. This could be two people as well to organize volunteers and make sure it all gets done. With two people, it will make the job easier and can trade off games.
- 3) **Travel Coordinator** - Work with Team Manager to make sure all travel arrangements are made for the team as needed.
- 4) **Fundraiser Coordinators** - Work with Team Manager and Treasure to organize fundraising for the team. It would be great if we could have two people take this on.

*****To keep board & coaching separate & to encourage dialogue Team Manager and other volunteer positions cannot be board member or spouse of board member or coach. Positions are open to all other parents or volunteers.*****

