

SOUTHRIDGE LACROSSE

SLC News

Volume 2, Issue 1

January 2014

PLAYER / PARENT MEETING

We will be kicking off our season with a mandatory player / parent meeting on **January 22nd at 6:30 at the Kennewick Library on Union.**

We will be discussing the upcoming season; what to expect, sharing the schedule, filling out paperwork, etc. It is important that all players attend and that they bring a parent with them.

There is concussion paperwork that **MUST** be filled out this evening.

You may find paperwork on website under "SLC Documents" and Player Information if you would like to fill it out prior to the meeting.

Upcoming Events

Mandatory Team/ Parent Meeting	1/22
Pre-Season Conditioning	1/27
Team/Board Meeting	2/3
Braveheart 5K Run	2/15
Columbia Crush	3/15

Braveheart 5K Fun Run



We will be hosting a 5K Run to help support team expenses.

Saturday, February 15th @ 10AM

Tri-Cities International Cross Country Course Located on Road 36 in Pasco near the Airport

Entry fee is \$10

Registration Opens at 9AM on the 15th.

Please pass the word along to your families and friends. We are looking for a huge turnout.

Contact Russ Midili with any questions 509-438-1650 or midilir@hotmail.com

Pre-Season Conditioning

It is that time of year again. Spring sports are starting their pre-season conditioning. Starting the week of January 27th. The team will be working out together twice a week for the first 3 weeks and three times a week for the last two weeks. We will be going to Fall Out Crossfit. The cost is \$100.00 Tim and Tammy Smith from FallOut Crossfit will be at the Player/ Parent Meeting to answer any questions you may have and have waivers and registrations so we don't have to worry about taking care of it during training time.

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

MORE NEWS ON THE BACK

Happy New Year

2014



Southridge Lacrosse

Southridge Lacrosse

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

Referee Training

Are you interested in earning some extra cash and enjoying a great game? How about becoming a lacrosse referee?

There will be a training offered in March. The goal will be to refresh the rules, discuss rule changes, and learn the mechanics of officiating.

The dates of the training will be:

- ◆ March 1st - classroom discussion
- ◆ March 8th - field practical discussions/demonstrations
- ◆ March 15th - High School Event - Shadow and field experience (players will practice games they aren't playing in).

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.

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.



Helmets and Shooter Shirts

The team is **not requiring new helmets** this year. If you are going to purchase a new one, please buy the **Cascade Pro 7**. We have elected to go with wraps this year so boys will not have to keep buy new helmets as the Kennewick program grows. **Please bring \$25 and your helmet to the player / parent meeting on the 22nd of this month.** Coach will collect the helmets and add the wraps, so they will be ready to go before first practice.

If you are ordering a

helmet and it won't be in by that date, no worries, just talk with coach and arrange a time to drop the helmet off at least a week before first practice.

At the parent meeting coach will share how to access ordering your **shooter shirt**. This will be something you will purchase and get to keep. The uniforms will be checked out and turned back in at the end of the season.

TEAM SPIRIT GEAR



Have you used your special holiday gift card for spirit gear? Don't forget about it, it expires February 2nd. You can even get the S with lax sticks. 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>.

Columbia Crush

Our first games of the season will be our own Columbia Crush. We will be hosting this jamboree in Columbia Park with Richland High School Lacrosse. The games will be March 15th. You will need to have your 10 practices in order to participate. First day of practice is March 3rd.

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!!!!

Alex B., Andrew H., Antonio R., Charles W., Chris H., Trevor H., Jacob R., Kess C., Kyle Mc., Kyle Mil., Mario M., Michael H., Noah T., Rhenton B., Ries C., Ryan F., Tanner H., Tanner M., and Tristan S.