

SOUTHRIDGE LACROSSE

SLC News

Volume 2, Issue 2
February 2014

Braveheart 5K Fun Run

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

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

Saturday, February 15th @ 10AM

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

Contact Russ Midili with any questions 509-438-1650 or

Entry fee is \$10

Registration Opens at 9AM on the 15th.



Upcoming Events

Braveheart 5K Run	2/15
Team/Board Meeting	3/3
First Day of Practice	3/3
Columbia Crush	3/15

The Board

- President: Russ Midili
- Vice-President: Rhonda Schafer
- Secretary / Treasurer: Heather Shulman

Helmet Wraps

Have you turned in your helmet to Coach Terry?

If not, give him a call and arrange a time to drop off



your helmet before **February 20th.**

When you drop off the helmet, leave him with a check for **\$25.00** made out to **Southridge Lacrosse.**

Coach will get the wrap on and get the helmet back to you.

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.

It will be a fun day to kick off our Inaugural Season!

The Team

- Head Coach: Terry Brown
- Asst. Coaches: Jeff Banning, Robby Narquis, David Primus, Eric Riel, & Paul Sisk

MORE NEWS ON THE BACK



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

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 8th** - Classroom and field practical discussions/demonstrations
- ♦ **March 15th** - High School Event - Shadow and field experience (players will practice games they aren't playing in).

Check out the website for more information.

Many Helping Hands Make a Team Run Smoothly

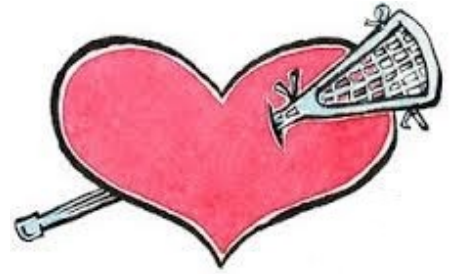
We are looking for some volunteers to help out with the upcoming season. It takes a team to run a team.

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.



Shooter Shirts

Watch your email for a message from Coach Terry about Shooter Shirts. He will be emailing out the link to go online and order the shirt for you. The bottom will have Southridge written across it. You may have your number and nickname at the top on the back. Nickname and Number have to be hidden under jersey. Only the word "Southridge" may be seen below the jersey. The boys will purchase their own shirt and will be keeping them at the end of the season and have them for next year.



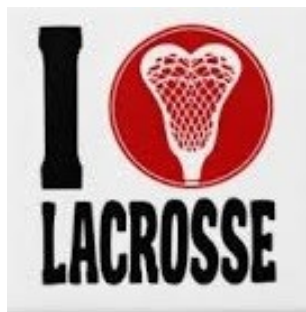
1st Day of Practice

First Practice will be Monday, March 3rd. We will be practicing at Southhills Church behind the Home Depot on 395. Watch your email for information regarding player meeting before first day of practice.



Team Spirit Gear

Have you been to My Locker to check out the options for Team Spirit Gear? You can design your own shirt, hoodie, hat, bag, sweats, shorts, etc. Find the link on the website or visit: Shop.mylocker.net - Enter Locker #jv783.



SPONSORSHIP

Being our first season, we have many start up expenses that we won't have in future years. That means we need all the help we can get this initial year.

Please seek out those you know that would be interested in sponsoring the team. Check out the Sponsorship page on the website to download the letter. There is also a list of items we need to start up the season.