

ZERO DAY CONVOCATION
September 1, 2016
TOP SHELF THREE-PEAT

2016: 12-4 season, FCIAC quarterfinalist, Class L quarterfinalist, TOP 10 FINISH
2015: 13-3 season, FCIAC quarterfinalist, Class L state appearance TOP 10 FINISH

Coaching Staff:

Varsity Head Coach: C. Parisi, 203-258-1242, ludlowelax1@yahoo.com
Associate Head Coach: S. Bartush
First Varsity Assistant: R. Hirata
JV Head Coach: R. Kinsley
Freshman Head Coach: S. Swett
Captains: Joe Casucci, Anthony Beccaria, Jack Tague

Our Homepage:

<http://ludlowelax.usl.la/> (Please have your parents register for breaking information)
Our Parents Booster Club: PALS, President Mr. Beccaria mkbccaria@aol.com

Senior Class Liaisons: Mr. Tague, Mr and Mrs. Casucci scotttague@willcosales.com

Junior Class Liaisons: Mr. and Mrs. Thompson, Mr. and Mrs. Berg bthompson@westport.gov

Sophomore Class Liaisons: Mr. and Mrs. Kleinbeck, Mr. and Mrs. Russell lukleinb@gmail.com

Freshmen Class Liaisons: ***Need to Fill***

Intersquad Offseason Competitions:

Priority One: Grades (Report Cards will be collected after 1st, 2nd and 3rd MPs)

Priority Two: Weight Room (2:30-3:45)

(We must become physical and mentally tough NOW, not later and we have a long way to go)

We start next Wednesday September 7

Monday: Strength Training and Wall Ball

Wednesday: Strength Training and Wall Ball

Friday: Teambuilding Program

Priority Three: Lacrosse Skill Training REGISTER NOW

Chargers Sundays 9/25-10/30: 6, 90-minute sessions with Varsity (level one)
and Sub Varsity is (level two)

Register at www.CTchargers.com

Indoor shooting Clinics: Tuesdays (TBA)

Priority Four: Fundraising (Sticks for Soldiers and Program Needs)

FYL clinics, Car Wash, etc. (Mandatory to play in S4S tourney)

"You cannot be a leader, and ask other people to follow you, unless you know how to follow, too."

— Sam Rayburn, former Speaker of the House

<u>Anthony</u>	<u>(Alpha)</u>	<u>Jack</u>	<u>(Bravo)</u>	<u>Joe</u>	<u>(Delta)</u>
<i>Alpha Blue</i>	<i>Alpha White</i>	<i>Bravo Blue</i>	<i>Bravo White</i>	<i>Delta Blue</i>	<i>Delta White</i>
Purdy	Tommy	Sam N.	Chris M.	Austin	Carter
AJ Von B	O'Brien	Jeff Meyers	Larson	Crisp	DeMaio
Beri	Lay	Aidan W.	Lapreay	Berg	Max
Russell	Quinn	Anders	Evans	Owens	Clayton
LaFalce	Zach T.	Staudt	Capalbo	Ferrio	Anderson
Sollinger	Mirgorodsky	Ginley	Crawford	O'Keefe	Fetcho
Voytas				Hummerstone	
Wycoff	Campos	Breitbart	Spencer	Lawrence	Wheeler
Moltzau	Graney	Bartlett	Macri	Keeser	Brodman
Lake	Rubenstein	Miller	McMahon	Rose	Flagomeni
	Tormey	Kelleher			

Important Dates:

September 7: Weightroom Workouts Begin

September 25: Begin Charger Fall Ball Sunday workouts

Oct. 7: Parents Club Fall Social at Thompson home

November 13: Hofstra Tourney

November 20: Fairfield U Sound Lacrosse Tourney

November 26: Sticks for Soldiers Charity Event and Tourney

December: Intersquad Box League Play

January-March: Sonofieldhouse League and Dawn of the Dead