

# Fall Lacrosse Meeting - 9/1/2009

## Meeting Items:

- **Website** – important for communicating information to players. Be sure to fill out a *player information sheet* to verify or add your contact information to the website email system.
  
- **Weight Training** – will begin next week on Wednesday (9/9/2009) at 5pm in the High School weight room. We will be using the BFS program used by players in the past and will be run with both lacrosse and hockey players during the fall.
  - Weight training will take place regularly 3 days a week (Monday, Wednesday and Friday)
    - Monday: 2:15pm – 3:45pm
    - Wednesday: 5:00pm – 6:30pm
    - Friday: 2:15pm – 3:45pm
  - We need to be efficient with our time when we are in the weight room!
  
- **Fall Lacrosse** – will begin Sunday night (6-8pm) on 9/13/2009 and will run throughout November.
  - Practices will primarily be run by Coach Tedeschi throughout the fall. Other guest coaches will also be present during this time including current college and high school coaches.
  - We will be competing in at least three tournaments this fall as a team.
    - Newton 7 v 7 tournament (10/10)
    - Beach Blast (11/1)
    - Yale (11/15)

\*\*Note all of these tournaments will take place on a Saturday or Sunday. An additional tournament may be added depending on player interest.\*\*

- There will be a cost associated with the fall lacrosse program in order to pay for tournament entry fees and guest coaches. Other expenses will be covered by the Netminders.
- For the GHS Fall program each player will be required to pay a **\$170.00** fee to cover the expenses above. Comparable programs that attend the same events and have similar coaching can and do cost over \$500.00.
  - If the fee is an issue please have your parent contact a member of the Netminder's Board and a plan will be worked out so a player can participate. (see *contact info below*)

### **2009/2010 Netminders Officers:**

**President - Dave DeMaio, [davedaviddemaio@mungerconstruction.com](mailto:davedaviddemaio@mungerconstruction.com)**

**Vice-President - Diane Hoffman, [dhoffman@nrgn.com](mailto:dhoffman@nrgn.com)**

**Secretary - Diane Carlson, [erickcarlson@comcast.net](mailto:erickcarlson@comcast.net)**

**Treasurer - George Curry, [gcurry@sfaadvisors.com](mailto:gcurry@sfaadvisors.com)**

**Youth Coordinator - Matt Fogarty, [matthew.fogarty@sbcglobal.net](mailto:matthew.fogarty@sbcglobal.net)**

**Web Contact: Tim Gunn, [t.gunn@att.net](mailto:t.gunn@att.net)**