



Lisa Young <lisajaneyoung@gmail.com>

Western MD Chapter - US Lacrosse Newsletter

1 message

Western MD Chapter - US Lacrosse <wmduslax@yahoo.com>

Fri, Feb 7, 2014 at 10:18 PM

Reply-To: wmduslax@yahoo.com

To: lisajaneyoung@gmail.com

February 2014

Vol. 3 Issue 2



Western MD Chapter - US Lacrosse Newsletter

Dear Anneliese,

Happy Valentine's Day from the Western MD Chapter! We still can't believe there is only a month till spring lax practices begin! Don't forget to support your local college teams as well. Mt. St. Mary's faces off with the #7 ranked UMD Terps at College Park on Sat. 2/8 at noon. Admission is free with your US Lacrosse card!

In this month's issue, you'll get all the info on our Level 1 and 2 coaching clinics to help your team fulfill the new coaching requirements set forth by the Western MD Youth Lacrosse Conference. And don't forget to enter the Lax for All essay contest - details are below.

Please join us at our next chapter meeting on Tuesday Feb. 11, 2013, 7 pm at the Wm. Talley Rec Center, in Frederick. All parents, coaches, refs and friends are welcome to our monthly meetings. There are several open volunteer board positions, as well.

Don't forget to like us on Facebook where we will continue to post info on clinics, winter indoor leagues and other events. To have your clinic, camp, article, or photo included in a future newsletter, please submit all information to djones@wmduslax.org by the 6th of the month. For club tryout and camp info visit www.wmduslax.org and click on club



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Wmduslax Website - Like us on Facebook!

VISIT OUR WEBSITE!



tryouts on the left hand column, or local camps/clinics on the top.

Sincerely,
Western MD US Lax
www.wmduslax.org



Western MD Youth Lax Conference Updates

Mandatory Coaches Meetings and New Coaching Requirements Set

The Western MD Youth Lacrosse Conference will hold **mandatory coaches meetings February 17th through the 20th** at the Talley Rec Center in Frederick.



One coach from each team MUST attend at least one meeting. Along with a short rules update we will be holding a Positive Coaching Alliance Workshop. This meeting is being provided by the Western MD Chapter of US Lacrosse in partnership with US Lacrosse and the Positive Coaching Alliance.

Boys coaches meetings are February 17th and 19th from 7-9 pm

Girls coaches meetings are February 18th and 20th from 7-9 pm

New 2014 Coaching Requirements:

For the 2014 season WMYLC is requiring that each participating team have at least one coach that is USL CEP Level 1 trained. That training can be accomplished by either completing the Level 1 Online Course or completing the Level 1 Instructional Clinic. Certification is not required by WMYLC at this time.

Please click here to visit [the US Lacrosse Coaching Education Program webpage](#) for more info. Please scroll down in this newsletter for WMD US Lax hosted level 1 and 2 clinics in Middletown in March!

The WMYLC Sponsored New Player Clinic Another Huge Success!

WMLYC hosted its annual free new player clinic on MLK Day at Frederick Indoor Sports Center. Once again the clinic was

Check out our [website](#) and don't forget to like us on Facebook!

US Lacrosse has given all the Chapters a new way to inform the community of what's happening in our lax community via our chapter website. Our website has a full listing of area clinics, leagues and other lacrosse events.

Liking us on Facebook will ensure that you are updated on all the latest happenings and events.

The Western Maryland Chapter serves Carroll, Frederick, Washington, Allegany and Garrett Counties.

We are always looking for ways to promote the sport of lacrosse. We look forward to hearing from you!

a huge success, with over 200 new players attending! Thanks to our sponsors and volunteers for your help in making this annual event a continued success!

Register NOW for Coaching Education Clinics at Middletown HS



Register NOW for your level 1 or 2 Coaching Instructional Clinic, just in time for the start of the spring Lax season!

With the explosive growth of the sport of lacrosse around the country, the need for knowledgeable and experienced coaches is greater than ever before. The US Lacrosse Coaching Education Program is the surest way to access everything you need to know to be a great lacrosse coach. Learn the art of effective lacrosse coaching with this nationally-recognized program designed by experts in the field.

The US Lacrosse Coaching Education Program is broken down into three levels, fundamental (Level 1), intermediate (Level 2) and advanced (Level 3) coaching. It is our vision that all lacrosse teams are led by US Lacrosse certified coaches for the benefit and quality of our sport.

The Western Maryland Chapter will be hosting the following clinics at Middletown High School, Middletown, MD:

Level 1: March 2, 2014

Level 2: March 9, 2014

To register, please visit:
[Instructional clinic registration](#)

Wonder if your coach is certified? Check the list of certified coaches here: [list of certified coaches](#)

*Tryouts for US
Lacrosse
Regional
Tournament in*



Raleigh, North Carolina

WMDUSLAX will be fielding two girls lacrosse teams to compete in the US Lacrosse Southeast Championship tournament this June. The teams will be for U-15 and U-13 girls.

Age restrictions:

U-15 All players must be 14 years old or younger on the August 31st preceding competition.

U-13 All players must be 12 years old or younger on the August 31st preceding competition.

Tryouts will be held March 9th, 2014, location TBD.

This team will not replace your regular spring team although we will have a limited number of practices and at least one scrimmage prior to the tournament weekend. If you're interested in trying out for one of these teams or have any questions please contact Coach Damien at damienedwards@comcast.net.

Brain Sentry Offers Discount for Innovative Electronic Helmet Sensor

As a leader in advocating for safety in athletics, Brain Sentry is very excited to be partnering with Western Maryland

BrainSentry
Protect the players. Protect the game.

Lacrosse to make sure your games & practices are safe for your kids. We manufacture a sensor that accurately measures appropriate impact forces. This small (1.05oz) sensor is placed on the back of a lacrosse helmet and will signal when a significant impact has been received by a player. The goal is to protect all players from second impact syndrome & ensure that the player is taken off the field for evaluation upon such impacts. A few details about how the Brain Sentry sensor works:

- Easily installed, the sensor attaches to the back of the helmet with a strong adhesive and will stay on the helmet for 1 year
- The batteries last for one whole year so there is no need to charge the sensors
- The motion-activated sensor will blink green once the player begins moving
- If a player's head experiences a significantly large acceleration, the sensor will flash red

- If the red light is activated, that player should come out and be assessed for a concussion
- There is no on/off switch, nothing to sync, nothing to charge - it is very easy to use.

For discounted pricing offered to our members:

1. Go to www.brainsentry.com
2. click buy now
3. choose Lacrosse Option
4. click add to cart
5. enter quantity, proceed to checkout
6. checkout as a guest
7. enter information. click bill & ship to same address (if applicable)
8. choose shipping method
9. enter discount code "WMDL" (bottom right) then click apply
10. checkout

Brain Sentry looks forward to offering Western Maryland Lacrosse teams discounts for the 2014 season. For purchase inquiries or additional questions, please contact Mike Edison at medison@brainsentry.com or at [240.477.2970](tel:240.477.2970).

To learn more about Brain Sentry products and their company, visit www.brainsentry.com

Rebels North Girls Club Tryouts



Rebels North Girls Club team will be having practice/open tryouts for our 2018, 2019, 2020, 2021 players on Sat February 8th from 6–8 pm at Sarge Athletics, 10082 Tyler Ct., Ijamsville, MD and Tues Feb 18th from 6:30 – 8:30 pm at Oakdale High School on the turf (outside)

**Remember – these years refer to their high school graduation years. These practices are required for current members and open to those looking to tryout.

To register for tryouts please follow these steps:

- 1) Go to www.thinklax.net
- 2) Click on second tab along the top for Rebels
- 3) On bottom left, select club payment
- 4) Click: "to access your account, click here"

5) Click on: "if you are newly accepted player and did not register and pay for tryouts, click here"

1. League = rebels
2. Age – rebels tryouts north
3. Team = select your daughter's high school graduation year

Please contact Kim Lenta at 240-401-3884 or kimlenta@yahoo.com or owner Mike Haight at mhaight@thinklax.net with any questions.

Enter the Lax For All Essay Contest



US Lacrosse is sponsoring a Diversity and Inclusion Essay Contest.

Answer these questions: What is the importance of Diversity and Inclusion? What has Diversity and Inclusion meant to you and your lacrosse community and how has it impacted your experience in a positive way? Essays may deal with any number of issues

and/or experiences with diversity issues (including but not limited to race, ethnicity, gender, class, privilege and prejudice.)

This contest is open to all US Lacrosse member players and coaches. USL will select four winners: two youth (one male, one female), one college student and one coach will be selected. Winners of the Diversity and Inclusion Essay Contest will be recognized in a future edition of Lacrosse Magazine and will receive a certificate of recognition and other USL giveaways and prizes! Their essays will be published on LaxMagazine.com.

Essays must be e-mailed or mailed to Eboni Preston at epreston@uslacrosse.org. All entries must be accompanied by the official Essay Competition Entry Form. To confirm application submission or if you have other questions, please contact Eboni Preston. For more info on the contest and to download the entry form, click here:

[Download Entry Form](#)

Selection Process: The USL Diversity and Inclusion Task Force members and additional USL staff members will conduct the nomination scoring process and will recommend a winner for this contest.

Applications available: January 2014

Application deadline: March 1, 2014

Winning Entries will be notified by March 7, 2014

National Contact:

Eboni Preston

Associate Director of Diversity and Inclusion
epreston@uslacrosse.org
410-235-6882 Ext. 129
Applications can also be mailed and/or faxed to:
Fax: 410-366-6735
Mail: Eboni Preston
US Lacrosse
113 West University Parkway
Baltimore, MD 21210

Western MD Chapter - US Lacrosse
www.wmduslax.org
wmduslax@yahoo.com

Forward this email



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Western MD Chapter - US Lacrosse | 3013671889 (c) | wmduslax@yahoo.com | MD | 21771