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NORTHERN LACROSSE

STATE of the PROGRAM

W E L C O M I N G 2 0 1 2 !

Happy New Year to all our current, former, and future players and their families. Julie and I are so proud to have spent the last six lacrosse seasons at Northern. In that time, we've watched the program grow dramatically in size, success, and maturity into one of the more respected lacrosse programs in the state.

Six years ago...

- Only two players played off-season lacrosse. Currently, 38 players are playing winter lacrosse.
- There was no Junior Varsity program at Northern. Currently, we are expecting at least 70 players to come to tryouts for the two teams, including at least 37 for the Junior Varsity team, which was undefeated last season.
- Northern had not earned a High School All American award since the official start of lacrosse in SMAC. Since then, three Patriot players have been named High School American (Justin Wood, Jon Athens, and David Taylor) and one has been named Academic All American (Ben Hance).
- Northern won SMAC once (2002). Now, the Patriots have won the last two league titles, including consecutive undefeated years in league play.

I N S I D E

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Class of 2016 Gets Serious

Tentative Schedule



Senior Justin Taylor is making the switch to Long Stick Midfield this season and has turned heads at his recent events.



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PATRIOTS at the NEXT LEVEL

Northern Lacrosse's 2011 Seniors made quite an impression on college coaches. Of the eight seniors on last year's team, five are currently in NCAA lacrosse programs and one is playing college football.

Justin Wood - Mount St Mary's University (DI)
 Kevin Fleming - College of Saint Rose (DII)
 Trey Jackson - College of Saint Rose (DII)
 Patrick Cleary - Salisbury University (DIII)
 Jake Cummings - Piedmont (DIII)
 Alex Cranford - Salisbury University football

Randolph Clark '10 continues to make an impact at Hood College. Randolph chipped in 6 goals and 2 assists while winning 136 faceoffs and 89 ground balls in his Freshman campaign.

We look forward to seeing our alumni in action this Spring!



Kevin Fleming '11 looks to make an immediate impact on the attack unit at the College of Saint Rose.

NORTHERN ALUMNI

Year	Player	School
1989	Bob Buffington	Anne Arundel CC
1989	Joe Casalino	St Mary's College
1990	Mike Hogue	Ohio St
1990	Vic Goeller	Anne Arundel CC
1990	Brian Lignelli	Ohio St
1990	Geoff Rowland	Radford
1991	Damani Parran	UMBC
1991	Jonathon Montes	Ohio St
1992	Matt Distler	Washington College
1992	Tony Lignelli	Ohio St
1994	David Watts	Salisbury
1994	Travis Kruse	Johns Hopkins / UNC
1997	Shawn Gibson	UMBC
1998	Mike Colaiani	Salisbury
1998	Colin Meerholz	Towson / UMBC
1998	Jimmy Schwab	UMBC
2002	Chris Colaiani	Anne Arundel CC
2003	Nate Moore	Lynchburg College
2004	Ryan Greaves	Catawba
2004	Tim O'Steen	Ursinus
2005	Travis Greaves	Catawba
2005	James Wahl	Widener
2005	Brian Ward	Catawba
2005	Robbie Bailey	Greensboro
2006	Andrew Athens	Robert Morris
2007	David Taylor	Queens University
2007	Jon Athens	Presbyterian
2007	Jesse Jones	Hood College
2007	Chris Traylor	Mars Hill
2009	Pat McMeins	Essex CC
2010	Randolph Clark	Hood College
2010	Nick Newton	Anne Arundel CC
2010	Philip Taylor	Anne Arundel CC
2011	Patrick Cleary	Salisbury
2011	Jake Cummings	Piedmont
2011	Kevin Fleming	Saint Rose
2011	Trey Jackson	Saint Rose
2011	Justin Wood	Mount St Mary's



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P R E P A R I N G for the 2 0 1 2 S E A S O N

Even though the first official day of practice isn't until March 1, there are a number of steps that players and families can and need to take to get prepared for the upcoming lacrosse season.

#1 - **Register at www.northernpatriotslax.com**. This ensures that you'll get important messages before and during the season. This is our primary communication vehicle to families of players.

#2 - **Attend workouts**. Every Monday, Wednesday, and Friday night at 6PM in the school weightroom, the lacrosse team works on strength and conditioning. If you aren't playing a Winter sport, you should be attending these events.

#3 - **Hit the wall**. We have posted Wall Ball routines on the team's Facebook page (Passion. Pride. Purpose.) and have provided this to players in person. Wall Ball is a great way to improve your stickwork prior to the season starting.

#4 - **Get involved**. The boys lacrosse team at Northern is the most self-sufficient program at the school. This means we require a lot of help from players and their families to continue to be the leader by example at the school and for lacrosse teams our growing league.

From field and locker room improvements to managing the snack bar and game day functions, we need your help to be the best program we can be. Come to the next Revolution Board meeting on January 24 at the Fairhaven Library at 7PM and discover how you can be part of our great program.

What to Expect

If you are new to the Northern Lacrosse program, you will quickly discover that we ask a lot of our players. To reach our goals of competing for a state championship each year, we ask for a high level of commitment, meaning that a player is rarely successful if he walks out on the field on March 1st with little or no preseason preparation.

- **Practices** - Practice is every weekday from 4PM to approximately 6:30. We also practice on Saturdays from 9AM to approximately noon.

- **Study Hall** - Before weekday practices, the team has mandatory Study Hall from 2:40 to 3:45. This time should be used wisely by players to get homework done or meet with teachers or tutors. We also hope to continue the SAT Prep program we started last year at least two days a week, helping players be more prepared for the standardized test.

In six years, we have not had a returning player in the program be ineligible due to grades, something we are committed to seeing continue.

- **Grades** - The coaching staff regularly monitors classroom performance. We have established a team minimum requirement of a 2.5GPA and a coaching review of any grade under 75 in a particular class.



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For those players under the minimum requirements, we work with the teachers and students to understand if the struggles in the classroom are a result of a lack of effort or focus or a true difficulty with the subject matter. If it's the latter, we help the player develop a plan to get the help he needs to improve his performance in the class.

It is important to understand that grades and PSAT and SAT scores are the first or second question every college coach asks when he contacts one of our coaches.

The difference between a 3.6 GPA and a 3.5 was worth \$10,000 a year in college tuition support for one of our recent graduates.

Every year counts. The days where admissions offices ignore Freshman year grades or give students a pass for Senioritis are long gone. Colleges expect to see a consistent pattern of scholarly behavior, and only the VERY best players (perhaps the top 50 players in the country) receive even the slightest flexibility in this area.

- **Six Minute Mile** - Each player is required to run a timed mile run each week until he reaches the goal of completing the mile in under six minutes.

While not a requirement to be on the team, completing the run is a strong indicator of the player's overall level of fitness and commitment to the goals of the team.

Last year, only two Varsity players did not complete

the run in less than six minutes, one of whom was recovering from a serious leg injury and had missed the start of the season.

The first opportunity to complete the timed mile run will be Monday, February 27 at 3PM on the track. Players will continue to run the mile on Saturday mornings at 8:30 unless they have met the timed goal.

- **Tryouts & Cuts** - As the program continues to grow, so does the competition for roster spots. With more than 70 players on our preseason list of players, and only 50-55 roster spots likely to be available across the two teams, there will undoubtedly be cuts. It's a terrible day for the coaching staff as we often have to tell good young men that they can't be on the team, but it is a necessary step to building a great team.

Tryouts start on March 1 and will -- weather permitting -- be completed by the end of practice on Saturday, March 3. Some exceptions do occur and we sometimes extend a tryout to best determine a player's ability, but this is a good guideline.



Randolph Clark '10 pops it forward for Hood College during a 2011 game. Randolph took an amazing 273 faceoffs for the Blazers as a Freshman.



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Upcoming Events

Strength & Conditioning

M-W-F 6PM to 715PM -
Weightroom restarts 01.04.12

T-Th 3PM - 430PM
Track - restarts 01.17.12

Parents Meet & Greet

Get the information you need for your family to
have a great lacrosse experience at NHS

Northern Cafeteria - 7PM
January 16, 2012

Lacrosse 101

Want to get answers to your lacrosse questions?
This Q&A session with Coach Joe helps you
understand the game of lacrosse better so you
can enjoy watching the games.

Northern HS (meet in the cafeteria) - 7PM
January 23, 2012

The Big Thaw

Preseason Outdoor Lacrosse tournament with
profits going to Revolution Lacrosse to support
the Northern lacrosse teams

Maryland Soccerplex
February 12, 2012

Timed Mile Run

Northern Track - 3PM
February 27, 2012

First Practice

Northern Cafeteria - 2:40PM
March 1, 2012

Goucher College Scrimmage

Opponents include defending state champs
Glenelg and Linganore, plus Catonsville, and
Towson HS

Goucher College - Time TBA
Saturday, March 17, 2012

First Regular Season Game

Northern @ Chopticon
5PM Junior Varsity / 630 Varsity
Friday, March 23, 2012

Fundraising Dinner

Our largest fundraiser of the year helps to offset
much of the cost for running the lacrosse program

Saturday, March 24, 2012



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Team Records - Career

Goals - Career

Kevin Fleming (2008-2011) - 134

Active Leader - Baxa - 107

Assists - Career

Kevin Fleming (2008-2011) - 110

Active Leader - Baxa - 53

Ground Balls - Career

Nick Newton (2007-2010) - 275

Alex Cranford (2008-2011) - 275

Active Leader - Baxa - 68

Takeaways - Career

Trey Jackson (2008-2011) - 102

Active Leader - Baxa - 28

Saves in a Career

Jon Athens (2004-2007) - 586

Active Leader - Sullivan - 39

Team Records - Season

Goals **Kevin Fleming (2011) - 58**

Chris Baxa (2011) - 58

Assists **Kevin Fleming (2011) - 55**

Ground Balls **Andrew Athens (2005) - 165**

Takeaways **Justin Wood (2011) - 46**

Saves **Jon Athens (2005) - 151**

Did you know in 2011...

Northern finished fourth in the NATION in goals scored per game (18.13), third in the NATION in goals allowed per game (2.13) and second in the NATION in goal differential (avg. 16.0)?



Senior defenseman Matt Cleary is one of six seniors who has been actively recruited by multiple college programs this offseason.

Recruiting the 2012 Patriots

6 of 9 seniors have been actively recruited by NCAA Lacrosse Programs

2 have committed to NCAA Lacrosse Programs

Chris Baxa - Mercer (DI)

Zach Fabian - York (DIII)

Congratulations to Chris and Zach!

B E Y O N D N O R T H E R N

Over the past three years, Northern has become a big target for college lacrosse coaches. During that time, 21 Patriots lacrosse players have been actively recruited by NCAA programs.

Unfortunately, grades, geography, and school personalities don't always work out for a successful relationship between players and recruiters.

That's why it's important to work with the coaching staff to come up with the right list of targets to make your college search as successful as possible. There's a program for every Patriot if we work to find it and work hard enough to earn it, especially in the classroom.



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REVOLUTION LACROSSE YEAR ONE

This summer, we launched Revolution Lacrosse to serve as the offseason lacrosse program for players at Northern High School.

Because the MPSSAA (the state's governing body for high school sports) requires that teams DO NOT use their school name or mascot during offseason events, Northern players need a program to improve their skills and attract the attention of college coaches.



In 2011, a decision was made to separate from the Cannons organization to clarify the role of the Cannons (a provider of select youth lacrosse activities for players regardless of base school) and the creation of a program dedicated to players attending Northern.

While we had tried many iterations of off-season programs with other schools, our players and coaches made it clear that those solutions were not working for them. Thanks to the improvement of the NHS program and our ability to perform at recruiting tournaments at a high level, the Revolution was established to serve only the needs of Northern players.

So, how has it worked out so far? The initial results have been very good, usually playing against select teams made up of players from multiple schools.

- Lehigh LaxFest - 2-2 record (losses to Rochester Blaze and national Top 10 Manhassat HS)
- LaxHeroes - Tournament Champions (5-0)
- Battle of Bull Run - Tournament Runner Up (4-1)
- Fall Classic at St Pauls - 3-1
(only loss to national #1 Calvert Hall)
- UPLAX - Undefeated (3-0)
- Capital Classic - Tournament Runner-Up (4-1)

That's a 21-5 record! Plus, thanks to the Revolution, the players essentially played two seasons of lacrosse in five months, giving them a much better chance of succeeding in 2012.





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REVOLUTION LACROSSE GET INVOLVED

Not only does the Revolution Lacrosse organization make a difference in the offseason, it is a critical partner to helping the team during the season as well. Here are just a few things that Revolution Lacrosse does on behalf of the Northern Lacrosse teams:

- Raises funds to help offset the cost of spirit pack items and uniforms. Since 2006, Northern Boys Lacrosse has not requested any money for team uniforms from the school.

Thanks to the support from the parents who are actively involved in the Revolution Lacrosse organization, the lacrosse program has become self-sufficient, saving the school thousands of dollars a year.

- Uses resources to repair the condition of the game field, film games, offer spirit wear, sponsor gameday giveaways, organize team dinners, and make a better experience for all team members.
- Work with the school and local community to build support through events like youth lacrosse halftime games, youth mentorship program, and other outreach programs.

Our Commitment to the Community

**Players are responsible for 20 hours of
community service each season**

**Our Juniors will serve as mentors to 8th
graders preparing to come to Northern**

**Team members regularly provide support
to local youth organizations through clinics
and practices**

WE NEED YOUR HELP

I often hear parents say they don't know how to get involved. Each month, the Revolution Lacrosse Board of Directors (Ron Granville is the President) meets to discuss ways to support the teams. These meetings are open to all NHLAX parents. We need help in areas like:

Game Day Support

Concessions, Team Meals and Snacks and

Gameday Setup

Fundraising

Spirit Wear Items

Learn more at the January 16 Parents Meeting



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THE FUTURE OF NORTHERN LACROSSE

The present state of the Northern Lacrosse program is bright and the future may even be more impressive. With just nine seniors out of an expected 70 players at tryouts in March, and an impressive incoming class of rising freshmen next year, the team will become even more talented and experienced in the future.

The Class of 2016

The largest and most experienced class of incoming Freshmen will join the Northern program as the Class of 2016. As many as 23 incoming Freshmen will have excellent playing experience, including many from the Dunkirk Warriors A state championship team and from the Cannons Select teams playing in the area's most competitive league, NPYLL.

The 8th graders have demonstrated a great work ethic with more than a dozen of them working out regularly at Northern Lacrosse workouts this Winter.

We thank the coaches and administrators from youth programs that support the Northern Lacrosse program. We are pleased to continue assisting the development of players and coaches at the youth level in our effort to be the best program we can be - today and tomorrow.



Ten members of the Cannons U15 Gold team this Fall are slated to come to Northern compared to just one in 2011, demonstrating the increase in talent coming to Northern.

Taking the Next Steps

Developing a Freshman Team

The number of incoming players may soon cause us to seriously consider developing a Freshman team. Not in 2012, but something to watch for in 2013.

Improving the Schedule

Next year starts a new cycle in SMAC and there's talk about a new schedule plan. This would free us up to play more out of league games, something we need to get the competitive games necessary to be battle ready in the most difficult playoff bracket in the state.

More Recruiting

This summer, Varsity players and select Junior Varsity players will be invited to a travel recruiting camp, most likely the Gait Cup. Participating in one of the premiere recruiting camps will give our players more opportunities to be seen by college coaches than ever before.



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SCRIMMAGES

TBA

Sat 17-Mar Goucher College
 (Linganore, Glenelg, Towson, Catonsville, Sherwood)

GAMES

Fri	23-Mar	Away	Chopticon
Fri	30-Mar	Away	Thomas Stone
Tues	3-Apr	Home	LEONARDTOWN
TBA		Away	Madison HS
SUN	APRIL 8	EASTER	
Wed	11-Apr	Away	Calvert
Sat	14-Apr	Away	St Albans
Sat	4-Apr	Away	TBA
Tues	17-Apr	Away	LaPlata
Fri	20-Apr	Home	PATUXENT
Wed	25-Apr	Away	Westlake
Fri	27-Apr	Home	GREAT MILLS
Sat	28-Apr	Home	HUNTINGTOWN
Mon	30-Apr	Home	LACKEY
Tues	1-May	Away	North Point
Fri	4-May	Home	MCDONOUGH

PLAYOFFS

Round 1	Thu 10 - May	Higher Seed
Regional Quarterfinals	Sat 12 - May	Higher Seed
Regional Semifinals	Mon 14 - May	Higher Seed
Regional Finals	Wed 16 - May	Higher Seed
3A/4A Semifinals	18/19 - May	Annapolis High School
State Championship	22/23 - May	UMBC Retriever Stadium