



## POWAY MEN'S LACROSSE NEWSLETTER

www.powaylacrosse.com

### IMPORTANT DATES

**Sept 10th:**

First team meeting. Parents are welcome. 7pm in K-1.

**Sept 21-Nov 23**

Fall lacrosse. 2:30-4:30 at PHS stadium.

**October 1st:**

First weight room challenge (see page 3 inside for details).

**November 12th:**

Mandatory player and parent meeting. 7pm in K-1.

**Feb 9—Feb 19:**

Voluntary lacrosse workouts.

**Feb 21—Feb 28:**

Tryouts for all teams. Don't make winter break plans!

**April 6—April 10**

Practice and games. Don't make spring break plans!

### A MESSAGE FROM COACH SANIT

The coaching staff looks forward to the off-season activities, Fall Ball, Speed & Agility workouts and Weight Room challenges, to improve for the upcoming season. The individual players' preparation from now until tryouts will go a long way to determine the team's success for the season. The nucleus and leadership for the team will come

from the 16 returning lettermen. With the graduation of 13 seniors, there are opportunities for underclassman to earn a spot on the varsity roster. We will strive to build camaraderie amongst the players and the commitment it takes to win a CIF championship.

**Coach Sanit**



### FALL LACROSSE

Sign-ups are taking place now for our Fall lacrosse clinic. There will be 10 sessions every Sunday beginning September 21st and ending November 23rd. The session will run from 2:30-4:30, with an hour of drills followed by an hour of scrimmage each day. The focus will be on skills development in the off season, but it

will also give you the chance to play against your future teammates.

The program will be run by the Poway Lacrosse Foundation, with many of our coaches as well as visiting coaches helping out.

To sign up, please go to our web site at

[www.powaylacrosse.com](http://www.powaylacrosse.com) and click on the Fall Lacrosse link. You'll be able to download the form and mail in your registration. You can also register in person at the player meeting on September 10th. Space is limited. The fee is \$125, and the check should be made out to Poway Lacrosse Foundation.

## EARN "COACHES' CASH" IN THE OFF SEASON!

This year the coaches are implementing an incentive program to encourage your participation in off-season activities: Fall Ball, Speed & Conditioning and Weight Room challenges. At the upcoming team meeting on Sept 10, the coaches will outline the benefits of attending these sessions. Find

out how you can earn "Coaches' Cash" and what you can "buy" with the money.

It's the Coaches way of recognizing the players who are making the commitment in the off-season to become the best player they can be.



## TEAM MEETING - NOVEMBER

We will be having a mandatory team meeting on Wednesday, November 12th. It will be held at PHS room K-1 from 7pm—8:30pm. If you plan on playing this year, you and one of your parents must attend.

We will be discussing our upcoming season, reviewing the team rules and expectations and distributing our SOS fund-

raiser tickets.

Do you want to play lacrosse in college? Immediately after the meeting, we will have an open discussion with players and parents about playing college lacrosse. Whether you are a junior or freshman, if you have the desire to play college lacrosse, this will be an informative session.

*If you cannot attend, please let Coach Sanit know ahead of time by emailing him at [sanithome1@msn.com](mailto:sanithome1@msn.com).*

## WEIGHT ROOM CHALLENGES

As in past years, we will continue with our monthly weight room challenge. This is an opportunity to monitor your monthly weight training progress and challenge your best effort. Mark the following days on your calendars for weight room checkups: October 1st, November 5th, December 3rd, January 7th, and February 4th. The checkups will be held in the

Wrestling Weight Room at PHS. Freshman and sophomores will meet from 6-7pm and juniors and seniors will meet from 7-8pm. The coaches will be checking individual player progress.

***Challenge yourself and challenge your teammates!***



## A MESSAGE FROM YOUR BOARD

Your lacrosse foundation board has already begun meeting and planning for another great season!

Thanks to successful fundraising efforts in '07-'08, we were able to purchase some big items which will really enhance the program, including end zone nets, a new score table, new uniforms for varsity and new

bags to replace the small JV bags.

Our fundraising activities this year will include Buick ticket sales, a parents' "Face Off" party in January, and a golf tournament / wine tasting event in April.

Once again, the board would like to get as many parents as possible in-

involved with the lacrosse program. Please contact one of your board members (see back page) if you're interested. The lacrosse family is a fun group to work with, and the more people who get involved, the better the program will be.

***Go Poway!!***

## IN THE CREASE

We need your help! Poway Lacrosse gets no funding from the high school. We depend on our parents and community sponsors to fund almost half of our annual budget of \$42,000. In order to keep registration fees as low as possible, we need your strong support. The Foundation is a tax-exempt organization, which means

all of your contributions are tax deductible. **Please consider being a sponsor or partial sponsor for one of these much needed items:**

Shooting area repair: \$1,000  
 Net Replacements: \$500  
 Team shirts and socks: \$1,000  
 Team Supplies (medicine kit, stringing kits, ice packs, etc.)

Away game buses: \$2,500  
 Trainer: \$750  
 Carmel Tournament:  
 Lunch: \$500  
 Dinner: \$750 (2)

Join the "In the Crease" Club by donating this year!

***Thank you in advance for your continued support!***



## STRENGTH AND CONDITIONING

The strength and conditioning program is still being finalized. We are in the process of selecting the organization who will run the program. Details and dates will be announced at our meeting on September 10th. As

in previous years, the first session will focus on building a strong base of strength and power. The second session will concentrate on lacrosse specific speed and fitness development. Our web site, [www.powaylacrosse.com](http://www.powaylacrosse.com), will

have all the details and enrollment materials once they are finalized. It is strongly recommended that you participate in these programs in order to maximize your lacrosse readiness!

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## 2008-2009 POWAY LACROSSE FOUNDATION

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[www.powaylacrosse.com](http://www.powaylacrosse.com)

*Are you getting our emails? If not, please let us know by emailing [pmudd@san.rr.com](mailto:pmudd@san.rr.com) with an updated email address.*

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