



POWAY MEN'S LACROSSE NEWSLETTER

www.powaylacrosse.com

December, 2006

Volume 3, Issue 2

Important Dates:

- Jan. 6: SEASON REGISTRATION - Buick Inv. Ticket money/buyouts due
- Jan. 10: Weight Room Challenge
- Jan. 17: Player meeting, Room N-2 at 7pm
- Feb. 1: Weight Room Challenge
- Feb. 5: Voluntary workouts begin
- Feb. 17: First Day of PHS Lacrosse Try-outs
- March 1: Tentative date for first scrimmage
- March 9 and 10: NCAA First 4 Lacrosse at USD. Poway Varsity plays 3/9 at 5pm
- March 22-25: Varsity travels to Carmel for Tournament
- April 17-21: Varsity travels to Denver. JV practices and has games (Spring break).

A Message from Your Captains

Keep up the effort and attitude to those who have been at S & A and working diligently on their own. It is crucial for all of us to work hard through the start of the season. Be sure to keep going to the wall, shooting, lifting and

continuing to run on your own. It is our combined personal desires to win and do what's best for the team that will lead us to a championship this year.

During break we will be having workouts Tuesday and Thursday and a team

fitness game on Saturday at 10 AM on the upper field at Twin Peaks. After New Years, we will start captains practice to get ready for the season.

Do it for the team,
Taylor, Colin,
Dustin and Joey

Registration Set for January 6th

PHS men interested in playing lacrosse in 2007 must register on Saturday, January 6th. A registration table will be set-up in front of PHS from 10 am to noon.

Please Bring:

1) Your completed registration form (it will be emailed to you in a few weeks)

2) Your Buick Invitational (SOS) ticket money OR a "buyout" check for \$375 if you haven't already paid. In order to fund the needs of our program, the Board is counting on players to sell all 25 tickets or donate \$375. Since we are required to pay for

every ticket which was issued, it is CRITICAL that every ticket is accounted for. Each player issued tickets must turn in monies totaling \$375.

3) Your "Ticket to Play" if you have it (see below for details)

Like last year, according to school rules, no athlete will be allowed to tryout until they have a "Ticket to Play." To get it, you must fill out the Athletic Handbook (available at school), get a physical and turn in all your paperwork to the Athletic Secretary. She is located next to Counseling. She will give you your ticket which you will turn in to Coach Sanit before trying out. If you have already participated in a fall or winter sport, you STILL need to turn in a Ticket To Play for lacrosse.

Volunteer Opportunities for the '07 Season

When your player registers on January 6th, parents will be requested to sign-up to volunteer during the season. Here are a few of our big needs for you to think about:

Varsity Game Program Committee: selling ad space; helping with layout

Pregame Committee: (JV & Varsity home games) moving the scorer's stand; setting up

cones; checking to see that lights are on, flag is hung, and press box is open

Game Helpers: (JV & Varsity home games) scorers; spotters; P.A. announcer

Apparel Table: help man our apparel table during games

Pasta Party Hosts & Helpers (JV & V)

Postgame Help: (JV & Varsity home games) field clean-up

We need your help to keep our program strong! And it's fun!



Weight Room Challenges

The remaining Weight Room Challenges for this season are January 10th and Feb. 1st. **Please note that the January date has moved**

from January 3rd to January 10th. These will be held in the Wrestling Weight Room. Freshman & Sophomores

should come from 6 - 7 pm; Juniors and Seniors from 7- 8 pm. The coaches will be checking individual player progress.



Casino Night Fundraiser - January 20th

Join us for our first ever Casino Night, to be held January 20th at the Mudd residence. Tickets are \$50 per person sold in advance. We'll have professional gaming tables and

dealers, as well as appetizers, desserts and beverages with all your lacrosse friends. Look for your Evite or call Carolyn Barlow at (858) 487-6892.

Visit Our New Online Store

We've added an online store to our web site where you can purchase a wide variety of Poway Lacrosse branded items. We will still be selling customized apparel directly as we have in previous years, but this site gives you more choices. Thanks to Mark Rosenberger & Bill McCarroll for this!

Vons & Albertsons Cards

If you haven't linked your Von's and Albertson's cards to our Foundation, please contact Carolyn Barlow at cbarlow1@san.rr.com. The Foundation receives money for every purchase you make. It's an easy way to help us!

You've Got Mail!

To receive team lacrosse e-mails send your email address to pmudd@san.rr.com

'06 Season Photos for Sale

Have you visited the Photo Gallery on the website? Pictures from last season are now available for sale through a

third party at very reasonable prices. Poway Lacrosse gets over 50% of every sale. You can also have photos put on

all sorts of items. It all make a great holiday gift - shop today! *From our web site, click **Men's**, then click on **Gallery**.*

In the Crease Club

\$\$ We Need Your Support NOW \$\$

Here's where we stand:

- '06-'07 Budget: \$57,000 (we receive no funding from PHS)
- Projected Buick Fundraiser Income: \$26,000
- Needed Income from "In The Crease Club" Donations: \$31,000
- In The Crease Donations Received as of 12/15/06: \$16,000
- **Budget Shortfall: \$15,000**

How do we spend our money?

- Our largest expense is seven coaches' salaries. (And they aren't getting rich!)
- Bus transportation for JV & Varsity away games (higher expense this year due to gas prices)
- Lights, officials & custodians for home games
- Goals, nets, balls, uniforms, misc. equip. & supplies

How do we raise the needed \$15,000?

Join us at our Casino Night fundraiser January 20th

- By putting on fun fundraising events, including Casino Night (January 20th) and Wine Tasting (March 4th).
- By appealing to you—we need "In The Crease" donations from Poway Men's Lacrosse families. Any amount helps!
- By appealing to the community—we are seeking "Official Sponsors" for the team (see below)
- By seeking advertisers for our game program, either as a business or individual. Contact Mark Rosenberger at (858) 231-4481.

What is in it for YOU?

- You help maintain Poway Lacrosse as one of the premier programs in the state.
- **Your donation is tax-deductible!**

Giving is easy...Make checks payable to Poway Lacrosse Foundation and mail to:
P.O. Box 963, Poway, CA 92074

In The Crease Giving Levels

Face-Off Level - up to \$99

Ground Ball Level - \$100 to \$249

Hat Trick Level - \$250 - \$499

Big Hit Level - \$500 - \$999

Heart & Hustle Level - \$1000 - \$4999

MVP Level - \$5000 and above

Thank you for your support!

We are seeking

OFFICIAL SPONSOR(S)
for Poway Men's Lacrosse

Would you be interested?

Do you know of a local company that
might be interested?

For details of benefits,
contact Tracey Sullivan (909) 568-4581

Building on a Tradition of Excellence

2006-2007 Poway Lacrosse Foundation Board

President: Pam Mudd	pmudd@san.rr.com	(858) 735-2521
VP Promotions: Mark Rosenberger	wowcoaching@san.rr.com	(858) 231-4481
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