



## POWAY MEN'S LACROSSE NEWSLETTER

www.powaylacrosse.com

### IMPORTANT DATES

Sept 17-Nov 19  
Performance Plus  
fall lacrosse. 2:30-  
4:30 at PHS stadium

Oct 2—Nov 17  
1st session Strength  
and Conditioning.  
2nd session Nov 27-

October 4:  
First weight room  
challenge at PHS  
wrestling room.

Nov 8th:  
Mandatory team  
meeting for both  
players and parents.

Feb 2—Feb 15  
Voluntary lacrosse  
workouts.

Feb 17—Feb 24  
Tryouts for all  
teams. Don't make  
winter break plans!

April 16—April 20  
Practice and games.  
Don't make spring  
break plans!

### A MESSAGE FROM COACH SANIT

Although it's the "off-season," excitement and enthusiasm is building for the 2007 campaign. We are returning a solid nucleus from last year's CIF runner-up varsity team along with a JV program that has gone undefeated the past two seasons. The players understand that what they

do now is critical for their personal progress and the team's success in the spring. The coaches and players will continue to work hard and strive for the ultimate team goal: win the last game of the season.

*Do it for the Team*



### COACHES UPDATE

As you may know, Coach Andrews has accepted the position as Head Coach for the University of San Diego lacrosse team. This is a great opportunity for him and one we all know he will excel in. But don't say your goodbyes just yet. Coach Andrews just couldn't let go of Poway Lacrosse Family after coaching here

for the past 11 years. He will continue to be part of the staff for the upcoming season running from one practice to another. His dedication and commitment is tireless and the results speak for themselves.

I am also happy to announce that all the other coaches from last year are returning.

Coaches Bontatibus, Ronquillo, Elefante, Tolla and Carpenter will be working with Poway once again to insure excellence in the program. Our staff brings over 45 years of coaching experience to Poway. I am very fortunate to have them by my side.

Coach Sanit

# A MESSAGE FROM YOUR CAPTAINS

While we enter into the fall season remember "Do it for the team." Make sure you are getting yourself out to fall ball, weight room checks and speed and conditioning. Along with the team play, be sure to do your

own work for personal improvement. Take advantage of the shooting area, use the wall and hit the weight room. And remember the season starts now, not February.

Dustin, Joey, Colin & Taylor



# TEAM MEETING SET FOR NOVEMBER 8TH

We will be having a mandatory team meeting on Wednesday, November 8th. It will be held at PHS room N-2 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. We currently have 5 senior players who have been recruited to play college lacrosse. Learn from their experiences.

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 [sani-thome1@msn.com](mailto:sani-thome1@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 4, November 1st, December 6th, January 3rd, and February 1st. 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 is already hard at work to insure that we have a successful 2007 season. This is the year we'll take the CIF championship back to its rightful home at PHS!

The board would like to get as many parents as possible involved with the lacrosse program this year. With everyone's help, we can be sure

our team has everything it needs to support an extremely talented team and an excellent coaching staff.

There are many areas where you can help, including scoring, timekeeping, field setup, pasta parties, snack shack, team mom, game programs, uniform and apparel distribution and special programs. If

you see something which interests you, please contact one of the board members (listed on the following page).

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 little or 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 or-

ganization, which means all of your contributions are tax deductible. Please consider being a sponsor for one of these much needed items:

End line backstop upgrades: \$500  
Scoring stand upgrades: \$1,000  
Team cold weather gear: \$5,000

Coaches equipment carrier: \$100  
Team Supplies (medicine kit, stringing kits, ice packs Etc.)- \$250  
Away game buses: \$2,500  
Trainer: \$750  
Carmel Tournament  
Lunch: \$500  
Dinner: \$750  
Team Bus: \$750

*Thank you in advance for your continued support!*

## STRENGTH AND CONDITIONING

Rehab United is offering an excellent program of strength and conditioning for PHS Lacrosse. There are 2 programs which are offered. The first program runs from October 2—November 17 and focuses

on building a strong base of strength and power. The second program, which runs from November 27—February 2, concentrates on lacrosse specific speed and fitness development. To enroll in either of these programs, please go

to our web site at [www.powaylacrosse.com](http://www.powaylacrosse.com). It is strongly recommended that you participate in these programs in order to maximize your lacrosse readiness!

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## 2006-2007 POWAY LACROSSE FOUNDATION

President: Pam Mudd	pmudd@san.rr.com	(858) 735-2521
VP Promotions: Mark Rosenberger	wowcoaching@san.rr.com	(858) 231-4481
VP Apparel: Sherrie Rosenberger	slpr@san.rr.com	(858) 675-0144
VP Fundraising: Mike and Carolyn Barlow	cbarlow1@san.rr.com	(858) 487-6892
VP In the Crease: Tracey Sullivan	te_sully@hughes.net	(909) 568-4581
Treasurer: Steve Sullivan	sm_sully@hughes.net	(858) 688-8184
Secretary: Lynn Graupmann	grpmnn@cox.net	(858) 487-7811



[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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Poway Lacrosse Foundation  
P.O. Box 963  
Poway, CA 92074