

# Saucon Valley Lacrosse Club

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## Spring 2011 – Kick Off Meeting

Coaches Introduction

Registration Results

New League

Parent Volunteers...a **REQUIREMENT!**

Schedule

Coaching Philosophy

Equipment

Questions

# Saucon Valley Lacrosse Club

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## Coaches Introduction

Grade 3/4 / below

Amy Bedner

Alex Karol

Rich Williams

Jane Hoff

Grade 5/6

Jane Hoff\*

Emily Cordes

Tom Roney

Gretchen Kramer

Grade 7/8

Joe Savage

Meggie McNamara

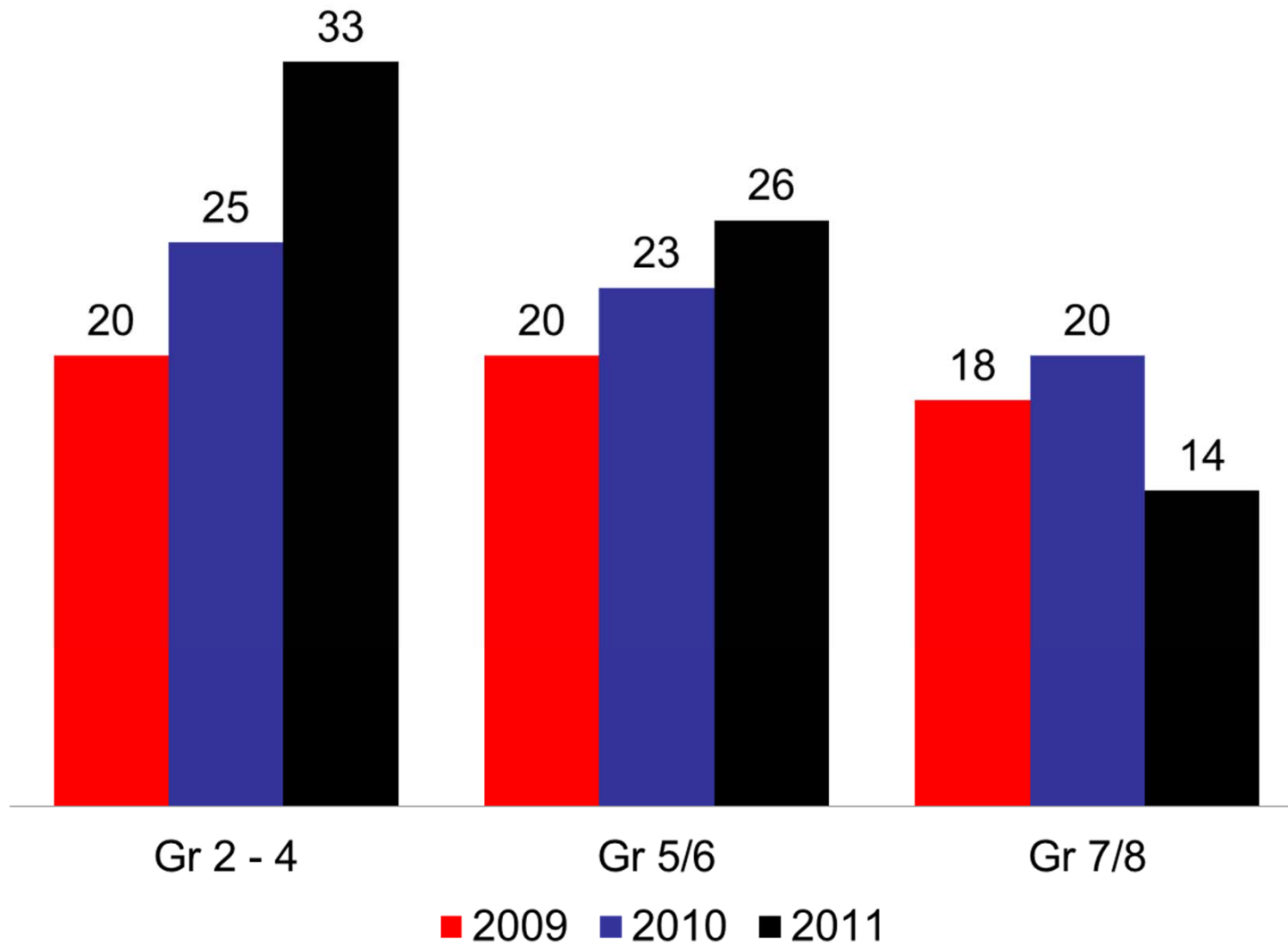
**All Coaches – Background Check**

\* VP, Girls Lacrosse

# Saucon Valley Lacrosse Club

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## Registration results



# Saucon Valley Lacrosse Club

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## New League in 2011!

### Lehigh Valley Girls Youth Lacrosse League (LVGYLL)

Saucon Valley	Bethlehem Township
Southern Lehigh	Lower Macungie
Parkland	Nazareth
Wyoming Seminary	Palmer Township
Easton	Pleasant Valley
Forks Township	

- Structure and Organization
- Standard Rules
- Centralized Scheduling
- Formal Board/By-laws
- Year End Tournament
- Referee support



# Saucon Valley Lacrosse Club

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## Schedule - outline

### Grade 3 – 4

Practice Mon & Wed  
Outdoor

5:30 – 6:45PM (mid March – mid April)

6:00 – 7:15PM (mid April forward)

Indoor

3/14 – 3/16 6 - 7:15PM Elem Café

3/21 – 4/1 6 – 7:15PM Elem Gym

Games/Practices Saturday

9:15 – 10:30AM

### Grade 5/6 & 7/8

Practice Tues & Thurs  
Outdoor

5:30 – 7:00PM (mid March – mid April)

6:00 – 7:30PM (mid April forward)

Indoor

3/14 – 3/16 7:15 - 8:45PM Elem Café

3/21 – 4/1 6 – 8:00PM Elem Gym

Games/Practices Saturday

10:30 – 12:00 + Noon

**3/21 – 4/1  
Friday  
Practice !  
6 – 9PM  
Use Gym!!**

Weather Dependent – secured indoor facilities!  
Make-up Games possible on other dates  
Check the WEBSITE

# Saucon Valley Lacrosse Club

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## Approach

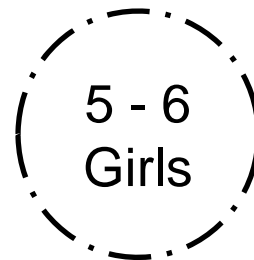
Gr 2 - 4

- Fun
- Loose
- Fundamentals

League games  
- "A" & "B" team

Inter-squad  
scrimmages  
(4 teams)

Gr 5 - 6



Gr 7 - 8

- Commitment
- Disciplined
- Competitive
- Prep for HS

"Play Up" For Games

- Ability/Maturity
- Coach discretion
- Parent input

# Saucon Valley Lacrosse Club

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## Positive Coaching Philosophy



### “Double Goal”™ Philosophy

Goal 1 Winning Is Important

Goal 2 Teaching Life Lessons (is more important)

### Coaches “Core Values”

1. Being a Positive example
2. Embracing the double goal coach mentality
3. Emphasizing respect and sportsmanship through [Honoring the Game](#)

Parents  
Too!!!

# Saucon Valley Lacrosse Club

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## Honoring the Game....goes to the **ROOTS**

### **R**ules

- Letter and Spirit – How the Game should be played  
“We refuse to bend to the rules to win”

### **O**pponents

- “Fierce and friendly”
- Worthy opponents bring out the best

### **O**fficials

- Respect even when disagree

### **T**eammates

- Commitment on and off the field  
“Our conduct does not embarrass our team or our teammates

### **S**elf

- Hold ourselves to highest standards even when others don't

# Saucon Valley Lacrosse Club Website

Home Page - Microsoft Internet Explorer provided by Victaulic

http://www.sauconvalleylax.org/

File Edit View Favorites Tools Help

Home Page

Saucon Valley Youth Lacrosse  
**PANTHERS**

Home About Contact Boys **Girls** Registration Parent Volunteer

Information  
Teams ←  
Calendar  
Photos  
Equipment

**GENERAL INFO**

Welcome to the Saucon Valley Youth Lacrosse Panthers website!

Saucon Valley is now part of the Lehigh Valley Youth Lacrosse League (previously part of the PVYLL)

The main purpose for creating the Lehigh league is to develop and grow a strong Lacrosse community in the Lehigh Valley

Our new league is comprised of teams in Lehigh and Northampton Counties. The majority of our games will be against teams in this geographic region; however, we will not be limited to just playing teams in this region. Game schedules and opponents will be posted on the SV website along with directions to the fields.

Practices will begin in mid March

Each age group will have their own practice schedule, look for emails in mid to late February

http://www.sauconvalleylax.org/#

Internet | Protected Mode: On 95%

Desktop 8:06 AM 2/5/2011

www.sauconvalleylax.org

# Saucon Valley Lacrosse Club

## Calendar

Saucon Valley Game Calendar - Microsoft Internet Explorer provided by Victaulic

http://www.keepandshare.com/calendar/show\_month.php?i=1434705

File Edit View Favorites Tools Help

Share Browser WebEx

Saucon Valley Game Calendar

KeepandShare® Help | Privacy

Home

svgirls's Share Page > svgirls's Calendars

Print Go To Month View Today Search Email This

February 2011 Saucon Valley Game Calendar Top

Policies starting at \$22.50/mo. HISCOX

Turn Off Ads

Sunday 30	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Internet | Protected Mode: On 95%

8:10 AM 2/5/2011

# Saucon Valley Lacrosse Club

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## Apparel / Equipment

Home and Away Jersey + Pinnie

Stick



Goggles



Mouth Guard

Cleats (soccer or lacrosse)

# Saucon Valley Lacrosse Club

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## Key Dates

3/23 (Gr 2 – 4) and 3/24 (Gr 56 & 78) Jersey Distribution

3/27 Initial Field Lining 2 – 4PM *Back Up 4/2 10AM 10AM – 12PM)*

4/9 Parent Tutorial 10:15 – 10:45AM

4/30 Lax Day

5/16 Golf Tournament 1PM Start

6/4 End of Season Party – Lower Saucon Park

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## Questions?

Fill out insurance card  
Leave passport picture  
Sign Parent Agreement  
Visit Volunteer Station