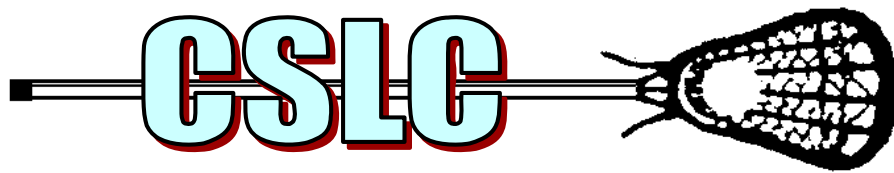


Central Susquehanna Lacrosse Club



www.cslax.org

2008 Season

Central Susquehanna Lacrosse Club 2008 Staff

Club Officers

President	Doug Kissell	570-522-7084	doug.kissell@guidant.com
Vice President, Boys	Robby Murakami	570-506-1009	robby.murakami@gmail.com
Vice President, Girls	Karin Knisely	570-524-5894	kknisely@bucknell.edu
Secretary	Jamie and Rick Rogers	570-523-9889	jsrogers@dejazzd.com
Treasurer	Cindy Calem	570-523-6858	dbcalem@uplink.net
At-large	Robert Gotoff	570-523-3905	rgotoff@geisinger.edu
At-large	Cookie Connolly	570-524-6629	theconnollys@dejazzd.com
At-large	Rick Toll	570-523-2555	rctoll@ptd.net

Co-ed Elementary School Team Staff

Coaches	Rick Toll	570-523-2555	rctoll@ptd.net
	Jeff Kapsar	570-374-4552	jeffkap1@yahoo.com

Middle School Boys' Team Staff

Head Coach	Tom Garlock	570-743-1081	garlock@sunlink.net
Assistant Coaches	Rick Toll	570-523-2555	rctoll@ptd.net
	Hugh Palmer	570-864-0663	highlandpalmers@hotmail.com

High School Boys' Team Staff

Head Coach	Chuck Knisely	570-524-5894 570-713-4104	knisely@bucknell.edu
Assistant Coaches	Evan Dresser	570-523-8723	evan.dresser@bucknell.edu
	Brian Connolly	570- 966-2581	bestillandknow78@yahoo.com

Practice Times and Locations

Boys' Middle School team	M, T, W, R, F (except not on days of Lewisburg HS home games)	4:30 to 6:00 PM Union Township Fire Co. (Winfield)
CSLC Boys' High School team	M, T, W, R, F	5:30 to 7:00 PM Mifflinburg MS Field
CSLC Elementary School Team	M, W, F	5:30 to 7:00 PM New Berlin ES Field

CSLC High School Boys
2008 Schedule (as of 1/10/2008)

Home games at the Mifflinburg Middle School, Mifflinburg, PA

Date	Time	H/A	Opponent
3/15/08	10:45 a.m.	A	Bishop McDevitt (Scrimmage - In the Net, Palmyra)
3/27/08	5:00 p.m.	A	Lewisburg JV
3/29/08	12:00 noon	H	New Oxford
3/29/08	4:00 p.m.	H	Tunkhannock
4/1/08	5:00 p.m.	H	State College
4/5/08	1:00 p.m.	A	Back Mountain
4/12/08	2:30 p.m.	H	Spring Grove
4/15/08	6:00 p.m.	H	Columbia-Montour (CMLC)
4/17/08	5:00 p.m.	A	Lewisburg
4/22/08	5:00 p.m.	A	State College
4/24/08	6:00 p.m.	A	Selinsgrove
4/27/08	3:00 p.m.	H	Northern York
5/3/08	4:00 p.m.	H	Back Mountain
5/5/08	6:00 p.m.	A	Columbia-Montour (CMLC)
5/13/08	5:00 p.m.	H	Lewisburg
5/15/08	6:00 p.m.	H	Selinsgrove
6/7/08	All Day		River Sticks Tournament (Lewisburg)

CSLC Middle School Boys
2008 Schedule (as of 1/10/2008)

Home field will be in Winfield, Union Township Fire Company Field

Date	Time	H/A	Opponent
3/15/08	8:00 a.m.	N	Scrimmage (Muncy Dome, tentative)
3/29/08	10:00 a.m.	H	Lower Dauphin
3/30/08	3:00 p.m.	H	Centre Lacrosse
4/5/08	11:00 a.m.	A	Cumberland Valley
4/6/08	2:00 p.m.	A	Back Mountain (Dallas)
4/12/08	TBA	A	Hershey MS Varsity
4/12/08	TBA	A	Hershey MS JV
4/14/08	4:30 p.m.	H	CD I
4/14/08	6:00 p.m.	H	CD II
4/19/08	11:00 a.m.	A	Lower Dauphin (Hummelstown)
4/20/8	3:00 p.m.	A	Centre Lacrosse (Bellefonte)
4/26/08	9:00 a.m.	A	CD Mini-Tourney Game 1
4/26/08	10:30 a.m.	A	CD Mini Tourney Game 2
5/3/08	1:00 p.m.	H	Back Mountain
5/4/08	2:30 p.m.	H	Cumberland Valley
5/10/08	10:00 a.m.	H	Hershey MS Varsity (in New Berlin)
5/10/08	1:00 p.m.	H	Hershey MS JV (in New Berlin)
5/17/08	9:00 a.m.	A	CD Mini-Tourney Game 1
5/17/08	10:30 a.m.	A	CD Mini Tourney Game 2
6/7/08	All Day		River Sticks Tournament (Lewisburg)

CSLC 5th & 6th Grade Elementary School (Co-Ed)
2008 Schedule (as of 1/10/2008)

Home field at New Berlin Elementary School, New Berlin, PA

Date	Time	H/A	Opponent
4/5/08	1:30 p.m.	A	Cumberland Valley
4/6/08	4:30 p.m.	A	Back Mountain
4/12/08	TBA	A	Hershey 5 th & 6 th grade A
4/12/08	TBA	A	Hershey 5 th & 6 th grade B
4/19/08	TBA	A	Cumberland Valley Tournament
5/3/08	3:30 p.m.	H	Back Mountain (in Winfield)
5/4/08	5:00 p.m.	H	Cumberland Valley (in Winfield)
5/10/08	11:30 a.m.	H	Hershey 5 th & 6 th grade A
5/10/08	2:00 p.m.	H	Hershey 5 th & 6 th grade B

To the Parents

In 1999 the CSLC was founded to promote the development of both boys' and girls' lacrosse in the Central Susquehanna Valley. We started as two families concerned about the absence of lacrosse in our children's athletic choices, soon grew to four and then many more! For two years practices were held during the summer months, but in 2001 the Club added practices in the spring season to allow the middle school boys' team to play 4 games against teams in the Harrisburg-Carlisle area. In the spring of 2002 we had boys' and girls' high school teams and a boys' middle school team, all with full schedules.

In January and February 2002 we had an indoor lacrosse league for middle school and high school boys' at the Sports Zone in Montandon. We continued our summer program for boys and girls in summer 2002. In January and February 2003 we held winter practices for middle school boys, high school boys, and 5th-12th grade girls at Champs Sports Factory.

In Spring 2002, we formed the Mid-Penn Girls Lacrosse League with 5 other club teams in the Harrisburg/York/Carlisle area. In 2003 and 2004, that number grew to 8 girls' teams. In 2005, the other member schools in the Mid-Penn Girls Lacrosse League became PIAA recognized teams. Our girls' teams may no longer compete against these schools because of PIAA restrictions. Instead our girls are competing against teams from York County and other independent teams. In 2006, Selinsgrove, Midd-West, Milton, Montoursville, and State College are expected to field girls' teams.

The CSLC boys have played as an associate member of the Central Pennsylvania Scholastic Lacrosse Association (CPSLA) against teams in the Harrisburg/Carlisle/York/Lancaster area. In 1998, the boys' league consisted of seven teams. In the spring of 2002 there were three divisions of boys' teams with 8 or 9 members in each division! In 2005 the membership expanded to 32 teams. In 2004, the CSLC boys' team joined with

the new team in State College and the new team in Danville (Columbia-Montour LC) to form the Central Susquehanna-Nittany Lacrosse League.

In February of 2006, with the addition of the new Selinsgrove team and the formation of a Lewisburg team, the boys' league, CSNLL, met the requirements to become a recognized league under the umbrella of the CPSLA. This designation makes players eligible for the all-star teams. Further, several teams in our league will participate in the post-season playoffs. In 2007 Lewisburg High School added varsity lacrosse as boys' and girls' sports. Laxpower.com lists 45 boys' high school teams in 5 leagues in Central Pennsylvania for the 2008 season. You can follow game outcomes at this website (www.laxpower.com, click on HS Boys tab and then on Pennsylvania Central link).

In Pennsylvania, there are more than 118 boys' high school teams, 122 girls' high school teams and 65 youth lacrosse clubs (such as ours). (Laxpower.com lists 191 boys' high school teams in the state for 2008). This means that students at more than one quarter of all Pennsylvania high schools have the opportunity to play lacrosse. The number of lacrosse teams is expected to continue growing in the foreseeable future.

US Lacrosse, the national governing body of both men's and women's lacrosse, officially created the Central Pennsylvania Chapter of US Lacrosse in January 2003 (visit <http://www.lacrosse.org>). Lacrosse has grown so dramatically in this area in recent years that it made sense to break away from the Philadelphia/Eastern Pennsylvania Chapter and form our own. Nearly 50 high schools and clubs field boys' and girls' teams in Cumberland, Dauphin, Lancaster, Lebanon, and York counties, among other communities in the central region of the state.

CSLC welcomes players from throughout the Central Susquehanna Valley, and has had players from Lewisburg, Milton, Selinsgrove, Mifflinburg, State College, Muncy, Bloomsburg, Danville, and Sunbury play with us. As the sport grows in popularity, we hope that each community will be able to form its own club team, and eventually join together to expand our newly formed league here in the Central Susquehanna Valley.

The basic lacrosse skills include catching, throwing, and scooping (picking up ground balls) the ball. The only way to master these basic skills is to practice, not just during the scheduled practices, but at home, at every possible opportunity. These skills are essential for your son or daughter to enjoy the rest of the game, which is a combination of speed, skill, agility, grace, and endurance. Mastery of the basic skills, persistence in learning team concepts, and dedication to the game can take a player as far as his/her talents will allow. Many top lacrosse universities are also very prestigious academically and they all recruit players. Lacrosse can be a ticket to an undreamed of future!

Players are encouraged to become members of US Lacrosse, our national governing body. US Lacrosse Membership is required for many post-season tournaments and some summer camps. A well-written lacrosse magazine, which keeps you informed of the "big picture" issues facing lacrosse today, is included with each membership. In the spring, this magazine has an extensive listing of summer lacrosse camps.

Academic Standards

Each player will be required to maintain an acceptable academic level. If the coaching staff is notified that a player's academic level is below an acceptable level (by either the parents or school officials), that player will be suspended from play and practice until that level is brought up. Parents are asked to let the coaches know if time off from lacrosse is needed for academic reasons.

School Suspension

Any student suspended from school is ineligible to play or practice with CSLC for the duration of the suspension. Parents are asked to inform coaches of suspensions and help enforce this policy.

Drugs and Alcohol

Drug abuse and underage drinking are serious problems in today's society. CSLC wants to partner with parents in helping its players make the appropriate choice to keep their bodies drug and alcohol free. We have a responsibility to ourselves and to our community to hold ourselves to the highest standards possible.

The burden of an individual player's health and well-being must ultimately fall on the player's parents and/or guardians. While we recognize and support the role of athletics in helping students stay substance-free and fit, there will be no tolerance of substance abuse. If a player appears "ill" or not functioning properly at a CSLC activity, the player's parents will be notified to come to the activity to pick up the player.

Athletes who use alcohol and/or drugs during a CSLC activity will be subject to suspension at the discretion of the coach.

Athletes who want to develop their abilities to the fullest need to understand the consequences of poor health habits and substance abuse on their bodies. Thus, we strongly encourage our players to practice healthy habits both in and out of lacrosse season.

Players are required to attend every practice and every game. *Players* (not parents) should notify their coach of any anticipated absences. Excused absences include:

- Illness with a doctor's excuse
- Absence from school on the day of the event
- Family emergencies
- Situations with PRIOR approval from the head coach

If you are injured, you must still attend all the scheduled practices and games. A positive attitude and commitment have a positive effect on your teammates even when you can't play. Your eyes may well see situations that your teammates cannot see and your comments might help them improve their performance or even help win a game!

NOTICE: Players are required to bring *at least* a sweatshirt and sweatpants to every practice and game from March 1 to May 1. If you do not bring warm clothing appropriate for the weather, you will not be allowed to play.

Participation is a privilege and not a right. There is no guaranteed playing time. Every minute played is earned in practice. Failure to attend practice without a valid excuse will result in reduced playing time for that player. No matter how good a player is or thinks he/she is, attitude and improvement during practice will determine playing time during the games.

You, the parent, are just as important to your child's positive lacrosse experience as the coaches. Be supportive of your child by giving encouragement and showing an interest in his/her team. **Be a positive role model** by displaying good sportsmanship at all times to the coaches, referees, opponents, and your child's teammates. **Let the coach coach.** Any problems should be discussed with the coach in private.

Learn the rules of the game. A full understanding of the rules will help you enjoy the game and educate others. **Respect the game officials.** Any questions concerning a referee's calls should be done through the coaching staff.

Parents are encouraged to volunteer. Learn to be a referee (boys' game) or umpire (girls' game) – training is available at no charge, and officials are paid at the rate set by the league. Assist with practices and lining the fields. Organize car-pooling to practices and games. Help with fundraising.

College coaches are very interested in game statistics that we cannot keep without volunteers. If your son or daughter wants to play in college, we ask that you help us record statistics and or video tape games so our players can show college coaches the level of their play.

Our experiences have taught us that the lacrosse community cares for its members and that the athletes have a devotion to their sport that non-players cannot understand. Friendships made through lacrosse seem to last a lifetime, despite years of separation. There is a bond that transcends everyday relationships.

All of the coaches thank you for letting lacrosse become part of your lives. It is the oldest continuously played sport in North America. It is the fastest growing sport in the nation right now. And we know that your son or daughter will also learn that it is "the fastest game on two feet."

To the Player

We are embarking on a significant adventure together. Your coaches firmly believe that we can build upon the foundation that last year's competitive teams established. We can become a well-disciplined team, working together, freezing together (early season), sweating together (late season), laughing and crying together, winning together and even losing together (if we must). Through it all we need to remember that we are doing this to become the most proficient athletes that our natural abilities permit, but at the same time doing this in the framework of the TEAM. Your coaches and your teammates will challenge and encourage you to push yourself beyond what you thought possible. For the sake of your teammates, you will not be content with mediocrity; you will want to excel. Believe in your teammates. Believe in your team. Do not seek individual glory. By doing

what is in the team's best interest, you will exceed your personal expectations and goals. There is no I in team!

The essence of success in lacrosse is making good decisions and having the ability to execute those decisions. Some of the decisions you will make are:

- when to pass (and to whom) and when to dodge
- when to pass (and to whom) and when to shoot on goal
- when to throw a long clearing pass and when to make the short pass
- when to play aggressive defense to gain possession of the ball and when to sag off and just play position defense
- when to press the ball up the field in an up tempo game and when to be plodding and deliberate
- when to challenge for a ground ball and when to concede the ground ball in favor of good team defense
- when to take a penalty and when to avoid penalties

As in soccer, basketball, and hockey, our strategy on offense is to create 2 on 1 situations and always to take advantage of the 2 on 1 situation. Defensively we need to recognize 2 on 1 situations created by our opponents and work very hard to minimize their chances of success. If we do this we will win games.

As coaches, we have two main tasks – developing your physical abilities and developing your character. Both must happen for us to be winners – regardless of the scores of the games. Yes, we want to win, but it is not the only or even the highest goal. How do you deal with adversity? How do you respond to being challenged? How do you handle frustration? How do you execute your responsibilities? These are the important questions we will answer in the next 3 months.

You may not understand the level of commitment your coaches have invested in getting our program this far. For many of us, the lacrosse program is as taxing as our regular job, and we willingly carry this load because we believe in the dream. We ask you to make a similar commitment to this sport. Life is filled with issues crying for priority. For the duration of this season we ask that you place lacrosse third on your list of priorities.

First must come your academics – without this there is no future for you in lacrosse. You need to give your studies first priority and schedule your time so that you can fulfill your school obligations. Time management is key. Plan ahead and do according to your plan.

Second, you need to tend to your family obligations. Your parents are your best friends whether you recognize it now or not. The family is the foundation for success and your refuge in times of turmoil. The events of 9/11/01 and its aftermath have made many of us much more aware of just how transient our lives are.

Third, you need to live lacrosse from now until June. Carry your stick wherever you go. Practice cradling, practice dodging. Find a brick wall (no windows please!) and throw 500 times per day with each hand; practice changing hands. Work on your quick stick.

Get a friend and throw long passes. These are skills you need to develop and they require more time than we have in practice. If you want to play, you need to commit yourself to the sport. This is not a sport for pretenders – no need to talk the talk, just walk the walk!

Finally, the coaches want to know if you are having problems in your personal life. If your girlfriend or boyfriend just broke up with you, or there is a crisis at home, we want to know. We recognize that whatever is happening in your life will affect your individual play, and, consequently, your contribution to the team. Adversity is sometimes thrown our way to give us an opportunity to become stronger. Seek refuge among your teammates, your coaches and the lacrosse parents. We will be there to help you through.

Sincerely yours, on behalf of all the coaches,

Chuck Knisely

PARENTAL PERMISSION AND PLAYER RELEASE

My child, _____ has my permission to play lacrosse for the Central Susquehanna Lacrosse Club. I understand that he/she must abide by the rules and regulations set forth by the coaches and game officials. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the team. I understand that all forms must be completed by March 3, 2008 or my child will not be allowed to practice or play until they are completed. I understand that my child must attend all practices and games (unless excused by the head coach) or my child may not be permitted to play in games.

I understand by the very nature of the activity that lacrosse carries a risk of physical injury. No matter how careful the participant and coach are, the risk cannot be eliminated. The risk of injuries includes minor injuries such as muscle pulls, dislocations, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from falls or physical contact. I understand these risks and will not hold the Central Susquehanna Lacrosse Club or its personnel responsible in the case of an accident or injury at any time.

I also understand that this is a club sport not sponsored by any school.

Print name of parent/guardian	Signature	Date
-------------------------------	-----------	------

Print name of parent/guardian	Signature	Date
-------------------------------	-----------	------

I am interested in playing for the Central Susquehanna Lacrosse Club. I understand the risks stated above. I promise to abide by all of the rules and regulations set forth by the coaches and game officials. I promise to cooperate and follow the instructions of the lacrosse coaches and attend all practices and games.

Print student's name	Player's signature	Date
----------------------	--------------------	------

School now attending _____ Grade level _____

Please sign and return by March 3, 2008

Central Susquehanna Lacrosse Club

PLAYER INFORMATION & MEDICAL RELEASE

Please complete all the information and print legibly. Health insurance is required for all players.

Name _____ Date of birth _____ Phone _____

Address _____ City _____

State _____ Zip code _____ E-mail _____

Father's legal name _____ Father's SSN _____

Mother's legal name _____ Mother's SSN _____

Doctor's name and phone _____

Insurance company _____

Group Number _____ Policy number _____

Allergies _____ Medication _____

Additional comments _____

I _____ (Name of Mother/Father/Guardian) am granting permission for my son/daughter to play lacrosse for the Central Susquehanna Lacrosse Club. I am also granting permission to the coaching staff to act on my behalf to authorize preliminary medical treatment if so needed. Though a physical is not required, I attest that my son/daughter is of good health and does not have any physical or mental limitations that would prevent him/her from playing at an average level.

Parent/Guardian Signature

Date

Please sign and return by March 3, 2008

Central Susquehanna Lacrosse Club