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TO: All York & Adams County Boys Head Coaches....

Please take the time to read each bullet point as this will help to insure a smooth day on Saturday, May 17th for **Laxfest 2008**. Please forward to your players and parents who will be participating. The comments below were provided last year and updated for this year's event. The blue section bullet points are written more for the Head Coaches. Any questions regarding the details of the day should be directed to Kevin Heiland (heiland5@comcast.net / 717-755-5563), Tracey Yantek (tyantek@aol.com), or Tom Mayne (pantherlax@gmail.com). Our thanks and appreciation goes out to the Central York Lacrosse Club (CYLC) for hosting this event.

- **Game Location:** Laxfest is taking place at the Central York High School (directions listed below). Please obey all parking regulations on the site due to construction fencing that is present in the parking lot area. All the games will be played on the stadium turf field so please wear your cleats.

Central York High School – 601 Mundis Mill Road, York PA 17406

<http://www.cysd.k12.pa.us/education/school/schoolmap.php?sectiondetailid=4427>

From North of York:

From Interstate 83 South take Exit 24 – Emigsville.
Turn left at the light at the end of the ramp.
Go to the 2nd light and turn right onto N. George Street.
Go to the next light and turn left onto Emig Rd.
Emig Rd. turns into Mundis Mill Rd.
Go 1.6 miles and the school is on the left.

From South of York:

Take Interstate 83 North to Exit 21A (Rt. 30 E / Arsenal Rd.).
From 30 East, turn left onto N. Sherman St. (4th light from the Interstate 83 overpass; Al's Service Center and Rutter's on corner).
Go 2.3 miles and turn left at the bottom of the hill (signal light) onto Mundis Mill Rd.
The school is on the right.

From West of York:

Take Rt. 30 East, turn left onto N. Sherman St. (4th light from the Interstate 83 overpass; Al's Service Center and Rutter's on corner).
Go 2.3 miles and turn left (signal light) at the bottom of the hill onto Mundis Mill Rd.
The school is on the right.

From East of York:

Take Rt. 30 West to the Mt. Zion Rd. exit (Rt. 24N).
At the end of the ramp (signal light), turn right onto Mt. Zion Rd.
Follow Mt Zion Rd. through 2 lights.
Travel over the hill and at the bottom of the hill travel through 2 more signal lights (both marked N. Sherman Street) to the 3rd signal light.
At the 3rd signal light turn right into the Central York High School campus. (Do NOT turn right off Mt. Zion Road and follow the Rt. 24N sign.
Note that Mt. Zion Road becomes Mundis Mill Road at the 2nd N. Sherman Street signal light.)



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- **Arrival Details:** This year, the games will be played every 1 ½ hours starting at 9:00 am. The complete schedule is below. This allows us to play (4) 15 minute running quarters to enable more playing time for the players. All players and families should arrive 1 ½ hours prior to their game time. This will allow for the registration process to take place, pictures to be taken and players comfortably able to warm up. All players should enter through the “A” gate section and immediately check in at the registration desk. Each player will receive a game jersey and a t-shirt. All players should wear their complete game uniform from the regular season as we will be taking team photographs with them in their regular uniforms.
- **Game Schedule:**
 - 9:00 am → HS Junior Varsity Game
 - 10:30 am → Senior Game
 - 12:00 pm → High School Game (9th, 10th & 11th grades only)
 - 1:30 pm → U-15 Game
 - 3:00 pm → U-13 Game
 - 4:30 pm → U-11 Game
 - 6:00 pm → U-9 Game
 - 7:30 pm → Coach’s Game
- **Payment:** The cost to participate this year remains the same at \$21 per player. This covers the cost of the game jersey and t-shirt for each player. All players and Club teams will be asked to pay upon arrival. If your Club is going to cover the cost of a team or all of its teams, please let the registration desk know that upon arrival. If the players are responsible for paying, either cash or check is acceptable. All checks should be made payable to Central York Lacrosse Club or CYLC (for short).
- **Website:** For the latest updates and any pre-game day changes, please visit www.yorkcountylacrosse.org. Although we do not anticipate any significant changes, we have the ability to post information on our site. Please click on the Laxfest tab for the latest.
- **Game Day Activities:** The CYLC has invested a lot of time in preparing for a great day. There will be a number of concession stands available for food, drink and snacks throughout the entire day. There will be lacrosse suppliers there, summer camp directors and lots of other fun activities planned.

**** Spirit of the Game:** There should be no question that the purpose of Saturday's Laxfest is to celebrate the sport of lacrosse. Having spent more than three months on dozens of fields across the County, it is time to bring all the coaches, players, parents and fans of lacrosse together to celebrate the sport by recognizing the 350+ boys who will play in these games. We will conclude the day with a York & Adams County coaches game for our eighth and final game of the day. With a variety of media potentially attending, it is critical that EVERY HEAD COACH at all levels follow the guidelines outlined below. CYLC has also extended an invitation to each YAIAA Athletic Director and Principal to attend the 12:00 pm game. Since lacrosse will formally be in the High Schools next spring, this is a wonderful way to introduce them to the sport and the people. Based on your feedback to the YCLA Board this spring as well as from past Laxfest events, we suggest the following:

**** Head Coach:** Only the Head Coach of each team will stand in the coach's box and be photographed in the team photos. Maximum number of coaches per team is 5-7 based on the Black and White team matrix. All assistant coaches, parents, brothers of players and friends are welcome to support the games, but we ask that they stay on the spectator side of the field.

**** Team Orientation:** Based on the feedback from the last YCLA Board meeting, the final rosters are being matched to balance the number of players per team. There will be a black team and a white team for each game.

**** Body Contact:** For the previous years, we agreed to play the games as non-contact...NO BODY CHECKING. We would like to continue that rule for this day's event for all eight boys/coaches age levels. As a result of the post season play for many of the High School and Youth York County teams, we cannot afford to have any injuries during this event. To minimize that from occurring, we will limit the contact to stick checks only. Before each game, the MC will remind the players, parents and coaches that there will be NO BODY CHECKING. Please talk to your players prior to the game to



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encourage their support on this topic. Discussion will also take place by the officials prior to each game to reinforce this and determine the course of action should someone body check an opposing player.

**** Communication:** For all the coaches, regardless of title or role, please let the boys just play the game. The primary responsibility that the Head Coach has is to support, encourage and help the players on and off the field. With 25-30 boys per team never having played with each other, the direction that you will provide the boys will help to make this event a success.

**** Playing Time:** Our objective for the day is to see all the boys play as much as possible. Please try to substitute frequently so that everybody has the opportunity to play.

**** Rotation of Players:** Head Coaches should attempt to mix and match all the players on the field. We firmly believe that the boys will enjoy the experience when they have a chance to play with as many non-club players. In other words, let's try not to run a midfield line made up of all three boys from one club. Mix and match and let the boys also help with this. Honestly, they know each other probably better than we do as coaches so involve them in making the decisions for rotating players in the line-up. All boys should play equally if possible.

**** Official Game Uniforms:** Every player selected to participate must come dressed in their typical complete game uniform. That includes both shorts and jersey. Please wear your cleats for best traction on the sports turf surface. Head Coaches from each team should arrive early enough so as to begin to assemble your players at least 1 ½ hours prior to the game time. You and your players will be included in a team photograph with the other players on your team. For the team photos, we would like all the players to be dressed in their typical game uniforms. The combination of colors for the two different teams make this a wonderful picture for the boys to keep. After the team photos are taken, the game jerseys can be worn. All the boys will play in their typical game shorts which will help the parents to see the boys as it relates to their traditional teams.

**** Coaches Game:** The York & Adams County coaches will play the final game of the day. All coaches who helped this spring in York & Adams County are invited to play. It will also be a non-contact game and there should be plenty of equipment available for those who would like to participate. We will use the Green and White jerseys from York College that Guy Muller has possession of for this game. Guy – please bring the container of jerseys to the game.

**** Water Buckets:** The weather so far looks pretty good. We will play even if it rains hard. All water and ice buckets will be provided by CYLC so players should not need to bring their water bottles.

**** JR Passions:** JR Passions Photography will be on hand to take team photos of each team for all of the games. In addition, they will shoot action photos of every game. Please remind all your players to arrive 1 ½ hours early so as to comfortably get the team photo's taken. This is important as we want to shoot the photos early enough before each game to allow the players to warm up as well. After each game, the players and parents will be able to visit with JR Passions photo booth area to view and purchase action photos of their children during the event. For a sneak preview of the great action photos they take, please visit www.jrpassions.com.

**** Summer Camps:** There will be a table set up for the placement of summer camp information thanks to our friends at Run N Gun Camp. Please encourage your parents to visit the table in the event they are looking for a great, local summer camp.

**** Worse Case Scenario:** Even if it rains a lot, we have been told that we can continue to have the games played at the field. So we do not anticipate any changes from our schedule. Obviously, in the event of thunder/lightning, the games will be delayed based on the 30 minute rule. For the most current information, please visit www.yorkcountylacrosse.org and announcements will be posted to our site.

Again, on behalf of all the York & Adams County coaches and players, we would like to thank our host Central York Lacrosse Club for making this day possible.