



## YORK COUNTY LACROSSE ASSOCIATION

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**DATE:** 02/01/2008  
**PUBLICATION:** Positive Coach Workshop Instructions  
**ISSUED BY:** Bob Rhein

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TO: YCLA Board Members,

PLEASE FORWARD THIS EMAIL TO ALL YOUR COACHES WHO WILL BE ATTENDING ON FEBRUARY 24TH...THANK YOU!

YCLA COACHES: We are just two weeks away from the mandatory YCLA coaches meeting. Please take a look at the bullet points below in preparation for the event. Attached is the original save the date announcement in addition to the press release that I will be sending to the local media. This should be a very productive session. Thanks in advance for your participation.

\*\* Sunday, February 24th, 2008 ==> 3:00 pm to 7:00 pm

- \* all coaches should plan to arrive between 2:30 pm and 2:45 pm.
- \* upon arrival, you will sign in at the registration desk with your respective Board Member.
- \* once signed in, you will receive your PCA workbook, a name badge and a pen.

\*\* Meeting to begin at 3:00 pm promptly in the auditorium

- \* first 30 minute agenda will include topics pertinent to all YCLA coaches (spring season, WLRLG, laxfest, summer travel teams, etc...)
- \* from 3:30 pm to 5:30 pm, the PCA workshop ([www.positivecoach.org](http://www.positivecoach.org)) will take place.
- \* from 5:30 pm to 7:00 pm, we will conduct the hands on clinic in the gym.
- \* If you would like to still submit a skill/drill for the clinic, please do so prior to February 14th (see original email below for details).

\*\* The meeting will be held on the South Western School Campus (their Intermediate School):

E.H. Markle Intermediate School (on same campus as South Western HS)  
225 Bowman Rd.  
Hanover, PA. 17331

From Points East:

1. Follow Rt. 30 West thru the light cycles to the intersection with Rt. 116.
2. Turn left onto Rt. 116 and follow into Spring Grove
3. Shortly after the stoplight, go 1/2 way around the traffic circle and continue heading west on Rt.116.
4. Continue on 116 to Grandview Rd. (stoplight )
5. Turn left onto Grandview Rd. and go thru 1st stoplight to the intersection with Black Rock Rd. (Stop Sign).
6. Turn Right onto Black Rock and go @ 1/4 mile to top of hill. At top of the hill turn right onto Bowman Rd.
7. Follow Bowman Rd. @ 1/4 mile and the Intermediate School will be on the left.
8. You may park anywhere in the lot in the front of the school. Any overflow parking may use the lot to the right side of the school entrance or the lot to the left side of the school entrance.

From points South:

1. Rt. 216 to and thru Codorus State Park
2. After leaving the park, turn left onto Grandview Rd. (Claire's Restaurant on your right)
3. Once on Grandview follow #5-#8 from above

From points North:



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1. Rt. 15 South to Rt 94 South to Hanover
2. Once in Hanover, continue on 97 thru the Hanover square.
3. From square go @ 4-5 traffic lights to Black Rock Rd. (just after the Giant grocery store)
4. Turn left onto Black Rock Rd.
5. Follow @ 1/4 mile and turn left onto Bowman Rd.
6. Follow #7-#8 from above.

Upon arriving at the Intermediate School, please use the entrance just to the left of the flagpole. There will be signs directing you to the auditorium once you enter the building. If you have a problem and need to contact Bob Rhein, call 577-1600.

Thanks in advance for your participation.

Bob Rhein  
President  
York County Lacrosse Association (YCLA)

ROOTS ==> Honor the Game

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Sent: Wednesday, December 19, 2007 6:20 PM  
Subject: Save the date...February 24th, 2008

TO: YCLA Board Members,

FROM: Bob Rhein - YCLA President

Based on the feedback from the Board after the spring season had concluded in addition to the last two month's meeting, I would like to announce to each of you the date for our mandatory coach's meeting. Each of you as Board Members will be asked to attend this meeting as well. The date of our mandatory meeting will be Sunday, February 24th, 2008.

Based on the unanimous support from all thirteen (13) board members, I wanted to share some additional information with each of you that I will ask you to forward onto your head coaches in the next week. When forwarding this email, please include me in the distribution as well. It is critical for our meeting to be a success that information is distributed to all the head coaches in a timely manner in the coming weeks.

Within this email, I will share the following...

\*\* Save the date for Sunday, February 24th, 2008 (see attached announcement).

\*\* Location: To be determined. At this time, I am looking for a facility (like a school, township building, etc...) that can accommodate approximately 75-150 coaches. Although I may have a few venues as possible choices, I am open to any ideas or suggestions/referrals from anyone who can help. The location should have a auditorium or room large enough to support the group in a workshop session as well as a gym facility for the clinic.



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\*\* Time: The meeting will run for four (4) hours. The actual time of the day will be established once the location is confirmed. The agenda will be as follows...

\*\* 1/2 hour - general meeting covering key topics pertinent to all coaches for 2008 season.

\*\* 2 hours - Workshop supported by PCA ([www.positivecoach.org](http://www.positivecoach.org))

\*\* 1 1/2 hours - clinic format for all coaches to attend.

\*\* Fee: As approved by the Board in December, there will be a fee involved for each participant that may range between \$15-\$20 dollars. Once the final list of attendees is confirmed in mid January, a final cost will be shared. Fees will cover the cost of the PCA workshop speaker and workbook materials. In addition, there may be a cost to rent a facility to accommodate the workshop/clinic. All fees will be collected prior to the actual workshop to insure a balanced budget.

The purpose of our meeting will be to communicate to all Head Coaches of all YCLA teams from U-9 level up through and including High School varsity teams. Every Head Coach is required to attend and based on the support of the Board, we are proud to announce the alliance with PCA. We have an anticipated 70 teams taking the field in the spring of 2008 from U-9 through HS Varsity. PCA - Positive Coaching Alliance is an international organization that is based in CA. They have worked closely with US Lacrosse in a partnership to develop the sport to a higher level of competitive play and sportsmanship. My conversations with them over the last 60 days have been incredible. And we are proud to invite them to take an active role in our February program. With the participation of every Head Coach, we will receive the "Seal of Commitment" to be part of select group of lacrosse organizations in the United States. For more about PCA, please visit their website at [www.positivecoach.org](http://www.positivecoach.org). Based on the ultimate location, some assistant coaches from each team may be able to attend as well. That will be shared in the coming weeks. In the event a head coach has a work commitment, we will ask the assistant to represent the team. We understand some of the coaches may have that a work conflict; however, the advanced notification should hopefully enable everyone to clear their late afternoon and early evening for this session.

The final portion of our meeting will be a hands-on clinic for all the head coaches. Based on feedback from the Board and coaches the past few years, it seems that most of the clinics offered in the Baltimore area or even in our area focus on the more detailed parts of the game (riding, clearing, offense, defense, etc...). My primary objective for this portion of the meeting is to break down the game and help every coach to incorporate some new ideas, skill drills and fundamentals for first year or experienced coaches. In the next week, I will be sending out another email with a template to follow. For every coach who completes the template and faxes it back to me, you will be given a copy of the 2008 YCLA Skills & Drills booklet. Every head coach will be invited to submit "their favorite drill" to me in a hand written format and sketch. Once faxed to me, I will reproduce the drill onto a formal template and collect the drills in January and early February. The booklet will be published and distributed to every coach who submits a drill within the 45 day period. The 1 1/2 hour clinic will be offered to all the coaches for ways to improve or add new ideas to their already existing practices. I feel confident that every coach can walk away with a few new ideas and as such, will encourage all 70 head coaches to submit a skill drill. If forty coaches respond, only those forty coaches will receive a hard copy of the booklet. The more responses, the better result for every coach in York County.