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ISSUED BY: Bob Rhein

TO: York County Lacrosse Association (YCLA) Board Members:

Well, we are less than one week away from the big event. Let me first start with a sincere thank you to all the people who have responded to support the event both financially as well as emotionally. It has been a wonderful experience for me personally to develop and promote this event. The idea was introduced to the Board back in the fall and after many months of planning and preparation, we are all set for a great day. I have truly seen the best in people as they have offered up their help to support this event. Please accept my invitation to stop by anytime to watch the games take place. We will be there for the entire day and night so all are welcome.

After you read this email, I would ask that you forward it to your coaches, players and families. For those not directly playing in the event, we would still encourage you to stop by and visit. We anticipate over 1,500 people passing through the doors this Saturday.

There are several objectives that I hope to accomplish with the event on Saturday. They are:

* Fun ==> this event is to be fun for all those involved starting from the one organizing it (that be me), to the players, coaches, officials, parents and all the guests who may be attending throughout the day. Please make sure that you enjoy the day.

* Safe ==> this event continues to be an annual event and we look to host it each year in early to mid March. With the spring season games about to start, I would like all 400+ participants to walk off the field healthy and ready for outdoor games in April.

* Awareness ==> The sport of lacrosse is growing faster than any other sport in the area. Thanks to this event, lacrosse will receive a very positive response from the York County community. With the success of this event, a strong message will be sent back to all the schools letting them know that we have a lot of boys and families playing and doing great things in our community to help make a difference. Those future school board meetings that each of the Clubs will need to have as it relates to PIAA sanctioning and school sponsorship should be a little easier thanks to this event. YAIAA will also see that we are doing a very positive thing in our community.

* Financial ==> My objective to host this event was to generate enough income to:

- Support the Make-A-Wish Foundation ® through their Grant-A-Wish program.

There are many ways to make a difference during your time at The Blast. In addition to each player paying their registration fee of \$20, we will have:

*** Laxgear/Stylin' Strings (www.laxgearyork.com) ==> Dustin Dohm and the guys will have the latest in equipment and gear at the Blast. They will be selling t-shirts in a variety of sizes with our game logo on the shirt. Please consider purchasing one as a keep sake from the day.

*** Laxweights/HeavyHead (www.laxweights.com) ==> A business acquaintance of mine started a new business in Maryland to sell weights that go on the head of your lacrosse stick. He has donated six of them to

the event and all the proceeds will go to our Foundation. The heads will sell for \$20 and they are on a first come, first serve basis.

*** Autographed Lacrosse Ball ==> Thanks to a kind donation from our friends at Central York, we will auction off a signed autographed lacrosse ball from Kyle Harrison, one of the greatest players in the sport of lacrosse.

*** Summer Camp Lacrosse Scholarships ==> During the Christmas season, we wrote to a dozen local colleges/universities and asked if they would support our event with a donation of a summer camp scholarship. I am pleased to report that we will have a number of these for sale again throughout the day in a silent auction format. I realize it's pretty early in the season to be thinking about a summer camp; however, they will be up for sale all day. The starting price will be a fraction of what they typically cost so please consider placing a bid while you are in attendance at The Blast. All the proceeds will help us to meet our financial goal.

*** CPLOA ==> A special thanks goes out to the Central PA Lacrosse Officials Association for donating their services throughout the event. In addition to officiating for free, the CPLOA will have a table with paper cutouts for sale that show the M-A-W logo. These will be for sale all day and cost \$1 a piece. They will be hung throughout the day. Let's see if we can cover The Blast with them before we leave the facility.

*** Magnets ==> We have a few magnets left from last year so we will be selling them for \$5 each and they will be available all day.

With these four (RED) primary objectives in mind, I would ask everyone who receives this email to read it carefully as I think all of your questions will be answered based on the content below. With nearly 400+ participants arriving and 18 hours of scheduled play, it would be nice not to have too many telephone calls later this week or on Saturday asking questions that are addressed below.

If you need to reach me this week, email may work the best at brhein@pennair.com. Keep in mind that all the announcements and attachments are also published on our Association website at www.yorkcountylacrosse.org If you have any problems the day of the event, please call me on my mobile at 577-1600 (try this number first). As a backup, you can also call The Blast directly at 767-9177 and they can come out to find me. I will be there from 6:30 am until the last game is completed at 1:13 am.

*** MAKE-A-WISH FOUNDATION ®**

Make-A-Wish Foundation® (www.wishgreaterpa.org) is an international non-profit organization that grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. Through the Penn-Air & Hydraulics Foundation, a check will be presented to Ann Waltman, Regional Manager of M-A-W to support the wish of a local boy. Thanks to the anticipated participation (400+ players), we will be able to support the Wish of a local family. We are proud to be able to help this wonderful organization. We will present the check to M-A-W at the conclusion of the Eastern U-13 game at 8:13 pm.

*** DIRECTIONS (from York):**

- * Take I-83 North to Exit 24 - Emigsville Exit and follow to the traffic light.
- * Go straight through the intersection onto Board Road - Follow 1.25 miles
- * Make a left on Willow Springs Ln.
- * Make a left on Leigh Rd.
- * Make a right on Grumbacher Rd.

*** ARRIVAL & TIME:**

Game times are on the Excel attachment. All the games start at the 14th minute on the hour. This is being done to honor and remember #14, Travis P. Sipe. Please arrive 44 minutes prior to your game time. As an example, if you are scheduled to play at 10:14 am, please arrive at 9:30 am. It is very important to arrive early



and on time. Upon arrival, you will register at the front table and then move to a staging area to get dressed (on the sports court). All the games will take place on the turf field (wear sneakers...NO cleats). Prior to your scheduled game time, I will communicate to each team to review the rules (around 20 minutes prior to your game time) and what to do as we transition to your game. One of the greatest concerns organizing an event like this is someone shows up late. All officials, volunteers, players and parents should arrive at the same time which is 44 minutes prior to game time.

*** REGISTRATION:**

When you arrive to The Blast, you will be greeted by students from York Catholic and other adults/students who are volunteering their time to help. They will ask you to print and sign your name to the team's registration form. Your signature also acknowledges the release of liability form that The Blast requires you to sign. This form will also serve as our official registration form. You will be asked to pay the \$20. You may pay in cash or your parents can write a check. All checks should be made payable to Penn-Air & Hydraulics Foundation. After paying, you will be given a game brochure. We have produced a limited amount of game brochures since they are in color so it is one brochure per paid player (this is for the entire family). You may then proceed to the spectator area to watch the game prior to yours. As we approach your game time, I will call both teams to the staging area next to the bench areas.

*** ROSTERS:**

All York County Youth boys are welcome to play as a result of the invitation extended to the coaches over the last 90 days. We needed a minimum of 12 per team. More than 12 is preferred as it gives us a better return financially per team per time slot. There is no cap to the maximum number of players per team but only 5 play on the turf at a time (plus one goalie). If you cannot bring your goalie, we will have a wooden insert in the goal to act as a goalie.

*** COACHES:**

Every team that plays must have one adult over 21 years of age to serve in the role as primary coach. Every coach should email this to their team to keep their teams informed. The only responsibility you will have is to stand on the bench sideline to insure the players get on and off the field. If the traditional head coach or assistant can't make the event, then any parent or adult must accompany the team....no exceptions. All coaches must bring their own medical kits and scrimmage vests. Ice bags and ice will be available in the event any coach needs ice to treat any injuries. Please try to limit the number of adults in the bench area to just one or two people. The balance of adults may watch from the stands.

*** PAYMENT:**

Payment for the event is due upon arrival and it is \$20 per player. All players must pay upon arrival. There is no fee for anyone entering The Blast other than the player participating. No exceptions as we must collect all the money the day of the event. Coaches do not have to pay the registration fee unless they are not playing in the actual coach's game later that night. The fee applies only to the field players. The Coach's game at the end of the night will require the participants to pay as well. If you decide to write a check, please make it payable to: Penn-Air & Hydraulics Foundation. There is no checking account under the Eastern KNIGHTS name. In exchange for payment, all paid players will receive a food ticket (1 slice of pizza or large hot dog and 1 fountain soda); a game brochure, and the opportunity to participate in the event for one hour (56 minutes). All players will receive a gift at the end of their game along with their food voucher.

*** GIFT:**

This year's gift is large water bottle with the WLRG logo on it. This logo was created by Dustin Dohm to symbolize our annual event. Dustin's creativity and enthusiasm for the sport came to reality with this design. We are very appreciative to Dustin for his work. The bottle can come in handy this spring for all the players. The blue bottle recognizes every paid participant with the words "I PLAYED" in addition to honoring the memory of Travis P.Sipe with his number #14. Nearly 500 of these on the field this spring will hopefully convey



to the York County community that lacrosse is alive and well. We anticipate seeing both Laurie and Dean Sipe during the day. They are the parents of Travis Sipe and they look forward to seeing everyone on Saturday.

*** UNIFORMS:**

All teams are encouraged to wear their traditional uniforms. In the event you do not have them in yet, please try to have your players all wear similar color shorts and t-shirts. White and/or black seems to work pretty well. Please try to wear the same color pants (black shorts) and the same color shirt (plain white t-shirt). All coaches must bring their own scrimmage vests (this is okay to play in as well) which you will wear over your t-shirts. Make sure your players bring all their equipment and wear sneakers to play - NO cleats.

*** RULES:**

In honoring the game and to achieve our objectives above regarding safety, here are the modified rules for the day. I will review this list with every team that plays before they step onto the turf field.

- => five (5) field players and one (1) goalie per team...six (6) total on the floor at a time per team
- => maximum of one (1) long pole on the floor at all times per team...you can play all short poles if you chose
- => stick checks only for the youth and coach's games
- => there are no body checks, no boarding and no hammering anyone
- => on ground balls, you can only box out for position...you cannot take the man as you do in the outdoor game
- => in the event a team does not have a goalie, a wooden insert will be placed inside the goal
- => the corners are cut out 1 foot x 1 foot and all four corners are open for scoring
- => The Blast does not have permanent crease markings, but we will mark it with yellow yarn
- => face-offs: there is a circle at midfield...no one is allowed into this area until there is possession.
- => there will be one (1) corner pocket (orange color) placed in each goal
- => all goals scored count as one (1) point...any ball thrown into a corner pocket counts as two (2) points.
- => penalties will be called by the officials and times will be served similar to the outdoor game
- => all games will be running time starting exactly on the 14th minute of each hour
- => substitutions on the fly as well as any dead ball situation...clock runs all the time
- => each game will be made up of four (4) quarters
- => each quarter will run fourteen (14) minutes
- => there will be one (1) minute breaks between quarters...no halftimes, no long breaks between games...
- => all players will exit and enter the field of play quickly to restart the next game
- => the primary scoreboard will show the current games time and score
- => there will be a second scoreboard showing the cumulative score and time played
- => all games will start on the 14 minute mark...there will be no delays or backups in fairness to the last games of the day
- => everybody wins by playing in this event

*** POSTGAME:**

After your game concludes, I will briefly communicate with each team to thank the players. Each paid player will receive a food voucher in addition to their gift for participating. After you have played in the event, you may stay and eat your meal. The food/concession stand will be open to all the spectators and families who come to watch the game. The other items listed above will be available for review and sale as well.

*** SKILLS COMPETITION:**

After the game concludes, each head coach will take their team back over to the sports court. We will have a skills competition that will be offered to any participant. The fee to participate is \$5 which is being charged to offset the expense of renting the court surface all day long. There will be three competitions. They are a passing accuracy competition, a shooting accuracy competition and a fastest shot competition (with radar gun). For \$5, the player will be tested in all three skills. Winners will be selected based on their performance by age



group. There will be 12 first place prizes awarded once the event concludes (4 age groups and 3 awards per age level). I will ask each head coach to monitor the competition for their teams and report the results back to me before leaving the arena. I will have forms on the court for each coach to record their players. This should be a lot of fun for all the boys and coaches.

*** BOB EVANS RESTAURANT:**

As some of you may recall, Bob Evans (www.bobevans.com) found our event posted on the M-A-W website last year. They have raised a significant amount of money which directly goes to Make-A-Wish Foundation. Thanks to the support from many of the families, players and coaches, they had a great opening last year. In addition to supporting M-A-W, they are helping us again this year by providing a free breakfast meal for the parents and players of our 7:14 am game. Having to select those two teams was not easy...having to come that early isn't any better. To acknowledge the parents for their early morning commitment, Bob Evans is saying thank you by feeding those families. They are also coming back at the end of the night to support the last two youth games of the night with a delicious meal. All of our early morning risers and late nighters will receive a great meal thanks to the generous support of Bob Evans. Please stop by their new restaurant that is open on Carlisle Road in West York close to the Fairgrounds. They are right off Route 30 in the old "Delco Plaza".

*** MEDIA:**

The local papers and the television stations have all been contacted. We have also promoted the game through ESPN Radio 1350 AM and they will be covering the event on Saturday morning during their game day show from 9-11. We may see the media coming through at varying times during the day. Please remember that everyone is on stage all day long so please make sure that players, coaches and parents all behave accordingly. Coaches should let the players play...please limit your communication to them during the game. Parents should let the players play....please ask them to positively encourage and support all the players. Players should not do anything but play the game. With their mouth guards in during the game, I suspect they can't say much. We also have had contact with Lacrosse Magazine who may be covering the event as they did two years ago.

*** WORST CASE SCENARIOS:**

In planning an event like this, you must be prepared for the worse...

=> snow - unlike last year, it looks like the temperatures will be above freezing all week.

=> late arrival - any individuals who do not arrive 44 minutes early are considered late...please arrive on time.

=> injury - The Blast will provide ice and ice bags. All coaches must bring medical kits. In case of emergency, there is not a trainer on staff so you will be advised if an ambulance should be called. They will call for one on your behalf.

=> time delay - if we do not start every game on time, it will compound itself making the final games of day significantly later than scheduled. Since everyone will be operating from this same final schedule, we will start every game on time, even if it means cutting a few minutes off each quarter. The only way to eliminate this is to make sure we start and stop on time for all 17 games.

=> no shows - if a player or an entire team does not show, we have a major problem. Based on the Board members and coach's commitments over the last few weeks, we need every player and every team to honor their commitment. Our objective is to make this event continuous running. A no show compromises this effort. Please be considerate and make sure you attend. All coaches should contact their players this week as a final reminder about the day Saturday.

=> no money - no play...with coaching three youth teams, administering the entire Eastern KNIGHTS Lacrosse program and helping to promote lacrosse in York County as the current President, it would be greatly appreciated by me if all the money is collected on 3/15. I cannot be calling individual players or team coaches chasing down \$20 over the weekend. Your help with this is truly appreciated.



YORK COUNTY LACROSSE ASSOCIATION

*** MENS (COACH'S/ALUMNI) GAME:**

We are scheduled to have a MEN's game conclude our event. It will be a great way to end the day as all the York County coaches and the Alumni of York Lacrosse will finish the day together. Please know that all York County coaches are welcome to play. You do not have to call ahead of time; just come out and play. If you want to get a good laugh, stop out at the end of the night and have fun watching a bunch of old guys running around chasing the ball. Our game will start at 12:14 am..

That should do it for now. If not, it's too late anyway since I already hit the "send" key.

Thanks again for supporting this wonderful event.

Bob Rhein
President & COO
Penn-Air & Hydraulics Corp.
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