



## YORK COUNTY LACROSSE ASSOCIATION

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**ISSUED BY:** Bob Rhein

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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.

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. The PIAA and the 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<sup>®</sup> through their Grant-A-Wish program.*

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

\*\*\* America Supporting Americans ([www.asa-usa.org](http://www.asa-usa.org)) ==> The Eastern York KNIGHTS are involved in a number of community related events this spring. ASA is a program that the Bucknell University Men's Lacrosse team joined a few years ago as the first lacrosse team with now over 50 teams participating. We are proud and honored to be a part of it. The KNIGHTS have adopted the 10<sup>th</sup> Sustainment Brigade out of Fort Drum, NY. The Brigade's logo is proudly attached to each of our player's helmets. At registration, we wrote 60+ letters to the soldiers and mailed them as our first care package. During our event this weekend, we are asking each player to bring an item to donate for our next round of care packages going over. **Items suggested for the soldiers include...** Gold Bond Powder (or Z-Absorb Powder), Chapstick (with SPF), Sunscreen, Shaving Items, Lotion, Eye Drops, Toothpaste, Breath mints, (Altoids), Cotton Swabs, Soap or Body Wash, Shampoo, Sewing kits, Baby wipes, Handy wipes, Kleenex (pocket size), Writing tablets & journals, Pens, pencils, Crossword puzzles, Playing cards, Dice, Travel size board games, Magazines, Comic books, Paperback books, Disposable cameras, International phone cards, Sports section of paper, CD's & CD cases, Current movies on DVD, Sunglasses, Cotton socks, Swim goggles, Small footballs, Candy bars, Gum, Prepackaged snacks, Powdered drink



mixes, Lifesavers & hard candy, Instant coffee, Sunflower seeds, Dried fruits & nuts, Trail mix, Tabasco sauce, Hot pepper sauce, Beef jerky, Seasonal items, Personal notes, etc...

The email below is the first response from one of the Army officers. Please look for our KNIGHTS players in the ASA donation area at Lanco.

*"Thank you for taking the time and effort to support our unit. We are humbled by your support and the generosity of your team has a profound effect on our morale. We are currently in Baghdad, Iraq, and with the 10th Sustainment Brigade out of Fort Drum, NY. Our main job is to provide support for all the Soldiers in the Baghdad area. Our units regularly drive through the streets of Baghdad and bring whatever is needed to our forces throughout the area. Our days are long but we know our hard work is paying great dividends. We are all looking forward to completing our mission and returning to our families. I'm sure we have several lacrosse players though out our Brigade. Lacrosse is a very popular sport in the Watertown area. Syracuse University is quite a powerhouse with 9 National Championships and is featured regularly on the local news. They recently began their training camp for what is sure to be another successful season. We wish you the best of luck with your upcoming season and I'm sure some of your current athletes will be prominently featured in future NCAA Lacrosse Tournaments. Thanks again for continued support."*

\*\*\* Laxweights/HeavyHeads ([www.laxweights.com](http://www.laxweights.com)) => A business acquaintance of mine started a new business in Maryland a few years ago 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.

\*\*\* **LAXBODY** ([www.jrpassions.com](http://www.jrpassions.com)) => Who wants a Fathead when you can have the entire **LAXBODY**. Our friends at JR Passions have introduced one of the coolest products I have seen in my 12 years of coaching lacrosse. Looking for a birthday gift, holiday gift or a special occasion gift for your son, take a look at this one. A full size action replica of your son playing that is cropped, trimmed and easily mounted (and reusable)My on your son's bedroom wall. Why put the head of a pro athlete on your wall when you can put the entire body of your son on the wall instead. Jim, Rachael and Jenn will be with us all day available to shoot for anyone who may want to order one. A portion of the proceeds will go to M-A-W Foundation.

\*\*\* My Pinhead ([www.mypinhead.com](http://www.mypinhead.com)) => A local coach has created a new product for quickly changing your lacrosse heads on your shaft. He has kindly donated some for sale. Please take a look at this innovative new product.

\*\*\* Autographed Lacrosse Balls => We will auction off signed autographed lacrosse balls from Kyle Harrison and Tom Marechek, two of the greatest players in the history of the sport.

\*\*\* 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 Lanco. All the proceeds will help us to meet our financial goal.

\*\*\* 2 The Tee Outfitters => Game day, personalized t-shirts will be available for sale by Casey, Chris and their wives. The shirts have a signature logo symbolizing this year's event. On the back of each shirt, the player's name will be added as a personalized thank you for purchasing one of the t-shirts. The shirts will be made while you play so that you can leave with this keepsake. A financial portion of each t-shirt sold will go to M-A-W Foundation.

\*\*\* SPLOA ([www.sploa.com](http://www.sploa.com)) => A special thanks goes out to the South Penn Lacrosse Officials Association for donating their services throughout the event. In addition to officiating for free, the SPLOA 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 Lanco with them before we leave the facility.



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\*\*\* Magnets & Water Bottles => We have a few magnets and water bottles 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 17 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](mailto:brhein@pennair.com). Keep in mind that all the announcements and attachments are also published on our Association website at [www.yorkcountylacrosse.org](http://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 Lanco Fieldhouse directly at (717) 560-0717 and they can come out to find me. I will be there from 6:00 am until the last games are completed at 2:00 pm.

### \* **MAKE-A-WISH FOUNDATION**®

Make-A-Wish Foundation® ([www.wishgreaterpa.org](http://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. Please understand that the hard economic times impacts everyone...including M-A-W. With Corporate donations being cut back, our support is more critical than ever.

### \* **DIRECTIONS (from York):**

Lanco Field House - 1901 Miller Road - East Petersburg, PA 17520 - Phone: (717) 560-0717

<http://www.mapquest.com/maps?1c=York&1s=PA&1a=1750+Industrial+Highway&1z=17402&2c=East+Petersburg&2s=P&2a=1901+Miller+Road+&2z=17520#a/maps/l::1750+Industrial+Hwy:York:PA:17402-2229:US:39.977776:-76.693658:address:York+County:1/l::1901+Miller+Rd:East+Petersburg:PA:17520-1330:US:40.093555:-76.355676:address:Lancaster+County:1/m::9:40.035439:-76.520716:0:::io:1:::f:EN:M:/e>

Take Route 30 East (18 miles from the Galleria Mall) to the Millersville/Rohrerstown Exit (PA-741). At the traffic light, turn left and head north on PA-741/Rohrerstown Road for 1.6 miles. Turn left onto PA-741/McGovernville Road for 1.3 miles. Turn right onto Miller Road and you are there.

### \* **ARRIVAL & TIME:**

Game times are on the Excel attachment. All the games start at the top of the hour. We will pause 14 minutes into each game for a moment of silence. This is being done to honor and remember #14, Travis P. Sipe. Please arrive 45 minutes prior to your game time. As an example, if you are scheduled to play at 10:00 am, please arrive at 9:15 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. All the games will take place on the turf fields (wear sneakers or cleats...either is okay). 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 45 minutes prior to game time.

### \* **REGISTRATION:**

When you arrive to Lanco, you will be greeted by student players and other adults 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 Lanco requires you to sign. This form will also serve as our official registration form. You will



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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 8 play on the turf at a time (includes 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 (must be PCA certified). 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 Lanco 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. The fee applies only to the field players. 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 hot dog, a bag of popcorn and 1 fountain soda); a game brochure, and the opportunity to participate in the event for one hour (59 minutes). All players will receive a gift at the end of their game along with their food voucher.

### \* GIFT:

This year's gift is customized (color to match your team) pocket pounder. The logo used on the label was created by Dustin Dohm to symbolize our annual event and also includes logos from M-A-W and PCA. Dustin's creativity and enthusiasm for the sport came to reality with this design. We are very appreciative to Dustin for his work. The Make-A-Pocket Pounder (also known as the Positive Pocket Pounder), will be used by every player to help pound in their pockets without cutting their knuckles on the sidewalls. The customized pounders recognizes every paid participant with the words "I PLAYED" in addition to honoring the memory of Travis P. Sipe with his number #14. Nearly 450 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 or cleats to play.

### \* RULES:



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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.

- => eight (8) field players total – this includes (1) goalie per team...it will be 2D, 3M and 2A plus 1G.
- => offsides will be called (must keep two (2) players behind midfield both on the offense and defense).
- => long poles may play on the field – maximum of two (2) on the field at all times.
- => stick checks only for all the games
- => there are no body checks, take out checks 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
- => 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 (except U-9 games)
- => all games will be running time starting exactly one the top of the hour
- => we will pause for one minute at the 14<sup>th</sup> minute of each game to honor the memory of Travis Sipe.
- => there will be no halftime, no quarters and no timeouts other than the one minute stoppage.
- => substitutions on the fly as well as any dead ball situation...clock runs all the time
- => each game will be 59 minutes total
- => 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 promptly at the top of the hour...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.

**\* MEDIA:**

The local papers and the television stations have all been contacted. 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 the last few years.

**\* WORST CASE SCENARIOS:**

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

=> snow - unlike a few years ago, it looks like the temperatures will be above freezing all week.

=> late arrival - any individuals who do not arrive 45 minutes early are considered late...please arrive on time.

=> injury – Lanco 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 the next game. 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 March 21<sup>st</sup>. I cannot be calling individual players or team coaches chasing down \$20 over the weekend. Your help with this is truly appreciated.

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

Thanks again for supporting this wonderful event.

Bob Rhein  
President  
York County Lacrosse Association (YCLA)