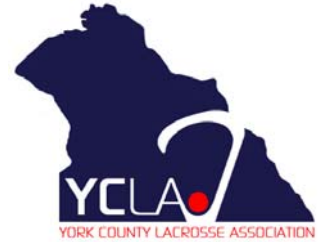


# YORK COUNTY LACROSSE ASSOCIATION



## Meeting Minutes –

January 25<sup>th</sup>, 2009 at Penn-Air & Hydraulics Corp., York, PA.

The meeting was called to order by Bob Rhein at 7:29 pm. Roll call was performed:

### Present:

CENTRAL YORK – John Yantek  
DALLASTOWN - Phill Bates  
EASTERN YORK – Bob Rhein  
GOTHAM CITY – Dave Hagan Jr.  
NEW OXFORD – Dan Badolato  
NORTHERN YORK – Doug Gamber  
RED LION – Troy Arnold  
SHOOTING IRISH – Iona Conlon  
SOUTH EASTERN – Melanie Greaver  
SOUTH WESTERN – John Moore  
SPRING GROVE – Dan Wilmot  
SUSQUEHANNOCK – Mark Norris  
WEST YORK – Mark Keim  
YORK SUBURBAN – Nick Hendler  
CHAIRMAN – Guy Muller

### Excused Absence:

None.

### Absent:

None.

### Guests:

Ted Schonbrunner – SOUTH EASTERN  
Tim Link - SPLOA

1. **Minutes** – Bob Rhein distributed minutes from the December 21<sup>st</sup>, 2008 meeting. Dan Badolato made a motion to accept the minutes as is. John Moore seconded. Minutes were unanimously approved.

## 2. Old Business

- a. **Referee Update - (SPLOA):** Nick Hendler shared that the SPLOA grew in numbers as 18-20 of the CPLOA officials moved into the SPLOA Chapter recently. Tim and Laura Link have now joined and will be taking the responsibility of Vice President (Laura) as well as Assignor (Tim). There will be over 50 officials now available for the spring to help with the YCLA youth games. Conversation also took place about the certification process for the coaches through PCA and the role that the SPLOA will take to enforce this. Nick said that he would document an update for the YCLA (which has been published recently).

→ Action Item: None.

- b. **Youth Teams – Scheduling Recap:** Bob shared that earlier in the day, all the YCLA teams scheduled for the spring season. The session went well and all the schedules are due to the SPLOA on or before February 12<sup>th</sup>.

→ Action Item: **Submit your schedules to the SPLOA by February 12<sup>th</sup>.**

- c. **Positive Coaching Alliance (PCA) – Schedule & Investment:** Bob presented an update to all the Board Members regarding the Coach's Workshop and the Parent's Workshop. Earlier in the evening, all 14 Club Board members participated in a two hour workshop hosted by PCA's Leslee Brady. The session was outstanding. The Coach's session is to be held on February 22<sup>nd</sup> and the Parent's session will be held on March 8<sup>th</sup>. All head coaches and assistant coaches who will be standing in the coach's box this spring must attend on the 22<sup>nd</sup>. In the event a coach cannot attend due to work or travel conflicts, they will be required to take the on-line course prior the season in order to be certified. Those who participated last spring still must attend the session this year or take the online course in order to qualify. Although we would like the Officials to attend, the coaches workshop is limited to 150 people. All participants must be members of US Lacrosse for the coach's workshop.

→ Action Item: **Bob will publish additional information regarding both workshops.**

- d. **Playmaker Lacrosse Clinic – February 16<sup>th</sup>:** Bob Rhein provided a brief update as he recently spoke to Ira Rainess and Scott Lowe. The Clinic is now under a new name but still features Kyle Harrison. Each Club (13) will receive one scholarship to the one day event. The Camp will be held on Monday, February 16<sup>th</sup> starting at 9:00 am.

→ Action Item: None.

- e. **U-13 National Youth Festival:** Bob shared that the Central PA Chapter of US Lacrosse is participating in the event to be held on June 12<sup>th</sup> – June 14<sup>th</sup>, 2009 in Ohio. Bob will be the head coach for the team is will be announcing more details to all the players and coaches in Central PA in the next 30 days.

→ Action Item: None.

### 3. New Business

- a. **JR Passions:** Jim Rudacille of JR Passions came in initially to the Board meeting and showed a variety of items that they offer. Jim provides an excellent product and service at an affordable price. They also offer sports action photos that can be created into a Fathead. Bob Rhein had recently purchased two from them and they turned out great. For more about them, please visit [www.jrpassions.com](http://www.jrpassions.com)

→ Action Item: None.

- b. **By-Laws Update/Girls/HS/Process:** Bob offered to update the By-Laws to bring to the Board in March. Edits will occur to eliminate Girls and HS in the By-Laws. Based on our past meetings, the YCLA is solely responsible for the Youth Boys programs only. Discussion also took place as to the procedure to follow when making motions and voting. If there are time sensitive issues, votes can still take place. However, all Board members agreed that based on sensitive topics and significant changes to our policies, that a one month waiting period should take place. This will allow each Club to take the topics back to their respective Clubs and Boards. Conversation took place about on-line voting, etc...however, no motions were made on this topic.

→ Action Item: Bob Rhein will update the By-Laws for review in March.

- c. **Player Waivers – Exemptions & Eligibility:** There was additional conversation regarding the NFHS definition for U-15 players. The YCLA follows the NFHS, but has also allowed 9<sup>th</sup> graders to participate on the U-15 teams as long as they meet the age requirement. There was also conversation about two Clubs that did not schedule games with each other due to past history and altercations during the games. Both Club Board members agreed to discuss a way of resolving this issue so that the teams can schedule each other. Bob Rhein of Eastern York brought three players names and situations to the Board for review since all three players would be playing in age groups that are younger than their true age. The Board unanimously approved the exemptions to allow these three boys to play.

→ Action Item: None.

- d. **Field Paint Order – Final Summary:** The final order will be placed for paint. As of the release of these minutes, the paint was delivered and all Clubs participating have picked up their paint and it is paid in full. Prices this year were the lowest ever due to the significant volume order (over 130 cases).

→ Action Item: None.

- e. **ImPACT Testing – Grant for the YCLA:** Bob shared that the professionals from Wellspan/York Hospital had contacted him regarding the application for a Grant to enable education and baseline testing to take place for all U-13 and U-15 players this year. As of this release of the minutes, the grant was approved and a formal announcement will be released in the next week. There will be two different educational sessions that all players and at least one parent must attend in early March. There will be no cost to the families. Based on the compilation of data from last spring, the most significant quantity of injuries reported in the YCLA were concussions. All HS students in the area regardless of their sports are required to participate in this baseline testing so the YCLA is pleased to be a recipient of this grant.

→ Action Item: Bob will publish an announcement with details for the educational sessions.

- f. **U-15 National Youth Festival – June, 2009 – Need Coach:** The Central PA Chapter of US Lacrosse is looking for a volunteer to head coach and administer the U-15 National Youth Festival Team which will go to NY in June. Anyone interested should immediately contact Harry Mazaheri.

→ Action Item: None.

- g. **Central PA Chapter Meeting Recap – 1/20/09:** Bob Rhein attended the meeting held at the Lancaster County Club and run by Harry Mazaheri. There were approximately 15 people who attended from the Mid Penn, Lancaster Lebanon area as well as the Lewisburg area. Most of the discussion revolved around the Youth Festival teams and the funds that the Central PA Chapter will provide. \$1,200 will be allocated to both the U-13 and the U-15 teams to offset the registration fees charged by US Lacrosse.

→ Action Item: None.

- h. **Southern York County Tournament Teams:** Conversation took place regarding summer teams. The River Rats will be holding registration and tryouts in the next few months. Gotham City Thunder offered to coordinate teams for summer competition as well.

→ Action Item: None.

- i. **Adult Summer League Teams:** There is a need to have a few fields available in the York area for the men's summer league games. Anyone who may have a field available can contact Stefan Striffler who runs the men's summer program.

→ Action Item: None.

- j. **Tom Marechek – Clinic/Camp:** Dave Hagan Jr. shared that Tom would be potentially offering a coach's clinic in early March in addition to a hands on clinic for youth players. A recent announcement has been published with the details. This will run in conjunction with the March 8<sup>th</sup> Parents Workshop from PCA. Thank you Dave and thank you Phill Bates of Wildcat Lacrosse (Dallastown) for bringing this together. Last year, the coach's clinic took place the same day as the coach's workshop for PCA. This year, Dave and Nick suggested that coaches could share their drills electronically and they could be posted on a website. See below for details of Tom's Clinic.

→ Action Item: None.

4. **Next Meeting** – The next scheduled Board meeting will be held on Sunday, March 1<sup>st</sup>, 2009 at 7:00 pm at Penn-Air & Hydraulics Corp.
5. The meeting adjourned at 9:41 pm.

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## E-Newsletter

### ALL PRO LACROSSE COACHES CLINIC'S

Our new Coaches Clinic is designed to help coaches with their techniques, organization, drills and motivation. Whether you are an experienced coach or perhaps beginning your first season, there is always something to be learned and valuable knowledge to be gained from one of the sport's best players- Tom Marechek.

Clinic cost: Only \$25 per person.

Details:

1. A 3 hour training session for coaches and parents who want to learn more about the game, and how to teach it.
2. Station drills for all positions, Attack, Middie, Defense and Goalie.
3. How to "Shoot Like a Pro" demo by Tom Marechek.
4. Designed to help coaches develop and refine their own coaching techniques for all players and coaching staff.
5. Q & A session with Tom and the rest of our All Pro Staff

If your interested in having a Coaches Clinic drop us an e-mail or submit the request on-line @ [http://www.allprolaxcamps.com/coach\\_clinics.asp](http://www.allprolaxcamps.com/coach_clinics.asp)

Coaches Clinic for March 8, 2009 in Dallastown, Pa at 12:00pm - 3:00pm  
Registration is on-line for this event.

Registration is on-line for this event.

Plus we'll show you an easy way to earn cash rewards for you or your organization through our All Pro Rewards Program.

Upon your organizations approval, you can receive \$20 cash back for every player that signs up for an All Pro LAX Camp!

### **All Pro Lacrosse Rewards Program**

In today's economy, we realize that many Lacrosse Clubs and Organizations struggle to meet their financial needs. So to help you meet your "Goals" (sorry, we couldn't resist) we have developed "**Tom Gives Back**", our All Pro Lacrosse Rewards Program.

Tom is always looking for ways to give back to the game and those who keep the sticks moving. This rewards program is designed for Clubs, Organizations and Dealers of Lax Equipment.

Here's how it works:

A Club or Organization such as "Gotham City Thunder Lax Club" sign up for the rewards program. Upon approval by All Pro Lax, they are assigned a promotional code. Any player from that club who uses this code during the camp registration process, ensures their respective club or organization will receive \$20.00 back in September.

A Club or Organization sign up through a Lax Equipment Dealer, and are assigned a promotional code by dealer. Any player from that club who uses this code during the camp registration process, ensures the Lax Equipment Dealer receives \$20.00 back in September. This gives the Lax Dealers the opportunity to offer sales incentives, giveaways, or funds back to the club and its members.

Ultimately our program benefits the Club of the player who signs up for one of the All Pro Lax Camps this summer. It's our way of saying  
"Thank You!"

To sign up for the Rewards Program @ <http://www.allprolaxcamps.com/rewards.asp>

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Got this as a forward? [Sign up](#) to receive our future emails.