

## **Hempfield Boys' Lacrosse Organizational Meeting**

Monday September 24<sup>th</sup>: Hempfield HS Cafeteria- 7:00-8:00pm

### **Hempfield Boys' Lacrosse Registration:** Please fill out registration sheet.

- a. 9<sup>th</sup>-12<sup>th</sup> grade: please hand in registration sheet to Coach Bailey.
- b. 7<sup>th</sup>-8<sup>th</sup> graders: please hand in registration sheet to Coach Cadzow.

### **Hempfield Middle School, Junior Varsity and Varsity student-athletes:**

#### Expectations:

- a. Academics- remain on top of your academic responsibilities.
- b. Athletics- play sports, work on your athletic prowess, and work at your fitness throughout the Fall/Winter.
- c. Friends- make sure you keep good company. Friends want you to have success, and support your efforts to make yourself better!

### **Sept.-Nov. 9<sup>th</sup>: Schedule for Boys Lacrosse student-athletes:**

**Sundays:** 7 v 7 lacrosse at CMS from 1:30pm-3:30pm (exception: Sunday Oct. 7<sup>th</sup>- 4:00pm-6:00pm)

Cost: \$40.00 Check made out to Blue Mtn Lax

**Mondays:** Concept Fitness Play and Stickwork/Footwork skills at Buchanan Gymnasium (HS) from 8:00pm-9:30pm.

**Tuesdays:** 9<sup>th</sup>-12<sup>th</sup> graders-strength training and 1.5 mile run 3:00pm-4:30pm.

**Wednesdays:** no training activities scheduled.

**Thursdays:** 7<sup>th</sup>-12<sup>th</sup> graders- Speed training with Coach Bernhardt: 4:00pm-4:45pm

**Fridays:** 9<sup>th</sup>-12<sup>th</sup> graders-strength training and 1.5 mile run 3:00pm-4:30pm

**Saturdays:** no training activities scheduled.

### **Winter Schedule:**

**HS players:** Robby Kreider is organizing teams for the Lanco Fieldhouse Indoor Winter League. Sign up sheet is available. You can expect your cost to be at least \$100.00

**Strength training/Speed work day and times** with Coach Bernhardt will be determined.

**MS and HS Team Play/Concept-Skills play:** Tuesdays on the Turf Quad, dates: Dec 4, 11, 18, Jan. 8, 15, 22, 29, Feb. 5, 12, 19, 26 from 3:30pm-5:00pm.

**MS and HS: 10 v 10 concept play:** Saturdays on the Stadium Turf: Dec 8, 15, 22, 29, Jan. 5, 12, 19, 26 and Feb. 2, 9, 16, 23. **MS:** 10:30pm-12N **HS:** 12N-2pm

### **All Boys MS and HS student-athletes will need the following:**

**GS Designs:** Hempfield's official Heat and Cold gear (mandatory).

**Angelos Lacrosse Corner:**

MS and HS students: Official Hempfield Lacrosse Helmet

**H&L Team Sales:**

**Varsity and JV-**

Hempfield's official shorts: (1) white pair, (1) silver pair, (1) black pair

**Middle School-** Hempfield's MS **new** shorts and jersey.

### **Hempfield Boys Lacrosse Team Night:**

Date: October 22<sup>nd</sup> More information to come, but this will probably be at either Red Rose Arena or Angelo's. Both Angelo's and H&L Team Sales will be represented.

MS Coach- Hugh Cadzow: 717-201-9724  
[hcadzow@msn.com](mailto:hcadzow@msn.com)

HS Coach- Doug Bailey: 717-203-2055  
[bluemtnlax@comcast.net](mailto:bluemtnlax@comcast.net)