

ST. XAVIER LACROSSE



2008 Season: Key Preseason Dates

Feb. 1	Mom's clinic	March 6	Teams announced
Feb. 25-29	Conditioning week	March 11	Meet the teams night
March 3-5	Tryouts	March 15-16	Varsity preseason tournament

Teams and Composition

The tremendous growth of the lacrosse program, from roughly 100 boys several years ago to as many as 180 boys this year, has provided great opportunities and some challenges. *To better accommodate all players and retain our no-cut policy*, a fifth team has been added. The fifth team, called the Reserve, will play a Div. II varsity schedule. All players will receive a varsity letter. The addition of this team will keep all teams from growing too large and provide much more playing time to those juniors and seniors who would rarely play otherwise.

<u>Team</u>	<u>Composition</u>	<u>Competition</u>
Varsity	Best 32-35 players in program	Competes in Midwest League & against best area competition
Junior Varsity	Best 32-35 varsity prospects	Competes against best available JV competition
Reserve	All remaining juniors & seniors	Plays Div. II and club varsity teams; earns varsity letter
Blue	Primarily freshmen & sophomores	Developmental team; plays area JV teams
White	Primarily freshmen & sophomores	Developmental team; plays area JV teams

Mom's Clinic, Friday, Feb. 1, Cincinnati Sports Mall

Please plan on learning more about the game of lacrosse and the St. X program by attending the first Mom's clinic. It will include overviews of the St. X program and Cincinnati lacrosse, information about rules, positions and how to play, plus a great social hour. To sign up, contact Margi Snelling at ctyfnd@aol.com

Donation Request for 716th Military Police Battalion

The lacrosse program has adopted a unit of 85 soldiers from Fort Campbell, Ky. The 716th Military Police Battalion was deployed to Iraq in December and will remain there for 15-18 months. The unit performs a wide range of duties, from detainee operations to joint efforts with Iraqi police. Cpt. Nathan E. Brookshire has requested the following items for the troops: Chapstick with spf; razors; lotion; eye drops; baby wipes; pocket size tissues; easy mac & cheese; tuna in a pouch; sunflower seeds; hand sanitizer; blank all-occasion greeting cards (to send home); disposable cameras; and free-time items likes playing cars, puzzles, DVDs, etc.; plus your letters of support, which can be sent directly to: Cpt. Nathan E. Brookshire, HHD 716th MP BN, Camp Liberty, Iraq; APO, AE 09344
Please have your sons bring donations to Coach Collura at the preseason lifts.

In addition, we have teamed up with a local Brownie troop to purchase Girl Scout cookies, which will be sent to Iraq along with letters from the girls. The cost is \$3 per box. Please send check for appropriate number of boxes before Jan. 31 to: Jennifer Hill, 2907 Treevalley Ct; Cincinnati 45244. For more information: Shilz@fuse.net. For more information on all troop matters, contact Mary Lynn Laugherty at mLaugherty@aol.com

Wooster
Mount Lebanon
Western Reserve Academy
Upper Arlington
Dublin Scioto
Shady Side

Midwest Scholastic Lacrosse Coaches Association

St. Xavier
Moeller
Franklin Regional
Thomas Worthington

Brother Rice
Sewickley
Worthington Kilbourne
Birmingham
Detroit County Day
University of Detroit Jesuit