

MIDWESTERN FORCE LACROSSE

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2009 Membership Drive Begins!

Midwestern Force Lacrosse Club (MFL) kicks off its 2009 membership drive with some exciting new changes to the club's offerings. This year, girls in the classes of 2010, 2011, and 2012 will have an opportunity to pick their individual membership path. MFL will be offering the following formats: **ELITE**, which requires mandatory participation by players in all practices and a select group of tournaments based on the player's year of graduation. All **ELITE** players will also have additional practices on a rotating basis in Ohio

and will play only with their fellow **ELITE** members at selected tournaments. The alternative membership will be **SELECT**, which will function the same as in previous years. **SELECT** players will need to attend a minimum of four open clinic practices and have an opportunity to play at tournaments offered on an a la carte basis. For the class of 2013 there will be two options offered; the first is a **BRIDGE PLAYER** who will continue with all local weekly practices with the middle school group, participate in regional jamborees and then play



a la carte at high school tournaments available to them. This class will also have the option to play strictly as a high school **SELECT** player. Our **MIDDLE SCHOOL** program will remain unchanged, offering regular practices on a weekly basis in the players' region with once a month jamborees rotating in Ohio over the Summer months.

Early Signers . . . Class of 2009

After a great summer of play, MFL proudly announces the Class of 2009 early signers:

Lisa Alban
Saint Ursula, Cincinnati, OH
SLIPPERY ROCK

Ashley Argyros
Seneca Valley, Cranberry, PA
GEORGE MASON

Kelsey Beck
Sycamore HS, Cincinnati, OH
AMERICAN UNIVERSITY

Lauren Chatham
Arrowhead HS, Hartland, WI
LASALLE UNIVERSITY

Kimmy Collins
West Windsor, Plainsboro, NJ
AMERICAN UNIVERSITY

Rachel Deighan
Wooster HS, Wooster, OH
PRESBYTERIAN COLLEGE

Jessica Fugate
Wooster HS, Wooster, OH
GANNON UNIVERSITY

Anna Geissbuhler
Thomas Worthington HS, Columbus, OH
UC DAVIS

Alexandra Gulli
Jackson HS, Jackson, OH
SETON HILL

Emile Hunter
Sycamore HS, Cincinnati, OH
VIRGINIA TECH

Rosie Knisley
Upper Arlington HS, Columbus, OH
ROANOKE

Kelly Mason
Upper Arlington HS, Columbus, OH
COLGATE

Adrianna Piontek
Mason HS, Mason, OH
UNIVERSITY OF CINCINNATI

Katie Ravenhall
Lakota West, Cincinnati, OH
ADRIAN COLLEGE

Shannon Rohrich
Stow HS, Stow, OH
EDINBORO

Hannah Bonfiglio
Stow Monroe Falls
SLIPPERY ROCK

We wish these ladies all the best! Look for more signings to follow in the spring signing period!

ARTICLES

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Fundraising Opportunities

With the downturn in the economy, Midwestern Force strives to find ways so that every player can be a part of the MFL family. With the help of Lisa Chapman and the Prime Outlet centers in Wooster, Ohio, girls will have an opportunity to raise money to help fund their participation in MFL club events. If you are interested in helping fund your club membership and would like more information about participating in various activities in and around the holiday season, please contact Lisa Chapman at lisa.chapman@cbre.com.



Holiday Challenge and Canned Food Drive

Midwestern Force Lacrosse is holding its second annual charitable event. Last year we held the *Gobble Games* in which all proceeds benefited the Ohio Schools Lacrosse Association. This year we are hosting our first *Holiday Challenge 7 v.7* in Toledo at Gold Metal Sports on December 12th from 1 p.m.- 9 p.m. The tournament cost is \$50.00 per player and will be followed by an open clinic the next morning from 9 a.m. to 1 p.m. The clinic cost is \$45.00 per player. All proceeds after expenses will go to offer scholarship opportunities for players participating in MFL club lacrosse. We are also hosting a canned food drive and rewarding the team who brings the most canned items. All canned goods will be donated to a food shelter in the Toledo area for the holidays. Both of these events are open to any club or non-club members. If you are interested in participating, please e-mail midwesternlax@yahoo.com for registration material.

MFL Launches New Web Site

MFL is officially launching its new website by the end of November. After months of anticipation the unveiling is about to occur. The new site will offer many of the same features as the old site, but will be mainstreamed with today's technology. We want all of our members to use the website as your official information center. MFL will do all registrations directly from our website and will no longer be using Laxwiz, the system that we used in the past. The majority of data we collect throughout the year will now be included in the new Trivia system so players and family members will be able to update information on a regular basis. You can log in directly by using the following link: <https://thriva.activenetwork.com/MyAccount/Login.aspx?Org=MidwesternForceLacrosse> Once this system is in place and fully functional, everything can be accessed directly from www.midwesternforcelacrosse.com

November Players of the Month



#109

STEPHANIE SCHMALTZ - MIDFIELDER – CLASS OF 2010
High School - MOUNT NOTRE DAME IN CINCINNATI, OH
Height - 5'3"

Parents - Jenny and Ted Schmaltz

Fun Facts You May Not Know About Stephanie -

On weekends she loves to run 5Ks - Last year she won the *Heart Mini-Marathon* for her age group

Desires and Aspirations for the Future - Wants to be a lawyer or pediatrician with her own practice

Favorite Color - Blue and Gold

Favorite Book - *Twilight*

Favorite Movie - Elf

Siblings Names - Benjamin, Andrew, and Sarah

Best Lacrosse Memory - Winning the GGCL

Favorite Class/Subject - Chemistry



#18

MADDIE TAGHON – DEFENDER – CLASS OF 2010
High School - WORTHINGTON KILBOURNE IN COLUMBUS, OH

Height - 5'9"

Parents - Katja and Tom Taghon

Fun Facts You May Not Know About Maddie -

She rocks the cello.

Desires and Aspirations for the Future - Wants to serve in the Peace Corps.

Favorite Color - Pink

Favorite Book - *Harry Potter*

Favorite Movie - Harry Potter

Siblings Names - Most people do not know this in the club, but Maddie is a twin to her brother is "Jake"

Best Lacrosse Memory - Winning against Dublin Coffman in overtime, and making some sweet dance moves on the bus.

Favorite Class/Subject - Spanish - Maddie hopes to continue studying Spanish and Italian in college

Pets - Two crazy cats, Magellan and Collettet



Mfl lacrosse

Recruiting Tips and Timeline

2010

All of you should have your resume done and e-mailed out to potential college programs of interest. You should also e-mail those programs once every couple of weeks with updates on things you have been doing. Find out if they are offering any mini tourneys, clinics or training and plan on attending - especially if it is one of your top schools! Schedule an appointment with the coach by e-mailing and meet one on one with him or her. If you are going to a college campus, please e-mail me at Mitch4talk@aol.com and I will e-mail the program to support you. I cannot do this if you do not tell me you are going and please, not the night before.

All of you should have at least one, if not two set of SATS (ACTS are acceptable but not as preferred). Schedule to take them again right after the first of the year. You have to have the best foot to put forward starting in June. DO NOT WAIT! Register for the NCAA clearinghouse and download the forms. Take them to your records office as you will need to be cleared at the end of your junior and senior year. Here is a link where you can download the NCAA handbook for your review: <http://www.ncaastudent.org> Your final SATS and ACTS are reported to the clearing house using the Code 9999.

Prior to every tournament, e-mail all programs individually that you are attending and include your name, number, game times and the name of your teams. Wear something that will make you stand out...crazy socks, hair ribbons, or an arm band. Make it easy for them to pick you out. E-mail them again when you get home and ask for constructive criticism.

2011

You are the next rising senior class after July 1st so you need to start getting ready for this process. YOU ALL NEED AN ATHLETIC RESUME! An example is included in this newsletter for you to use for formatting ideas. Don't fret if it doesn't have a lot of content at the beginning, it will get filled up over time. It is also important to choose individuals in your family that can be your support system in the upcoming process. Pick someone who you can communicate openly with even when the process gets difficult. By June 1st, you will start networking with this newly created athletic resume. More specific details will be included in an upcoming newsletter, but for now, start working on your resume.

SATS...Sign up to take them for the first time in the Spring. I know that every guidance person in America will tell you, NO, but DO NOT LISTEN! You will need this information to give you an idea to where you are and where you need to be for next summer. Ask for the answer sheet when taking the test so you can see if there is a pattern for your mistakes. Look around for an SAT tutor (or a super program) and start working with them. Private tutoring is highly recommended because it is usually much cheaper and students get individual attention. This method is much better at identifying students' weak links and helping to correct them. Remember, don't forget to bring the answer sheet in with you so they can see where you are making your mistakes.

2012

It's all about playing right now and just having a good time! Push yourself and do not be afraid to take risks when playing. If you get crushed in a game, pick yourself up, dust yourself off - there is always next time. There will be frustrating experiences, but like the cream in milk.....You will raise to the top!

Template for Creating an Athletic Resume



MARY SMITH - CLASS OF 2007

58 Brandywine Drive
Hudson, OH 44236
Home Tel: 330 463-5487
Email: laxqtgrl@aol.com
Academics: GPA 3.7
School: Hudson, OH 44236

Birthdate: 11/03/86
Height: 5'3" Weight: 125 lbs.
Positions Played: Attack & Midfield
Parents: Sam & Allison Smith
SAT: PENDINGACT: 29
Honors/AP Classes: 3

HIGH SCHOOL LACROSSE INFORMATION (Jersey # 2)

- FRESHMAN YEAR
 - Team was State District Finalist (9 Wins & 4 Losses during regular season)
 - Varsity team member (11 goals, 6 assists, 18 ground balls), Received Most Improved Player Award
- SOPHOMORE YEAR
 - Team was in Final Four for state championship (12 Wins & 4 Losses during regular season)
 - Starter on the Varsity team (26 goals, 11 assists, 11 ground balls in 13 games)
- JUNIOR YEAR
 - Team was in Final Eight for state championship (13 Wins & 2 Losses during regular season)
 - Starter on the Varsity team (38 goals, 25 assists, 25 ground balls). Led team in scoring
 - Named to 2nd team all league
 - Named Captain for YR2005 season

CLUB TEAM LACROSSE INFORMATION (Jersey # 18)

- Two year member of Midwestern Force traveling lacrosse team coached by Wendy Gallapoo
- Named Captain for the YR2004 season
- YR2004 Tournament schedule:
 - The National Draw
 - Ocean City M & D
 - Power Games
 - Northwestern University
 - Vail Shootout
 - Queen of the Pack Tournament
 - Turkey Shoot
 - President's Cup
 - All Star Express
 - Wild Side Tournament
 - Max Challenge
 - Skyscraper Tournament

OTHER CAMPS/CLINICS ATTENDED

- US Lacrosse Player Developmental Camp
- University of Maryland All American Lacrosse Clinic
- Northwestern University 7 v 7
- Ohio State Lacrosse Camp
- National Lacrosse Clinic- Buffalo, NY
- Northern Ohio Elite Lacrosse Tournament
- Loyola Elite 300
- University of Maryland Elite Lacrosse Program
- Duke Super Elite
- Ohio State 3 v 3 Tournament
- University of Maryland All American Lacrosse Clinic
- Loyola College 4 v 4

OTHER SPORTS/AWARDS-

- JV Basketball-starting point guard led team in eight out thirteen categories
- AAU Basketball- All tournament team award
- Field Hockey -Three year varsity team member and captain for YR2005 season. Honorable mention all-league for YR2004 season

OTHER ACTIVITIES

- Future Business Leaders member
- Young Life participant
- Leadership Council member for High School
- Leadership Conference participant
- Relay for Life participant
- Just Sports Camp (coached elementary kids various sports)

COACH CONTACT INFORMATION

- High School Lacrosse Coach: Joya Mitchell Tel: 330 877-8568E mail: cf_mitchellj@mail.neonet.k12.oh.us
- Midwestern Force Lacrosse Coach: Wendy Gallapoo Tel: 614 893 4255E mail: midwesternlax@yahoo.com

Alumnae in the News

Elizabeth Clegg, Class of 2008, freshmen at Bowdoin College in Maine, has won her first National Championship this November for Field Hockey. Elizabeth is an alumni of Midwestern Force Lacrosse, daughter of Chris and Alison Clegg and sister of current rising senior, Emily Clegg. Elizabeth is playing both field hockey and lacrosse for Bowdoin college after entertaining many offers last season for lacrosse at schools such as Syracuse, Harvard and Davidson. We congratulate her on her success!

Northwestern 6 v.6 in February

Join us for the annual *Wildcat Elite Indoor 5v5 + Goalie Series!*
BROUGHT TO YOU BY THE WILDCAT ELITE LACROSSE CLUB

Date: Sunday February 1, 2009

Location: Northwestern University

Format: 5v5 + Goalie

* Minimum of 6 players per team (includes a goalie)

* Minimum of 4 games per team

This is a mandatory event for Elite 2010s and an open tournament for 2011 and 2012. Plan your travel into O'Hare or Midway Airport by no later than noon on Saturday, January 31st. The hotel will be announced along with sign ups for open players and lodging for Elite solo's.

Do you have any ideas, suggestions or photos that you want to share with the MFL newsletter?

If you do, please forward them to

msnively@indy.rr.com

DECEMBER DATES TO REMEMBER:

12th – Toledo, OH Holiday Challenge & Canned Food Drive
1 p.m. – 9 p.m.

13th – Toledo, OH Elite and Open Member & Non-Member Practice
9 a.m. – 1 p.m.

About Our Organization...

Midwest Force Mission Statement

Midwestern Force Lacrosse Club (MFL) is a competitive out-of-season group that provides players a variety of instructional and competitive opportunities. MFL strives to improve multiple aspects of each player's individual and team skills. MFL is composed of dedicated individuals who will share their passion for and knowledge of lacrosse. MFL will also focus on developing positive team dynamics by modeling and promoting leadership, sportsmanship, hard work and dedication. MFL believes that EVERY player can succeed at the next level and is committed to challenging players to reach their full potential. Our goal is to help transition those players who may want to continue their game at the collegiate level.

PLEASE FEEL FREE TO VISIT US ON THE WEB AT WWW.MIDWESTERNFORCELACROSSE.COM OR EMAIL MIDWESTERNLAX@YAHOO.COM FOR QUESTIONS

