

# MIDWESTERN FORCE LACROSSE

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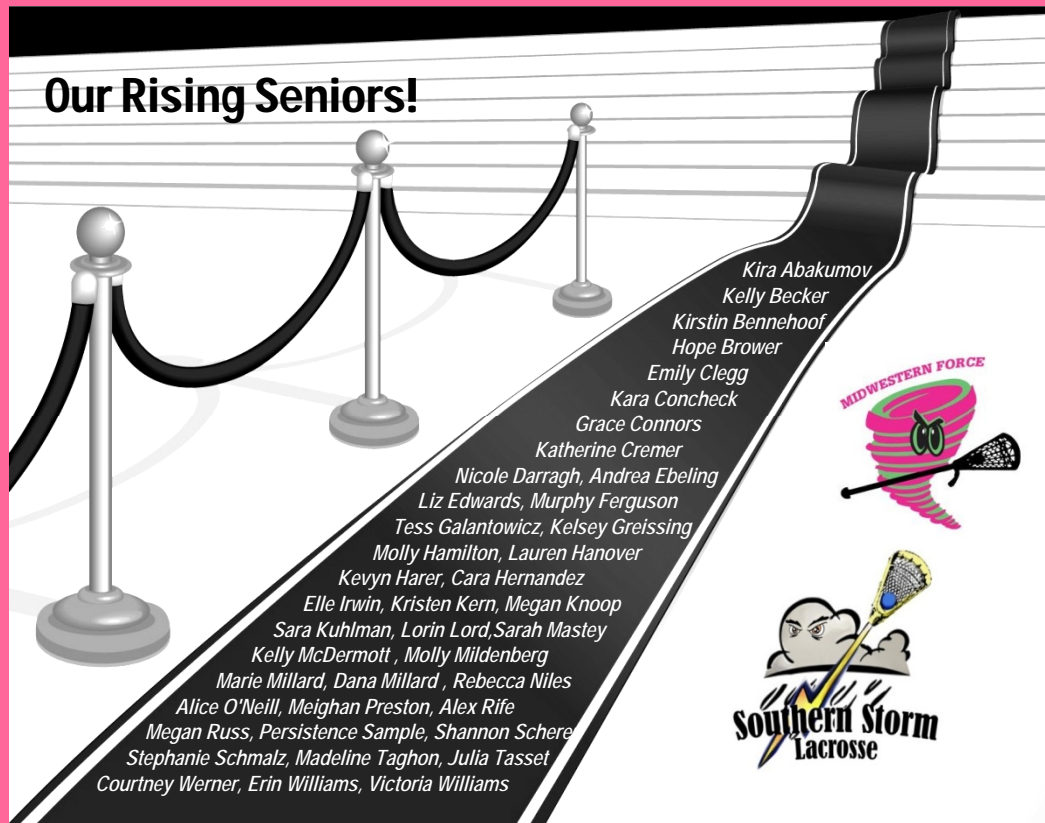
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Midwest Force Lacrosse Mission Statement

## Roll Out the Carpet for the Class of 2010!

### Our Rising Seniors!



*Kira Abakumov*

*Kelly Becker*

*Kirstin Bennehoof*

*Hope Brower*

*Emily Clegg*

*Kara Concheck*

*Grace Connors*

*Katherine Cremer*

*Nicole Darragh, Andrea Ebeling*

*Liz Edwards, Murphy Ferguson*

*Tess Galantowicz, Kelsey Greissing*

*Molly Hamilton, Lauren Hanover*

*Keyvyn Harer, Cara Hernandez*

*Elle Irwin, Kristen Kern, Megan Knoop*

*Sara Kuhlman, Lorin Lord, Sarah Mastey*

*Kelly McDermott, Molly Mildeberg*

*Marie Millard, Dana Millard, Rebecca Niles*

*Alice O'Neill, Meighan Preston, Alex Rife*

*Megan Russ, Persistence Sample, Shannon Schere*

*Stephanie Schmalz, Madeline Taghon, Julia Tasset*

*Courtney Werner, Erin Williams, Victoria Williams*

## Coach Wendy Gallup Inducted into the Ohio Lacrosse Hall of Fame

Coach Wendy Gallup will be inducted into the Hall of Fame at the 2009 Ohio Chapter Banquet to be held June 13, 2009. Coach Gallup is being recognized for her 20+ years of coaching service for both the Worthington and Upper Arlington programs and would be honored to have families attend the Hall of Fame banquet in support of her achievement. To attend please contact Paul Caldwell at [pclax@prodigy.net](mailto:pclax@prodigy.net) to reserve your seating. Tickets (\$50 per person) must be purchased prior to the event. Other women inductees include Connie Walton (official) and Judy Schmidt (WRA coach). The evening also includes a recognition of Ohio's National Scholastic All-Americans and Honorable Mention recipients.

## IMPORTANT REMINDERS!

Please make sure all itinerary forms are completed and returned to Kathy Kimmerling at [Kkimmerling@sbcglobal.net](mailto:Kkimmerling@sbcglobal.net) ASAP!

Remember to have your account membership updated on Thruva. Log on from our website under update profile.

Make sure you have registered for solo lodging per venue since they each have their own set of fees for solo travelers.

All members need to register for practices and tournaments in a timely manner.

Don't forget to sign up for the training weekend in Columbus on June 6<sup>th</sup> – 7<sup>th</sup>. Goalies start June 5<sup>th</sup>.

Naperville is posted on the website so don't forget to register and book hotel rooms early- they go fast!

Go to [www.twitter.com](http://www.twitter.com) and register as a new user following mflmama. We will be using this tool for communication updates at all events.

# Southern Storm Lacrosse is Growing Strong!

Our Southern Storm Lacrosse members are starting to gain in numbers. We welcome the following girls to our MFL family:

- ↗ Grace Connors 2010 - Chattanooga, TN
- ↗ Megan Divine 2011- Chattanooga, TN
- ↗ Sarah Mastey 2010 - Chattanooga, TN
- ↗ Kyra Sichelstiel 2011- Knoxville, TN
- ↗ Kelsey Thurston 2011 - Blythewood, SC
- ↗ Madison Sears 2011- Blythewood, SC
- ↗ Natalie Wiesnet 2011 - Charleston, SC
- ↗ Lorin Lord 2010 - Charleston, SC
- ↗ Meagan Maguire 2012 - Atlanta, GA



Congratulations to Southern Storm members **Kelsey Thurston**, **Maddy Sears** and former MFL member **Kristin Kimmerling** (2009 - Clemson) for becoming the South Carolina 2009 State Champions. Kristin Kimmerling was awarded State Defender of the Year and First Team All State. Kelsey Thurston was awarded State Offensive Player of the Year and also First Team All State.

## Do You "Twitter" or "Tweet?"

This summer Midwestern Force Lacrosse (MFL) will be using a new mode of communication at all events. Twitter is a social messaging system that will help communicate important information in real-time. Players and parents are strongly encouraged to log onto [www.Twitter.com](http://www.Twitter.com) and become a registered user. This will be our main method of communication at all tournaments. Signing up will allow everyone to receive timely information regarding changes in activities, venues, game schedules, and other relevant details that need to be communicated.

When registering, please register your cell phone as the main mode of connecting and request to be a follower of **mflmama**. This will allow you to receive messages via text. Please note that it is very important that everyone knows how to use this communication tool prior to the start of the summer season.

## Former CSG and Midwestern Force Standout Bizzie Durell Lights It Up

WINTER PARK, Fla. (April 7, 2009) – Rollins freshman midfielder and former CSG and MFL teammate Bizzie Durell earned [WomensLacrosse.com](http://WomensLacrosse.com) "Rookie of the Week" for the week ending April 5th. Durell also helped the Tars clinch their first ever shutout victory over Erskine College with a 17-0 win. The team's winning streak continued with victories over St. Andrews and SAPC. So far, Durell has racked-up 17 goals and four assists in 11 games. The Columbus, Ohio, native has a shots-on-goal percentage of 73 percent, she has collected 28 ground balls, snatched 19 draw controls, and has caused four turnovers so far this season. For more information, go to [Rollins Women's Lacrosse](http://Rollins Women's Lacrosse).

Check Us Out At:  
www.midwesternforc lacrosse.com

# More 2009 Players Make Decisions

*Adele Bruggeman*  
Mariemont High School  
**ST. MARY'S COLLEGE, IN**  
RD-Club

*Kiley Cameron*  
Mariemont High School  
**CLEMSON UNIVERSITY**  
RD-Club

*Megan Herold*  
Jackson High School  
**GANNON UNIVERSITY**  
SS-D-2

*Kristin Kimmerling*  
Bythewood High School  
**CLEMSON UNIVERSITY**  
RD-Club

*Caitlin Sterling*  
Cranberry Township High School  
**INDIANA UNIVERSITY OF PENNSYLVANIA**  
SS-D2

*Elizabeth Baglieri*  
Hudson High School  
**JAMES MADISON UNIVERSITY**  
RD-WO

*Marissa Henderson*  
Upper Arlington High School  
**KENYON**  
RD-D3

*Zoe Lucas*  
Cranbrook-Kingswood  
**ROLLINS COLLEGE**  
R-D-2

## What Is a SOLO Traveler?

What does it mean to be a SOLO traveler? Basically, you are paying the Club directly for your lodging and transportation costs to and from the venue and airport. We encourage members to coordinate travel and lodging on their own, with other teammates, compensating that family directly. ALL PLAYERS must submit an itinerary for each *tournament* they attend, but it is especially important when a player is not traveling with her own parent. All itineraries must be returned to Kathy Kimmerling via e-mail at [kkimmerling@sbcglobal.net](mailto:kkimmerling@sbcglobal.net) in the .doc WORD format. A new, updated itinerary must be submitted for each tournament – and you need to indicate on the itinerary if you are traveling/staying with your own parent and if you are not staying in the ‘team’ hotel. While this may be perceived as an inconvenience to those traveling with their own family, experience has dictated that we implement this policy club-wide.

Remember when traveling SOLO, each venue will have solo fees associated with it. **ELITE** members will still need to register for solo lodging for the tournament even though the tournament fees were included as part of the **ELITE** membership (ie the mandatory **ELITE** venues). All venues will have a separate registration for SOLO travel. **SELECT** players will only need to register once, as either a SOLO or nonsolo participant. Read the selections carefully when registering

Due to the lax follow through on the part of some SOLO participants, the Club must implement a forfeit policy. *If a SOLO does not submit her itinerary by the due date, she will no longer be considered a SOLO and while she may still attend the tournament, she will not be housed in a team room and her SOLO fees will not be refunded.* She will then be responsible for her own travel and lodging.

MFL Makes “U.S.  
Lacrosse Magazine”  
with Shannon  
Scherer



# Summer *ELITE* Teams 2010 - 1012

Meet The *ELITE* teams for 2009 summer play! Our new format includes two MFL *ELITE* teams at the 2010 and 2011 levels and one 2012 squad. There will also be two MFL *SELECT* teams divided by graduation year (YOG). The *ELITE* status teams will not change (unless there is an illness or injury) for the IWLCA Tournaments and the Evolution Games/Club Championship Tournament. The *ELITE* versus *SELECT* status **does not** necessarily reflect a player's passion for the sport or skill level since some *SELECT* players are unable to commit to the MFL requirements to maintain an *ELITE* status. Select teams will be based on the number of members attending the event, position, YOG and school affiliation. The Select teams will change each tournament based upon the number of members attending that specific venue. Elite rosters will remain intact for the summer and adjustments will be made for the fall based on summer play. In the event any adjustments are made to the roster prior to the games, coaches will be notified accordingly. \*\*\*Select Goalies should email a separate schedule per venue to coaches!

## MIDWESTERN FORCE LACROSSE!

WHERE ARE OUR MEMBERS FROM?

OHIO

WISCONSIN

MICHIGAN

INDIANA

PENNSYLVANIA

KENTUCKY

SOUTH CAROLIN

### 2010 MFL ELITE EXPLOSION

Abakumov	Becker	Clegg	Concheck	Durfee
Ebeling	Edwards	M Hamilton	Hanover	Knoop
Kuhlman	McDermott	Niles	Russ	Werner
Williams	C Hernandez			

### 2010 MFL ELITE FUSION

Bennehoof	Brower	Cremer	Darragh	Ferguson
Greissing	Irwin	Jackson	Kern	Mildenberg
D Millard	M Millard	Rife	Sample	
Schmaltz	Scherer	Sullivan	Taghon	

### 2011 MFL ELITE COMBUSTION

Chapman	Copelan	Danko	Dowling	Fish
Gaede	Helscel	Isch	Kromar	Mayeda
McManamon	Manns	Murray	Obernesser	Potts
Quadri	Sega	Whitaker		

### 2011 MFL ELITE IGNITION

Arey	Bergman	Bosscher	Capuano	Frair
Ghidotti	Heineke	Jennings	Korandovich	O'Donnell
Platz	Russert	Schemm	Teeter	Thurner
Thomas	Vehar			

### 2012 MFL ELITE SPARK

Bell	Cotter	Cunningham	Deena	Doraty
Drake	Dugger	B Hamilton	Hudson-Heck	Harrison
Keefe	Kubasta	Maguire	Marsh	McMillen
Moeslein	Morrison	Snively	Turner	

# Summer *SELECT* Teams for Champions Cup and Capitol Cup

**Midwestern Force Lacrosse**  
*Fusion*  
*Fire*  
**Explosion**  
**ELITE**  
**BRIDGE**  
*Spark*  
**Combustion**  
*Friction*  
**Southern Storm**  
**SELECT**  
**Ignition**

## **SELECT Friction Varsity A**

K Chester 2010  
 Connors 2010  
 Divine 2011  
 Galanowicz 2010  
 Harer 2010  
 Lenkey 2011  
 McElroy 2011  
 Lord 2010  
 Mastey 2010  
 O'Neill 2010  
 Purves 2010  
 Potts 2011  
 Sears 2011  
 Sichelstiel 2011  
 L Thomas 2010  
 Thurston 2011  
 Underhill 2011  
 Wiesnet 2011

## **SELECT Fire Varsity B**

Burke 2012  
 Eastwood 2012  
 McHugh 2012  
 Murphy 2012  
 Steen 2012  
 Austin 2013  
 Drohan 2013  
 Enich 2013  
 Fee 2013  
 K Hernandez 2013  
 Paulus 2013  
 Thomas 2013  
 Walko 2013  
 Yoho 2013  
 Goddard 2011  
 Holbert 2012  
 Groza 2012  
 Barrett 2013

Champions Cup

## **SELECT Friction Varsity A**

K Chester 2010  
 Connors 2010  
 Edwards 2010  
 Lord 2010  
 Mastey 2010  
 O'Neill 2010  
 Purves 2010  
 Thomas 2010  
 Divine 2011  
 Dowling 2011  
 Fish 2011  
 Goddard 2011  
 Lenkey 2011  
 Sears 2011  
 Sichelstiel 2011  
 Thurston 2011  
 Wiesnet 2011

## **SELECT Fire Varsity B**

Burke 2012  
 Eastwood 2012  
 Enich 2012  
 Furbay 2012  
 Groza 2012  
 Lomeo 2012  
 Murphy 2012  
 Steen 2012  
 E Steinhoff 2012  
 Fee 2013  
 K Hernandez 2013  
 Paulus 2013  
 Thomas 2013  
 Walko 2013  
 Yancey 2013  
 Rafi 2013

Capitol Cup

# Recruiting Tips and Timelines

## 2010

This is your summer. All of you need to be networking and by now should have visited many of your schools on your list. In addition, you need to make sure you have gone into your Thriva account and updated all of your information as this is very important for the college programs. **ELITE** Teams and **SELECT** Rosters are now posted. Please make sure to email the coaches of colleges you are interested in with your team name, game times once confirmed and the field locations. Please remember that the recruiting process is not a horse race: everyone can win. It's just a matter of finding the right fit for you both academically and within the lacrosse program offered. Every coach and program does it differently.

## 2011

Now is the time to start preparing for next year. Since it will be the start of your recruiting cycle, all of you need an athletic resume. A template will be emailed to you as a group or you can find an example in the December 2008 issue of our newsletter. Once you have completed your resume, please email it to Lisa Mitchelides. She will return it to you after appropriate edits are made. Next, you will need to start emailing coaches of interest with a short note of introduction. They may not respond, but it puts you in their database. They can begin corresponding with you on September 1<sup>st</sup>. You will need to email them prior to every tournament with your team name, your number and game times. Lisa will also begin your senior interviews in the fall for next summer's final recruiting period. By this point in time, all of you should have taken the first round of SATs. Do not worry about how you did. Ask for the answer sheet to gain an understanding of where you stand. (If you missed questions in areas where you should be proficient, then you have some catch up to do!) As the summer moves on Lisa will help you understand specifics and next steps you may need to take. Parents, you can start gathering club video footage of your daughter for this coming spring.

## Do's and Don'ts for Parents and Players:

- ✓ When at tournaments - never enter into discussion with any college coach. They are there to recruit. Do not loudly discuss your player in the presence of other parents or coaches.
- ✓ Do not email coaches for your daughter or about your daughter. If the coach needs to hear from someone, it is your daughter - they can usually tell who really wrote the email.
- ✓ When on a college campus, this is your daughter's experience. Let her control the interviews. I always suggest that you go for a short walk while they are meeting with a college program. If your child is asked to have a parent involved in the meeting, it is perfectly acceptable to ask questions.
- ✓ As a parent, your behavior can ultimately affect the opportunity for your daughter. You do not want to be seen as pushy, annoying, or anything else that may be perceived as a negative as this could ultimately prevent your daughter from being offered a slot on the team.
- ✓ SATs should have already been taken. If they are not in the range of where they need to be it may be an issue with the recruiting process, it just depends on the programs you are pursuing. Most do programs need your best foot put forward before July 1st.
- ✓ You should respond to all emails regardless of your level of interest. Coaches move from program to program and you never want to burn a bridge as you want them to have a favorable impressions of you (even if you turn down their offer). Always be professional and be polite.
- ✓ An initial video should be done and sent out. Additional footage can be sent out after the June venues.

## 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 you will learn from the situation and it will ultimately help you become a better player.

# ON AND AROUND COLLEGE CAMPUSES

## June

### IMPORTANT DATES TO REMEMBER:

June 5<sup>th</sup>

Goalie Training with  
Adam Norton 6-9 p.m.

June 6<sup>th</sup>

Open/Select/  
Elite/Southern Storm  
Practice 9 a.m.-4 p.m.

June 7<sup>th</sup>

Elite/Southern  
Storm/Middle School  
Practice 9 a.m.-4 p.m.  
Columbus, OH

June 12<sup>th</sup>-14<sup>th</sup>

IWLCA Champions Cup  
Downingtown, PA

June 15<sup>th</sup> – 19<sup>th</sup>

College Connections  
Week

June 19<sup>th</sup>-21<sup>st</sup>

IWLCA Capitol Cup  
Germantown, PA

June 26<sup>th</sup>-July 1<sup>st</sup>

Vail Shootout  
Vail, Colorado

July 16<sup>th</sup> – 19<sup>th</sup>

Club Championship  
Boys, MD

July 24<sup>th</sup> – 26<sup>th</sup>

Indian Prairie  
Showdown  
Naperville, IL

**DON'T FORGET TO  
GO ONLINE AND  
REGISTER FOR  
UPCOMING EVENTS!**

6/26-28

UMBC Top Dawg Camp (Overnight) Ages 12-18  
Register at [www.c2lacrosse.com](http://www.c2lacrosse.com)

6/26-28

CORNELL  
Premier Lacrosse Camp Grades 9-12  
Future Stars Camp Grades 6-11  
Cost is \$389 (Overnight), \$299 (Commuter)  
Register at [www.athletics.cornell.edu/camps/Lacrosse\\_girls.html](http://www.athletics.cornell.edu/camps/Lacrosse_girls.html)

6/27-30

WILLIAM SMITH LACROSSE CAMP 2009  
Hobart and William Smith College  
Cost is \$400 (Overnight), \$295(Commuter)  
Register at [www.hws.edu/office/conferences](http://www.hws.edu/office/conferences)

## July

7/5-8

UNIVERSITY OF CONNECTICUT  
Relentless Lacrosse Academy Grades 9-12  
Cost is \$525  
Register at [www.relentlesslax.com](http://www.relentlesslax.com)

7/5-8

UNIVERSITY OF FLORIDA  
Gator Lacrosse Camp for Ages 11-18  
7/9-12  
Florida Elite Lacrosse Camp Ages 14-18  
Register at [www.Gatorzone.com/camps](http://www.Gatorzone.com/camps)

7/14-17

TOWSON  
Towson Girls Lacrosse Camp (Entering Grades 6-13)  
Cost is \$450 (Overnight), \$400 (Camper/Team Rate)  
Register at [www.regonline.com/towsoncamps](http://www.regonline.com/towsoncamps)

7/27-30

UMBC Open Day Camp Ages 6-14  
Register at [www.c2lacrosse.com](http://www.c2lacrosse.com)

7/30-8/12

SYRACUSE UNIVERSITY  
Elite Lacrosse Camp  
Cost is \$495 (Overnight), \$450 (Commuter)  
Register at [www.sulaxcamps.com](http://www.sulaxcamps.com)

## August

2-5

LOCK HAVEN  
Lock Haven Girls Team and Individual Lacrosse Camp  
Register at:  
[www.lhup.edu/lacrosse/LHU\\_girls\\_lacrosse\\_%20camp.htm](http://www.lhup.edu/lacrosse/LHU_girls_lacrosse_%20camp.htm)

# Midwestern Force Lacrosse and Southern Storm Lacrosse National Team Players

## Team: Central Great Lakes

Molly Mildenberg (2010) Defense  
Julie Bergman (2011) Attack  
Anna Teeter (2011) Midfield

## Team: Western Pennsylvania

Jayne Sullivan (2010) Attack  
Ralieg Jackson (2010) Midfield

## Team: Carolinas 2

Madison Sears (2011) Goalie

## Team: Tennessee State

Sarah Mastey (2010) Midfield

## Team: 1 Ohio (GL1)

<u>Kelly Becker</u> (2010)	Midfield	<u>Cara Hernandez</u> (2010)	Midfield
<u>Kara Concheck</u> (2010)	Midfield	<u>Megan Knoop</u> (2010)	M/D
<u>Colleen Durfee</u> (2010)	Goalie	<u>Becca Niles</u> (2010)	Defense
<u>Adriane Ghidotti</u> (2011)	Attack	<u>Jaymee Heineke</u> (2011)	M/D
<u>Molly Hamilton</u> (2010)	Attack	<u>Lauren Hanover</u> (2010)	Midfield
<u>Erin Williams</u> (2010)	M/D		

# National Team Players, continued....

## Team: 2 Ohio (GL2)

<u><i>Emily Clegg</i></u> (2010)	Attack	<u><i>Sara Kuhlman</i></u> (2010)	Midfield
<u><i>Murphy Ferguson</i></u> (2010)	Defense	<u><i>Alex Rife</i></u> (2010)	Goalie
<u><i>Megan Russ</i></u> (2010)	Midfield	<u><i>Lissie Russert</i></u> (2011)	Midfield
<u><i>Persistence Sample</i></u> (2010)	Midfield	<u><i>Madeline Taghon</i></u> (2010)	Defense
<u><i>Julia Tasset</i></u> (2010)	Defense		

## About Our Organization... Midwestern 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](http://WWW.MIDWESTERNFORCELACROSSE.COM) OR  
EMAIL [MIDWESTERNLAX@YAHOO.COM](mailto:MIDWESTERNLAX@YAHOO.COM) FOR QUESTIONS*

*PLEASE SEE US IN ACTION THIS SUMMER AT  
IWLCA CHAMPIONS CUP, IWLCA CAPITAL CUP, AND EVOLUTION  
GAMES/CLUB CHAMPIONSHIPS*

*HEAD COACH: WENDY GALLAPOO  
EXECUTIVE DIRECTOR: LISA MITCHELIDES*

