

MIDWESTERN FORCE

February 2009 VOLUME 2, ISSUE 2

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Coach Wendy Gallapoo Inducted into "Century Club"

At the US Lacrosse National Convention in January, Coach Wendy Gallapoo was inducted into US Lacrosse's "Century Club" which was established to recognize high school coaches of girls' lacrosse who have achieved significant levels of varsity wins in their coaching careers.

Gallapoo amassed a 213-78-12 record during a 16-year tenure as head coach of the Upper Arlington Golden Bears. The Golden Bears won state titles in 2002, 2004, and 2005 and were ranked nationally the same years they garnered state titles.

Coach Gallapoo hopes to add to her all-time career wins when she leads the Hastings Middle School Girl's Lacrosse program this spring, Be sure to say "hello" if you see her on the sidelines!

Important Club Reminders!



Team Photos – All Midwestern Force Club members need To have their team photo taken for the player directory and website. Shirley Bennehoof, a fellow MFL parent has graciously offered to take the team photos. Many of you have already had the opportunity to be photographed by her at the Northwestern tournament and the last Columbus practice. Unfortunately, if you were photographed at the Toledo practice, your photos will need to be redone. If you haven't been photographed yet, she will be taking photos at her home on Saturday, March 14th and Sunday March 15th from 12 p.m to 1 p.m. Each photo takes less than a minute so it is not necessary to make an appointment. If you have any questions, Mrs. Bennehoof can be reached at 740-816-0314 or e-mail her at jbfamnj@aol.com. Her address is 3974 Village Club Drive, Powell, Ohio 43065. She is also open to taking additional pictures for anyone who is interested. It's a great alternative for senior pictures at great savings!

College Connections - College Connection is June 15th Through June 19th. If you are interested in participating, please sign up as soon as possible as we do have a cut off number. Lodging can be done for solos later if desired once teams are announced. Please see the website for additional information. Under announcements. All Elite players are strongly encouraged to attend to prepare for the Capital Cup esp. Class of 2010.

CLASS OF 2010 - Members should be networking and e-mailing coaches on a regular basis.

CLASS OF 2011 - Get started on your resume! Please refer to the December 2008 Newsletter for the appropriate format.

Combustion
Elite
Midwestern Force Lacrosse

Fusion
Explosion
Bridge

Southern Storm
Select

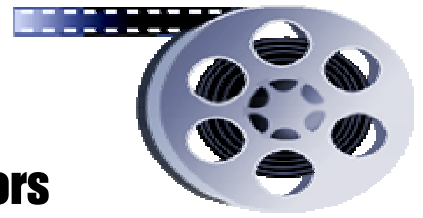
MFL Season Ends with Success!



Midwestern Force coached by Wendy Gallapoo has had another great season! They were successful in obtaining the top berth at the IWLCA Capital Cup (June), coming in the gold bracket at the Vail Shootout (June) and having two teams come to sudden death, double overtime at Indian Prairie (July).

At the Northwestern Tournament in February, two out of four teams advanced to the semi-finals and one team to the finals. Pictured above is Midwest Force Elite Fusion, the second place team at Northwestern University. Pictured is Coach Adam Norton, previous Head Coach at Stanford University, owner of 3c Lacrosse School, players Kelly Becker (Dublin Jerome), Erin Williams (Upper Arlington), Lauren Hanover (Upper Arlington), Cara Hernandez (New Albany), Andrea Ebeling (New Albany), Alex Rife (Columbus School for Girl's), Megan Knoop (Upper Arlington), Sara Kuhlman, (Mount Notre Dame), Murphy Ferguson (New Albany) and not in photo, Kara Concheck (Wellington School).

Midwestern Force Lacrosse/Southern Storm Lacrosse Select also advanced into the semi-finals before being beat by Strong Island Lacrosse. MFL players are Natalie Wiesnet (Summerville, SC), Marissa Cotter (Columbus, OH), Kevyn Harer (Upper Arlington, OH), Hope Obernesser (Akron, OH), Abigail Dugger (Columbus, OH), Lorin Lord (Summerville, SC), Adriane Ghidotti (Upper Arlington, OH) and Lauren Drake (Upper Arlington, OH). Congratulations to Erin Williams and Megan Knoop for making the Northwestern All Tournament Team. Congratulations to all players that attended!



Lights, Camera and Action!

Game Tapes for Rising Seniors (Class of 2010) and Juniors (Class of 2011)

CLASS OF 2010

Don't wait for the Champions Cup to start creating your video! Start with what you have and mail it out by May.

You can add additional club play and re-mail it in early June.

CLASS OF 2011

In theory, you become a rising senior September 1st. This is a great time to start compiling video so you will have quality content and plenty of club footage. Summer club footage will give the college program the best competition levels.

A few weeks ago information was sent to Midwestern Force members regarding interest in an opportunity to work with Judy Curran, a professional videographer/producer that specializes in recruit videos and filming games at tournaments. Judy is a video editor that works primarily on the east coast and is familiar with working with numerous college programs.

If you are interested in participating in this opportunity, please e-mail Lisa Mitchelides regarding your interest. Costs will be varied depending on the number of members participating and the number of games produced. It is estimated the cost will be about \$50 for the videotaping and production and an additional \$25 per DVD or number of games produced. For example, two games and video and production costs would be \$100.00, three games plus video and production costs would be \$125.00. All DVDS will be purchased directly from Judy and if you are interested in having her create a personalized highlight video for you, please contact her directly to inquire about specific costs. Judy's information is as follows: Judy Curran, Video Editing, (203)270-8909

What Should You Put in Your Video?

INTRODUCTION – This should include a personal video from you that includes who you are, where you play, your normal position, club name, your height, dominant hand, and your HS uniform number and club uniform number. It's important to close with a comment stating, "I hope you like my video and I cannot wait to play in college!"

VIDEO HIGHLIGHTS – Make sure you include five to seven minutes of highlights. If the video quality is poor, highlight yourself with a ring or an arrow so you can be easily spotted. You should also include five minutes of running game footage that shows all aspects of your game. Coaches want to see mistakes and how you recover from them, your speed, stick skills, your non-dominant hand usage and overall athletic abilities. Remember, this is a team concept sport and coaches don't just want to see you scoring goal after goal.

FINAL CLOSING – This should be your credit page that includes contact information, GPA, SATS, awards, special recognition and any other information that would help coaches get a better understanding of you.

DVDs – This is the preferred viewing method and you will need around 10-15 copies made.

New MFL Signings

Megan Herold
Jackson High school
GANNON UNIVERSITY

Jennifer Bieszcak
Mason High school
AUBURN - CLUB



Where Are They Now and How Are They Doing? ...The Class of 2008

Erin Balcerzak - Dublin Scioto High School-Edinboro University, www.edinboro.edu

Taryn Cook - Stow Monroe High School-Savannah College of Art and Design

Chelsea Bernardo - Dublin Scioto High School, www.scad.edu

Katie Chiappini - (former Ohion)-St Francis University (D1-ED FS)

Jenna Griffith - Ursuline Academy, www.francis.edu

Elizabeth Clegg - (National Title Winner Field Hockey, Fall 2008)-Western Reserve Academy-Bowdoin College, www.bowdoin.edu

Paige Cowie - Western Reserve Academy-Connecticut College, www.conncoll.edu

Jen Doran - Peter Township High School-University of Cincinnati,

Mackenzie Parsons -Hudson High School,

Gabby Sinmaz - Dublin Scioto High School, www.gobearcats.com

Elizabeth Durrell - Columbus School for Girl's-Rollins College, www.rollinsSports.com

Lauren Hall - Cathedral High School-Marist, www.Goredfoxes.com

Lindsey Hanners - Columbus School for Girl's-Whittenberg, www.wittenberg.edu

Ashley Kocsis - Anderson High School-Tractate University, www.trine.edu

Tara Lynch-Ursula Academy - Fairfield University, www.fairfieldstags.com

Elizabeth Norwich - Upper Arlington High School-Roanoke College, www.maroons.roanoke.edu

Caitlin Oberlin - Upper Arlington High School-Lehigh University, www.lehighsports.com

Elizabeth Schilling - Stow Monroe High School-Adrian College, www.adrian.edu

Alex Turner - Summit Country Day-Denison, www.denison.edu

Samantha Ludlum - Upper Arlington High School-Ithaca, www.ithaca.edu/bombers.edu

Liz Values - Columbus School for Girl's-Pomona, www.pomona.edu

Leanne Williams - Stow Monroe High School-Ohio Wesleyan, www.bishops.owu.edu

Brett Yeager - Sycamore High School, Detroit Mercy, www.detroititians.com

Our College Player Coaches

Ashley M - University of CT -Class of 2010- www.uconnhuskies.com

Megan B - University of CT-Class of 2011- www.uconnhuskies.com

Caitlin C - Duquesne University-Class of 2010- www.Goduquesne.com

Rachel C - Virginia Tech-Class of 2009- www.hokiesports.com

Rachel D - Rutgers University-Class of 2009- www.scarletknights.com

Laura B - OSU-Class of 2010- www.ohiostatebuckeyes.com

Lindsay G -Upon-Class of 2012- www.pennathletics.com

Tori C - Brown University-Class of 2012- www.brownbears.com

MFL Media Guide Brought to You by *Printing Concepts*

The MFL Media Guide is professionally printed annually with all high school players' details. This is distributed to all programs and venues and aids with the recruiting process.

“Our mission is to exceed client expectations by providing the highest-quality product possible in a timely manner. We create long-lasting, prosperous relationships with our client partners in order to help them reach their goals and objectives.”

-Printing Concepts-

Founded in 1980 by Ron Taggart, Printing Concepts takes pride in their "whatever-it-takes" philosophy and commitment to providing outstanding customer service. They have grown to employ over 50 employees and offer an impressive array of printing and communication services. The company's focus on client satisfaction is reflected by their mission statement: "Our mission is to exceed client expectations by providing the highest-quality product possible in a timely manner. We create long-lasting, prosperous relationships with our client partners in order to help them reach their goals and objectives."

In 2008, Midwestern Force became a client of Printing Concepts. Based on a referral from Lexi-Comp, Inc., a Hudson-based publisher, the Force contacted the company. At the time, The Force was in somewhat of a bind, needing a quality printer who could meet its needs with a very tight deadline. The company was asked to produce our Player Directory. As many of you know, this guide is a key communication tool within the club, but also serves as valuable resource for college coaches.

The responsiveness of Brett Young, the Vice President of Sales, and all the people at Printing Concepts that handled



our project was outstanding. The guides were available well before we had hoped, with a level of quality that is consistent with Midwestern Force's focus on excellence. In fact, this guide has prompted other clubs to look at the way they present their players. Based on our experience with Printing Concepts, we would recommend them for any printing needs or projects. They are a truly exceptional company which does excellent work. When they say they will do "whatever-it-takes" – they mean it!

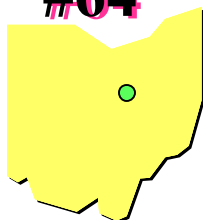
Printing Concepts can handle work from any point in the Midwest area, or across the country. They have a cutting-edge Web site (www.printingconcepts.com) which allows clients to request estimates, place orders, check proofs, and/or transfer files online. It is located at 4246 Hudson Drive in Stow, Ohio, 44224. If you would like more information on how they could help you and your organization, feel free to contact Brett Young at 800-295-1234 or via email at brett@printingconcepts.com.

Special Thanks also goes out to Lexi Com, Mark Bonfiglio and Heather L. Ciranna

February Players of the Month



#64



Alex Rife – CLASS OF 2010

High School - Columbus Academy, Columbus, OH

Height - 5'8"

Position - Goalie

Parent(s) - Diana Rife

Fun Facts about Alex that you may not know - Plays three varsity sports – volleyball, basketball and lacrosse. Played softball for seven years, winning championships five times!

Desires and Aspirations for the Future - To play lacrosse at the collegiate level

Favorite Color - Pink and Yellow

Favorite Book: - *The Private Series*

Favorite Movie - *The Notebook* and *She's The Man*

Siblings Names - Lauren and Amy

Best Lacrosse Memory - When I saved the last shot in the last second of the game to win against New Albany in 2006

What is your favorite Class in school - Math

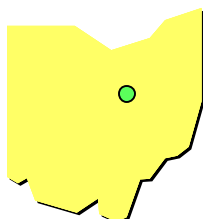
What Pets do you have – Emmy, a black labrador and Patches a cavalier king charles spaniel

Achievements - MVP basketball, 2007-08; placed 7th in the United States Pony Finals in 2006; Regional governors art award 2008.

Favorite Childhood memory - When I got my first pony



#67



Erin Williams – CLASS OF 2010

High School - Upper Arlington HS, Columbus, OH

Position - Center/Defense

Parents - Peggy and Steve Williams

Fun Facts about Erin if you did not know - I tried to kiss my dog once and he bit me in the face and I had to get about a billion stitches. It was kind of embarrassing. I also absolutely love *West Side Story* (try singing, no belting, along in the car- you can't go wrong!) . I go door-riding with my sister and brother.

Desires and Aspirations for the Future - I dream of one day opening an underwear boutique on a boat called "Base Coat" ...it's going to be a blast. or Funderwear...we'll see how it turns out.

Favorite Color - Purple is my power color, but I really like all colors in general.

Favorite Book: - *Twilight* and/or *The Truth About Forever*

Favorite Movie – The Disney Classics

Siblings Names - Katie (22) and Dave (20)

Best Lacrosse Memory - Winning state championships and golden bear team charades

What is your favorite Class in school - Math, Spanish

What Pets do you have - I had a dog, but he died this fall. :(Hopefully a new puppy in February!!

Achievements - Honor Roll, Academic All-Ohio, Archie Griffin Sportsmanship Award, State Champions, Second Team Ohio Capital Conference, Great Lakes National Team 1, Rookie of the Year freshman year, Tackle.com Top 100 Underclassmen, Nike Blue Chip Participant 2009

Favorite Childhood memory - Learning how to fish and make the perfect s'more in Michigan with my grandparents and my family.

NETWORKING AND RECRUITING TIPS 101 A “Must Read” for Current Juniors

Networking & Recruiting Tips 101: A “Must-Read” for Current Juniors



In our past newsletters we have focused on creating a resume and setting a recruiting timeline (Vol. 1, Issue 1, Nov. 2008). We have also have provided you with general guidance concerning making the initial contact and a suggested frequency for contacting the colleges of your choice. The question we get from players is “what do I email the coach about?” Well, the answer is ANYTHING! These emails keep you on the coach’s RADAR and both give the coach a glimpse into your personality as well as your interest level in their program. If your intention is really to play college lacrosse then YOU need to do the legwork both in terms of investigating the programs that best suit you academically, socially, and athletically and the legwork it takes to maintain personal contact with the coaches of those programs. Our advice is to take your list of potential programs (this should be between 15-20 schools) and make a spreadsheet with each school on your list and the coach’s email. Simply check them off by date, when you’ve emailed those programs. This should keep you organized and on-track. You should email AT LEAST once every two or three weeks - that should demonstrate your interest level without the coaches thinking that you are stalking them! Do not send mass emails, do not let your parents construct these emails (yes, they write differently than high school students and it’s a “red flag”), and be sure to use the coach’s correct name; make certain that not just that the spelling is correct but also go online to make sure that there has not been a recent coaching change. Some other tips include putting your name, your school, and your graduation year in every communication. Start the email out by mentioning something about the coach’s college team (e.g., mention a recent big win), then discuss something happening with your team (tryouts, a big win or loss, a

particularly tough practice) and finally, talk about yourself (something funny, embarrassing, etc.). Be creative and let your personality shine here! Never disparage a teammate or any other program. Likewise, don’t brag about yourself or your team. These are huge turn-offs to coaches. Check for spelling errors and then check again!

Don’t get discouraged if you do not hear back. Depending where you are in the recruiting timeline they may or may not be able to correspond with you. However, if a response is what you are looking for, ASK A QUESTION (about their school, their program, tournament/camps they will be attending, their recruiting philosophies, etc.).

If you are a current junior, regular email contact is a MUST. You should increase the frequency of these emails right before the summer tournament season. Be sure that you have set your sights on realistic schools and that you have a selection of schools from each division. The biggest factor determining whether a school is a potential fit, however, will be based on your Board scores. If you have not taken the SAT’s or ACT’s you will “halt the recruiting process in its tracks.” You will have wasted a lot of your time (and the coach’s) if you don’t have your Board scores in line with the program in which you are interested. You won’t know this unless you have taken the SAT’s by now. There are only a handful of testing dates left between now and July 1 so enroll quickly! (Yes, this may be contrary to your guide office’s suggested timeline.) As a potential recruit, your timeline is condensed. . . it’s July 1, 2009. For more information about recruiting, general tips, and NCAA rules and regulations visit www.iwlca.org.

ON AND AROUND COLLEGE CAMPUSES

June

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

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

July

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

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

7/30-8/12 **SYRACUSE UNIVERSITY**
Elite Lacrosse Camp
Cost is \$495 (Overnight), \$450 (Commuter)
Register at www.sulaxcamps.com

Midwestern Force LACROSSE

IMPORTANT DATES TO REMEMBER:

June 6th Open Practice
June 7th Elite Practice
Columbus, OH

June 12th-14th
IWLCA Champions Cup
Downingtown, PA

June 15th – 19th
College Connections Week

June 19th-21st
IWLCA Capitol Cup
Germantown, PA

June 26th-July 1st
Vail Shootout
Vail, Colorado

July 16th – 19th
Club Championship
Boys, MD

July 24th – 26th
Indian Prairie Showdown
Naperville, IL

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

What Makes Us Different Than The Other Clubs ?

MIDWESTERN FORCE LACROSSE!

WHERE ARE OUR MEMBERS FROM?

OHIO

WISCONSIN

MICHIGAN

INDIANA

TENNESSEE

PENNSYLVANIA

KENTUCKY

SOUTH CAROLINA

Midwestern Force Lacrosse prides itself on the belief that every player can be successful. Unlike some clubs, it is fully supportive of its athletes and walks beside them in the recruiting process. We believe going to college and playing a sport is an educational process because a player's skill set does not necessarily set the tone for the type of college a player should attend. We educate all of our rising seniors to look at schools that will be successful for them in terms of their educational interests along with their natural abilities in areas of math, science, language and arts. A combination of their athletic and educational abilities helps the individual be able to balance the various aspects of their college experience.

Here's a list of some of the tools we offer our athletes:

- Individual recruiting profile for all rising seniors.
- Resume production, support and review for all 2010/2011 athletes.
- Full networking support.
- Open and honest communication between player, families and college programs.
- Professionally printed media guide printed annually with all high school players' details. This is distributed to all programs and venues and aids with the recruiting process.
- Secure interactive website that gives college programs immediate access to all players' data.
- In addition to our website, we provide a monthly newsletter to all members and college programs which help keeps everyone up to date with what's going on with our club.
- **MOST IMPORTANTLY, WE CHARGE OUR MEMBERS NO EXTRA FEES FOR ANY OF THESE TOOLS – IT IS INCLUDED IN OUR MEMBERSHIP FEES !**

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