

MIDWESTERN FORCE LACROSSE

January 2009 VOLUME 2 ISSUE 1

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Midwest Force Lacrosse Mission Statement

2009 Membership Drive CONTINUES ...

Class of 2010 – 2103 Membership Drive Winds Down

Midwestern Force Lacrosse Club (MFL) kicked off its 2009 membership drive with some exciting new changes to the club's offerings. As all of you know, 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. Limited **ELITE** slots are left!

Please be aware the entire MFL membership drive will be coming to a close soon. After the drive is over, new membership for high-school players will not be available until next year's season. So remember, if you are undecided about joining the club or if you know someone who is, now is the time to join before it is too late!



Nuts and Bolts of Networking

The "DO's and DON'T's" of networking are outlined below:

1. In order to correspond with any college program, we will now expect Midwestern Force players to make the initial contact to the college program and coach. You must blind copy Lisa Mitchelides at midwesternlax@yahoo.com so that MFL can respond appropriately.
2. Midwestern Force athletes should be emailing programs of interest once every two to three weeks with a brief update about what you have been doing.
3. Visit your top schools of interest and make an appointment with the coach. You should never just show up on the coach's doorstep. Plan appropriately for your visit with plenty of lead time.
4. College programs do not want to hear from parents, recruiting services, or just us. That could end your chances of any communication before you even begin.
5. All Class of 2010 athletes should be emailing programs of interest and Class of 2011 should be preparing to begin to process. Class of 2011 should be preparing their athletic resumes and lists of potential schools .

MFL Launches New Web Site



Midwestern Force Lacrosse (MFL) has officially launched its new website and after months of anticipation the unveiling has occurred. The new site offers 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 this website as your official information center. MFL will do all registrations directly from our website. Now, even guests will be able to directly register for our events online! The majority of data we collect throughout the year will also be included in the new Thruva system so players and family members will be able to update information on a regular basis. You can log on by going to directly to

www.midwesternforcelacrosse.com. Please be aware that the Thruva registration system for joining the club and attending events does not require you to log into the MFL site. Each program has an independent user name and password. We have now provided members with the information necessary to access details on venues right from our site. Our members will now also be able to retrieve email addresses and phone numbers for others in the club by logging into our site. Although the new site is up and running, additional information is

constantly being added - so you may not see some changes immediately. Once all the data is entered into our program, college coaches will receive a temporary password so they may set up access for their own use to enter our site to retrieve information. This enables college programs to easily access any important information on our players and help facilitate the recruiting process. This step is also nearly ready to launch for college programs, thus it is very important for our members to go into our Thruva system and keep their account up to date. Please email Lisa Mitchelides with any changes so college coaches will have access to your most up to date information. Again, please note that Thruva is to be used for registering online for events and our website is a separately secured area. Both will need separate login information for access.

New Photo Program Available

MFL now has a photo gallery where you can share your tournament and event pictures on our website. To do this you will first need to set up an account with Kodak Gallery (it's free) by visiting <http://www.kodakgallery.com/Welcome.jsp>. Your photo gallery will have a specific URL. Just send the URL of your gallery to ellen@designingforyou.com and it will be linked to the MFL website. It's a great way for many people to share their pictures and MFL memories!

FEBRUARY DATES TO REMEMBER:

15th—CLEVES, OH
Open & Elite Practice
RIVERS EDGE
10AM-3PM
(2 SESSIONS)

22th—COLUMBUS, OH
Elite Practice
ALL STAR SPORTS
12-3PM
(2 SESSIONS)

NEXT MONTH'S ISSUE :

College Connection
Week Details

College Players and Our
Coaches... Where are the
Playing?

Video Productions for
Class of 2010

Don't forget to
go online and
register for
upcoming events
IN A MORE TIMELY
MANNER!

January Players of the Month

Dana Millard – CLASS OF 2010

High School – Lakota West HS, West Chester, OH

Height – 5’ 5”

Parents – Mike and Diane Millard

Position – Midfield

Fun Facts About Marie that You Did Not Know About Her – I figure skated for close to 10 years, but switched to playing lacrosse in junior high. I have played four sports (not including lacrosse); basketball, figure skating, softball and volleyball. I enjoy traveling and have been to 41 of the 50 states as well as Canada and Mexico.

Desires and Aspirations for the Future – I want to graduate high school and attend college where I major in Education. After that I want to teach in an urban school. During college I want the opportunity to study abroad in Europe. I also want to travel to every continent at some point in my lifetime.

Single Word that Best Describes Her – Gullible because I believe almost everything anyone says.

Favorite Halloween Costume – I had a pumpkin costume in second grade that was the cutest costume ever – it even came with a matching hat.

Favorite Time of the Year and Why – Christmas because of the beautiful decorations, the spirit of the season and visiting my family in Missouri.

Siblings – A brother Ben and a twin sister Marie.

Favorite Song You Like To Dance To – “Jump on It” by Sir Mix-A-Lot

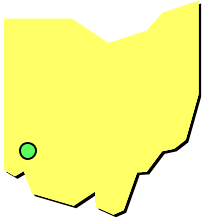
Favorite Class in School – Honors Zoology

Pets – A dog named Shiloh and a cat named Jerry.

Achievements – I have achieved high honor roll every year and was chosen for Student of the Week. I was also selected to play for the Ohio South lacrosse team that traveled to Disney. I played for the second place Lakota West team last year and wrote an essay on cyber-bullying that was selected as one of the Top 3 in the nation for FEA (Future Educators of America).



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Marie Millard – CLASS OF 2010

High School – Lakota West HS, West Chester, OH

Height – 5’ 5”

Parents – Mike and Diane Millard

Position – Defense

Fun Facts About Marie that You Did Not Know About Her – I really like to read books. I don’t stop reading the book until I finish it. I also play trombone in the band at school and I am pretty good at it!

Desires and Aspirations for the Future – I want to play lacrosse in college and be successful in any job that I have.

Single Word that Best Describes Her – Cheerful, because, I am mostly happy and have a good attitude.

Favorite Halloween Costume – I was a mouse one year with ears and everything!

Favorite Time of the Year and Why – Winter because I love snow.

Siblings – A brother Ben and a twin sister Dana.

Favorite Song You Like To Dance To – “Shake It” by Metro Station.

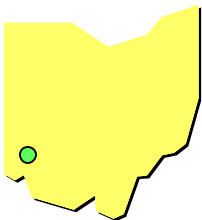
Favorite Class in School – Sociology

Pets – A dog named Shiloh and a cat named Jerry.

Achievements – I have achieved high honor roll every year and was on the Lakota West team that finished second in the state in DII last year. My junior Olympic volleyball team won the NKYJV tournament in 2006. I also received a one on my Class A trombone solo last year.



#73



January Players of the Month

Molly Hamilton – CLASS OF 2010

High School – New Albany High School, New Albany, OH

Height – 5’7”

Parents – Scott and Kate Hamilton

Position – Attack and Midfield

Fun Facts About Molly that You Did Not Know About Her – I like sailing, skiing and recently picked up snowboarding.

Desires and Aspirations for the Future – To attend college and live in the city.

Single Word that Best Describes Her - Outgoing and resilient

Favorite Halloween Costume – Pocahontas

Favorite Time of the Year and Why – Spring because the weather starts to warm up and obviously... its lacrosse season!

Siblings – Betsy (13) and Addison (10)

Favorite Song You Like to Dance To – “Nobody’s Supposed to Be Here” by Deborah Cox

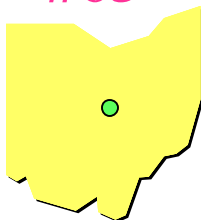
Favorite Class in School – Humanities and Chemistry

Pets – A dog named Crease (my Dad named him!) and a cat named Kat.

Achievements – 1st Team All-District Lacrosse 2007 & 2008, 1st Team All-OCC Lacrosse 2007 & 2008, State Qualifier Cross Country 2007, Regional Qualifier Cross-Country 2007 & 2008.



#63



Kirsten Bennehoof – CLASS OF 2010

High School- Olentangy Liberty, Powell, OH

Height-5’4”

Parents- Jon and Shirley Bennehoof

Position – MWF – Defense, HS – Center, Midfield and Attack

Fun Facts About Kirsten that You Did Not Know About Her – She volunteers for the TAASC, The Adaptive Adventure Sports Coalition, which helps the handicapped participate in sports like kayaking and skiing. This past summer she participated in the Wounded Warrior Project which helped injured war veterans to sail and water ski! Her hobbies include gardening, photography, reading, cooking and baking.

Desires and Aspirations for the Future – I want to play lacrosse in college and pursue a medical career.

Single Word that Best Describes Her – Diligent

Favorite Book – *The Kommandant’s Girl* by Pam Jenoff and *The Kite Runner* by Khaleed Hossini.

Favorite Car – Dodge Viper

Siblings – Megan (23)

Favorite Song You Like To Dance To – “The Macarena”

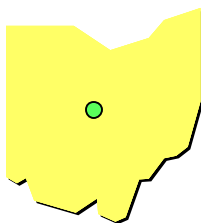
Favorite Class in School – Advanced Placement Chemistry

Pets – A soft coated Wheaten Terrier named Foster and two cats named Allie and Chloe.

Achievements – Chosen for the Patriot Award by my high school coach for having the most team spirit, selected as the first Junior captain by my teammates and coaches, awarded will Academic All Ohio Honors. I was also recently inducted into the National Honor Society sector at Olentangy Liberty.



#15

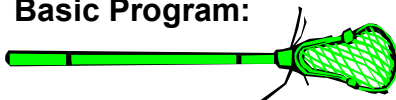


Stickwork Progression Program

Training Notes From Coach Gallapoo

We started the Elite practice last week with the Hopkins' Stickwork Program. This stickwork progression is one way to significantly increase your ball-handling skills. You should start with the Basic Program and move to the Advanced Program after developing proficiency at the "One Touch" and "No Cradle Passing Pattern." Both should be practiced with the right and left hands. Your goal is to practice the progression 3-5 times per week. Yes, you need a partner. . .so grab one, teach them the progression, and have fun!

Basic Program:



"One Touch"

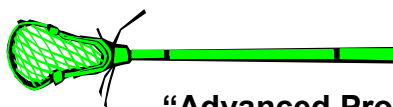
- Overhand
- Between the legs
- Around back
- Over the shoulder

"No Cradle Passing Pattern"

- Overhand throw/catch, switch hands
- Non-dominant throw/catch
- Offside, switch hands
- Offside
- Behind the back
- Around the World

"Quick Stick"

- Throw/catch righty
- Throw/catch lefty
- Throw/catch one handed righty
- Throw/catch one handed lefty



"Advanced Program"

"Drop Backs"

- Stick in right hand, raise top hand over head, make sure arms are out & away from body
- From that position, drop the ball to the outside of left heel driving top hand down, NOT into your head
- Move stick quickly back to in front of your body and catch the ball as it bounces. If done correctly, your top hand will be stretched across your body and left hand should be near the left hip
- From this position do a flip pass back to partner
- Repeat with non-dominant hand

"Corner to Corner"

- Stick in right hand so stickhead is in back right corner and parallel to ground
- Pop the ball over the shoulder to the front left and catch it. When done correctly, the ball is caught in such a way that the stick is resting hip level parallel to the ground
- From this position pass to partner with an "Around the World" pass
- Repeat with left hand

"Backbreaker Catch"

- Stick in dominant hand with stick above shoulder, parallel to ground
- Push ball through legs, catch and pass

College Connections 2009!

Mark your calendars for June 15th through the 19th. We are preparing an exciting camp for those who are interested in a unique summer lacrosse experience. Check out the Midwestern Force website for additional details regarding College Connections 2009. All MFL members and non-members may register at www.midwesternforce.com by clicking on "event sign-up."

Northwestern 6 v.6

MFL headed to chilly Chicago for the Wildcat Indoor 6 v 6 Tournament. It was an exciting, exhausting day of play. The Fusion team placed 2nd in the tournament and the Select team made the playoffs. Congratulations to all the players. Go MFL !!



ELITE FUSION	SELECT	ELITE IGNITION	ELITE EXPLOSION
Becker	Ghiodotti	Darragh	Bennehoff
Concheck	Harer	Ferguson	Brower
Hanover	Lord	Irwin	Mildenberg
Hernandez	Obernesser	McDermott	Millard, D.
Ebeling	Wiesnet	Millard, M.	O'Neill
Knoop	Cotter	Russ	Scherer
Kuhlman	Drake	Taghon	Schmaltz
William Rife	Duggar	Tasset	

Reminder To Take SAT's/ACT's

All Class of 2010 members need to be taking round two of the SAT's and *Class of 2011* members need to schedule round one. Don't forget to ask for an answer sheet so you can see where you are and where you need to be. DO NOT WAIT. If you are a poor test taker then also plan to take ACT'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 us!

You can also help keep us up to date on all of the outstanding things you do! Please forward any information about outstanding achievements, notable contributions to society and any athletic, academic or leadership awards to msnively@indy.rr.com or mitch4talk@aol.com.

Fit To Play Lacrosse, Jeff Turner, Owner Of Fit To Play, Columbus, Ohio

A few months ago I read an article where a group of division I strength and conditioning Coaches shared issues consistent with incoming freshman female athletes. You might be wondering what does this have to do with you? Well, it has everything to do with you, regardless of your experience or level of play. The report stated that these athletes presented with muscle imbalances, weak upper body strength, flexibility issues and a lack of education. This is why strength and conditioning coaches are key to an athlete's success. Our job is not to just show the seniors what to expect and prepare them, but to show athletes at all levels the proper movement patterns and to start strengthening the right away. The focal part of our program starts with a movement screen. This is used to identify any significant limitations or asymmetries (left-right imbalances) at the very basic levels of movement. The limitations should not be overlooked. Our bodies need to be free of imbalances and restrictions prior to training, conditioning and competitive fitness activities. Such limitations and imbalances can significantly distort motor learning, movement perception and efficiency in body mechanics.

Many of the athletes we see are extremely gifted and can compensate for certain imbalances. Our assessment comes in under the compensations and looks at the blueprint of movement on which the athlete is operating. It can explain why there was a propensity for them to break down in spite of seemingly high performance. When testing and screening our athletes, we do not look at how fast they can run 40 yards or how much they can press or squat; all of our athletes experience improvements in these and other abilities. We look at their fundamentals of movement to find the "proverbial flat tire" or misalignment. For instance, if you drive a car hard and fast with a flat tire, ultimately it will lead to other issues. Similarly, if you push the body really hard with a movement issue, you are more prone to suffer other injuries and have a harder time bouncing back. Once the athlete is assessed, we can design a program that will catapult her to higher levels of performance. First, we create a map or the assessment. Second, we must correctly read and interpret the map. Finally, we must consistently execute the necessary steps in the proper sequence in order to physically travel the journey. Consistent and objective feedback is needed to read and execute this map with greater precision. The program that we will be offering the athletes of Midwestern Force Lacrosse will take into account geographical limitations, individual needs and goals, access to recreational facilities and involvement in other sports. Lastly, the nutritional component, which is a big one, will be addressed and a support system will be put in place. There is so much on the fitness horizon for Midwestern Force. We can't wait to unveil it.

Your in Strength –
Jeff Turner & The Fit-2-Play Team



What Makes Us Different Than The Other Clubs ?

**MIDWESTERN
FORCE
LACROSSE!**

**WHERE ARE OUR
MEMBERS FROM?**

OHIO

WISCONSIN

MICHIGAN

INDIANA

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

