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FLOWER MOUND LACROSSE ASSOCIATION



January 2012 Newsletter

In This Issue

[Message From the President](#)

[EMLA High School Players Selected to Play on Dallas All-Star Team](#)

[EMLA in the Flower Mound Christmas Parade](#)

[5/6 Boys and 7/8 Boys](#)

[Tryouts for Spring 2012](#)

[EMLA Winter Camp](#)

[EMLA Summer 2012 Travel Teams](#)

[Youth Spring Registration 2012.](#)

[EMLA Blue Teams Come Home with Trophies After Attending the CY Fair Tournament](#)

[Flower Mound High School Girls.](#)

[EMLA High School Key Dates](#)

[Fundraising](#)

[Warrior Team Jacket and Pants](#)

[What Flower Mound Expects from Its Players](#)

We hope you enjoy the new format for the FMLA newsletter. If you do not wish to receive further newsletters, please unsubscribe through the SafeUnsubscribe link at the bottom of the newsletter. Certain emails do not support all of the functions of Constant Contact so please press "Click here" (at the top of the page) to view in your browser.

Message From the President

Welcome to the Spring Season of Flower Mound Lacrosse!

Thanks to all the amazing families and players that have been a part of the FMLA. I appreciate your continued support and enthusiasm for lacrosse. I also want to give a warm welcome to all new players - welcome to the FMLA family. If you have any questions, please feel free to contact me.

This spring we will have 11 youth boys' teams, 4 youth girls' teams, 2 High School boys' teams and 1 High School girls' team. Our high school varsity team will be competing in Division II, and we will field a team in the Championship division at both 7/8 and 5/6 boys.

We are also very pleased to announce the addition of two new coaches. Coach Dan Cline, who played with Baylor University for 4 years and served as an assistant coach at Baylor, will be coaching boys 7/8. Coach Robert Gaddy played lacrosse at Iowa

Quick Links

[Our Website](#)

[USLacrosse](#)

[NTYLL](#)

State University and will be coaching boys 5/6.

As you know, we rely on fundraising activities to support various aspects of the program including the field acquisition fund so that one day we'll have our own dedicated lacrosse practice fields. Many thanks to Jerry Hoagland for organizing our fundraising activities. Also, thanks to all the families and players that participated in our Interstate Fundraising program.

Finally, we had a great turnout for the Flower Mound Christmas Parade. The kids really enjoyed themselves, and thanks to Sherri Hammond for coordinating the event and Steve Cambere for driving the jeep to trailer our float.

We wish all our teams the best of luck! Go Force!!!!

Chris Hansen
President

FMLA High School Players Selected to Play on Dallas All-Star Team

Recently, Team USA U-19 traveled to Dallas, Texas to fine tune their skills before they depart for Finland to represent the United States in the U-19 World

Championships. Team USA

U-19 was matched up against a Dallas High School All-Star Team that was selected by respected members/coaches of North Texas Lacrosse.



Flower Mound Lacrosse Players Ryan Lambert and Daniel Lambert were selected to play for the Dallas All-Star Team and showed that Flower Mound Players were up for the task of playing against the best U-19 Lacrosse Players the United States has to offer. It should also be noted, Coach Terry was selected by members of North Texas Lacrosse to be one of the Coaches of the Dallas All-Stars. Coach T states, "It was a tremendous honor to be selected as one of the Dallas All-Stars Coaches." "When we were flying back from the Cy-Fair Lacrosse Tournament, I was so excited and nervous for our Flower Mound Players" and noted "

This was a once and life time opportunity for myself, Ryan and Daniel to present Flower Mound Lacrosse". The Lambert Brothers or "LAMBRO'S" held their own and represented Flower Mound Lacrosse with tremendous energy, passion and respect for the game. After the game, We shared a moment with some of the best U-19 lacrosse players in the USA and then loaded up for the long haul back to Houston and the Cy-Fair High School Lacrosse Championship.

FMLA in the Flower Mound Christmas Parade



FMLA participated in the Flower Mound annual Christmas parade on December 10. We had over sixty players/parents participate and walk with us this year. Players handed out candy which was donated by FMLA families. Thank you to all the families that donated candy, the players had a great time handing it out. This year we also handed out blue and orange balls with our web site to get the our information out to the community. The float was decorated by the girls HS program and members of the sunshine committee. They did a great job and had fun doing it!! Special thanks to Steve Cambre for being the driver of our float and Sherri Hammond for coordinating the event.

5/6 Boys and 7/8 Boys Tryouts for Spring 2012 - January 14 and 15

5/6 Boys and 7/8 Boys Tryouts for Spring 2012

January 14 will be tryouts for the 5/6 Championship and 7/8 Championship teams, and January 15 will be tryouts for all other 5/6 and 7/8 teams. Please visit [this link](#) for important details about tryouts and the anticipated structure/hierarchy for the 5/6 and 7/8 boys teams for the spring.

FMLA Winter Camp



FMLA held their annual Boys winter camp at the Flower Mound CAC between the dates of December 9-11. Coach Cole recruited some old friends in Brine Warrior, Pro Dan Holdridge, Brian Griffin, Team USA Goalie Scott Rodgers and Team USA Defenseman Kenny Clausen to provide instruction during the three day session. The 140 plus campers loved connecting with these Brine Warrior Pro's. The Pro's were impressed with the skills, hustle and lax IQ our players showed. The most encouraging statement by the Pro's was that "Flower Mound players are extremely respectful and opened to coaching tips". Overall the Winter Camp was a huge success and we look forward to our Summer Camp that will be posted on our website within the next few months. Our Coaching Staff appreciates all the hard work our young players continue to dedicate to learning the game of Lacrosse. Great job campers, See you in the Spring. Coach T

FMLA Summer 2012 Travel Teams

Flower Mound Lacrosse Summer 2012 Travel Teams
Flower Mound Lacrosse is pleased to announce that it will be offering summer travel team options for our players. We have developed two programs for our players: Colorado/West Summer Teams and New York/East Summer Teams. Both programs will be playing in tournaments that are extremely competitive and against teams that are very skilled. The detailed information on each, including age groups and tournaments to be attended, can be found via the hyper links below. We are presently in the stage of determining the level of interest in each of the programs, assembling a list of interested players, and eventually doing tryouts for each of the programs/teams if there is sufficient interest to move forward. Accordingly, if you are interested in one of the summer travel programs, please complete the information requested in the web-form links below

for the program that you are interested in for this summer.

[New York/East Summer Travel Teams](#)

[Colorado/West Summer Travel Teams](#)

Youth Spring Registration 2012

Practices will take place on fields in the Flower Mound area starting in mid to late January. Games will begin in late February and continue through the first week of May. Each team, depending on grade level, will play between 6 and 12 games during the spring season.

Flower Mound Lacrosse will have the following youth boys and girls teams for the spring lacrosse season:

Boys:

Boys grades 1/2 - one team

Boys grades 3/4 - two teams

Boys grades 5/6 - four teams

Boys grades 7/8 - four teams

*The 5/6 and 7/8 boys divisions will each have a Championship (blue) team. Placement on the Championship team is based upon the skills of the players during tryouts for the teams.

Girls:

Girls grades 3/4 - two teams

Girls grades 5/6- one team

Girls grades 7/8- one team

PRACTICES: Practices for each team, except 1/2 Boys and 3/4 Girls, will occur approximately 3 days per week. The practices generally start in late January with about three to four weeks of intense practice to get players in condition and ready for the games (practices are subject to the coach's scheduling but are likely to occur one time during the week and then on Saturday and Sunday due to daylight and field availability). Once games start in late February, practices usually occur 2 days per week. The 1/2 Boys team and 3/4 Girls team will likely practice 1 to 2 days per week before games start and then practice 1 day per week after games start.

GAMES: Games in the spring are played both home and away. This means away games are played at the town of the club you are playing against. We play games against clubs located in towns throughout the entire Dallas/Fort Worth metroplex.

Games in the spring can be any day of the week but most are on Saturday or Sunday. We expect each team to play approximately 10 to 12 games during the spring season. The 1/2 Boys team will have approximately 8 to 10 games during the spring season, and the 3/4 Girls team will have approximately 6 to 8 games.

Traditionally, the games start the third weekend in February and end in early May.

US Lacrosse Membership: All players must have a current US Lacrosse membership number and it must be valid through the end of the season. Go to www.uslacrosse.org to obtain membership or verify status of membership. (FMLA US Lacrosse Group Number is 2682358). No player may register or play without a current US Lacrosse membership.

Register NTYLL. All players must register with North Texas Youth Lacrosse League (NTYLL) each season (even if you have done so in previous seasons). There is no fee to do this but it is required by NTYLL for youth players to participate in the spring league. www.uslacrossentx.org.

Please note FMLA's updated helmet policy. All youth players must wear a white color helmet.

FMLA Blue Teams Come Home with Trophies After Attending the CY Fair Tournament in Houston in December



Varsity

The varsity lacrosse team completed a great fall session with the focus on the basic fundamentals of playing/communicating as a team. The varsity team scrimmaged the defending division II state champion Hillcrest and then attended the Cy Fair Invitational. They played well against Klein and Clear Lake (both teams from the south) during the two day tournament in Houston, Texas. The varsity team won the Cy Fair tournament beating Clear Lake twice and Klein in the finals.

I would like to thank the parents and our fans for their continuous support of the varsity lacrosse team. Coach Carl, Coach Bell and I look forward to the challenge that awaits our

team in Division II lacrosse this season. I just wanted to mention that the players were committed to academic excellence during the Fall Season and have continued that same work ethic into the Winter. I will continue to fully support academic excellence in the classroom and social responsibility off the lacrosse field. If you any question about the future of the varsity lacrosse program, please send me an email to forcelacrosse@gmail.com.

Happy new year and best wishes.

Coach Terry

High School Girls

Coming off an undefeated tournament at McKinney the girls took the field at Cy-Fair ready to dominate. They started off with convincing wins over Memorial and Highland Park. The last game was against Cy-Fair. We previously lost to them at the Halloween tournament. At the Halloween tournament we were plagued with injuries and the girls were not yet at the top of their conditioning level. In preparation, the girls worked extremely hard at gaining endurance. Their hard work paid off and they hung in there running up and down the field non-stop in an extremely competitive game. We encountered a nervous moment when starter Tara Stryder's shoulder popped out during the game, but that didn't stop us. The girls would not give up and displayed their improved skills and tremendous teamwork. The game ended in a tie and the girls finished their second consecutive tournament without losing a game!

7/8 Blue

The 7/8 Blue Team concluded their Fall season winning the overall championship for their age bracket at the CY Fair tournament in Houston in December. The team improved with overall fundamental skill development and lacrosse IQ. It's important to remember in the Fall Season that players should enjoy the overall development of the basic skills required to play lacrosse. We stressed passing/catching, communication, positioning, conditioning, lax IQ while staying focused on ACADEMICS. Each practice our players enjoyed between 150-175 touches per practice. I was extremely impressed with our teams overall GPA. Great Job!

Coach Carl and I look forward to working with the newly formed 7/8 Championship Team in the Spring, the Championship Bracket will be extremely challenging for our young program but we look forward to new commitment.

Best Wishes, Coach T

Girls 7/8

The Girls 7/8 team ended the season with a great trip to Houston for the Cy-Fair Burning Flower Tournament. In our first game we played Cy-Fair and tied them 5-5. Our second game was against Clear Lake and we won 9-2. The last game we played Pin Oak and won 11-1. We tied Cy-Fair in our bracket but they advanced due to a goals against tie-breaker. Cy-Fair ended up winning the tournament, so we feel really great about our ability to play with anyone! We had lots of fun running around Houston and hanging out with the High School girls at the hotel! I'm very excited about the spring and can't wait to start playing again!

Coach Jeff Wilkin

5/6 Blue

The 5/6 Blue team traveled to Houston in December to participate in the Cy Fair tournament. They played 3 regulation games and 2 playoff games. They played Westlake in the final championship playoff game. The game was tied, until we lost by 1 point in the final minute of the game during a man-down situation. We had insufficient time to get the ball back in the offensive zone. They boys played hard and took home the second place trophy for their age bracket.

Coach Lee

Flower Mound High School Girls

The Flower Mound High School Girls now have a fall tournament record of 7-2-1. As a coach, I could not have been more proud of the improvement the girls have made. Most importantly they played as a team! I can't wait to see how they progress going into our next tournament at Texas A&M the first weekend in February. While watching these girls, I was amazed at how well they developed as a team. Many first year players stepped up and are now able to compete with top teams; many of which have been playing together for years. I am looking forward to the continued success of these wonderful ladies throughout the spring season. It is an extreme honor to be a part of such an amazing group of girls!

Thanks,
Coach Tara

FMLA High School Key Dates

Sunday January 15	Practices Begin
February 12 and 13	Jesuit Invitational Tournament (Boys Varsity)
Mid- February	Spring Season Games Begins
February 25 - 26	Games in Austin, Texas (travel required)** (JV and Varsity Boys only)
April	End of regular season play

Fundraising

The Interstate Battery Sale was a huge success!

Thanks to everyone that participated. We raised over \$2,000 and received over \$300 in donations.

Congratulations to the High School Girls Team for the overall highest sales total. Their team will be awarded \$100.

Great job ladies!

I want to especially recognize our Individual Contest Winners, who received \$50 gift certificates to Dick's Sporting Good's for their efforts.

Congratulations to:

Lauren Maness- H.S. girls

Bonnie Blocker- H.S. girls

Peyton Ackerman- 7/8 Orange

Megan Lawrence- 5/6 girls

Cale Pennington- 5/6 Orange

Grant Hoagland- 5/6 Orange

This spring we are planning a garage/yard sale and looking for sponsors. The Fundraising Committee needs volunteers.

Anyone interested please contact Jerry Hoagland ASAP at 214-356-8383 or jerry@oldtownmortgage.com

Jerry Hoagland

Warrior Team Jackets and Pants

To those who ordered the Warrior Team Jackets or Team Pants this past fall:

TEAM JACKET/PANTS DISTRIBUTION

WHEN: Wednesday, January 18

4pm - 6pm

WHERE: Flower Mound Library

There will be another opportunity to order the team jackets & pants via an on-line link through Lax World opening January 21st and closing January 31st.

What Flower Mound Expects from Its Players

Playing lacrosse on the Flower Mound Lacrosse teams takes a certain level of commitment for the players to develop solid skills and for the teams to be competitive at their level of play. Players are expected to commit themselves to attend all practices and games and adhere to the following:

We place great emphasis and value on always keeping a positive attitude and respecting your teammates, opponents, and referees, no matter what the score. Poor sportsmanship is not acceptable and will get you benched. Although our goal is to win games, which is important and fun for players of all ages, we also believe it is important for our players to develop the skills, discipline, and attitude that will help them succeed later in life.

Attendance-- Players are expected to attend ALL lacrosse games and practices. Practices are as important as games. We believe that all lacrosse players need ample playing time during both practices and games to develop in a sport and to get the most enjoyment out of the game. Players should be fully dressed, on the field and ready to play -- on time. Arrive 15 minutes before practice begins to dress. Arrive at least 30 minutes before all games to allow time for pre-game drills and warm up.

Respect-- Respect for your coach, your teammates and yourself. Coaches spend considerable time in planning and running

practices to teach skill and prepare for games. A practice plan relies on consistent attendance from all players. With just a few late or missing players, a practice plan can be thrown out the window.

Teamwork-- Lacrosse is a team sport. Teamwork is a "life skill" that stays with young athletes long after they stop playing sports. It often makes them better in social, educational and, eventually, professional environments.

Commitment-- On a team, the group suffers unless everyone is committed to its success. Commitment requires that everyone practice their skills when at home and that everyone show up ready to play on time every session. Showing up "when you feel like it" just doesn't cut it in Flower Mound lacrosse, just like it doesn't cut it when you are a member of a musical band, a theatrical play, or any other group activity. Making commitments and fulfilling them are important in both sports and life. We want to send the right message to our players. The life skills learned in sports are much more sustaining than the sports skills that they learn (although we care a lot about developing sports skills, too).

We will follow a simple equation:

Skill + Attitude + Effort + Attendance = Playing Time

Players who commit themselves to the game of lacrosse by attending practices and games, giving their best effort, developing competent lacrosse skills and following the Code of Conduct will receive ample playing time. Players who do not attend every practice and game, do not show up on time, do not try their hardest and do not show respect for coaches, officials, opponents, and teammates will not be rewarded by the coaches with as much playing time as teammates.

About FMLA

The Flower Mound Lacrosse Association (FMLA), home of Force lacrosse, is a 501(c)(3) tax-exempt/public charity, non-profit organization dedicated to fostering and promoting a safe, disciplined, respectful, team-oriented program where boys and girls can learn the fundamentals of lacrosse, develop skills to be competitive in the game, and build the essential characteristics of good sportsmanship and strong character. Please visit [our website](#) for more information.

FMLA Newsletter

If you have any idea's for upcoming Newsletters, contact Melissa

Lawrence at melissalawrence@verizon.net.

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