

Ponderosa Lacrosse Newsletter

2022-23 Volume #1

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NEW INFORMATION

Homecoming Parade. Homecoming (HoCo) week is a great tradition at Pondo, and the parade is one of the most fun events. This year's parade is Wednesday, September 20. *That's less than a month from now!!!* This is a great community event and the players love to participate. It takes several player and parent volunteers to design and build the float. If you are able to help this year, please respond to this email and we will get you in touch with our booster club (Crease Crew) leaders. The float is usually built on a trailer that is pulled by Coach Dooley's truck during the parade. If you have a trailer, or know where to borrow one, then please respond to this email as well and we'll get you in touch with the Crease Crew.

The Offseason Program. We're working on details to start after Labor Day. We like to give players a break from summer ball and let students get their feet under them in the new school year. We're likely to participate at the JV and varsity level in the Mile High Harvest Tournament on Oct 28/29 and not play any fall leagues. We'll play the full field indoor league in Jan/Feb. We're working on the schedule for a fall camp (3 days of practice) and after school strength/conditioning sessions. Stay tuned for details. The fall tourney requires a fee but the other fall activities are no cost.

In the meantime, always remember that whether or not you do offseason activities, the best way to improve as a lacrosse player is to hit the wall hard & often with purposeful stickwork reps, shoot a ton of balls, & work on agility & athleticism by doing jump rope & footwork drills. You'll see measurable growth if you dedicate 20 minutes to those activities 4 or 5 times a week. Athletes do not always need coaches & structured activities to improve their game.

2023 Mile High Harvest Lacrosse Tournament	
Lacrosse Tournament Oct 28th & 29th At Long Lake Ranch	3 HS Divisions Var A Var B JV

Offseason Lieutenants. The Offseason Lieutenant (LT) program has proven successful over recent years. We'll publish the simple application form soon with an explanation of the leadership opportunity.

Communication. We teach our defense that consistent and strong communication solidifies into a stonewall. We teach the offense that a well-timed and loud call for "one more" is critical to scoring. Communication is a life skill and a weapon on the field. We endeavor as a program to hold everyone (players, coaches, and families) to a high standard of effective communication. It starts with getting everyone locked accurately into the email list and on board with our BAND group. Please double check that each family is receiving our emails at the correct addresses and that everyone has joined BAND and turned on notifications for their mobile devices. You can also find most information and links on the website (<https://pondolax.com>) so please bookmark that page.

REMINDERS & UPDATES

Helmets. The program has 3 new helmets available for purchase using this [Cheddar Up link](#). The cost is \$224 and a direct pass-through of the wholesale discount we receive from the supplier. The helmet retails for \$330. First come first serve. The program requires black helmets and offers the black Cascade XRS with black face mask at a significant discount. The purchase includes a sheet of Ponderosa decals. Another order for helmets will be placed later in the fall but prices are likely to be higher.

CONNECT WITH PONDO LAX

Main Website: <https://pondolax.com>

Schedule & Chat Platform: [BAND](#) (Available to current players, coaches, & parents)

Game Film: [ScoreBreak](#) (Available to current players, coaches, & parents)

Playbook: Folder on Google Drive (Request permission to access) [*Inactive*]

Social Media: [Facebook](#) and [Instagram](#)

I'm available for your thoughts and questions at andrew.trietley@grytlacrosse.com and (720) 413-3948. You can also find more information within previous newsletters by going to the "Newsletters" section on the website.

#123stangs456family Go Mustangs!

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