



President's Message

I am pleased to launch the 2011 house league box lacrosse season on Sunday, April 17th, 2011! Our goal is to create a fun atmosphere and enjoyable season for your children. We have worked hard, so far, and I would like to thank all of the volunteers who have helped us get to this point and look forward to their continued support as we progress through the season.

If you have any questions please come and see me! I'm always available and will be at McGregor for the majority of the house league nights. We will always have an Executive available for you to talk to, if you should have any questions or concerns or you can always send me a note at president@starslacrosse.ca.

Also I wanted to mention the huge success of our 1st Annual Fundraising Poker Night on April 2, 2011!! With the money raised we were able to purchase much needed goalie equipment for our House League goalies! Thank you to Donna Brockerville, Tammy Coates, Brenda Hopcroft, Scott Hoy, and the Stars Executive who volunteered their time to make this event such a huge success! Can't wait for the 2nd Annual Night!

Looking forward to a great 2011 Lacrosse season together!

Quote of the Month

"What the mind can believe, the body can achieve."

-- Vince Lombardi

Box Lacrosse House League Season Kicks off!

On Sunday, April 17th, 2011 we are kicking off our house league season. Please arrive at least 30 minutes before your scheduled time so that you can get organized with checking in, receiving your jersey and getting ready to get on the floor for your practice. Once you have finished your practice, there will be a BBQ at the back of the arena where you can come and get a hot dog or hamburger and a drink to celebrate the kick off of the season! There will be lots of other events happening on opening day too, so come early and stay late!

The schedule for opening day is as follows:

Peanut Division - 10:00 - 11:00
Tyke Division - 10:00 - 11:00
Novice Division - 10:00 - 11:00
PeeWee Division - 11:00 - 12:00
Bantam Division - 12:00 - 1:00
Midget Division - 12:00 - 1:00
Intermediate - 1:00 - 2:00
Women's - 1:00 - 2:00

Remember to bring all of your equipment so that you can go on the floor. Mandatory equipment is:

- Helmet with mask
- Shoulder Pads
- Slash Guards/Arm Guards
- Kidney Pads
- Jock/Jill
- Gloves
- Stick
- Running Shoes
- MOUTHGUARD (coaches and refs will be checking!)

Please bring any outstanding items i.e. photocopy of birth certificate, signed registration form, payment etc.). We have to have all of this accounted for before you can go on the floor!

Nutrition for Lacrosse Players

(as published on <http://www.iycamembers.com/>)

Lacrosse is a unique sport; a mix of short bursts of speed, power, and surely mental focus. Of course we know training is crucial to success, but the missing piece to the performance puzzle is very often nutrition. Chugging an energy drink in the locker room before your match will not help performance. Waking up with a 20 oz bottle of soda is like pouring 17 tsp of sugar on a bowl of cereal and eating it. Again, not so effective.

Let's instead delve a bit into some specific nutrition tips for Lacrosse players.

Carbohydrates should absolutely be the cornerstone of a lacrosse players diet.

The key, is to focus heavily on quality -- "think fiber, not carbs!" There is a huge difference between white bread and whole grain, high fiber bread; a sugar coated cereal and oatmeal; French fries vs. sweet potatoes. **Focus on the quality of the carbohydrates.**

For example, definitely eat breakfast, but try a whole grain based cereal with some fresh fruit for the nutrients and fiber. Sandwiches should be made with whole grain bread, rather than their white counterpart. Snacks can be whole grain crackers with peanut butter, fruit or veggie sticks with peanut butter, etc. The list can go on. The focus of carbohydrates should always be on foods that provide a few grams of fiber per serving (exception is milk and yogurt, which are very healthy and carbohydrate based, but provide little, if any fiber).

Fruit and vegetables are also a crucial element for a high performance athlete.

Kids often shy away from them and parents don't always push them. However, research has suggested it can take as many as one dozen times to determine if a child likes a particular food. The key for a parent is to introduce kids to as many of these nutrient dense, colorful foods as possible!

Make it fun. Here are a few ideas:

- Ants on a log (celery with natural peanut butter and raisins)
- Sailboats (apple slices with toothpicks holding a cheddar cheese "sail"-- of course watch your child to ensure they don't eat the toothpick).
- Homemade trail mix (mixed nuts, dried fruit, and some whole grain cereal)

Keep in mind that dried fruit counts towards the total fruit intake for the day, as does 100% juice (of course this shouldn't be the mainstay, though, as whole fruit provides more fiber), along with fruit puree.

Protein Needs of Lacrosse Players

In the world of athletics, no other macronutrient has received the same level of attention as protein. Everywhere you look, everything you see, tells us we need more and more protein, whether you're trying to lose weight or gain muscle. But how about for adolescent athletes; do they too have higher protein requirements like other fitness enthusiasts? As you know, they too are trying to improve performance, put some muscles on those bodies, and of course just improve overall health (at least we hope they are!)...

Upcoming Events

Rep Tryouts!

Rep tryouts will begin the week of April 25. Watch your e-mail for more information! You can contact our Rep Director (Dona Lei Fitchett) at repdirector@starslacrosse.ca if you have any questions!

Toronto Rock Playoffs

As an OLA member you receive a discounted rate for Toronto Rock Tickets (Lower Bowl)

Playoffs are about to begin with the first home game on Sunday, May 1st, 2011 at 3:30 p.m.

Contact your coach to order your tickets. Prices are \$29/adult and \$16/youth. We need the number of tickets and money by April 25th, 2011.

Girl's Field



Jammer Classic Exhibition Games

The Stars U19 and U15 Rep Teams took away season opening wins on April 10, 2011. The U19's beat

Mississauga 11-3 and the U15's took Brampton 3-2. The Jammer Classic is a great opening event for the year and gets everyone going as we approach the rep season which starts in May. There were many great efforts on the field but the Stars Goaltending should be commended – Rhiannon Ness (U19's) and Ali Gianinni (U15's). Both girls played for Team Ontario last season and you can see why!

Stars Girls Build H.S. Programs

Stars rep players have done a great job of spreading the game to Toronto East High Schools. At this past weekends H.S 7v7 Tourney we saw 3 new schools play their first lacrosse. Danforth Tech (Pearl Dixon) Laurier (Haley Cows) and Mowat (Kelsey Hillhouse and Kendra Sheppard) all competed thanks to the Stars rep girls helping to organize their teams and get teacher involvement. Great work ladies!

"Try It Nights" - For Girls - Newcomers 8-15 years of Age and Stars Rep and House League Players

When: Tuesday Nights at Cherry Beach Athletic Fields (Unwin Ave.) Astroturf fields - Dress Warm!
6:00 p.m. - 7:30 p.m. House League and U15 Reps
7:30 p.m. – 9:00 p.m. U19 Reps

Now through May 3rd.

What: Basic Stick Skills and rules of girls field lacrosse taught to newcomers 8-15 years of age and returning Rep and House League players (work on stickwork - left and right hand). Instruction provided by Stars Coaches and Rep players. This is in preparation for House League Play which runs May - June.

Registration: Interested girls can Register each Tues. Night in April - 7 p.m.

Volunteers

Need your Community Hours for High School? We have the answer for you! Come and volunteer your time during our houseleague season. We need timekeepers, equipment helpers, heck we'll find something for you to do to collect those hours!

Contact Danielle Down at volunteers@starslacrosse.ca

Referees

WE NEED REFEREES! Are you interested in making some extra money this season! Contact ric@starslacrosse.ca for more information.

Sponsors

Thank you to all of our sponsors who have committed to another season with the Stars. Watch this section for updated information! If you would like to become a sponsor please contact Susan Duncan at sponsors@starslacrosse.ca



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