



President's Message

I am pleased to introduce our first newsletter! We have developed this newsletter as another vehicle to keep our members informed. You will find information on upcoming events, schedules, offers available to our members and much more! The last page of the newsletter is a flyer that we ask you to print and hand out to everyone you know. Hang it in your barbershop, hairdresser's, dry cleaners etc. Tell everyone about Toronto Stars Lacrosse!

If you have any questions please come and see me! I'm always available at the clinics and registrations or you can send me a note at president@starslacrosse.ca.

Looking forward to a great 2011 Lacrosse season together!

Upcoming Events

Stars Lacrosse Fundraising Event *Poker Tournament and Fun!*

Saturday, April 2nd, 2011

Harmony Hall (Dawes & Gower)

Silent Auction – Door Prizes

Tickets are \$60 (playing poker)

\$30 (no poker)

(includes buffet dinner and entrance into tournament)

For Tickets call (416) 702-2608 or email
repdirector@starslacrosse.ca

Lacrosse Clinics

Every Tuesday Night
6:00 p.m. to 8:00 p.m.

At the SoccerPlex
(101 Rainside Road)

\$7.00/player

(April 12th will be the final session)

For information call (416) 708-2608 or email
registrar@starslacrosse.ca

Benefits of Lacrosse

Why your children should play lacrosse.

Did you know that lacrosse is Canada's National game? It is a great compliment to develop hockey related skills and the fastest game on two feet! If you want to be a better hockey player then lacrosse has to be your summer sport.

Hockey coaches say they can identify a lacrosse player in their midst...tenacious, fearless and tough – with really soft hands. Their ability to handle 'traffic' in front of the net sets them apart from other players.

Many professional hockey players, like Wayne Gretzky, John Tavares, Brendan Shanahan, Steven Stamkos to name a few, played lacrosse throughout their youth in the hockey off season.

Lacrosse is a great physical conditioner and develops agility and great hand/eye co-ordination. It also helps development discipline over emotion.

Box Registration

Our registration has been in full force since the middle of December. We will continue to offer registration at our weekly Tuesday night clinics. Please remember to bring a photocopy of your birth certificate if you are a new player.

Registration dates and locations:

Centennial Arena

Saturday, March 26th
9:00 a.m. – 2:00 p.m.

McGregor Arena

Wednesday, April 6th
9:00 a.m. – 2:00 p.m.

SoccerPlex

Every Tuesday
(until April 12th)
6:00 p.m. to 8:00 p.m.

Saturday, April 9th

10:00 a.m. to 2:00 p.m.

Box Houseleague

Boys box registration is moving right along, but we still need GIRLS to register for Box! **Remember we offer a girls box program for anyone interested, at all age levels!**

Our opening day is tentatively planned for **Saturday, April 16th**. The plan is to have the players come out and meet their coaches, receive their uniform and participate in an open practice to kick the season off. We will have many activities available for the kids and parents alike! Similar to our Championship day last year, we will provide a BBQ meal for the players. Parents will be able to purchase tickets as well.

Remember to have all of your equipment with you! If you don't have a mouth guard one of the Stars sponsors Dental Solutions Mobile Dental Hygiene Services, Natalie Brooks-Matwichuk, will be at our clinic on Tuesday, March 22nd. Get you custom fitted mouthguard! For more information email mdhs@sympatico.ca or call 905-999-9016.

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! If you do not have your referee certification you can register for the Zone 6 OLA clinics held on April 3rd. For more information visit <http://ontariolacrosseofficials.ca>

Girl's Field

Girls 'try it nights' will soon be finishing. They have been very successful again this year, running every Monday night at Birchmount Park Collegiate (Danforth Ave. and Birchmount Ave. – main gym) from 7:00 p.m. to 9:00 p.m. The last night will be March 14th.

The houseleague season starts with stick skills clinics in April and move to weekly games from mid-May to the end of June, on Tuesday nights at McCowan District Fields (north of St. Clair East, south of Eglinton, between Brimley and McCowan). The 2011 season will have 2 Divisions – “under 11” (born 2001-2004) and “15 and under” (born 1996-2000).

Necessary Equipment for Girls Field:

- Girls field lacrosse stick
- Mouthguard
- Soccer cleats for outdoor activities
- Proper clothing depending on the weather conditions
- Water bottle
- A good attitude and the desire to learn and have fun!

For more information on the houseleague season or if you are interested in the Girls Rep Field program contact Lorraine Hillhouse at girlsfieldreg@starslacrosse.ca.

Girl's Field Registration

Heron Park Arena
Sunday, March 13th
9:00 a.m. – 3:00 p.m.

McGregor Arena
Wednesday, April 6th
6:30 p.m. – 8:30 p.m.

&

Centennial Arena
Saturday, March 26th
9:00 a.m. – 2:00 p.m.

Saturday, April 9th
10:00 a.m. to 2:00 p.m.

Quote of the Month

It's not the size of the dog in the fight, it's the size of the fight in the dog.

-- Mark Twain

What's New

House League Coaches Clinic

On Sunday, January 30th we held our first coaches clinic! It was a huge success! Several of our members who were interested in coaching a houseleague team registered for the 2 hour clinic.

Thank you to John Phillips, Whitby Lacrosse Association, for doing such a great job, so great in fact that we have been asked to host another clinic!

We have scheduled our 2nd coaches clinic for Sunday, April 10 at the SoccerPlex. Please contact Dan Ransom (dransom1@ymail.com) or Brenda Lint (registrar@starslacrosse.ca) to reserve your spot.

Boys PeeWee Field Lacrosse

We are thrilled to tell you that we will have a Boy's PeeWee Field team for the 2011 season! We have try-out/practices held at the SoccerPlex on Sunday evenings (5:00 p.m. – 7:00 p.m.) until March 26th. Come out and try it! Spots are still available!

Director of Player Development

Dan Ransom is our Director of Player Development. This newly created executive position developed based on the feedback that you have provided to us.

Dan will be out to each of our house league and practices, supporting the players and coaches, to ensure proper safety and play for all!

Welcome Dan!

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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