

Rush-Henrietta Lacrosse Club Newsletter



2008 Club News

Interest Articles:

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The Rush Henrietta Lacrosse Club Who Are We?

The Rush Henrietta Lacrosse Club was formed in March of 2002. Our goal is to promote the sport of lacrosse in Rush Henrietta at the youth level. We are a separate organization from the Henrietta Recreation Department and are not affiliated. The RH Lacrosse Club offers boys lacrosse programs in addition to those currently provided by the Henrietta Recreation Department. Read about who we are and see us on the web at: **www.rhlacrosse.com**

We are a program fueled by volunteer parents and RH Coaches who want to help promote youth lacrosse in the Rush Henrietta area. Our programs focus on "Having Fun" while learning the fundamental skills for playing lacrosse. Our philosophy is that winning is second to sportsmanship, respect, FUN, hard work, and involvement by all team members. If our club players can accomplish these things in a game or practice we are winners!!!!

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand. —Vince Lombardi

Rush Henrietta Lacrosse Club - Frequently Asked Questions

What Programs are run by the Henreitta Recreation Dept and by the club? Although many of the same volunteers coach programs for both organizations there are differences. Each organization has different registration/payment processes and contacts. Please see the "Typical Events" below.

How are Club Teams selected? Club teams are selected based on age and/or grade and upon skill level, dedication/work ethic, and player attitude.

Who can I contact if I have questions about RH Lacrosse? Contact any of the club board members seen on the web page, ask your school lacrosse coach about the club, or call any of the coaches listed below.

We recently went to a Rochester Knighthawk's lacrosse game - is youth lacrosse that rough? Field lacrosse and indoor (Box) lacrosse are very different games with different rules. The Knighthawks hit (check) each other fiercely with their sticks and have frequent body contact. In boy's youth field lacrosse, only poke checks are taught and body contact is not allowed. Field lacrosse at the high school level can become rough at times. However, in general field lacrosse has less body contact and slashing, due to the rules and large field space.

Does the RH Lacrosse Club offer Girls Programs? There is another Lacrosse Club offering girl's lacrosse. Contact Rob Pattridge (below) for information.

Boys Youth Lacrosse Opportunities In Rush-Henrietta

Typical Event	Event Time	Sponsor	Contact	Contact Number
1/2 Grade, 3/4 Grade & 5/6 Grade spring league	April - mid June	Hen Rec	Hen Rec	359-2540
All Ages 1 Week Summer (Day) Lax Camp	1 week Mid July	Hen Rec	Hen Rec	359-2540
Summer 7/8 th Grade league (Monday Evenings)	June - August	Hen Rec	Hen Rec	359-2540
Fall & Winter sessions (K-8 Indoor Instructional)	Nov - Feb	Hen Rec	Hen Rec	359-2540
1/2 Grade Tournaments	All Year	RH Lax Club	Eric Kuzniar	334-7471
3/4 Grade Tournaments & Winter Indoor leagues	All Year	RH Lax Club	Brian White	359-2554
5/6 Grade Tournaments & Winter Indoor leagues	All Year	RH Lax Club	Todd Lenhard	359-3985
7/8 Grade Tournaments & Winter Indoor leagues	All Year	RH Lax Club	Pat Smith	334-1425
9/10 grade Tournaments/leagues	All Year	Varies	R. Pattridge	334-2076
11/12 grade Tournaments/leagues	All Year	Varies	Jim Dewald	334-2076