

Jackson Ladies Lacrosse Newsletter

Welcome to our first Jackson Ladies Lacrosse Newsletter

Welcome to our first Jackson Ladies Lacrosse newsletter. The Jackson Ladies Lacrosse

Booster Club will publish this each month during the season and anytime during the off season if needed.

Each month, you will receive by email our latest newsletter. Contents will include a

Coach's corner from the varsity head coach Elizabeth McCormick, Middle School Coach

Keely Wigfield and Youth Coach, Terri Merwin

440 Performance will also be presenting Training Tips for our athletes.

Please contact any Jackson Ladies Lacrosse Booster Club officer if you would like to make any suggestions or comments about the newsletter.

Go Bears

High School Coach's Corner

We are looking forward to seeing our returning and new players in February! Hopefully

everyone has had the opportunity to get a stick in hand during our off season

and has been busy getting or maintaining their athleticism. Remember there's no

such thing as an overnight success; there's no substitute for hard work. Our first

practice will be February 3rd at Hall of Fame and is being led by our upper classmen.

The coaches look forward to seeing everyone who is not in a winter sport there. Any

questions please contact Coach McCormick at 330.704.8277 or elizmccormick@

yahoo.com.



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[Photo caption]

**“GOT
YOUR
6”**

Middle School Coach's Corner

I hope you are all as ready as I am for another great season. As we finally get into the Ohio winter weather and find ourselves trapped indoors I have a couple things you can do to pass the time and help your lacrosse game!

Wall Ball!

You all knew that was coming.. Find an unfinished basement or garage wall and practice your right and left hand. (With parent permission of course)

Cradling

Both sides and work on your transitions from one side to another

Wrist Flicks

These improve forearm strength and ball control, work both sides

Footwork

Shuffles, High Knees, Kareoka, and Butt kickers all are great ways to get moving and work on foot work.

We will only be practicing once a week until March so any extra effort you can put in will help yourself and your team in the long run!

Also please refer to Jacksongirlslacrosse.com on the middle school page for any announcements and schedule changes!!

Looking forward to another fun productive year!

See you soon!

Keely



[Photo caption]

***“Failure is not
an Option”***

Youth Coach’s Corner

Exciting things are happening with the youth team this season!

We are going to try out having two “sub-teams” with 3rd and 4th graders as one team and 5th and 6th graders as another team. We will still practice together, but some portions of practice will be run with the separate teams to focus on different skills. The game schedule between the two groups may also slightly differ. This will allow for more individualized coaching and for more evenly matched games. I will still oversee the entire youth team, but Coach Mike and Coach Mahlon will run the 3rd/4th grade portion of practices and I will run 5th/6th, when we split up.

We have also invested in some new equipment and pinnies for the youth team to allow more players to practice different positions and for practices to run more efficiently.

I am excited to watch the girls evolve into even better players as a result of our new strategy!

Registration forms are posted on Shutterfly and our ladies lacrosse website.

Go Bears

Coach Terri

440 Training Tip

Hurricane Content

Hurricanes are known for their path of destruction, the same is true with this training concept. It improves our cardiovascular conditioning through a variety of speed and strength movements. We even use heart rate to judge our degrees of intensity with students finding a minimum of three measurements. These are used to calculate average heart rate, heart rate percentage, and energy splits between carbohydrates/fats used for the workout. Students learn the feeling of the levels of exertion, heart rate recovery, and simply a test of will within the athlete to push beyond the pain of exhaustion.



[Photo caption]

***“An unprepared
athlete is an
athlete
prepared to
fail”***

440 Training Tip con't

The reason why the muscles reflect pain is from the buildup of hydrogen within our tissues. This later turns to lactic acid after a couple other chemical transitions taking place prior. However, this build up on lactic acid is good for athletes because we all go through this when we play our sport. The term Lactic Threshold is derived from this type of training with the intent of enduring the breakpoint of our muscle's ability to function properly. The benefits or adaptation our body goes through from this type of training is efficiency. The muscles become more efficient at removing the acid and even recycle it for more energy. Lactic Threshold is a “between” energy system, it is not ATP-CP (sprinting) and it is not Oxidative (long distance), it is between both and helps our systems transition from one to the other. This type of training is hard and painful from the “burning” sensation. Even the athlete's mindsets are sharpened because of being able to continue through points of exhaustion they have not yet experienced. Finally, being able to walk away from the training and saying, “I survived a Hurricane.”

St Patrick's Day Raffle Update

Remember our party is scheduled for March 14. We have moved to our new location St. Nikola Orthodox Church located at 5305 Massillon Road. www.stnickolamoc.org. The booster club feels that this is a much better location and an opportunity to be able to accomplish more at this location. We will need many volunteers to help us reach our goals. If you would like to volunteer, please reach out to any of the booster club officers or to Randy Romas. The committees meets each week and you are welcome to join us. Each week you will receive an email on our next meeting.