



# The Howl Monthly Newsletter

November 2010

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## Upcoming Events

**Halloween Shootout**  
Oct. 30<sup>th</sup> - Oct. 31<sup>st</sup>  
Eastfield College  
3737 Motley Dr.  
Mesquite, TX

**Youth Fall League**  
Nov. 7<sup>th</sup> & Nov. 14<sup>th</sup>  
Carpenter Field  
Plano, TX  
B. F. Phillips Field  
Frisco, TX

**Lone Star Shootout**  
Nov. 20<sup>th</sup> - Nov. 21<sup>st</sup>  
5 Star Park  
The Colony, TX

**PWL Alumni Game**  
Nov. 27<sup>th</sup> 2:00pm  
Track Field at  
Plano West HS  
Plano, TX

**Longhorn Shoot-Out**  
5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup>  
Championship Teams  
Dec. 4<sup>th</sup> - Dec. 5<sup>th</sup>  
Whitaker Fields  
Austin, TX



For details about the tournament including t-shirts, please go to <http://www.halloweenshootout.org/index.asp>. Please come out and support your Plano West Wolves and Jr. Wolves.

**Halloween Shootout**  
Oct. 30<sup>th</sup> - Oct. 31<sup>st</sup>  
Eastfield College  
3737 Motley Dr.  
Mesquite, TX  
All Plano West Lacrosse High School and Youth teams will be competing in this tournament.



be competing in this tournament. For details please go to [http://www.dallaslacrosse.com/Dallas\\_Lacrosse/Home.html](http://www.dallaslacrosse.com/Dallas_Lacrosse/Home.html). Please come out and show your support for Plano West Wolves and Jr. Wolves.

**Lone Star Shootout**  
Nov. 20<sup>th</sup> - Nov. 21<sup>st</sup>  
5 Star Park  
The Colony, TX  
All Plano West Lacrosse High School and Youth teams will

## Lacrosse Fest 2010

Over 200 West Plano boys, friends, and families enjoyed an afternoon of lacrosse at Renner Field on Friday, October 15<sup>th</sup>. This event hosted by Plano West Lacrosse featured HS and Youth scrimmages, shooting contests, raffles, a bounce house, lacrosse gear from Team Lax, Slurpees from 7-Eleven, and spiritwear. Thanks West Plano for the tremendous turnout. We now know why lacrosse is the fastest growing sport in Texas.



THANK YOU to all of the volunteers that worked so hard to make this a wonderful event. Your efforts are truly admired and appreciated.



### Coach Profile: Gary DeSerrano

- Head Coach of the Plano West High School program
- Over 25 years lacrosse experience
- 2009 coached Lonestar (U13 and U15), Team Texas (U15), and Coast 2 Coast Lacrosse Academy high school teams
- 2008 - 2009 head coach 7/8 Plano Wrangler Black team
- 2003 Coached youth teams in Plano and Coppell
- Graduated from the University of Texas, played attack for 4 years, winning SWC championship 1987
- Five championships with Dallas Lacrosse Club
- Plays for Adidas Magic Wands , winner of the 2009 Vail Shoot-out

### Maitland Jamboree

Held at Plano East Sr. High on October 16<sup>th</sup> and 17<sup>th</sup> Played annually in honor of Ray Maitland for his unbridled promotion of lacrosse in Plano, Coppell, Hillcrest, Allen, Shreveport/Loyola, and Caddo Magnet for boys, girls, high school, and youth programs. The three Plano senior high school club lacrosse programs host the Annual Ray Maitland Memorial Lacrosse Jamboree. This is a jamboree not a tournament.

Thus, no trophies are presented. For details go to the website at <https://sites.google.com/site/planolaxtournaments/home>



Plano West Varsity and Junior Varsity had a good showing at Maitland.

#### Varsity: 3- 1

Plano West 5 - Highland Park 2  
Plano West 6 - Plano 9  
Plano West 8 - McKinney 4  
Plano West 8 - Coppell 3

#### Junior Varsity: 2-2

Plano West 8 - Plano East 0  
Plano West 2 - Frisco 4  
Plano West 5 - Highland Park 7  
Plano West 3 - Plano 1



### Youth Fall League

Sundays Nov. 7<sup>th</sup> and 14<sup>th</sup>

At Carpenter Park, Plano and B. F. Phillips Park, Frisco

Plano West Lacrosse Youth teams (K - 8<sup>th</sup> grades) are currently playing in NTYLL's (North Texas Youth Lacrosse League) Fall Mustang League. Games are on

Sundays September through November. Games are played at both Carpenter Park in Plano and B. F. Phillips Park in Frisco.

This is the inaugural season for our Plano West Jr. Wolves. There are only two game days left in the fall season, November 7<sup>th</sup> and 14<sup>th</sup>. Please come out and see the future of Plano West Lacrosse in action!



### Coach Profile: Mike Cook

- Head Coach Plano West Jr. Wolves 3<sup>rd</sup>/4<sup>th</sup> grade teams

- Youth coach since 2007

- Founder of the Stephen F. Austin Lacrosse Club

- Moved to Texas in 1987 - played Defense for the Dallas Boardwalk Men's team

- Started Playing lacrosse in Connecticut in 1985 (25 years ago) at Crease Defense

- Currently Plays on Plano Men's Team (with many other Plano West coaches)

### PWL Annual Garage Sale

A BIG THANK YOU to all who helped with the annual Plano West GARAGE SALE -- donating items, setting up, selling and breaking down on Saturday, Oct 23. It was a successful event raising close to \$2400 - considering we had to close down at 1:30pm due to the storms that hit at 1:35pm! Also Thank you to Robin Gailey for arranging for the Recovery Resale shop to come and pick up all of our remaining items - Go to [www.recoveryresale.org](http://www.recoveryresale.org) to find out more about this organization located at the NW corner of Spring Valley and Coit Rd's.



Welcome Junior Wolf families. We look forward to you participating next year! Remember to be collecting and saving those LARGE items for next fall's Garage Sale - We NEED YOU and your items!

### PWL Alumni Game

Saturday Nov. 27<sup>th</sup> 2:00pm  
Track Field, Plano West High School

The 2<sup>nd</sup> Annual Plano West Lacrosse Alumni Game will be played on Nov 27<sup>th</sup> at 2:00pm on the track field at Plano

West Senior High School. The Alumni team will play the Plano West Varsity again this year. Everyone that played on Plano West Lacrosse teams since the first year class of 2001 is invited to play. T-shirts can be ordered, more information coming. A post game tailgate party will be in the concession stand area where players and parents can meet and exchange updates.

The Alumni team practice is on Friday, Nov 26<sup>th</sup> from 3:00 - 5:00pm behind Renner Middle School. Parking is at the Muehlenbeck Rec. Center. Don't park on Yeary Rd. Coach Flick will send weekly updates to alumni players via the Facebook Group "Plano West Lacrosse Alumni." Please join this group if you are a Plano West Lacrosse Alum.



### Spring Registration

With only a few weeks left in the Fall Season, it's time to start thinking about Spring. Registration is open. Please go to the Registration page of our Plano West Lacrosse website and register today!

<http://www.planowestlacrosse.org/registration.html>



### Coaches' Corner

#### Lacrosse Positions

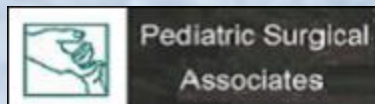
##### Attack:

The attack's responsibility is to score goals. The attackman generally restricts his play to the offensive end of the field. A good attack demonstrates excellent stick work with both hands and has quick feet to maneuver around the goal. Each team should have 3 attacks on field.

##### Midfield:

The midfielder's responsibility is to cover the entire field, playing both offense and defense. The midfielder is a key to the transition game, and is often called upon to clear the ball from defense to offense. A good midfielder demonstrates good stick work including throwing, catching and scooping. Speed and stamina are essential. Each team has 3 midfielders on field.

### Sponsors



### Spirit Day Thursdays

Jr. Wolves please show your Plano West spirit by wearing your spiritwear to school on Thursdays. **Go Wolfpack!**

### SCRIP Gift Cards

You will be able to purchase SCRIP gift cards (at face value) for various restaurants, hotels, and retailers. A percentage of your purchase will go to Plano West Lacrosse! *Stay tuned for more information.*

### The Wolfpack Store

Don't forget to visit the online store for spiritwear. Keep watching for new items as your family expands your Wolfpack wardrobe!  
<http://planowestlacrosse.countmein.com/ShopHome.aspx>

### What to do on Winter Break?

Visit the Resources page on [www.planowestlacrosse.org](http://www.planowestlacrosse.org) for information on upcoming lacrosse camps and clinics over the Winter Break to help players continue to practice and develop lacrosse skills.



### Game On Stickers

Plano West Lacrosse is providing Game On stickers for our players and parents. If you have not received your stickers yet, please check with your Team Admin.