

Plano West Lacrosse – adding to the Pack!

Plano, TX - May 17, 2010: The fastest growing sport in the world just got bigger in North Texas. The Plano West Lacrosse Club (PWLC) announces the expansion of their program to include a comprehensive feeder system that will offer lacrosse to students in grades 1-8, building on the tradition in place for grades 9 - 12 .

While the program will be open to player candidates outside of the Plano West feeder schools, the program will focus on teaching players according to the Plano West discipline as developed by Plano West Senior High School Head Coach, John Marano.

The club's mission statement is to "provide a safe and nurturing environment for Plano West youth lacrosse players and provide a competitive environment for High School players to compete at the highest levels of lacrosse, through virtues of team spirit, healthy competition, and sportsmanship."

To test the model and methodology, two Jr. Wolves teams (grades 5/6) were fielded this Spring under the leadership of Head Coach John Marano. We are happy to report the inaugural season was a tremendous success!

The entire program will be supported by the Plano West Varsity and Jr. Varsity coaches. This plan allows us to begin implementing a system wide curriculum for grades 1 - 12.

Additionally, our youth coaches come to our program with extensive coaching and playing experience. Six (6) of our coaches are active players on the Plano Men's Lacrosse Club.

Additional Highlights about the PWLC Jr. Wolves Program:

- Practices, clinics and most activities will take place on the West side of town.
- With the support of active parents, we plan to develop lacrosse clubs in each elementary, middle, and high school.
- We will provide clinics in the Summer and early Fall to expose new players to this great sport.
- Summer League teams will participate in the Mustang Summer program that takes place on the Prestonwood Baptist campus, featuring teams from around North Dallas.
- A Fall program will be in place to keep our players active, but provide flexibility for our players to participate in other Fall activities.
- We will be an active member in the North Texas Youth Lacrosse League, which is a chapter of US Lacrosse, the National Governing body of men's and women's lacrosse.

Register on our website for our newsletter to receive updates throughout the summer to stay current on the latest news. You can also contact Mike Cook you have questions at 469-831-6453 or mecook31@yahoo.com.



www.PlanoWestLacrosse.org