

Lilac City Lacrosse Club:

I hope each of you, your families, friends and anyone you care for and love is doing well and experiencing good physical and mental health.

On the heels of some not-too-surprising news regarding WA State Schools, WHSBLA, SYL, Titans, etc, obviously our Spring lacrosse program from an official standpoint is not going to happen. Unofficially, there is still work to be done which I will address below.

At this time, many of you are wondering about Summer Lacrosse and what will be happening with our practices, tournaments, scrimmages, etc. The truth is, at this point we don't know much. Here is where we stand right now:

1. All tournaments we plan to attend are paid for and we are acting as if we are moving forward.
2. No organization has officially postponed or cancelled any events that we have on the calendar.
3. Summer registration is open for now although we did not complete the tryout sessions for many of our age groups. If you are a high school player or current 8th grader and you have been offered a spot on a team, that spot will be held for you. There is no requirement to register at this time.
4. For 7th graders and below, we are going to have to figure out team structure and invitations to play in the weeks to come.

From a logistical standpoint, that is all I can offer at the moment regarding Summer. I'll offer one two additional thoughts about Summer ball and then we can close the book on what we know and any "what ifs" for now.

**Thought #1:** If any tournaments are cancelled or postponed or if the summer plan alters in any way, I will communicate that right away. More importantly, LiCi will begin to get creative with alternatives. For example, Coach Ossello is willing to come up to Spokane with some other PLL guys and we can do a big Spokane Sticks-In game where he and some PLL guys coach one team and your LiCi coaches coach the other. Maybe that will have to be in August or September, but that is an idea we have had.

**Thought #2:** Even if summer stays "as is" LiCi needs to be flexible. We may for example, have several players at our younger age groups who because of what happened with Spring Ball, want to participate in a summer session. If this is the case, we may have to figure out how to support more teams than we had planned.

Both thoughts simply highlight the need for good communications. To facilitate this, please check our website, Facebook and Instagram on a periodic basis. The links to FB and Instagram on our our website.

Right now, regardless of what may happen with Summer, what can you do as players (two general thoughts and two specific to you as lacrosse players):

1. Have a routine related to physical fitness. Staying in or getting into better shape and general body health should be a focus. Get outside and carry out your fitness plan. Eat well and stay away from eating too much junk as a cure for being bored. Physical health is important for mental health and mental health is important for us all at the moment. To support physical fitness, there are general workouts that I recommend on our website. Adopt some workouts and stick to them.

2. Try to be strong mentally. There is a lot to be bummed about with all this stuff and it's easy to get in a funk. But you are not the first generation in US History to be asked to sacrifice and step up, so you have others to look to for some inspiration. Obviously, you know that worse times have hit this nation (and others) before. Sometimes it is easy to forget, but as we live through a time of sacrifice for the greater good, just know that it could be far more challenging. This video is one of many to be found on this topic, it's not too long and it has a good message. I suggest spending some time on this topic in the weeks to come.  
<https://www.youtube.com/watch?v=xQFAhIPFLDc>
3. Have a lacrosse-related routine. Wall ball is the over-used general expression you hear from coaches. It's your job to give "wall ball" meaning. Have a wall-ball routine and follow it. There is a link on our website to a fairly good routine. If you search the internet for suggested wall-ball workouts, you will find a ton. If you want another suggestion, ask me. Just pick one and be committed to following it.
4. Try to feel a sense of obligation. The best cure for boredom and loneliness is to feel that you are part of something bigger. If you look to the lacrosse club for some of that, I appreciate that and I want to be known that we are a team. To feel more connected, do your workouts even when you are not up for it. Think of how you owe it to your teammates to do so. Stay connected with general communications and take part in some of the virtual discussions and presentations that we will be putting together in the weeks to come.

Thanks very much everyone. Hang in there and stay connected.

"1,2,3 - Together!"

- Coach Chad