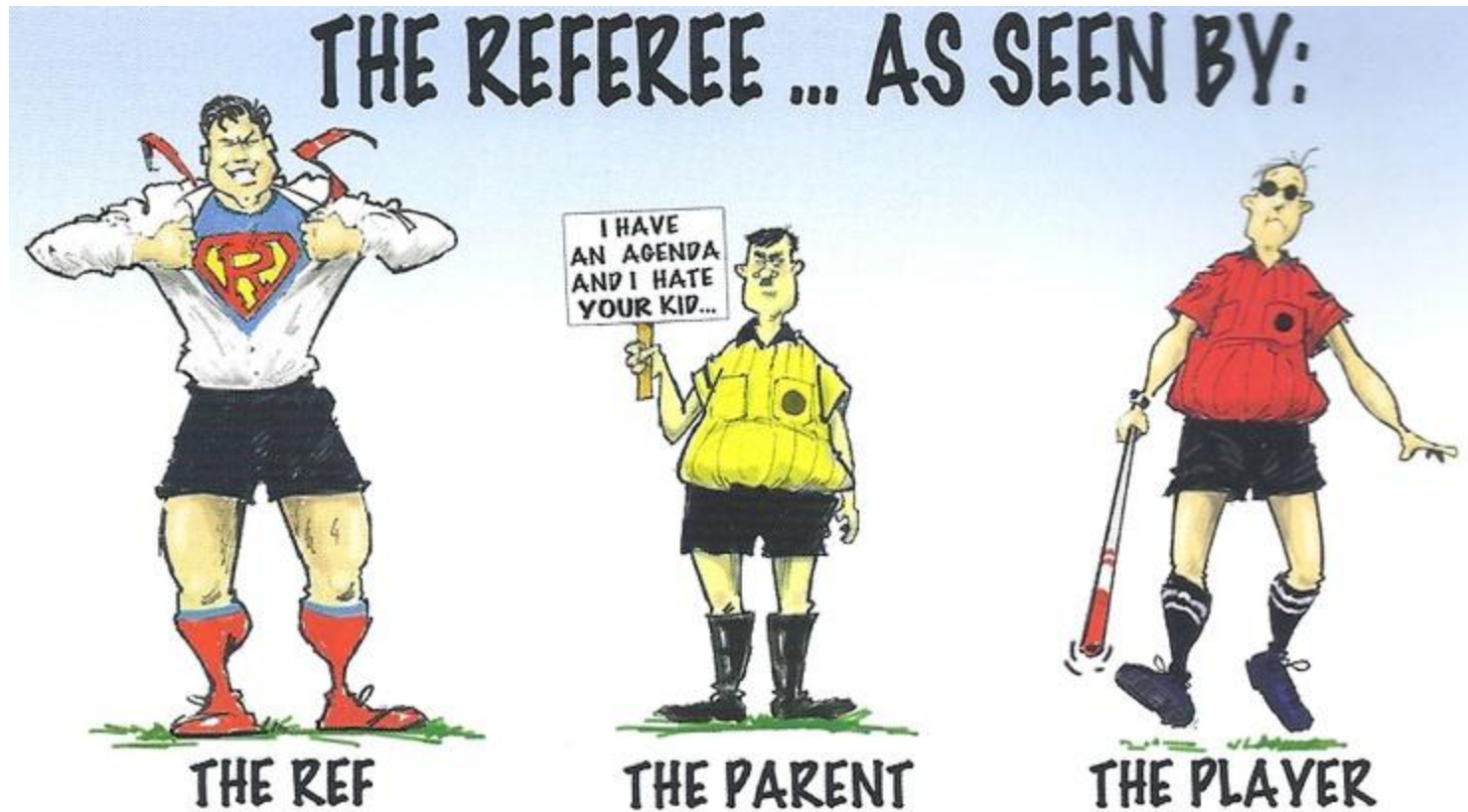




2016





2/8 Agenda

	Presenter	Comments
Welcome	Cantabene	Welcome Admin
Face-Off	Price	Review
Fitness	Connor McJury	Pre-game warmup
Rules Focus	Malloy	Personal Fouls
Gear	Steve Zazuri Honig Sports	
Misc/ Questions	Cantabene	



2016 Calendar

Date	
2/1	2016 GVLOA Season Opening Meeting
2/8	General Meeting: Rule interpretation-Personal Fouls Guests : Honig Sports, Push Fitness
2/22	General Meeting: Personal Fouls
3/7	General Meeting: Go Over Test, Technical Fouls
3/7	First day of practice
3/14	General Meeting: Rule interpretation- Situations, Game Management - Guest: Matt Palumb
3/16	First Scrimmages
3/18	First Game
3/21	General Meeting: Game prep, Pre-Game
5/19	Last Varsity Game
5/21	Sectionals Start
5/27	Semi A
5/28	Semi B, C
5/31	Finals A
6/1	Finals B, C
6/4	Westerns @ All High (Buffalo)
6/8	Upstates @ CNS (Cuse)
6/11	State Finals – Middletown HS
6/16	YEG!



US Lacrosse Test

- **Arbiter > Switch Views > US Lacrosse Central Hub**
- **US Home > Access Test Center**
- **Test Due by 3/7**
 - **80% to pass**
 - **90% Sectionals**
- **Rule Books from US Lacrosse**
 - [\(410\)235-6882 Ext. 102](tel:(410)235-6882)

Arbiter Docs

Lists > Forms

- **Modified Rules**
- **Social Media Policy**
 - **Common Sense**
 - **Do not criticize, comment on officials, coaches, players or assignments**

GVLOA.org Docs

- **2016 Rules Video**
- **PPT Presentations**
- **Mechanics Manuals**



Questions from week One

Goalie Interference

Dive - Goal – No Goal – If you leave your feet of your own volition and land in crease it cannot be a goal – period

Face off mechanics

Faceoffs

TRAINER TIP!

The point is a fair faceoff. Call the violations!



“Down”

Adjust

“Set”



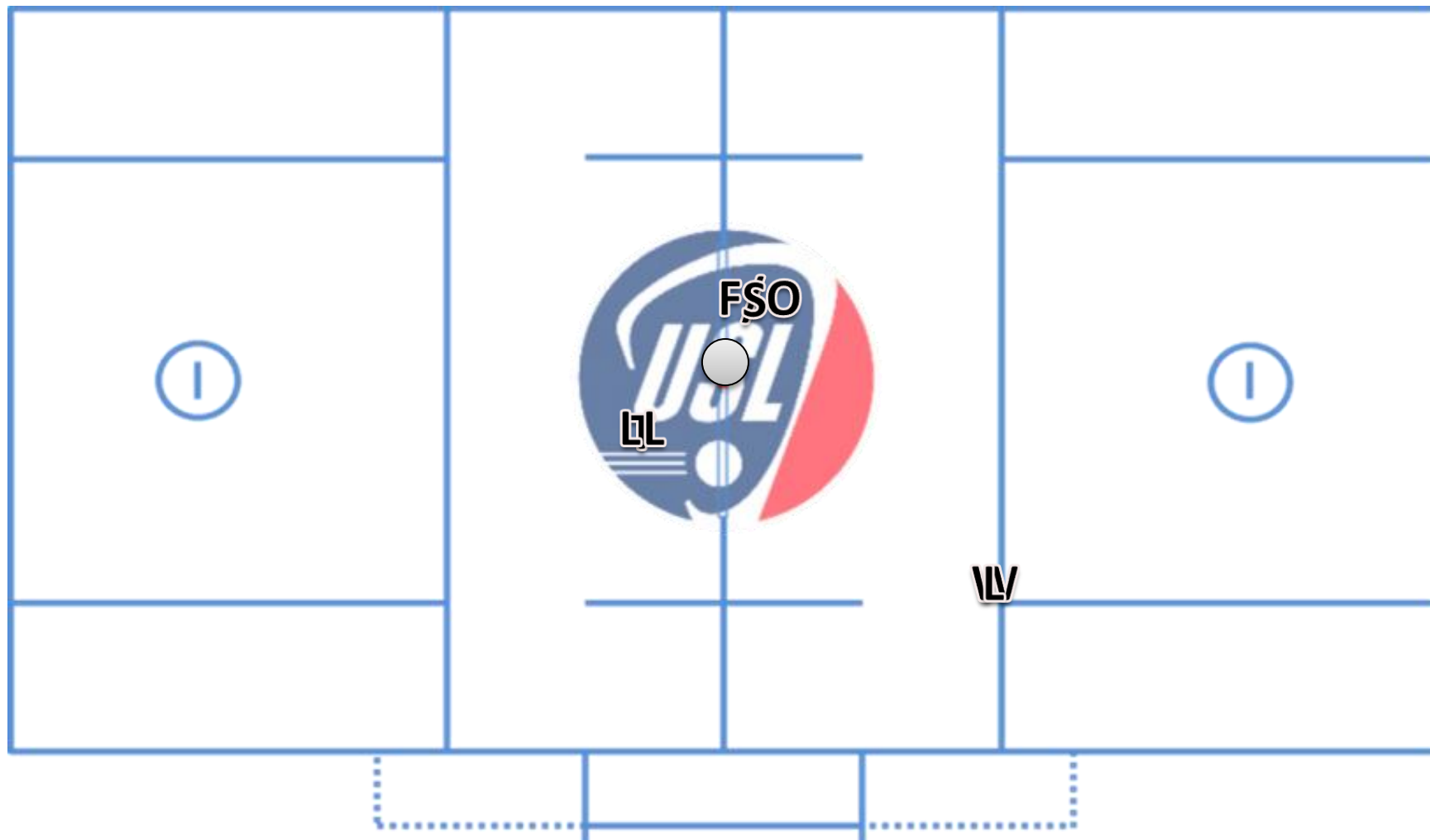
Videos

Go Pro Face Off

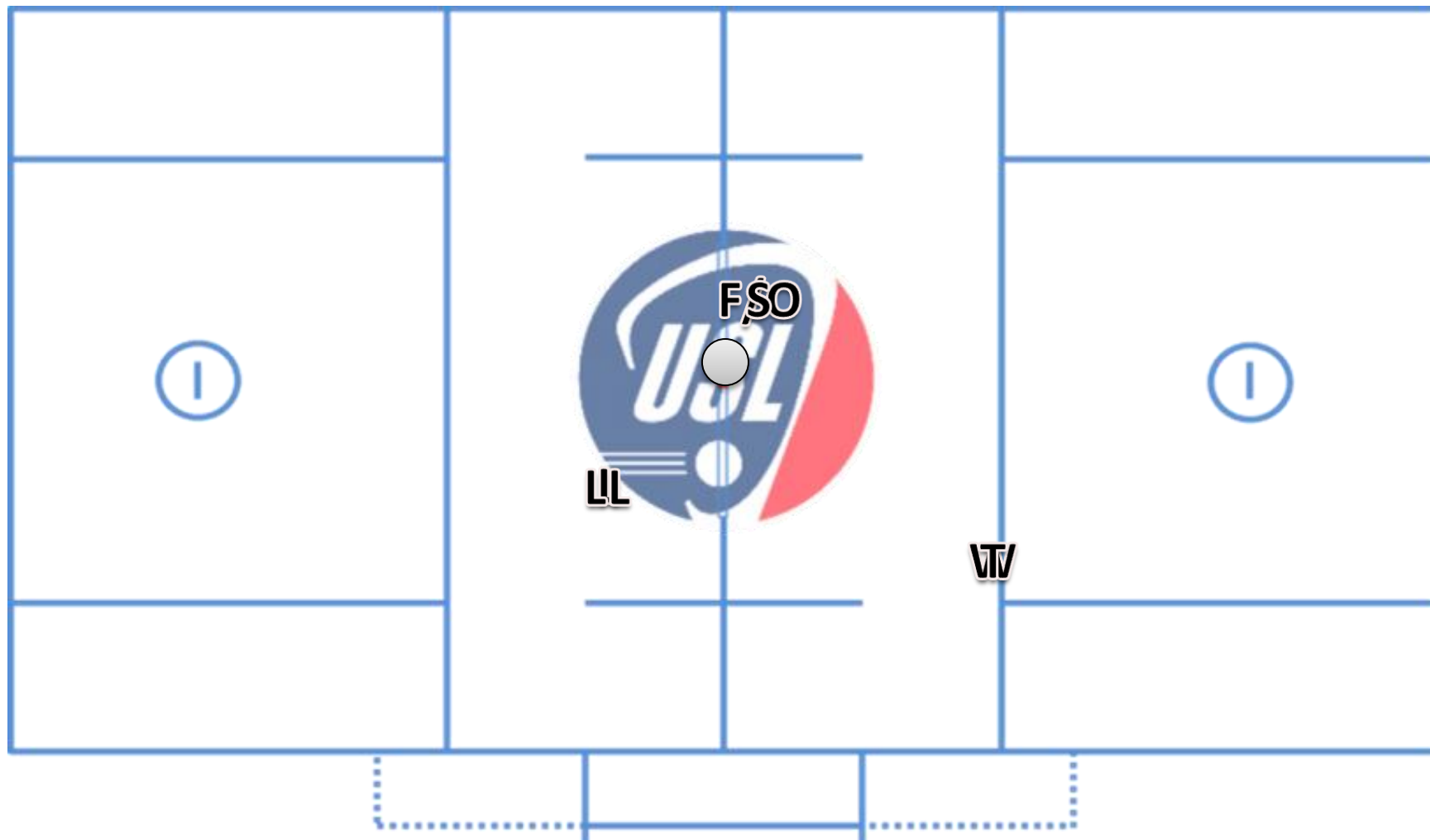
Face Off Hold??

Unnecessary Rough?

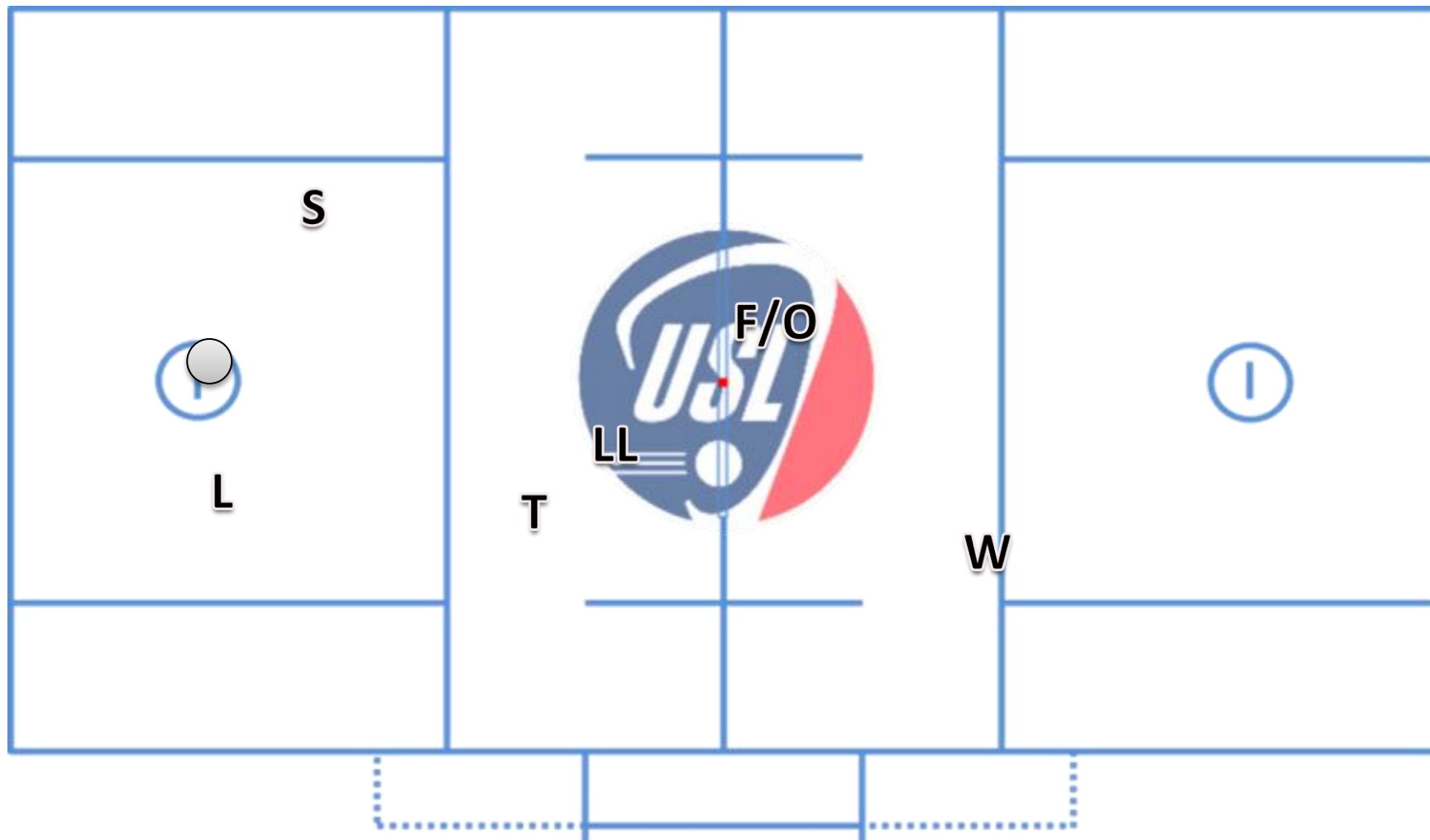
Ball Goes Away From LL



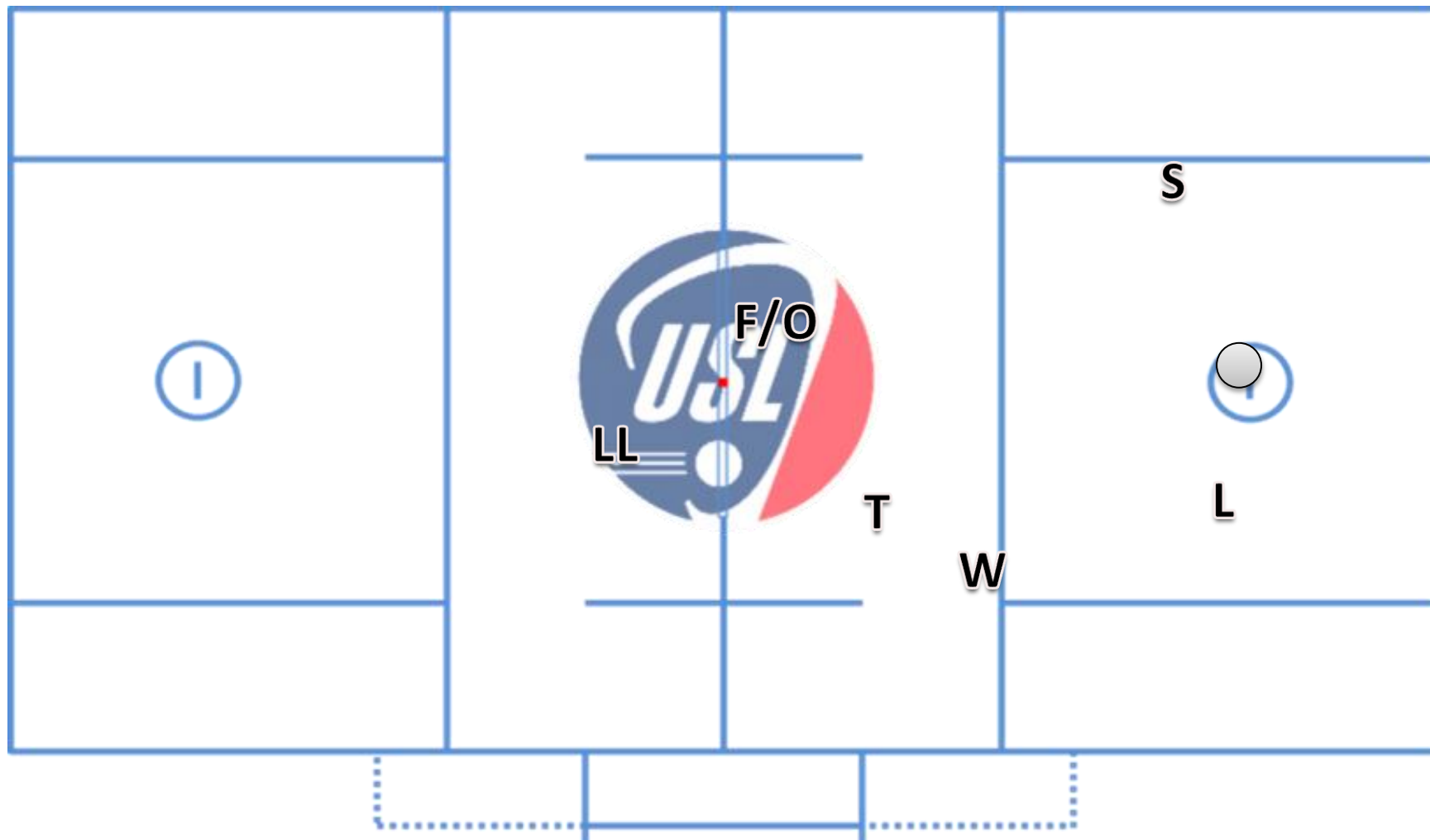
Ball Goes Towards LL



Goal Scored Left



Goal Scored Right





Pregame Warmup - Connor McJury

Certified Personal Trainer

Certified Strength and Conditioning Coach

Push Fitness, Fairport, NY

[Pregame Warm-Up](#)



Personal Fouls – Jim Malloy