



Monthly Newsletter, January 2021

Coaching Clinic February 2021

Interested in coaching this season? We are hosting a clinic in February. This clinic will be focused on U8, U10, and U12 skill building, but will include goalie training too! We have extended the invitation to this clinic to Walnut Creek Warriors, so space is limited. The registration link will be available shortly.

- Girls- Saturdays Feb 20, 27 Time- 9:30-11am
- Boys-Sundays Feb 21, 28 Time- 9:30-11am

ZOOM Clinics for Beginners

- We will be hosting Zoom clinics for any beginner interested in learning about lacrosse. For two weeks in January, we will be meeting over Zoom to review the basics of boys and girls lacrosse.
- January 20, 27- Boys 4:30pm, Girls 5:30pm
- [Click here to be directed to our Zoom Link tab.](#)

Spirit Wear Deadline Extended!!!

- All items are optional this season, but we do recommend a practice pinnie be purchased if you do not already have one.
- Check out our store: <https://lamorindalax21.itemorder.com/sale>

REGISTRATION UPDATE:

- We are waiting for our field allocations. As soon as we have confirmation, we will send out information for the March-May clinics. Please make sure to bookmark the new site for registration:
https://lamorinda-lightning-lacrosse.leaguemanagement.uslacrosse.org/usl_users/usl_users/login

THIS MONTH'S
Letters From Directors



From the Girls' Director

Happy New Year!

I hope everyone had a great holiday break and is ready to get back into the swing of things. I know I am ready to get back out onto the lacrosse field! It is always such a day-maker being able to leave my computer screen behind after a long day and get some fresh air. I am sure the kids feel the same way!

We have a lot of exciting new opportunities coming up over the next few months and we are excited to share them with you all! Starting next week, Colin and I will be hosting Zoom clinics for any beginner interested in learning about lacrosse. For two weeks in January, we will be meeting over Zoom to review the basics of boys and girls lacrosse. If your child is interested in learning how to play, but does not have any equipment, we will do our best to help find some gear (no helmets). Feel free to reach out to either of us and we will do what we can to provide some equipment.

Thank you again to everyone for your continued support. Please do not hesitate to reach out with any questions!

Molly Kuptz , Mollykuptz@hotmail.com

From the Boys' Director

Let's Go Orange!

Happy New Year Lamorinda Families. I wanted to take a moment to go over the California Dept of Public Health return to play protocols. The guidelines were issued after our last newsletter. They correlate with the states color coded tier system. Basically, sports have been assigned a tier based on how "high contact" they are. Girls lacrosse has been classified as a "moderate contact sport" and may resume regular play at the red tier. Boys lacrosse has been classified "high contact" and may resume regular play in the orange tier. Regular play includes competition in practice (ground balls, offense vs defense, 1v1, etc) and potentially scrimmages/ games with other clubs in our county.

We are currently in a "Regional Stay at Home Order." According to the guidelines, "Outdoor physical conditioning, practice, skill-building and training that can be done maintaining 6 feet of physical distance is permitted in all counties, including those under the Regional Stay at Home Order" We are operating our clinics under these conditions. Passing, catching, shooting, dodging, footwork are things we can work on in any tier. Click here for more info from CDPH <https://www.cdph.ca.gov/Programs/OPA/Pages/NR20-336.aspx>

I know the boys and girls are chompin' at the bits to play some "real" lacrosse. We now have some light at the end of the tunnel. Let's keep improving our individual skills, so when we are allowed to work on contact/ competition drills, we will be at our best.

Colin Knightly, colin.knightly@gmail.com

Congratulations Grace Gebhardt on being named an Adrenaline All American!!!



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