

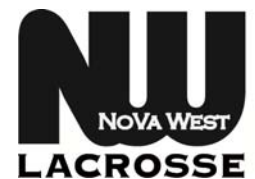
# NoVa West Lacrosse

## Girls' Program Structure

10/1/2010

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Matt Pinkston  
NoVa West Lacrosse  
Director of Operations



NoVa West Lacrosse is extremely excited to launch its girls' program in 2010/2011. For the past seven years, NoVa West has built a very well respected boys' program and is now poised to offer the same quality program for girls. Using the foundation of the Upper Corner elite girls' travel lacrosse teams, NoVa West will open the girls' program with 5 teams for high school and middle school players.

NoVa West has been successful on the boys side of the house because the program always been true to its mission statement and core values.

### **The NoVa West Mission Statement**

Provide the most competitive off-season select teams and the finest camps, clinics, tournaments, leagues and personal instruction available. Provide players with an opportunity for an unprecedented level of exposure at the appropriate time in their lacrosse careers . Also, help the players and parents with the recruiting journey, providing all players with the opportunity to achieve their dream of playing collegiate lacrosse.

Unlike most clubs, NoVa West takes the politics out of the equation. One of the main core values of the NoVa West program is players are trained by coaches who have played the game at the highest level. Parents are also *not* allowed to coach. This is not because some parents do not make good coaches but this policy allows the program to separate itself from the politics of possible favoritism. The best players make the teams and play and parents encouraged to participate by cheering from the sidelines.

Having reputable people in place to run, coordinate and coach is critical to the success of the girls' program as the program moves forward. NoVa West Girls' Program is fortunate to have some great people already in place to help take on this challenge and mold what was already a strong program under Upper Corner to best Girls' Program in Northern Virginia.

Here are some of the people that will be the face of NoVa West Girls.

NAME	ROLE
Matt Pinkston	<p>Founder of NoVa West and Director of Operations</p> <p>Matt is the Director of NoVa West Lacrosse which he developed in 2005. He also is the President of Western Loudoun Basketball.</p>
Ruth Marshall	<p>Director of Women's Operations</p> <p>Ruth has coached youth sports for the past 25 years, she is now the field hockey and women's lacrosse coach at Middleburg Academy. Prior to Middleburg Academy Ruth coached lacrosse at Foxcroft and Loudoun Country Day and was the Girls' Coordinator of Western Loudoun Lacrosse, 1998-2006.</p>
Lindsey West	<p>Head Coach Rising Senior Elite Team</p> <p>Lindsey is the Head Coach of the Shenandoah University Women's Lacrosse Team, was a multi-year all conference player and conference player of the year in college.</p>
Dennis Cox	<p>Coach</p> <p>Dennis is a Boys' and Girls' coach for NoVa West. Dennis is in his second year as Assistant Coach of the Shenandoah University Women's Lacrosse Team. Dennis was a four year starter at Shenandoah and is an active FCA member.</p>

NAME	ROLE
Jay Harkey	Coach, Consultant UMBC National Champion, North West Region Coach of the Year for Loudoun Valley Girls Lacrosse. All Extra Coach of the year. Past President of Western Loudoun Lacrosse. Co Founder of Upper Corner Girls' Elite Travel Lacrosse Program
Tom Worstell	Coach, Consultant Three time All-American University of Maryland, Co Founder of Upper Corner Girls' Elite Travel Lacrosse Program
Katie Ilott	Coach Katie is currently an assistant coach at DII Mercyhurst, she played for DII Limestone where she achieved First Team All-Conference, First Team All-Region, All-American, Conference Carolina's Player of the Year, Team M.V.P
Meghan Harkey	
Jessica Harkey	
Ashton Marshall	4 Year High School All Conference Player, Captain and MVP, Foxcroft School, 2007-2010; Player, Christopher Newport University

While we have built an impressive list of coaches already, we will not rest until we have the finest group of coaches for all our teams. NoVa West has placed adds for additional coaches with LAX Power and Inside Lacrosse and is interviewing candidates.

If you know of someone interested in joining our team of coaches, have them contact us at [admin@NoVaWestLAX.com](mailto:admin@NoVaWestLAX.com)



Similar to NoVa West Boys' Program, NoVa West Girls' Program will focus on both exposure for elite players as well as the development of lesser experienced players building a pipeline into our more elite teams.

YEAR	DESCRIPTION	"A"	Head Coach	"B"	Head Coach
2012	Rising Seniors (Flamingos)	Y	West	N	n/a
2013	Rising Juniors (Virus)	Y	TBD	N	n/a
2014	Rising Sophomores (Venom)	Y	TBD	N	n/a
2015	Rising Freshman (Diamondbacks)	Y	TBD	Y	n/a
2016	Middle School Players (Gecos)	Y	Marshall	Y	n/a

We will develop teams based on demand, we want to form a great pipeline at the younger ages.

NoVa West will maintain the same tryout schedule that Upper Corner has established in the past. The tryout schedule can be found on the NoVa West website:

<http://www.NoVaWestLAX.com/Girls>

\*\* this website will be updated with a tremendous amount of information in the next two weeks, make sure you stay in the loop by getting on our mailing list & joining our social networks.



NoVa West is working with Parks & Recreation to secure locations for tryouts and practices. NoVa West also has exclusive rights at the Purcellville Sports Pavilion as the exclusive lacrosse provider.

An impartial tryout Evaluation Committee will be chosen to assess the players at all ages and make decisions on team selection. The Head Coach will be on the Evaluation Committee for his/her team. Keeping with one of the core standards of NoVa West, parents will not be permitted to be on any of the evaluation teams.

The Evaluation Committee will meet prior to tryouts to create an assessment form that will be used by all member of the Evaluator Committee so that players are assessed properly, fairly and equally.

NoVa West Girls' Program tournament selection will be done carefully and thoroughly. Tournament selection will be modeled after the 2009/10 Upper Corner schedule and the NoVa West Administrators will follow the guidelines and suggestion of the Upper Corner Admin, coaches, and parents. Extensive research on cost, exposure, and location will also be made before any decisions are finalized.

### Possible Tournaments

All American Showcase - 2012	Downingtown, PA
IWLCA Champions Cup - 2011	Downingtown, PA
Charm City- 2013, 2014 & MS	Genesee Valley Fields - Charm City
AAS - Capitol Cup - ALL TEAMS	Maryland Soccerplex
Lax For The Cure	New Egypt High School
Club National 2010	Maryland Soccerplex
Challenge Cup - 2014 and M.S Team Only	Mount St. Mary's University
Lax Clash - 2014 and M.S Only	Cedar Lane Regional Park - Bel Air, MD
Navy Rivalry Challenge - '11, '12 & '13 Teams Only	US Naval Academy
Mid-Atlantic Lacrosse Tournament - All Teams	Mcdonogh School

NoVa West will look to also create is also excited about introducing two NEW Girls' tournaments, one in June "Shootout on 81" and one in August "The NoVa Cup".

NoVa West is known for having a great tournament lineup for the Boys' and we will aim to do the same for the Girls'. Each age group and skill level will be coupled with a schedule that exceeds their competitive needs. We will also have one fun tournament for each group at either a Beach or Amusement Park location.

NoVa West Girls' Program Fee Structure will be similar and modeled from the NoVa West Boys' Program

**Fee Structure**

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Tryout Fee	\$25
Registration Fee (Summer & Fall)	\$275
Inside Lacrosse (Mandatory Subscription)	\$15
Tournament Fees	TBD (Each tournament has a different fee)

The registration fee covers uniforms and coaches' stipends.

All players will need to be US Lacrosse members as well!