



***** Looking to become one of the best players in N. Ohio? We can help! *****

Weekly Individual Skills Events

When:

- Tuesdays (Pinnacle in Medina) from 6 to 9 PM
- Wednesday (N. Royalton Fieldhouse) from 6 to 9 pm

More Info: http://www.brilax.net/template_2016winterskillsclinics.cfm

Cost: Varies between \$25 and \$40 a session

To Register

- **FOGOS** - https://www.brilax.net/account_register.cfm?fc=276
- **Goalies** - https://www.brilax.net/account_register.cfm?fc=275
- **Defense** - https://www.brilax.net/account_register.cfm?fc=278
- **Shooting / Dodging** - https://www.brilax.net/account_register.cfm?fc=277
- **Girls Shooting / dodging** - https://www.brilax.net/account_register.cfm?fc=279

Why Should I Attend?

The sessions are tailored to specific topics and areas that normally get limited coaching. The sessions will be in small groups (12 or less for fogo, shooting, defense, girls and 2 or 3 for goalies).

For November 1 & 2 we are offering the following sessions:

Week Of	Time	Pinnacle (Tuesday)	N. Royalton (Wednesday)
Nov 1 & 2	6 PM	FOGO (Progressions, Hand speed, Clamps)	FOGO (Progressions, Hand speed, Clamps)
	7 PM	Goalie - (SOLD OUT) (Off Stick - Churn the butter & outlets)	Goalie - (SOLD OUT) (Body Position, Visual Markers, Arc Play, Stepping)
	8 PM	Defense (How to approach the ball, On Ball / Holds / Winning The Topside)	Girls (Shooting Mechanics, footwork)

***** College Recruiting Night - Thinking of playing in a sport in college? *****

We have helped over 160 families navigate the process in the past 9 years. Let us help you.

Confused About College Recruiting? Not Sure Where To Start? Then our Wed, November 16 College Recruiting Night is a must. Don't miss out because you didn't know the where, when, and hows!! Learn how to navigate the process and stand out from those who have been through the process hundreds of times.!!! Hear from college coaches, a former college admissions officer and our staff.

When: Wednesday November 16 – 6:30 to 9:00 pm

More Info: https://www.brilax.net/template_2016collegecoachesrecruitingnight.cfm

Speakers: PJ Kavanagh (Wooster), Mike Caravana (Denison), Kelly Maclean (College Recruiting Specialists)

Cost: Free to travel & developmental players - \$50 to others

To Register: https://www.brilax.net/account_register.cfm?fc=271

Why Should I Attend?

Getting recruited to play in college is a confusing and complicated process. The process can start as early as 8th grade and is often unclear and unintuitive. Parents and players naturally wonder:

- How do I get the process started?
- What are the proper steps?
- How do I find a good fit?
- How do I improve my chances?

Over the past 9 years we have helped over 160 of our athletes get in to over 75 colleges. Now we want to share our knowledge and help you better navigate the process. Our recruiting night is designed to provide you with an overview of the process, hear from college coaches, hear from players/parents who have been through the process and most importantly; answer your questions.

If you have a child who wants to play lacrosse / sports in college, this is an important first step in learning about that process. The event will cover the following:

- an overview of the college recruiting process, recent changes to the recruiting process and the most important things you can do to improve your chances.
- a talk by Kelly MacLean of College Recruiting Specialists on
 - the importance of academics in getting recruited
 - how to select high school courses that help with college admissions
 - how to deal with the ACT and test prep
 - how to find / target schools where you are likely to be successful athletically, academically & socially.
- presentations by college coaches (see below for coaches). Their presentations will touch on the recruiting process at their school and in general (timelines, what they look for, how players should prepare, grades, etc.).

Following the college coaches' presentations there will be a Q&A session where you can ask your questions directly to the panel.

The event is open to **all players/parents at all levels** and anyone who wants to attend (you do not have to be a lax player).

***** Free Film Screening of 'Keepers Of The Game' *****

You are cordially invited to attend a screening of the documentary film "Keepers of the Game" on November 10th at the Pro Football HOF at 6:30pm.

The film follows an all-Native girls team as they navigate their season, their customs and their rivals in the quest to be the first Native women's team to bring home a New York State Section Championship 10.

Please join us for this FREE film screening, which will be followed by a panel discussion addressing issues raised in the film, including the benefits of sports in youth development and for the community.

For planning purposes, please RSVP at

<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=2487&GroupID=1685816>

***** Winter Boys Canadian Box League *****

We created the Canadian box league so that the area's best players (BR and Non-BR) could train together in an intense, highly competitive and fast paced setting. Players in the box league are either BR travel team players or by coaches invitation. This ensures that you will be playing against the area's top players in a very competitive setting. We note that the league is Canadian Box because we are using the smaller (4x4) cages, fully padded goalies, a 30 second shot clock and full substitution. The league is not outdoor lacrosse indoors, but true BOX lacrosse with full contact.

As Denver Coach Bill Tierney stated "I believe that Canadian box lacrosse gives young people many more opportunities to excel in our game. If I had my choice, I would have every player under the age of twelve play box lacrosse exclusively or at least a majority of the time. The number of touches of the ball and the ability to develop better stick skills in a game of box lacrosse, far surpasses what happens to young people on a 110 x 60 yard field. Learning how to pass and catch in traffic, understanding how to shoot, and developing a sense of physicality are all positive traits developed by the box game."

I have pasted the information on our league below. We look forward to working with you this winter. Please let me know if you have any questions. ([see video](#))

When: Sundays – 5/6 grade at 4 pm, 7/8 grade at 5 pm, HS 6-9 pm) at the Pinnacle in Medina

- November 20, 27, December 4, 11, 18, January 8, 15, 22, February 5 – 1 additional date still to be determined.

More Info: https://www.brlax.net/template_2016CanadianBoxLeague.cfm

Cost: Field Players - **\$240** and Goalies - **Free**

Add ons: All players can also order the following:

- A Burning River Box Jersey - **\$45**
- Rib guards - **\$45**
- Bicep pads - **\$35**

To Register:

- **High School** (2017, 18, 19 & 20 Grad Year) - https://www.brlax.net/account_register.cfm?fc=268
- **Middle School** (2021/2022 or 2023/2024) - https://www.brlax.net/account_register.cfm?fc=269

Why Should I Attend?

- **IMPROVED STICK SKILLS** – because of the tight spacing you must have great stick fundamentals (can not hang your stick) and passes must be sharp and on target (no floating passes). Canadian Box fundamentally forces you to change how you hold your stick, carry the ball and make passes.

- **FASTER PACE OF PLAYING** – because of the shot clock and constant subbing (up, down, off) players learn to play at a faster pace. This teaches them to process what is happening on the field faster and provides a great benefit when they transition to the slower paced field game.
- **IMPROVED DODGING** – Because of the tight spacing and boards dodging space is limited. Players have to learn to dodge vertically or suffer the consequences of being doubled teamed. This teaches players to dodge hard (run through stick checks) and head immediately to the cage (no drifting).
- **SHOT SELECTION** – Because of the tight spacing and fully padded goalie shooting space is at a premium. This teaches players how to get their hands free quickly, use defenders as screens, and the difference between an okay shot (immediate turnover) and a high percentage shot. “Best shot not first shot” as we say.
- **OFF-BALL MOVEMENT** – Because of the limited room to dodge, off ball movement is at a premium (key to box lacrosse). This means that players must learn to set on ball picks, set off ball picks and learn when to cut. All skills that will help them in the field game (BR Offensive Rule #1).
- **IMPROVED POSITIONING** – Because long poles are not allowed and all players have to play defense players learn to improve their footwork and positioning (“use your hips”) rather than just throw takeaway checks on the defense.

What do the experts say?

- "Being a part of the finesse and physicality of box lacrosse has been a great experience for me. I feel that I have learned and improved as an overall lacrosse player. Learning to adapt in tight space while reading defenders and offensive players has been the biggest improvement in my game.”- *Paul Rabil, NLL & MLL All-Star, NCAA All-American*
- “I believe that box lacrosse gives young people many more opportunities to excel in our game. If I had my choice, I would have every player under the age of twelve play box lacrosse exclusively or at least a majority of the time. The number of touches of the ball and the ability to develop better stick skills in a game of box lacrosse, far surpasses what happens to young people on a 110 x 60 yard field. Learning how to pass and catch in traffic, understanding how to shoot, and developing a sense of physicality are all positive traits developed by the box game.” *Bill Tierney, US Lacrosse Hall of Fame, Denver University Head Coach, Princeton 6x National Champion, Team USA 1998*