

TRIAD BLACKHAWKS

Practices/Scrimmages

Summer practices and intrasquad scrimmages are held three nights a week. In summer '09 those practices were held Tues, Wed, and Thurs evenings from 6 p.m. to 8 p.m. at Western Guilford High School in Greensboro.

Fall '09 practices are held twice a week. In fall '09, those practices will be held on Monday and Wednesday evenings from 7 p.m. until 8:30 p.m. at Pilot Elementary School.



Blackhawks, Fall 2008

Tournaments

*Summer Tournaments. In summer 2009, we attended the **Summer Getaway** in Alexandria, VA and the **Summer Sizzle** in Charlotte, NC. We also held two formal scrimmages against are lacrosse clubs.*

*In fall 2008, we participated in a **3-club tournament** at Proehlfic Park in Greensboro in October; the **Viking Games** at Proehlfic Park in November; and the **UNC Showcase** in Chapel Hill in December. We intend to play in at least two tournaments in fall 2009.*

TRIAD BLACKHAWKS LACROSSE CLUB

1100 Lamp Post Lane
Greensboro, NC 27410

"Leave no man behind ..."

— *Black Hawk Down* (2001)



Triad Blackhawks Lacrosse Club

a non-profit organization

Rising 9th through 12th grade boys

2009

Just Another Lacrosse Club?

- ★ The Triad Blackhawks Lacrosse Club takes a fresh approach to the great game of lacrosse.
- ★ ♦ We focus on POSITIVE COACHING, using lacrosse as an arena in which to foster positive character and athletic development
- ★ ♦ We TEACH and EVALUATE players using film, differentiated instruction, collective coaching comments, and our unique Blackhawks Evaluation Matrix.
- ★ ♦ Through our GUEST COACHING CLINICS, we expose our players to a variety of approaches to the game.
- ★ ♦ Our VIDEO LIBRARY allows our players to further their study of the game during off-hours.
- ★ ♦ Our STRENGTH AND CONDITIONING COACH will incorporate lacrosse-specific training, nutrition and hydration, and promote overall athletic development.



Blackhawks Summer Practice 2009

The Triad Blackhawks Lacrosse Club was founded in September 2008 by lacrosse parents who desired to create a positive environment for teaching and playing the game of lacrosse. It was founded upon the following tenets:

- ⇒ Teaching the game
- ⇒ Respecting the game
- ⇒ Enjoying the game
- ⇒ Positive coaching
- ⇒ Fundamentals
- ⇒ Conditioning
- ⇒ Teamwork



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336-708-3048

REGISTRATION

Please fill out the form below and mail it with your check, payable to "Triad Blackhawks," on or before the deadline to Triad Blackhawks, 1100 Lamp Post Lane, Greensboro, NC 27410. The cost, exclusive of tournament fees, is posted at www.triblax.com.

Player Name: _____

Player Address: _____

Home Phone # _____

Cell phone # _____

Cell phone provider: (for use in text message communications): _____

Email: _____

US Lacrosse Member # _____

(all Blackhawks must be members of US Lacrosse; to register, go to www.uslacrosse.org)

Player Date of Birth: _____

High School: _____ Year _____

Years of lacrosse experience: _____

Preferred position: _____

Parents Names: _____

Blackhawks registrants will receive a Blackhawks practice pack consisting of practice short, reversible pinnie, and shooting shirt.

Parents and players will be required to sign a waiver of liability and code of conduct as a condition to participating in the Blackhawks program. For more information, go to www.triblax.com.