



Andrews Osborne
ACADEMY

LACROSSE CONDITIONING CLINIC SATURDAY MORNINGS BEGINNING JANUARY 23, 2010

Dear Students and Parents of Middle and Upper School,

I hope you are all having a wonderful Holiday season. I am writing to tell you about a great opportunity this winter to experience the joys of the fastest game on two feet. Lacrosse is very popular on the east coast and is becoming equally visible locally. The growth and interest in this fun sport is overwhelming.

I will be offering "open gym" Saturday morning sessions throughout the winter to stimulate interest in the sport, teach the novice players stick skills and develop the skills of the more experienced players. My goal for each student is to have fun while improving lacrosse skills, physical condition, and winning attitudes.

My philosophy is to foster a positive, supportive atmosphere so that every student athlete has a great experience. Regardless of ability and experience, all Middle and Upper School boys and girls are welcome. All I ask for in return is a positive attitude and your best effort.

I look to the parents to help me reinforce several important concepts that embody the spirit of sport and teamwork. You can do this by arriving at practice on time, treating members and coaches with respect, cheering your peers on with enthusiasm, and keeping in mind that success means showing improvement.

Not all participants are obligated to play lacrosse in the spring. Athletes involved in other springtime sports hopefully will find these sessions as an opportunity to improve physical conditioning, and to improve coordination and teamwork that will serve them in their other endeavors. Girls interested in lacrosse in the spring will learn all the rules, and skills to improve their game. AOA does not currently have plans for boy's lacrosse in the spring of 2010, but there are local club teams to explore options if you love it.

Open gym sessions will be held every Saturday beginning on January 23rd from 9:30 to 11 am in the AOA main gym.

Equipment needs are mercifully minimal: a mouth guard, lacrosse stick, water bottle and gym shoes. The school has extra girls lacrosse sticks that are available for use. Please consider this fun opportunity for the betterment of AOA. I would like to gauge the level of interest in this program. Please email me at KLVITO@msn.com if you plan on attending or if you have any questions.

Sincerely,
Ken Vito
AOA Parent and Board Member