

## LETTER FROM THE PRESIDENT

Lower Macungie Youth Association Families and Members,

The Sun is out a little longer, the weather is turning warmer and the ground is thawing – it must be time for the Spring sports season to begin. First, I must thank the volunteers that made the Winter sports season a success. Without your support, time, effort and participation the Basketball and Volleyball seasons would not be the positive and enjoyable experiences for our youth that it was.

As we look ahead to the Spring season, we appreciate the volunteers that offered their time and effort to coordinate and manage the numerous tryouts that take place during this season to get things started, as well as those that will coach or assistant coach the busy Spring sports season. And although these volunteers are small in number compared to the thousands of youth players we serve, it is an effort well done.

With that said, LMYA can always use more assistance and more volunteers. Not only in the coaching ranks, but those that have marketing, media, communication, accounting and construction skills, knowledge and abilities. As this year continues, LMYA will continue its efforts to move forward with its strategic planning process. This will require a strong Board, the assistance of the community and the continued positive partnerships with the Lower Macungie Township and the East Penn School District.

If you or a neighbor or someone new to your neighborhood would like to learn more about LMYA or what assistance can be given, you can check out our website, LMYA.org, or 'Like' our Facebook page, Lower Macungie Youth Association, or visit our table at the Lower Macungie Township 6th Annual Community Days on Tuesday May 3rd at the Lower Macungie Community Center.

Thank you for your volunteerism and if you are available, as a volunteer, you are invited to our Summer Volunteer Picnic at the Lower Macungie Township Pool, Sunday August 7, 2016. Watch for more details.

Thank you,

**Scott Aquila**  
LMYA Board President

### SAVE THE DATE:

## Volunteer Appreciation Picnic!

Mark Sunday, August 7th on your calendar! LMYA will hold its fourth Volunteer Appreciation Picnic at the Lower Macungie Township Pool and Community Center, 3400 Brookside Rd., Macungie. Many of LMYA's sports programs have gatherings at the end of their seasons to celebrate, but this is an opportunity to thank the hundreds of volunteers that make LMYA the successful organization that it is. We promise an afternoon of good food, fun and fellowship. The event is open to all members of LMYA and will be held rain or shine as we will also have the use of the Lower Macungie Community Center. We cannot say it enough- without our volunteers, there would be no LMYA! Thank you!

Anyone interested in helping to plan the event is asked to contact Lindsay Taylor at 215-642-0695.

**See you on August 7th!**

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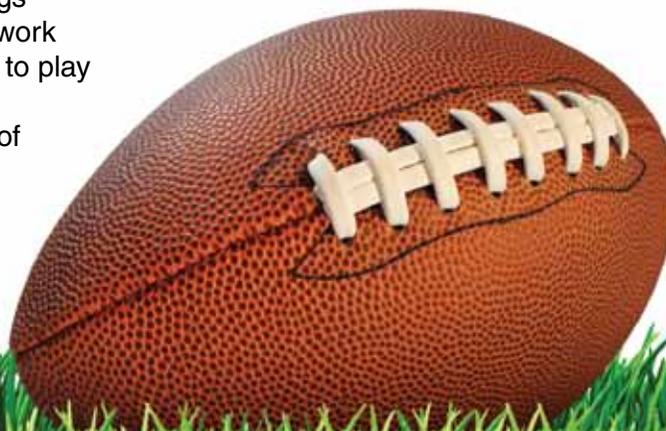
# LOWER MAC BEGINS NEW NFL FLAG FOOTBALL PROGRAM

Last fall, Lower Mac Athletics added a new program to its list of offerings- flag football. Before offering the program, the Board of Directors wanted to confirm that there was enough interest. Members were surveyed and the results were overwhelmingly positive. To further ensure that there were sufficient numbers for a first year program, Lower Mac partnered with Athletes for Christ (AFC). A total of 188 players participated in the new program last fall with practices and games held at Hills of Lockridge. The inaugural season was so successful the Flag Football Committee, led by Coordinator Michael Bubnis and his Assistant Coordinators, Norm Castillo and Claude Pease, secured the LMYA Board of Directors support to offer the sport in the spring and to continue the partnership with AFC.

Lower Mac Flag Football is affiliated with the NFL Flag program, which not only outfits players in jerseys similar to those worn by the NFL teams, but provides all coaches with a free membership to USA Football, which provides numerous educational and training resources.

As the program establishes itself, the Flag Football committee hopes to create a Travel NFL Flag Football team that would play around the Lehigh Valley. Their ultimate goal is to take a team to a Regional NFL Flag Football Tournament and, hopefully, a National NFL Flag Football Tournament.

The Flag Football program has many great things to offer. It teaches young players the game of football, it brings families together, and it teaches players about teamwork and dedication. It also provides a way for everyone to play the game of football without the fear of getting hurt. It is fun, exciting and most of all it is for the children of Lower Macungie!



## EXECUTIVE DIRECTOR'S CORNER

I hope that all of our LMYA families are enjoying the beginning of 2016 sports seasons! LMYA is blessed to have as many wonderful and dedicated volunteers as we have, but as our children grow, so do the lives of our parents and volunteers. As a result, LMYA's commitment to run a first class organization is continually challenged by changes within sports programs as volunteers come and go. Sport Coordinators and those that help to run the nine programs we offer are extraordinary people. They spend hundreds of hours each season on the phone, on the computer, at the field, and in the gym. They do not get paid and often take on the additional responsibilities of other positions that are unfilled at the time. They are asked to make difficult, unpopular decisions for the good of a sport program or for LMYA, but willingly take on the challenge and the commitment for the kids. This spring, Mara Basso has assumed the duties of Boys Lacrosse Coordinator and we are lucky to have her! Michael Bubnis has stepped into the role of Flag Football Coordinator with help from his Assistant Coordinators, Claude Pease and Norm Castiello. Sharon Poll begins her second full year as Girls Lacrosse Coordinator and Amy Kresley and Andy Moxey continue in their respective roles as Coordinators for Softball and Baseball. In addition, we welcome Bill Hauver as our Fields and Facilities Coordinator. Thank you each of you for your commitment to LMYA and to the kids. If you have children registered in a sport this spring and will be out at the fields, consider volunteering. You do not have to be proficient in a sport to be able to help. There is always something to be done, that may not have anything to do with an actual practice or game! Without you, there is no LMYA!

See you out at the fields,

*Lindsay*

## LOWERMAC LACROSSE



*Girls 3rd & 4th Grade Lacrosse*



*Girls 5th & 6th Grade Lacrosse*

## LOWERMAC 2016 Fall ATHLETICS Sports Registration

**BASEBALL, FIELD HOCKEY, LACROSSE,  
INTRAMURAL SOCCER, SOFTBALL,  
VOLLEYBALL & FLAG FOOTBALL**

**Discount Registration begins May 1, 2016**

**Walk-In Registration: Thursday, June 9, 2016; 6 – 8 p.m.**

Lower Macungie Township Community Center  
3450 Brookside Rd., Macungie

Walk-In Registration payment by PayPal, credit card, cash or check

**LOWERMAC  
ATHLETICS**

**Phone: 215-642-0695**

**Find the latest information on Fall 2016  
registration at [www.lmya.org/reg/register.cfm](http://www.lmya.org/reg/register.cfm)**

# 2015-2016 BASKETBALL SEASON A SUCCESS

The Lower Mac Basketball program had a strong showing this past winter with almost 700 boys and girls from first grade through eleventh grade playing competitive basketball.

On the Boys Travel side, two Lower Mac teams made the final four of their grade level in the Lehigh Valley KneeHi league. Our KneeHi team (eighth/ninth grade) coached by Greg Todd and our Bidy team (fourth grade) coached by Ron Rohlsen both fought well during the playoffs, but ended just short of the championship game. Our fifth grade team took Allen - the eventual Jr. Cadet champion - to overtime in a valiant effort to keep their year alive. The JV League teams ended their years with the year-end tournament where both performed well.



*2015-2016 Lower Mac Bidy Basketball team coached by Ron Rohlsen*

With Girls Travel, two Travel teams were offered for the first time, one for fourth and fifth grade girls and one for sixth graders. With one team competing in the A Division (coached by Joe Petrizzi) and one team competing in the B Division (coached by Dennis Glowacki), 24 girls were able to play Travel basketball in preparation for trying out for Middle School in seventh and eighth grade.

The Intramural program offered a competitive experience for hundreds of players. The goal is to develop the fundamentals of the players in the instructional programs at the younger ages while offering the older players the opportunity to get better through practices and games. For the second year, teams for ninth, tenth, and eleventh grade girls team played in the Parkland League.



*2015-016 Lower Mac 7th grade Cadet Travel team coached by Phil Ham*

Patrick Slattery has stepped down as the overall coordinator. Lower Mac Basketball thanks him for his involvement and leadership of the program. Parents interested in contributing through coaching and coordinating are invite to reach out to the LMYA Board of Directors to express interest. Lower Mac Basketball is always looking to increase the opportunities for youth in our communities to play basketball and will keep you apprised of those plans.

***Congratulations to the winning teams, and thank you to all the coaches and parents!***

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# COACHES CORNER

*“My daughter’s high school coach punishes the team for poor performance by having them run laps and do push-ups. What do coaches and parents think about that technique?”*

**PCA Response by David Jacobson, PCA Trainer & Senior Marketing Communications and Content Manager:**

One of the ultimate ironies of sports occurs when coaches discipline “lazy” players by making them run. Why is that ironic? Because it is lazy coaching. If your players need conditioning, help them get it. If your players need discipline, help them get that. But don’t fall back on running as discipline. There are at least two reasons: 1) Your players will come to despise running and other forms of conditioning because it feels like punishment. You want them to love running so that they will want to run and become the best-conditioned athletes possible. 2) You are abandoning an opportunity to teach life lessons about discipline, which is best done by talking about the subject and setting an example by exercising the discipline necessary to coach well. For example, let’s say that in an intra-squad scrimmage your players have trouble passing or receiving on the run. Don’t default to punishing them with extra running. Instead, recognize the problem as one of conditioning and/or insufficient practice at these skills. Address both issues at once by interrupting the scrimmage and instead of ordering laps in the name of “discipline” conduct a drill that demands running, passing and receiving. This way, their skills and conditioning both improve. Your drill could include a competitive element, such as splitting the team in half and seeing who can complete the most passes on the run in a given time period. That helps avoid resentment that comes from mindless, endless laps and makes the practice fun so that players will want to continue acquiring the skills and conditioning they need. And you demonstrate creativity and discipline in your problem solving. You then can explain to your players after the drill that instead of knee-jerk reactions, creativity and true discipline are better approaches to problem solving in sports and in life.

For more Resources, visit: [www.PCADevZone.org](http://www.PCADevZone.org) For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org) © 2014 Positive Coaching Alliance. All rights reserved. To read more questions and answers like this, or to submit your own question to the Ask PCA blog, visit:

## Tips for Honoring the Game

Here are ways that parents can contribute to a positive youth sports culture so that children will have fun and learn positive character traits to last a lifetime.

### Before the Game

- Commit to Honoring the Game in action and language no matter what others may do.
- Tell your children before each game that you will be proud of them regardless of how well they perform.

### During the Game

- Fill your children’s “Emotional Tanks” through praise and positive recognition to help them play their best.
- Fill their teammates’ tanks, too!
- Do not instruct your child during game action or at breaks; let the coaches coach.
- Cheer good plays by both teams.
- Mention good calls by the official to other parents.
- If you disagree with an official’s call, Honor the Game – BE SILENT!
- If other spectators yell at officials, gently remind them to Honor the Game.
- Don’t do anything in the heat of the moment that you will regret after the game. Ask yourself, “What do I want to model right now for my child?”
- Remember to have fun and enjoy the game.

### After the Game

- Thank the officials for doing a difficult job for little or no pay.
- Thank the coaches for their commitment and effort.
- When reviewing the game with your children, ask rather than tell. Instead of immediately sharing your opinions or telling them how they can improve, ask questions such as “What did you learn from that game?” or “What was your favorite play?” or “What was the most fun part of that game?”
- Remember to give your children truthful and specific praise...not just the typical “good game” but, for example, “I saw how well you moved your feet on defense.”
- Tell your children again that you are proud of them whether the team won or lost.

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# STRATEGIC PLANNING PROCESS BEGINS

The LMYA Board of Directors has begun the process of developing a blueprint for the organization's future. Growth in Lower Macungie Township and the East Penn School District is expected to continue over the next several years and Lower Mac is committed to being ready for this growth. The first step is to complete a strategic plan that will ultimately provide a road map to help guide the organization into the future.

Why should a youth sports organization plan? There are many benefits to strategic planning:

1. Determine a clear sense of our future direction and focus.
2. Improve our sport programs and service delivery.
3. Enhance our marketing efforts.
4. Increase volunteering and membership involvement
5. Improve fundraising effectiveness

Completing a strategic plan can be a challenge to many organizations, but Lower Mac is committed to developing a plan that will guide us for several years.

A part of the strategic planning process was the completion of an athletic field and facilities feasibility study. This goal of the study was to look closely at the fields and facilities that LMYA currently uses, and, working with Lower Macungie Township, see how we can maximize their use, plan for their upgrade and improvement and determine the feasibility of developing additional indoor and outdoor facilities. Our ultimate goal? To provide facilities that enable LMYA to fulfill our mission, which is to, "provide instructional, recreational and competitive team sports that foster sportsmanship, teamwork and leadership skills, and healthy lifestyles." This planning process is expected to continue into 2017. We will keep our members involved and informed along the way as we work towards a busy, successful, challenging and extremely rewarding future for LMYA.



**LOWERM**MAC  
ATHLETICS

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# BACKGROUND CHECK UPDATE

Any adult applying for an unpaid position as a volunteer with Lower Mac Athletics that will have direct contact with children is required to get the following clearances:

- Pennsylvania State Police Criminal Record Check (**PSP**)
- Child Abuse History Clearance from the Pennsylvania Department of Human Services (**Child Abuse**).
- A fingerprint based Federal Bureau of Investigation (FBI) criminal history- **if the volunteer has lived outside the Commonwealth of Pennsylvania in the last ten years**. Volunteers are not required to obtain the FBI Clearance if they have been a continuous resident of Pennsylvania for the past ten years, but they must swear or affirm in writing that they are not disqualified from service.
- All volunteers will be required to obtain these clearances every 5 years. The clearances cost:
- Pennsylvania State Police (**PSP**) Criminal Record Check- NC
- Pennsylvania Child Abuse History Clearance (**Child Abuse**)- NC
- **FBI** Criminal Background check through PA Dept. of Human Services- \$27.50

Although you as volunteers will be responsible for completing and paying for the FBI fingerprint clearance (if needed), Lower Mac Athletics will reimburse/credit volunteers that provide the required clearance. This process replaces the online background check process previously used and paid for by Lower Mac. Lower Mac will not reimburse for clearances already secured for other jobs/volunteer service.

The **Child Abuse**, **PSP** and **FBI** clearances can all be applied for electronically. The FBI clearance also requires a fingerprint submission. Once completed, you will receive certificates that you will then upload on LMYA's website to then become authorized to coach.

For electronic submission, go to the following websites to complete the clearance process:

- Pennsylvania State Police (**PSP**) Criminal Record Check  
[http://www.dpw.state.pa.us/findaform/childabusehistoryclearanceforms/S\\_001769](http://www.dpw.state.pa.us/findaform/childabusehistoryclearanceforms/S_001769)
- Pennsylvania Child Abuse History Clearance (**Child Abuse**)  
<https://www.compass.state.pa.us/CWIS>
- **FBI** Criminal Background check through PA Dept. of Human Services  
[https://www.pa.cogentid.com/index\\_dpw.htm](https://www.pa.cogentid.com/index_dpw.htm)

We will continue to update our members on Lower Mac Athletics' Background Check policy, but the most important things to remember are:

- **These clearances are required for all our volunteers.**
- The process can largely be completed online (save for the fingerprints)
- **Lower Mac Athletics will continue its commitment to our volunteers by reimbursing/crediting all who have secured the required FBI Clearance.** Please do not hesitate to contact Lower Mac with any questions that you may have.

***Thank you for your continued commitment to Lower Mac Athletics!***



**www.lmya.org**

*Serving over 5,000 players through 9 team sports*

*Promoting healthy active lifestyles through team sports*

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Devine School  
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Comprehensive Chiropractic  
East Penn Self Storage  
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Hugh E. Friel  
Jason Mains Custom Carpentry  
Reach Therapy Services  
Halys Automotive

Trifecta Technologies, Inc.  
Tighe Orthodontics  
Reinhardt Awning Co.  
East Penn PC Support  
Republic Services  
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PA Foot & Ankle Associates  
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Bears Repeating Children's Consignment  
Brookside Children's Early Education Center  
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