

2010 CCS GIRL'S LACROSSE TEAMS

WBAL Teams					
SCHOOL	LEAGUE	TEAM	CONTACT	TELEPHONES	EMAIL
BURLINGAME "Panthers" 1 Mangini Way Burlingame, CA 94010	PAL	V/JV	Tara Pratt (V) John Saucedo (JV) Linda Carlton (AJV) John Philipopoulos (AD)	650-483-5348 (c) 650 740-4537 (C) 650-762-0100	tara01@pacbell.net mjsaucfamily@astound.net;
CASTILLEJA "Gators" 1310 Bryant Street Palo Alto, CA 94301	WBAL	V/JV	Claire Mancini (V) Jez McIntosh (AD)	650-773-5625 650-328-3160	cmancini@castilleja.org jez_mcintosh@castilleja.org;
HARKER "Eagles" 500 Saratoga Ave San Jose, CA 95129	WBAL	V	Dawn Clark (V) Dan Molin (AD)	408-515-1243 408-345-9627	dawn@techprose.com danm@harker.org
MENLO SCHOOL "Knights" 50 Valparaiso Avenue Atherton, CA 94027	WBAL	V/JV	Jennifer Lee (HC) Michele Uhlfelder (AHC) Vanessa Dang (JVAC) Ron Curcio (AC) Kiki Martin (AC)	650-303-2010 (c) 650-330-2001 x2777 650-327-6409 (h)	jlee@menloschool.org bayareawave@gmail.com
MENLO-ATHERTON "Bears" 555 Middlefield Ave Atherton, CA 94027	PAL	V/JV	Roger Mendez (VC) Christina Chiesa (AVC) Kim Burch (JV) Kari Christian (AJV) Rachel Wiley (AJV)	650-465-9082 (c) 650-703-3267 (c) 650.269.2699 (c) 877-300-1060 (C) 858.829.7200 (c)	Roger_mendez@yahoo.com chiesacm@gmail.com kim.burch@gmail.com kchrist13@hotmail.com rachelw88@gmail.com
MERCY BURLINGAME "Crusaders" 2750 Adeline Dr Burlingame, CA 94010-5597	WBAL	V	John Lyons (HC) Meave Fallon Ward (AD)	415-519-4867 (c) 650-762-1107 (s)	seelyons@sbcglobal.net mfallon@mercyhsb.com
NOTRE DAME SJ "Regents" 596 S. Second St San Jose, CA 95112	WBAL	V	Denise Krogen (VC) Josephine Lai (AVC) Devin Engebretsen (AD)	408-410-8063 408-930-5976 408-294-1113 x2108	denise.krogen@gmail.com josephine.lai@gmail.com dengebretsen@ndsj.org
SACRED HEART PREP "Gators" 150 Valparaiso Avenue, Atherton, CA 94027	WBAL	V/JV	Nina Pantago (HVC) Brianna Bubeck (AVC) Hilleary Hoskinson (AVC) Ron Cox (JV) Gemma Escobar (JVAC) Frank Rodriguez (AD)	650-815-5030 (c) 650-636-5265 (c) 408-483-8110 (c) 650-473-4031	npantano@gmail.com briannab@gene.com Hilleary@mvppperformance.com rowdyron@comcast.net escobar.gemma@gmail.com frodriguez@shschools.org
WOODSIDE "Wildcats" 199 Churchill Avenue Woodside, Ca 94062	PAL	V	Heather Losey (HC) Steve Nicolopolous (AD)	650-464-6885 (C) 650-650-367-9750	heatherlosey@gmail.com snicolop@seq.org

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Santa Clara Valley Athletic League					
SCHOOL	LEAGUE	TEAM	CONTACT	TELEPHONES	EMAIL
GUNN "Titans" 780 Arastradero Road Palo Alto, CA 94306	SCVAL	V/JV	Jade Chao (HC) (JV) Chris Horpel (AD)	650 714-7060 650-354-8288	chorpel@pausd.org
LELAND "Chargers" 6677 Camden Ave San Jose, CA 95120	BVAL	V/JV	Nicole Marris (VC) Pam Headley (AD)	315-751-5336 408-535-6290	nlmarris@gmail.com chargerathletics@gmail.com
LOS GATOS "Wildcats" 20 High School Court Los Gatos, CA 95030	SCVAL	V/JV	Megan Steck (HC) (AC) Ken Perrotti (AD)	412-716-3289 408-354-2730 x370	Megan.steck@gmail.com kperrotti@lgsuhd.org
PALO ALTO "Vikings" 50 Embarcadero Rd Palo Alto, CA 94301	SCVAL	V/JV	Jen Gray (V) Mark Dahm (AC) Earl Hansen (AD)	443-691-7622 650-814-7694 650-329-3886	jegrays7@hotmail.com mdahm@yahoo.com ehansen@pausd.org
PIONEER "Mustangs" 1290 Blossom Hill Rd San Jose, CA 95118	BVAL	V	Mona Mesbahi (VC) Connie Collins (MC) Mark Krail (AD)	408-644-1527(c) 408-623-3223(c) 408-535-6310	dreamingoflax13@yahoo.com connie.collins@netapp.com
SARATOGA "Falcons" 20300 Herriman Ave Saratoga, CA 95070	SCVAL	V/JV	Leni Rodgers (VC/JV) Lynn Chouw (AC) Peter Jordan (AD)	931-566-3356 408-867-3411 x207	girlslaxcoach@yahoo.com lynn.b.chouw@LMco.com pjordan@lgsuhd.org
ST. FRANCIS "Lancers" 1885 Miramonte Avenue Mountain View, CA 94040	SCVAL	V/JV	Jessica Page (HC) Alexis Longontti (VAC) Cheryl Flaherty (JV) Cassi cx (AJV) Michael Pilawski (AD)	408-857-5666 (C) 303-717-8495 (C) 650 968-1213 x 255	jessicapage@sfhs.com alexis@longinotti.net Cheryl_flaherty@yahoo.com Michaelpilawski@sfhs.com

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CIF Teams Not in a League (Independent in the CCS)

SACRED HEART CATHEDRAL "Fightin' Irish" 1055 Ellis Street San Francisco, CA 94019	WCAL	JV	Courney Cassinelli Philip Freed (AD) Jo Ann Momono (AD)	415 902-7990 415.775.6626 x737 415.775.6626 x738	phil.freed@shcp.edu joann.momono@shcp.edu
ST. IGNATIUS "Wildcats" 2001 37 th Avenue San Francisco, CA 94116	WCAL	V/JV	Amy Harms (HC) Christine Wilkinson (AVC) Katie Bowman, (JVC) Favienne Howsepian, AJV Bob Verga(AD)	415-316-1676 (c) 415-731-7500 x 276	aharms@siprep.org harms39@yahoo.com rvergara@siprep.org;
SANTA CATALINA "Cougars" 1500 Mark Thomas Drive Monterey, CA 93940	MTAL	V/JV	Mario Enea (HC) Paul Elliott (AD)	831 214-0252 831.655.9387	Mario@calaxco.com Paul_elliott@santacatalina.org
STEVENSON "Pirates" 3152 Forest Lake Road Pebble Beach, CA 93953	MTAL	V/JV	Kelly Burnett (HC) Jeff Young (AD)	831 625 8346 (O) 831 622 7074 (H) 831-624-9284	kburnett@stevensonschool.org jyoung@stevensonschool.org

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ADDITIONAL CONTACTS

NAME	POSITION	TELEPHONE	EMAIL
Leni Papateskas Rodgers	HS Game Assignor www.thearbiter.net	831 566-3356	justleni@yahoo.com
TBD	Head Umpire www.ncwlua.org		
Heidi Faith	President, NorCal US Lacrosse www.norcallacrosse.org	650-575-5814	heidi@norcallacrosse.org
Jez McIntosh	WBAL Commissioner http://www.wbalsports.org/	650-328-3160	jez_mcintosh@castilleja.org;
Tony Nunes	SCVAL Commissioner	408 275-9448	ajnunes@nbnsports.com
Jeff Young	CCS Lacrosse Chairman	831-624-9284 831-625-5208 fax	jyoung@stevensonschool.org
Jen Lee	WBAL Girls Sportschair Lacrosse Vice Pres, NorCal US Lacrosse Pacific Region, US Lacrosse Rep	650-303-2010 (c)	jlee@menloschool.org

2010 CCS GIRL'S LACROSSE TEAMS

WEBSITES

CIF Web Site – California Interscholastic Federation	http://www.cifstate.org/	The Governing Body of Lacrosse in CA
CCS Web site – Central Coast Section	http://www.cifccs.org/	
WBAL League Website – West Bay Athletic League	http://www.wbalsports.org/	Sole league for girls' lacrosse in CCS
US Lacrosse Website	http://www.lacrosse.org/	For Rules, and all kinds of other information
Northern CA Chapter US Lacrosse	http://www.norcallacrosse.org/	The Chapter of USL that we are a part of
LaxPower	http://www.laxpower.com/	Used for rankings & score reporting throughout country. Excellent source of other lax info too
West Side Lacrosse	http://www.westsidelax.com/	All things West re lacrosse, weekly top 20 lists
MaxPreps	http://www.maxpreps.com/	Used more and more – we need to be on it
Western States – Annual Tournament	www.westernstateslacrosse.org	Email: Western_states_CIF@yahoo.com
Post message to NCGLAX group, Email:	ncglax@yahoogroups.com	Group = all Northern CA girls' lax contacts; primarily HS girls' coaches, but includes club coaches, parent/main contacts, college coaches, some youth, etc. It's a big list; you need to be on it

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REPORTING SCORES		
WHO	WHERE / WHAT	Note
WBAL Website	Email: webmaster@wbalsports.org	League Scores only required & include JV result, or send separately, but always SAME DAY pls
WBAL Foothill Sportschair Jen Lee	Email: jlee@menloschool.org	League Scores only required & include JV result, or send separately, but always SAME DAY pls
WBAL Skyline Sportschair Dawn Clark	Email: Dawn Clark	League Scores only required & include JV result, or send separately, but always SAME DAY pls
SCVAL Website		
SCVAL Sportschair Jade Chou	Email Jadec0606@gamil.com	League Scores only required & include JV result, or send separately, but always SAME DAY pls
Palo Alto Daily News	Email: sports@dailynewsgroup.com Or Call: 650.327.9090 X311	Prep Editor: John Reid
Palo Alto Weekly	kpeters@paweekly.com or Call: 650.326.8210	Sports Editor: Keith Peters
San Mateo County Times	Email: greeves@bayareanewsgroup.com Or Call: 650.348.4346 (score hotline)	Sports Editor: Glenn Reeves
San Jose Mercury News	Call: 408.920.5899 To report a score: Click on your sport below For log-in instructions, call 408.920-5354	High Schools Writer: Dennis Knight
San Francisco Chronicle	Email: chronresults@sfchronicle.com (score email address) or jleonard@sfchronicle.com or Call: 415.777.7201 (score hotline)	Reporter: Jake Leonard
West Side Lacrosse	Call Nate at 858.952.3277 Email: scores@westsidelacrosse.com	If you don't call Nate, he will call you.
Opposing Coach(es) and possibl Main Contact	Email: See list above	Nice as a courtesy, always
Others	Your AD or Sports Information Person at your school	Optional, some may not wish for the cc
MaxPreps	Coach or Contact Log onto Website to update	See below detailed information
Laxpower	Coach or Contact Log onto Website to update www.laxpower.com	Do Not Email George. Update/Post own Results via Report Scores tool on laxpower site. It is fast and easy. See below for detailed note.

I have listed the contacts of local papers that should be interested in publishing at least our box score results for varsity level. If there are others that are missing from the list, please let me know.;

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HELPFUL HINTS re REPORTING;

1) **Send the Email/Call As soon as possible after the contest is ended.** OK to name a parent in charge if they have all of the vitals from the official book at the table. Who scored when for each team (first and last names), both teams records (league and overall), score at the half, etc, etc.;

2) Title/Subject of Email: "WBAL Girls' Lacrosse: [Team] at [Team], [date], [League or Non League];

Template:

Hi there.

Today the Menlo [identify team (overall record, league record)] [result – beat/lost to] [opponent] [score] at [location]. Leading the way for the Knights was [class year] [athlete name] who [describe achievement]. [optional – multiple names] also had a great game, [describe achievement]. A box score is included below [include a box score below your note]. Menlo next faces [opponent] at [time] on [day] at [location].;

You may also recommend an athlete for Athlete-of-the-Week consideration, from your own team or your opponent's.;

Fictitious Sample.;

Dear All- Today the Woodside varsity girls' lacrosse team (4-1 overall, 3-0 WBAL Skyline) defeated Palo Alto 6-3 at Woodside. Leading the way for the Wildcats was senior midfielder Mona Mesbahi, who scored four goals. Also scoring goals were juniors Megan Steck and Merryl Geisse. WHS Goalie Tara Pratt recorded five saves to lead a stout defensive effort. Palo Alto's offense was led by Dawn Clark, who netted all 3 goals for Paly. A box score is included below. Woodside will host Harker on Thursday, March 15 at 3:00 pm. Palo Alto (3-2 overall, 2-1 WBAL Skyline) next travels to Saratoga on March 17 at 4:00pm.;

Box score

Woodside 2 4 = 6

Palo Alto 1 2 = 3;

Woodside scorers: Mesbahi (4), Geisse, Steck

Palo Alto scorers: Clark (3)

Woodside GK saves: Pratt (5)

Palo Alto GK saves: Jordan (2);

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MAXPREPS

MaxPreps.com, the high school sports division of CBS Sports, is once again covering boys and girls varsity lacrosse nationwide!;

1. Send your varsity lacrosse roster to::

2. Login to your FREE team management page to enter stats after each game * Entering stats into MaxPreps takes about 10 minutes per game *

You may delegate this task to an assistant coach or statistician Not familiar with MaxPreps?

Call the MaxPreps coach support team at 800-329-7324 x1 to get started today! Thank you for your time and we; look forward to receiving your roster! Sincerely, MaxPreps Coach Support Team;

LAXPOWER

Please take a moment to check your LaxPower team pages to verify that your schedules are correct.; If your hands are full with your coaching duties please have someone in your lax community take the responsibility for reporting scores and maintaining your schedule on-line. We encourage everyone/anyone to contribute.; You may always make edits and you should report scores by selecting the "Report Game Scores" link at the top of your LP team page. Please note that I review all scores before they are uploaded to the site so that may be some time after your edits.

Please send me your varsity schedule if there are multiple errors or missing contests.; best regards & luck,
George Hollenbeck, Director of Girls' Lacrosse, LaxPower.com, gLax@LaxPower.com, 315.278.0954(c)

WESTSIDE LAX

Got Scores?

Send them to:

scores@westsidelax.com

Text them to 858-952-3277

Call the WSL newsroom at 858-952-3277