

*We're looking forward to an event that will forever remain with you as one of the most competitive of your lacrosse career.*

*We hope you will find the information below helpful.*

### **Team Tents**

Team tents will be permitted ONLY on the perimeter of the venue, the outer rim by the trees, away from all fields, buildings and walkways. If in doubt- ask anyone wearing a red pinnie that says play.

### **Traffic**

If you're coming from west of Annapolis, the Chesapeake Bay Bridge traffic can be nerve wracking IF you don't allow enough time to cross.

Saturday mornings – before 8:30 – not usually a problem.

After 9 AM- expect to wait to pay the \$2.50 toll !

If coming from the north - take Rt 896S off of Rt 95 (Wilmington & University of Delaware) to Rt 301 South to avoid a lot of the traffic going to the beach.

### **Parking**

Parking, as usual, will be packed, but directed. General parking is FREE and located throughout the venue. Handicapped parking will be in the designated spaces near the school.

Three school buses will continuously run from the satellite parking site on Rt 8 at the Business Park to stops indicated on the site map. The open-air tram will run throughout the venue to make your getting around a little easier.

Preferred parking (VIP) will be available adjacent to the fields. Proceeds will benefit the Friends Foundation, a local non-profit charity.

Expensive – yes! - \$30 per day.

Convenient– yes! - See site map.

Fee is charged upon EACH entry – you can not come and go.

Space available on first come- first served basis.

**\*\*\* The only traffic allowed on Old Love Point Rd will be staff, vendors and those headed to the preferred (VIP) parking lot.**

### **Admission**

No admission charge.

**play.-** the official All Star Express program will be available in the womenslacrosse.com black star tent and from the field marshal on each field. Participating athletes will get their programs from their coach.

### **Safety & Conveniences**

Toilets and hand washing stations are plentiful and strategically located near the fields.

Trash cans will be everywhere – please use them!

Trainers are on the field for first aid only. Trainers will NOT tape.

Dogs are not permitted on the grounds - leave your dog at home.

Don't forget the sunscreen.

Grills, and the cooking that goes with them, will be restricted to the vendors.

There will be a field marshal on EVERY field- under a teal or lime umbrella with FREE programs for all spectators. They will also be connected to security and the trainers in cases of emergency. The field marshals under lime umbrellas will also be selling water for \$1/bottle. Please feel free to ask them any questions you may have.

Several vendors noticed an increase in the occurrence of theft at National Draw. To prevent the continuation of this trend, we will now have one of our staff Security Officers (an off-duty Baltimore City Cop) stationed in Lax Mall throughout the tournament. Please be advised that womenslacrosse.com maintains a zero-tolerance policy with regard to theft at our events. If you are caught shoplifting, you may be prosecuted as provided under Maryland law and/or run the risk of having your entire team disqualified from the tournament. Don't do it!

***Inclement weather*** – so far this year, keeping our fingers crossed seems to be working! However, as with any outdoor event, competition is subject to the elements. Plan accordingly. Games will re-start, in real time, 20 minutes after the last lightning bolt/thunder clap or sooner if the sky clears.

Weather updates: [www.womenslacrosse.com](http://www.womenslacrosse.com) or 410 573 1414- press 3 for the laxline and 4 for tournament update.

### **Team Check-In**

The coach of EACH team **must check** in at the womenslacrosse.com tent well before your first game. Two coaches per team will collect the programs for the team, provide their on-site cell phone contact number and get any last minute directions. Waivers must be recorded or your team will not be permitted to take the field.

### **Competition**

- Water will be provided on each field. Please bring your own water bottle to fill.
- Scores will not be announced or kept during this tournament.
  - Each game will be 25 minutes in length- no timeouts!
  - Each field is lined for full field competition.
  - The pools have been divided, at the request of the college coaches, to help them better navigate the venue and get a better look at you !
  - Tournament rules are listed in the program. US Women's Lacrosse rules will be followed at ALL levels of play. Full checking is allowed.
  - As with any outdoor tournament, competition is subject to the elements.
  - Play may be suspended as a result of inclement weather or field safety conditions.
  - Games will not be rescheduled. Scheduled games will resume in real time. If your game is stopped at 4:15 and play resumes at 5:10- the 5:00 game will play minus 10 minutes.
  - **Weather or not?** [www.womenslacrosse.com](http://www.womenslacrosse.com)
    - o Lax Line: 410 573 1414 & then follow prompts

### **College Coaches**

We are continuing the specially painted “Coach’s Boxes” on the spectator sides of each field. Please ask your parents to respect the responsibilities of the college coaches and basically leave them alone - they are working to assess your skills and size-up your recruit-ability! The College Coach’s Hospitality Tent is off limits to everyone except the college coaches.

### **Food/Entertainment**

The FOOD Court will help start your day with more than the usual breakfast fare that will quickly GIVE WAY to gourmet lunch selections and scrumptious smoothies. Offering their services to satisfy your cravings are The Main Ingredient, Chesapeake Foods, Chick-fil-A , Dunkin Donuts, Kent Island Comets, Island Beef & BBQ, J-Dogs and Go Melvo sno-cones.

Vendors galore!

Disc jockeys dance contests!

Bobbleheads & neck coolers!

Purses, shoes & everything in between!

Interactives waiting for your participation!

Should you need more cash . . . an ATM will be smack dab in the middle of the Lax Mall – to the left of the stage.

. . .just our regular lacrosse mania.

### **Sportsmanship**

Sportsmanship rules at womenslacrosse.com events. Anyone violating the good sportsmanship expected of all players, coaches, fans and parents will be promptly presented with a Purple Card and escorted from the venue.

This tournament is for you, the athlete, to showcase your ability. Recruit-ability depends on many aspects of your game – not the least of which is good sportsmanship. Please pass this along to your parents!

### **WALES –**

The Wales National Team is attending All Star Express to compete in the Senior division. On Sunday, they will meet AXIA (Chesapeake’s Post Collegiate Club team) in an exhibition game at 1:00 PM on the Stadium field #1. Come and be a spectator!

### **FYI –**

The **Caterham** School from England has a team competing in the Senior division.

The **Haudenosaunee** Under 19 team is also competing in the senior division. We wish them the best as they enter, for the first time, the IFWLA U19 World Cup in Canada this August

### **Q & A – Recruiting Seminar - KIHS auditorium**

#### **Simple answers to big questions**

10:10 AM on Friday

1:40 PM on Saturday

. . . and now a word from our sponsors!

### **ROCK UR BODY!**

GIVE IT UUUPPPPP to the front-runners of the LAXRATINGS competition presented by **bodyrock**. Tons of great players rocked their bodies and received their laxrating at National Draw, exhibiting impressive abilities and obtaining useful information to help them improve there athletic talents specific to the game of lacrosse. So far, the following girls are in the lead for the chance to win IPODs:

<b>Name</b>	<b>Grad Year</b>	<b>Club Team</b>	<b>LAXRATING</b>
Caroline Spillane	08	Newlax	9.77
Kim Davis	08	Newlax	9.76
Elizabeth Durell	08	Midwestern Force	9.40
Amanda Mathews	09	M & D lax	9.31
Victoria Maxon	09	XTEAM	9.22

YOU CAN GET TESTED at All-Star Express and enter the competition . . . can your **bodyrock** it?

### **TAKKLE**

The hottest high school sports site - TAKKLE.com - will be chillin' things down at the All-Star Express this year. . .

Swing by their booth and experience the first ever TAKKLE COOL ZONE (<http://www.takkle.com/takkleref/1530/129/8>) - a climate-controlled oasis. You'll also get special access to the video arena to show off your best stick tricks in front of a national audience!

Check 'em out next week!

<http://www.takkle.com/takkleref/1530/129/8>

*All Star Express is women's lacrosse at its BEST.  
We are looking forward to a real celebration of sport.*

It doesn't get more rowdy than this . . .ever!

Cathy Samaras