



Lehigh Valley Program



Over the past 10 years the lacrosse club has established itself as a preeminent lacrosse organization that has grown nationally to provide an unmatched standard of excellence both athletically and academically. HEADstrong Lacrosse Club identifies, recruits, trains, teaches and coaches players capable of, but more importantly committed to playing the sport of lacrosse at its highest level. We look forward to working with you.

Mike Bender – General Manager

ABOUT THE LACROSSE CLUB

Our mission is to promote excellence within the game and create an unparalleled experience, while placing emphasis gaining athlete's exposure and instilling character both on and off the field.

Our program consists of a boy's year-round club level teams from grades 1st through 11th. Based locally in the Lehigh Valley; the program operates in a year-round format integrating:

- fall training and competition
- winter box practices and games
- indoor skill development clinics
- community service
- summer tournament play



WHAT MAKES US DIFFERENT

- Full time, dedicated staff ensures that we are organized, professional and committed to each player's development from youth through high school.
- Receive coaching from pro players, college coaches, high school head coaches and current NCAA players. Including additional faceoff and goalie specific training.
- Local training available all year around for players of all ages and skill levels.
 - 501-C3 Non-Profit classification ensures all cost are minimalized
 - Players represented by all Lehigh Valley programs



CLUB SPECIFICS

- HEADstrong Lehigh Valley offers a team at every grade (3rd through 11th)
- Each age group will vary in size and will practice and play together at all events.
- Each team will have 2-3 dedicated coaches
- Rosters are selected by multiple coaches to allow for the best evaluation process.
- Try-outs take place every August for the upcoming full-year season.
- We encourage multi-sport athletes and will schedule training sessions to accommodate these players to the best of our ability.



COACHING STAFF



College Coaches: Lehigh University Head Coach, Lafayette College Assistant Coach, DeSales University Head Coach, Moravian College Assistant Coach

High School Coaches: Easton Head Coach, Parkland Head Coach, Southern Lehigh Head Coach, Moravian Academy Head Coach, Central Ast. Coach, Nazareth Head Coach, Freedom Head Coach, Saucon Valley Head Coach, Phillipsburg Ast. Coach, Pleasant Valley Head Coach and many more!

College Players:

They join our staff in the summers season. Last season included players from Johns Maryland, Hopkins, Ohio State, Rutgers, Lehigh and Elizabethtown.

Face-Off & Goalies

We have recently added full time specialty coaches to work with these positions. Highly experience in their field and readily available throughout the seasons.

<https://www.headstronglv.org/coaches>



COLLEGE COMMITMENTS

PLAYER FEES

<i>High School 2022-24</i>	<i>Middle School 2025-27</i>	<i>Youth 2027-30</i>
<p><u><i>Fall</i></u></p> <ul style="list-style-type: none"> • 4 team practices • 2 fall tournaments • 1 recruiting seminar <p><u><i>Winter</i></u></p> <ul style="list-style-type: none"> • 4 training session • *Indoor box league • *Box Tournament team • *Positional Clinics <p><u><i>Summer</i></u></p> <ul style="list-style-type: none"> • 10- 12 team practices • 4 recruiting events <p><u><i>Other</i></u></p> <ul style="list-style-type: none"> • ConnectLax Profile • i2i tutoring • Full New Balance Custom Uniform <p><i>*Available but not included*</i></p>	<p><u><i>Fall</i></u></p> <ul style="list-style-type: none"> • 4 team practices • 1 fall tournament <p><u><i>Winter</i></u></p> <ul style="list-style-type: none"> • 4 training session • *Indoor box league • *Box Tournament team • *Positional Clinics <p><u><i>Summer</i></u></p> <ul style="list-style-type: none"> • 10- 12 team practices • 4 tournaments <p><u><i>Other</i></u></p> <ul style="list-style-type: none"> • Added Goalie and Faceoff coach • Full New Balance Custom Uniform <p><i>*Available but not included*</i></p>	<p><u><i>Fall</i></u></p> <ul style="list-style-type: none"> • 4 team practices • 1 fall tournament <p><u><i>Winter</i></u></p> <ul style="list-style-type: none"> • 4 training session • *Indoor box league • *Box Tournament team • *Positional Clinics <p><u><i>Summer</i></u></p> <ul style="list-style-type: none"> • 10- 12 team practices • 3 tournaments <p><u><i>Other</i></u></p> <ul style="list-style-type: none"> • Added Goalie and Faceoff coach • Full New Balance Custom Uniform <p><i>*Available but not included*</i></p>
<p><u><i>Cost: \$2000</i></u></p> <p><i>Payment plans available</i></p>	<p><u><i>Cost: \$1600</i></u></p> <p><i>Payment plans available</i></p>	<p><u><i>Cost: \$1300</i></u></p> <p><i>Payment plans available</i></p>

TEAM ISSUED UNIFORMS

Each player will receive a new custom New Balance uniform:

- Reversible Jersey
- Shooting Shirt
- Shorts
- Socks
- And much more!



ABOUT THE FOUNDATION

HEADstrong Foundation is an athletic rooted organization that serves the cancer community by granting direct financial assistance to those financially impacted as a result of the disease, by providing complimentary long-term housing for cancer related treatments through Nick's House™

The blueprints for the Foundation were conceptualized by Nicholas “HEAD” Colleluori in 2006, from his hospital bed while he underwent treatment for non-Hodgkin's Lymphoma, which ultimately claimed his life. Today, Nick's vision is being fulfilled through the relentless efforts of his family, athletes and supporters across the country uniting in the fight against cancers.



Supported by HEADstrong Foundation

www.headstrong.org/our-services/nicks-house/



FREQUENTLY

Asked Questions

WHO WAS NICK?

Nicholas E. Colleluori was the selfless creator of the HEADstrong Foundation. He was an athlete and a family man who was known for his never-give-up mental toughness and determination. Shortly after being diagnosed with non-Hodgkin's lymphoma, Nick experienced firsthand the hardships facing cancer patients and their families. From his hospital bed, he created the Foundation to raise awareness and funds for those affected. Before his passing, he outlined the mission and encouraged his family to carry out his vision.

WHY LIME GREEN?

Lime green is the national awareness color for non-Hodgkin's Lymphoma and Nick believed that the color's vibrancy paired with its significance would make a powerful awareness statement.

WHAT IS THE HEADstrong FOUNDATION'S MISSION?

To improve the quality of life for cancer patients and their families.

HOW DOES HEADstrong HELP?

The HEADstrong Foundation helps patients and families navigate their journey by providing the following services.

- **Nick's House** — provides free lodging for out of town guests while undergoing treatment in the area
- **HEADtable-** provides meals and recreational outlets/activities for patients and their families.
- **HEAD2HEAD-** provides a mentorship program for patients & their families.
- **Financial Assistance** — offers grants & aid
- **Comfort Kits-** provides essentials to patients

WHAT IS THE HEADstrong IMPACT?

Since 2007, the HEADstrong Foundation has raised over \$9.5 million supporting over 14,100 patients and their families.

IS HEADstrong A REGISTERED NON-PROFIT?

Yes, HEADstrong Foundation is a registered 501(c)3. Our tax ID number is 26-0283021.

HOW CAN I START A FUNDRAISER?

Visit our website, HEADstrong.org to get started!

CONTACT



Mike Bender (*Lehigh Director*)

- *Parkland High School Head Varsity Coach*
 - *Played professional lacrosse for the Connecticut Hammerheads (MLL)*
- *Hong Kong National Team Men's & U19 World Championship Assistant Coach*
- *University Of Maryland Division 1 National Championship Runner Up and Semi Finalist*
 - *High School All-American*
- *Morning Call Lacrosse Player Of The Year and Lehigh Valley League MVP*

(484)-707-7624

Lvheadstrong@gmail.com