

Lacrosse committee planning next season

The Outlaws Lacrosse Advisory Committee held its first meeting under the new SPRD committee policy guidelines on Wednesday, September 9.

Michele Hammer, Winter Lewis, Rob Fish, Paul Patton and Jay Wilkins, SPRD Executive Director Liam Hughes and Sisters High School Athletic Director Tim Roth met for almost two hours to begin planning for the 2016 lacrosse season. The primary goal for this committee is to provide a great athlete experience for anyone who wishes to play lacrosse.

“We have a lot of great momentum thanks to the hard work of those who have supported the lacrosse program over the last 10 years,” said a committee member, “but we also recognize a need to make a number of changes and improvements to ensure this program will continue to mature.

“We recognize that we can’t build a reputation on what we’ve yet to accomplish; however, we trust the Sisters community will support us as we try to build the best lacrosse program that we can — one that is proactive, transparent, and accountable.”

According to the 2014 U.S. Lacrosse annual report, lacrosse is the fastest-growing high school sport in America, with more than 750,000 players on organized teams. The youth segment is growing even faster.

“Running a K-12 program is expensive. We have reviewed the last two years of financial statements — and compared them to other programs in the area — and a good program is in place, financially speaking,” said another committee member. “But this is the perfect time to rethink everything — players fees, coach payments, equipment policies, fundraising, etc...” The committee will meet frequently over the next few months to prepare for the upcoming season.

“We have just started the work, and the support from the community has been wonderful. We want to hear from the players and parents, as their feedback will direct our work over the next several months. We look forward to sharing the progress with the lacrosse community as we get our communication channels in place.” Girls varsity lacrosse Coach Mikaela Trott-Rickards will return to build on the momentum she created last year and will also become an advisory committee member.

The boys varsity coach

position is currently vacant, and filling this position is a top priority for the committee.

The advisory committee will schedule a series of events with the lacrosse community in the near future to solicit feedback, answer questions and give returning and new athletes the chance to throw the ball around. These events will range from “lacrosse coffees” to the popular Sunday skills sessions; a complete calendar will be shared soon. In the meantime, the community is asked to direct questions or comments to Liam Hughes, liam@sistersrecreation.com, and he will communicate with the committee.

Library helps students prepare

Beginning in October, Deschutes Public Library will be offering “You U: What’s Next?” a series of programs designed to help students prepare for what’s next. Students considering post-high-school education, their parents, and other adults looking to return to a college degree or vocational program are invited to attend the series sessions scheduled the second Tuesday of each month.

“The library is positioned to help those in our community who may be following a traditional high-school-to-college trajectory as well as those non-traditional, adult college students who may be interested in returning to college or those who are college-curious,” says Witteveen.

“DPL has a great collection of resources that can help prospective students plan and prepare for college, and ‘You U’ is a great way to highlight these collections,” she says.

Working with community partners, including local colleges, WorkSource and Heart of Oregon Corps, Witteveen hopes to provide supplemental information and resources to what high school students are receiving from their schools.

“There is so much coming down the pipeline that it can be very intimidating,” she says.

“You U” can provide critical information about aspects of college prep and access to resources not

readily available to the non-traditional college students and the college-curious, says Witteveen. Hearing from real-life students, taking a look at the admissions process and understanding what tests to take are topics that will be featured during the series.

“You U attendees will learn about what the library can offer to any prospective college student, how continuing education can fit into a student’s life and will connect people with the information they need,” she says.

For more information about this or other library programs, visit the library website at www.deschuteslibrary.org.

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Dr. Heavilin joins Dr. Rupert Vallarta at St. Charles Family Care in Redmond to provide comprehensive care to pediatric patients in Central Oregon. Listening to patients and parents is a priority for Dr. Heavilin; her philosophy is that parents are the experts on their children and she takes their input seriously. Both she and Dr. Vallarta trained in large health care facilities and are experienced with treating children with complex medical needs.

For more information, or to make an appointment, call St. Charles Family Care in Redmond at **541-548-2164**.

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