

Mr. SHS candidates, fundraisers announced

Sisters High School's annual Mr. SHS charity drive is underway. Last week, the school announced the roster of Mr. SHS contestants and their escorts: Ross Grant (Chelsea Shepherd), Seth Larson (Maggie Bidasolo), Robert Merola (Tara Greaney), Steen Johnson (Taylor Eagan), Rory Petterson (Michaela Miller), Sam Patton (Betsy Ausman), Jadon Bachtold (Tessa O'Hern) and Tristan Kaczmarek (Kayla Neil).

There are several fundraising events lined up for the program. Proceeds benefit Sisters Family Access Network (FAN):

- Thursday, January 21: Annual Mr. SHS vs. Mr. RHS Dodgeball Fundraiser, 7 p.m. at Redmond High School. Tickets are \$3/person, sold at the door. A free roofer bus will transport contestants, escorts and the first 35 SHS students that sign up. Bus will leave SHS at 5:45 p.m.

- Wednesday, February 10: Mr. SHS Contestants Community Service Day at FAN, 10 a.m. to 1 p.m.

- Sunday, February 21: Annual Mr. SHS Pasta Feed, 6 p.m. at Sisters Community Church. Tickets are \$5/person. Contestants and escorts will create cakes that will be auctioned off. Contestants will also be auctioned off to provide three hours of service to the highest bidder.

- Friday, February 26: Mr. SHS assembly at Sisters High School auditorium.

- Friday, March 4: 2016 Mr. SHS Pageant, 7 p.m., SHS Auditorium. 2016 Mr. SHS will be crowned.

Outlaws Lacrosse prepares for its 12th season

Lacrosse players in Sisters Country are getting their gear ready for the start of another season — the 12th season since the fastest-growing high school sport in America came to town.

The varsity girls will be led by returning coach Mikaela Trott-Rickards. Captains Marissa Young and Taylor Schneider will lead the Outlaws on the field. Trott-Rickards is leveraging her personal fitness regimen as a member of Level 5 and designed a pre-season workout program.

"Last year, our lack of conditioning meant we hit the field walking," said Trott-Rickards. "But we'll take that up a notch this year!"

Trott-Rickards anticipates some great results as Head Strength and Conditioning Coach Ryan Hudson continues to work with the athletes.

The varsity boys will be coached by first-year coach Eric Wentzel. Wentzel's employer, Mohr Solutions, is in full support of his involvement with youth sports.

The tradition of open gym Sundays has already begun, and more than 20 boys enjoyed a self-led game of chumash (3-on-3) last Sunday at the high school. Captains for the squad will be selected in the near future.

"I had a chance to sit down with (lacrosse program founder) Bill Rexford over the holiday break," said Wentzel, "and he gave me an appreciation for all that has gone into this program. I look forward to building on that while making improvements to evolve the program forward."

Sisters Park & Recreation District (SPRD) will administer the entire club in conjunction with Sisters High School Athletic Director Tim Roth.

"Any varsity player who

meets all of the eligibility requirements will earn his or her letter," Roth said.

Like last year, Outlaws from kindergarten through 8th grade will also get to play lacrosse on teams that will practice in Sisters and play games in partnership with Bend Park & Recreation District. Registration is now open at SPRD, online at www.sistersecreation.com, in person or by phone at 541-549-2091.

A major change this year is that SPRD established a lacrosse committee to provide oversight and support of the club. This committee is made up of Doug Green, Michele Hammer, Winter Lewis, Paul Patton, Mikaela Trott-Rickards, Eric Wentzel and Jay Wilkins. In addition, Tracy Harris, Kim Kelm, Cathy Stadel and Amy Wood lead key sub-committees.

The goal of this group is to support the club in all aspects of the season, with special emphasis on two-way communication, budget transparency, fundraising and volunteer coordination.

"Lacrosse is not an inexpensive sport," said Jay Wilkins. "The equipment needs alone are huge. We want to provide the best playing experience we can while keeping things reasonable from a cost perspective."

Assessing actual equipment needs is critical.

"The biggest thing any recent player can do to help the club," said Doug Green,



PHOTO PROVIDED

Eric Wentzel.

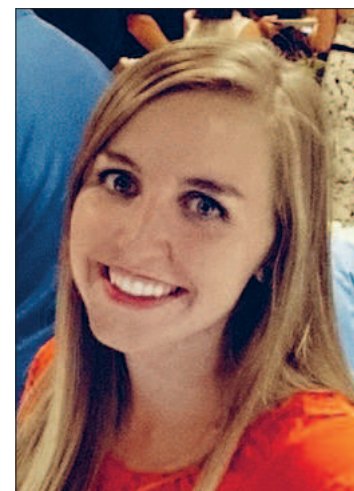


PHOTO PROVIDED

Mikaela Trott-Rickards.

"is return any unneeded equipment while also letting us know of what equipment you're keeping for this upcoming season. We don't want to buy another helmet if you already have one!"

Almost 50 percent of the year's operating budget will have to be provided through fundraising.

"Volunteers will make or break the season," said Liam Hughes, SPRD executive director and lead for the Sisters Area Lacrosse Invitational (SALI) tournament held each year over Mother's Day weekend. "We'll need hundreds of volunteer hours just to pull off the SALI tournament, which hopefully will contribute approximately \$10,000 to the fundraising efforts."

Planning is underway with Leland Bliss to coordinate another Celebrate Sisters Day, where volunteers clean up school grounds and other

areas of town. In the past, this has been an opportunity for the lacrosse families to give back to the community while also earning facility-use credits that directly defray the operating costs.

Lacrosse volunteers will be staffing the concessions stand at the high school for most home basketball games and wrestling meets. With the support of the Outlaws Booster Club, this is another way to raise funds for the club. Lacrosse players are also participating in the Outlaws Card program that helps to raise scholarship funds for all sports

All returning and prospective lacrosse players (kindergarteners through high schoolers) and their families are invited to a season kickoff/meet-the-coaches event Sunday, January 24, at 5 p.m. at Westside Church, 442 Trinity Way. Coffee and desserts will be provided.

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