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# ROC E6 Newsletter

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## Treasurer's Message: Sue Powell



We are very excited to announce the purchase of our new box lacrosse field. Many of you have already seen it at its location Ryan R-Center/School 33. It already has been used by our own Roc E6 Lacrosse teams, Rochester Rams Football team and School 33. We would like to thank the Ralph C. Wilson, Jr. Foundation for providing \$25,000 to purchase this field along with many other donors. This will allow many youth programs to have a great place to train and practice!



## Coach's Corner: Minh Grieshaber



Coach Minh Grieshaber (played at RIT and helped start the Womens lacrosse team).

“Boys if you want to try something hard and improve your game, try these drills with a girls stick!”

- [RocE6 Wall Ball Routine](#)
- [Beginner drill for Boys](#)
- [Beginner drill for Girls](#)

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## Player Profile: Marilena Diaz



### How old are you, what school do you go to, and what grade are you in?

Hello, my name is Marilena Diaz and I am 15 years old. I will be entering my sophomore year at World of Inquiry.

### Tell me about your family?

My family and I are very big when it comes to sports. Both my brothers are very active and engaged in many sports as am I. My father, Larry Morales, is the head coach for Edison Tech's varsity football program and a head coach for two age groups in the Rochester City Soccer League. About 5 years ago I lost one of my brothers due to a senseless act that cannot be taken back. We decided to create a non-profit organization, Forever 22, to connect with the community and to share our love for sports with others. We have had things from peace walks to sports clinics. I have used my love for sports to help others but to also try new things. That is when I was introduced to lacrosse.

### What is your Roc E6 experience?

My dad showed me a Roc E6 Lacrosse clinic and wanted me to try it out. At first, I was very hesitant, but I tried it anyways and after the first day my feelings immediately changed. I played on and off since the 5th grade but I started to play more consistently as I was going into my 8th grade year.

### What is your favorite lacrosse experience?

Out of all the years I've played what I enjoyed most was building connections with a variety of age groups. The older kids taught me how to play and I used that to build bonds with the younger players.

### What are you most looking forward to in lacrosse and in life?

I would love to play lacrosse in college but the one thing I am looking forward to in the future is to be a coach and maybe help run the program that did not just teach me how to play but also taught me life skills that I needed. Roc E6 will always be a part of my life and I will always be grateful for them.



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## Alumni Profile: Sterling Newsome



### Tell us about your family.

I am a part of a decently large family being 1 of 5 siblings and the only boy of all girls. My family plays a quintessential role in my life and the decisions I make. They are my support system in whatever I do; everything I do is for them and they hold a huge place in my heart.

### How was your Roc E6 experience?

My Roc E6 experience was absolutely amazing. I remember my first time picking up a lacrosse stick out of a truck full of equipment like it was yesterday. Little did I know lacrosse would end up becoming one of my biggest passions and my love for the sport would become so strong. I loved every second of Roc E6 and I'm so blessed to be able to say I was a part of the program. I will never forget the friends I made, the memories, and the love we all had for each other. It was honestly like having a second family.

### What is your favorite Roc E6 memory?

My favorite Roc E6 memory is my first time playing during halftime under the lights at the Rochester Rattlers stadium. It felt so unreal to play in such a huge venue in front of so many people.

### What is your overall sports experience?

I've played many sports from baseball, track, wrestling, soccer, basketball, and of course lacrosse. Sports were very important to me growing up and still remain the same for me.

### How have sports training and participation helped your academics/career and vice versa?

Playing sports teaches you a variety of things such as respect, leadership, teamwork, hard work, and a continuous drive to get better, which ultimately made me the person I am today and these traits are very important when it comes to academics and the progression of my career.

### Where are you now?

I'm currently living in Las Vegas NV

### What are your goals for your future - both career and personal?

My goal for my future is to retire from the Air Force and start my career in Software development.

My personal goal is to create generational wealth for my family.

### What advice would you give your 12-year-old self?

Always put your best foot forward in everything you do no matter what it may be. Doing this will help establish great discipline at a young age which will be essential as you get older. When you get older you realize your biggest obstacle is yourself and without discipline, you can't overcome that obstacle but if you're able to overcome yourself whatever you desire will be yours!

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## Alumni News

### College/Prep School Scholarship Students:

- Jahmeir Warfield, Transferring to Genesee Community College (GCC)
- Quaron Wright, GCC
- Dayshaun Clark, GCC
- Nyshaun Clark, GCC
- Kari Thomas, GCC
- Daniel Judkins, GCC
- Armel N'dobi, Monroe Community College (MCC)
- Mekhi Green, MCC
- Mosi Burks, D'Youville College
- Samuel Wright, Medaille College
- Kenneth (KJ) Edwards, Phillips Academy, Andover, MA
- Chrishawn Hunter, Senior Year at Westtown School and verbal commit to UPenn
- Byron Waddell, finishing his final year of Doctorate in Physical Therapy program at Nazareth College
- Liam Oberst, beginning his second year at the U of R to obtain his Master's Degree in school counseling
- Sterling Newsome, finishing his commitment in the United States Air Force

## Fall/Winter Lacrosse Schedule

**There is no cost to play!**

- Irondequoit Sports Center (ISC) every Saturday starting November 22, 2022 thru March 4, 2023 from 7:30-9:00 pm
  - No lacrosse 11/26, 12/24, 12/31
- R-Center Athletic Complex on Oak St. More info to follow at a later date. Typically, this is every Tuesday and Thursday night from 6-8 pm in the months of January, February and March. This program registration is done through the City of Rochester Recreation Dept.

## Roc E6 Store is Open

The Roc E6 Fall Team store is open now until September 16, 2022. Select some great Roc E6 gear!

- Store link: <https://fancloth.shop/HHSLX>

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## Team News

### Spring Season:

- Great Season for all who played with a rain-soaked end of season party!
- Thank you, Frankie Gissendanner, All-American Wrestler and Roc E6 Alumni, for speaking.
- Thanks to all the volunteers who quickly moved our party from outdoors to indoors.



### First Ever Flour City Classic



### 1812 Shootout in Sacketts Harbor, NY

- First Roc E6 tourney teams to travel outside of the Rochester to compete!
- Fielded both a boys and girls High School teams



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Shootout for Soldiers Tournament in Canandaigua, NY

- 24-hour tournament - a game every hour over a 24 hour period!
- Roc E6 fielded both a girls JV and boys modified team



## Board of Directors

The Roc E6 Board of Directors has been expanded. We are very pleased with the current volunteer board members and would like to let you know who they are:

Officers:	Board Members:
<ul style="list-style-type: none"> <li>• Art Alvut, President</li> </ul>	<ul style="list-style-type: none"> <li>• Arkee Allen, Founder</li> </ul>
<ul style="list-style-type: none"> <li>• London Booker, Vice President</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Chantz Miles, Community Outreach</li> </ul>
<ul style="list-style-type: none"> <li>• Sue Powell, Treasurer</li> </ul>	<ul style="list-style-type: none"> <li>• Jeannine Arden Ornt, Legal Counsel</li> </ul>
<ul style="list-style-type: none"> <li>• Mike Malloy, Secretary</li> </ul>	<ul style="list-style-type: none"> <li>• Ron Carson, Communications Director</li> </ul>

## Acknowledgement



\$25,000 grant!



\$9,000 grant!

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## Thank you

- Recent ROC lacrosse camp at Rochester Community Sports Complex
  - City of Rochester hired Roc E6 to run a camp!
- Rochester Kids - Mary Jane Milano
- Greg Genrich - Irondequoit Sports Center (ISC)
- Mike Stone - Prep School Connections, prep school placement
- Nancy Goyette Duncan - website design
- Brian MacColl - Grad Student Seton Hall University, fundraising project
- Travel Programs – FCA, Monster, 3D Upstate/Common Goal, Harvest, Sweetlax, Flyer/Naz Lacrosse Camp, Aces, Nation United, Heat
- City of Rochester Recreation Dept
- Fairport Lacrosse - Box lacrosse set up

## Donors

- **Platinum: \$10,000 +**
  - Ralph Wilson/RACF
- **Gold: \$5,000-\$9,999**
  - Dick's Sporting Goods
- **Silver: \$1,000-\$4,999**
  - Jeff McKee
  - Al Bartolotta and Connie Murphy
  - ESL Jefferson Award, London Booker
  - Greg Gordon
  - Jerry and Sue Powell
  - Dan and Jeanine Ornt
  - The Coler Family
- **Bronze: \$250-\$999**
  - Mike Delaus
  - John Littwitz
  - Chad Ernisse, Roc E6 Alumni Coach
- **Friends: \$100-\$249**
  - John Carlton

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## Call to Action!

**Boys & Girls:** Sign-up and register to participate!

**Coaches:** Roc E6 is looking for Coaches - Experienced or none at all. We will provide the coaching education. Please contact Coach Art at [roce6art@gmail.com](mailto:roce6art@gmail.com) or call 585-662-7470

**Volunteers:** We need you! We could use your help with organization, managing equipment, transportation and other jobs.

**Donors and Sponsors:** You're help is needed and greatly appreciated!

Go to [www.roce6.org](http://www.roce6.org) for more information.