



Idaho Falls Lacrosse

Parent Meeting - Thursday February 3, 2011

High School Boys (JV & Varsity)*

Coaches Outline:

Mandatory Parent meeting

I. Introductions (Background as an athlete, coach, parent, ETC...)*

We as coaches are very pumped up for this season and even more excited to have as many kids coming back from last season as we do coming up from the junior high level.

I thought, with as much experience I had gained over the years that I had a pretty firm grasp on things. After last season I learned quickly that I did not. Nevertheless, just recently I took an online course put on by a group called the Positive Coaching Alliance. It opened my eyes to an excellent opportunity to develop my skills as a coach, but most importantly how to better develop our players both on and off of the field.

II. Coaching Philosophy

After a lot of discussion and thought following the end of our season last year, we decided we wanted to make some needed changes to our program. Indeed this is considered "Club" Lacrosse and some don't feel we need that much structure. However, in order to grow our program, instill core values in our players, teach the fun game of Lacrosse and develop skills in each one of our players that will enable them to become better, we need more structureperiod. Our program is not a "School" sanctioned sport. But, as we compete in a High School Lacrosse league, as we play against High School teams and as we play in a setting that gives players the opportunities to play beyond High School (College Scholarships or College Recruitment)* we need to be a program that is just as strong, if not stronger than any other High School Program out there.

Our Team Values

- Honoring the Game / ROOTS of Positive Play
 - o Rules – We will play by them at all times no bending no exceptions
 - o Opponents – A worthy opponent is a wanted opponent....this will make us play to a higher potential
 - o Officials – Treat with respect even when we disagree
 - o Teammates – We will never do ANYTHING to embarrass them on or off the field.
 - o Self – We live up to our OWN standards no matter what others do.

- Fill the emotional Tank

Often times we find ourselves focusing on the negative rather than the positive. I've done it myself many times and I'm sure each one of us up here can attest they have as well. You can praise kids all day long, but at the end of the day if the last thing you say is critical...what do they most likely remember? The CRITICAL. Like the gas tanks in cars, athletes have emotional tanks and what does that do even if they do have some good stuff still left in their tank? Completely drains it.

- o We're going to focus more on the positives and encourage more effort.
- o We're going to try to acknowledge feelings of disappointment, but learn from them....not dwell on them.
- o With more support from us and confidence building....great things will happen with these kids!

- Redefining the Winner....the "ELM" Tree

To help these kids get the most out of this experience we want to redefine what it means to be a WINNER. Not only in the game of Lacrosse, but in their daily lives as well. Here's what it takes:

- o Make the maximum EFFORT
- o Continue to LEARN and improve
- o REFUSE to let MISTAKES (or fear of making mistakes) stop them!

Our "GUIDELINES" on playing time and missing practices are very simple.

1. You need to make all practices IF POSSIBLE.
 - a. Exceptions will be noted on a case by case basis.
2. You need to know the position you are playing and the plays we run.
 - a. This will show if you miss practices
3. Your playing time will be affected the more practices you miss...especially your ability to practice both our offensive and defensive schemes as a team.
4. You will have to earn your spots on the Varsity and JV rosters.
5. You will have the opportunity to move up, but subjectively by us as coaches could move down if you don't put forth the effort.
6. EFFORT will be rewarded.

REWARDS will be subjective....WEEKLY....and we will give them out as coaches for:

Practice

1. Hustle
2. Team Spirit
3. A "Captains Pick"
4. Most Improved
5. And....the COVETED "Hard Hat Award" for the hardest worker OVERALL!

Games

1. Ground Balls
2. Face-Offs
3. Goals
4. Forced Turnovers or Steals
5. Clears
6. Sacrifice

At the end of each week of practice (last 15-20 minutes of Thursday practice)* we'll hold a team meeting to give rewards (Helmet Stickers and the "Hard Hat")* for the weeks practice and also prepare for the upcoming weekend game(s).

Following the completion of each game we'll give out (2) game "balls" for the coaches pick of best overall offensive and defensive players of the game! Over the weekend we'll also post 'shout outs' on the website!

At the beginning of each week (Monday's first 15-20 minutes) we will hand out game rewards (Helmet Stickers), go over key things we've learned (from) and set the tone for the week's practice.

III. Goals and Hopes for the Season

As much as winning more games than losing, qualifying for the playoffs, scoring lots of goals and everything else....here's what we want most:

- Every player will love Lacrosse at least as much at the end of the season as at the beginning
- Every player's skills and tactical knowledge of Lacrosse will improve.
- Every player will get chances to test themselves in game situations
- Every player will want to play Lacrosse again next year.
- And....The parents will enjoy the season as much as the players....

We've asked players to come up with their own goals as well for both themselves and the team based on:

S.M.A.R.T. Goals

- i. Specific – detailed in which everyone knows exactly what to do.
- ii. Measurable – there is a way to determine whether or not the goal has been achieved.
- iii. Achievable – Not too hard or Not too easy for them
- iv. Reasonable – with work and effort the goals can be achieved.
- v. Timely – the goal has a time associated with it at which time it should be achieved.

IV. Logistics

- a. Practice location: First 4 weeks – Campbell Gym (Following that will depend on weather conditions and availability.... Taylorview Middle School?)
- b. Practice Times:
 - o Monday >> 6:30 – 8:00 (6:45-7:00 Team Meeting)*
 - o Wednesday >> 5:30 – 7:30
 - o Thursday >> 6:30 – 8:30 (8:15-8:30 Team Meeting)*
- c. Game Schedules : Posted on Utah Lacrosse utahlax.org
- d. Phone List (will be sent out via e-mail distribution)* If you don't have e-mail we can get a printed phone list to you.
- e. Equipment: First 4 weeks – Helmet, Gloves, Stick and practice shorts/shirts....with preferably running or athletic shoes.
** NO JEANS OR PANTS PLEASE **
- f. There will be a Trac Phone that I will monitor and put information on as to the weekly practices and any other pertinent information needed regarding practice.

*** NOTE ***

The first couple of weeks will be (at the High School level JV & Varsity)* TRYOUTS....

Our focus will be on: Conditioning & Skill sets (Speed, Agility, Form & Accuracy)*

- i. Timed Sprint
- ii. Timed Obstacles
- iii. Footwork
- iv. On-Hand vs. Off Hand Ball Handling/ Cradling
- v. Maximum Effort

V. As parents....involvement is a must....whether it is at practices, games or off-field. Can we trust each of the players' parents to listen to us as coaches and their children as players and chip in when we need it?

- Back-Up Stat takers....
- Rides (Practices and Games)*
- Culture Keeper (We will be selecting and it could change week to week).*

VI. Meeting Adjourned....