



PHILOSOPHY & EXPECTATIONS

3rd-8th Grade Travel Lacrosse Team

K-2 Clinic expectation is to "have fun" so we do not need a separate document 😊



PLAYER EXPECTATIONS

New & Advanced Players

You will be amazed what a little effort outside the practice and game fields can make. This brings us to our first expectation ... and maybe the most important.

PLAYERS HAVE TO PRACTICE ON THEIR OWN TO GET BETTER.

New and Younger Players

In the beginning, all of your son or daughter's effort will be focused on catching, throwing, cradling and scooping, yet the goal... like dribbling in basketball, throwing in baseball ... is for it to come as naturally as running. Though coaches cover these skills in practice, as the year goes on they will spend less time on simple drills and focus more on advanced skills and game strategy. To truly excel and enjoy a game we hope will quickly become your child's favorite game for life; he or she will have to "go to the wall." For those of you new to the sport this simply means your child needs to get in front of a wall or a pitch-back (\$30 at sports authority) and catch and throw, then catch and throw and then catch and throw some more.

Then your child should switch to their weak hand and do it again. Sounds repetitive ... and it is ... but the more time put in on the wall the quicker your child (and you) will grow to love this game. Here's the secret ... it's easy to catch, throw, scoop and cradle. In fact, we'll guarantee that in time, every single player on the team will have good stick skills. It's just a matter of when and that depends on how often your child works on their own. The sooner we have the kids all catching, throwing, cradling and scooping, the sooner he or she will have success.

As for scooping and cradling: our goal is to get your child to love lacrosse so much that his or her stick will be in their hands all day. If that's the case, scooping and cradling skills will develop naturally... plus these skills are just as much a part of every drill, scrimmage and game as running.

The older your child is

X

the weaker their technical stick skills (catching, throwing, cradling, scooping)

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the more time they need to work on these skills on their own.

(Not sure about the math formula here, but you get the point)

Experienced or Advanced Players: Skills and Fitness

So your son or daughter has the technical skills down? Now the real fun begins ... everything noted above applies to them as well (technical skills can always be improved) ... and we guess you can say what we are about to note also applies to the new players.

The expectations we have for our skilled players is that they, too will work on their own to get better, but in addition to technical stick skills, we expect the skilled or older player to work on fitness, speed and agility. Stick skills for our younger players is 60%-90% of the battle, but with each year, athleticism really becomes a bigger part of the equation.

Our coaches will work speed and agility drills into the practice routine, but we are a youth club and most teams just do not have enough time to work on everything so anything you can do to make fitness, speed and agility part of your son or daughter's "off-the-field" routine, will go a long way to optimizing their natural athletic ability and prepare them for middle school, junior varsity and varsity lacrosse.

We are working on making separate speed and agility sessions available to our members and we will let you know via TigerMail (www.northportlax.com/tigermail) if we make this happen. Any questions regarding fitness, speed and agility, can be directed to our Director of Advanced Fitness & Training, Brad Mclam (bmclam@northportlax.com).

All Players

We expect all players of every age and skill to come to practice and games with a sense of purpose ... every player should arrive on time, ready to learn and do everything necessary to improve his or her individual skills, and understanding of the game ... with an end goal of the team getting better each week.

It is expected that your child will attend all practices and games.

It is understood that there will be illnesses, communions, etc., but the Northport Lacrosse Club's official expectation is that your child will be at all practices and games. If your child can not attend it is expected that you will contact your coach well in advance for planned absences. Rest assured a missed game/practice or two will not be held against anyone, but excessive or regular absences from practices and games will effect playing time. If you have any questions about this expectation, please discuss with your child's coach, grade director or group director (in that order). Coach and director information can be found at www.northportlax.com in the boys and girls sections.

GAMES AND PRACTICES

All games are played at various times and places on Sundays. All home games will most likely be played at East Northport Middle School (Boys) and Northport High School/Pulaski (Girls). Schedules will be posted as soon as they are available at www.northportlax.com. Though practice days and times have not been finalized plan on practicing 2 to 3 days a week (rain or shine unless contacted by coach) with a game on Sunday. Practices will begin in March as soon as field conditions allow.

We also ask that parents get their children to practice early enough to get equipment on. Your child must be “ready-to-go” at practice time. Usually 15-25 minutes early. You know your child best so you decide how much time he or she will need to get ready. A coach will be at the field at least 30 minutes prior to practice or game. If you need help with stick, helmet fitting, etc, please get your child there 30 minutes early.

Your child should never play lacrosse before practice without equipment on and all children are prohibited from playing lacrosse on school fields without a coach present.

Since we have a strict policy not to let any child walk long distances from or to a parking lot alone, please make sure you walk your child to the field.

DRESS CODE

For practice your child can wear any shorts and jersey ... a reversible (blue/white) is highly recommended. Your child must wear Northport Lacrosse jersey and shorts/kilts on game day. We'll probably have some cold days early in the season so make sure your child dresses appropriately. Long sleeve t-shirts/under armour can be worn under his or her jersey. Any sweat pants will do.

These Player Expectation were directed to parents because the majority of our players are on the younger side; however, we should note that we expect your child to have a understanding of the above expectations; In fact the older children should be responsible for meeting player expectations ... not their parents.



PARENT EXPECTATIONS

1- We encourage parents not to attend practice. Please make sure your child is ready-to-go at start time and pick him or her up at the designated end time.

2- We insist that parents watch games from opposite sideline. This is a league rule and only coaches with required badges, officials and time-keepers will be allowed on the player's side line.

3- Absolutely no coaching from parents during game or practice (see point 1). Support your child, but do not instruct them from the sideline. Often this conflicts with what we're trying to teach your child.

4- Your child should attend all practices and games. Of course there will be illnesses, communions and the like, but we expect your child at all practices and games. If you can not attend it is assumed that you will contact your child's coach in advance. Rest assured a missed game/practice or two will not be held against anyone, but excessive or regular absences from practices and games will effect playing time.

5- Make sure your child works on his basic skills at home. Use a wall, invite teammates over, anything to keep the stick in their hands. This will make the biggest difference in the success and fun your child has this year.

EQUIPMENT

No equipment is provided. Lacrosse equipment can be purchased at Lacrosse Unlimited in Huntington Village and other major sports stores. Uniforms will be handed out prior to first game.

For more equipment detail please visit the **FREQUENTLY ASKED QUESTIONS** section at www.northportlax.com.

COMMUNICATION

It's 2009 and by now email communication is a part of our lives. Coaches will use email as their primary means of communications. If you are not receiving email from your coach, please discuss with him/her.

The Northport Lacrosse Club and some coaches will also use a recorded phone call system.

If you need to speak with your child's coach, we recommend that you send them an email and ask to speak with him/her after the next practice.



NORTHPORT LACROSSE CLUB

PHILOSOPHY

Character, Commitment and Education

Mission Statement Our mission is to positively promote the game of Lacrosse to our players emphasizing Character, Commitment & Education.

Team and Love of the Game

Though a bit cliché, our philosophy revolves around the “TEAM” and the “LOVE OF THE GAME”

Every player is an integral part of the team. Players with high skill level are encouraged to help those new to the game. We create an environment where new players feel comfortable enough to seek help from coaches and players alike. We want a strong bond to form between the players ... a true “one for all, all for one” spirit.

Though winning isn’t everything lacrosse is a very competitive game. While our emphasis will be on having fun, players need a certain amount of intensity to play this sport, so we do place emphasis on the **desire to win**. We believe this adds to the fun of the game.



COACHING PHILOSOPHY & EXPECTATIONS

Character, Commitment and Education

Mission Statement Our mission is to positively promote the game of Lacrosse to our players emphasizing Character, Commitment & Education.

Character is defined very simply by setting the proper example for our players.

Actions speak louder than words. Being agitated by bad calls, players dropping balls, players making bad passes are all frustrations of coaching ... it comes with the territory, but you should use these moments as a chance to teach or demonstrate character.

Your primary mission at all times is to question, "how can I make this kid/team better." Yelling at Refs, throwing hats, clip boards, screaming at players will not be tolerated. Remember all eyes are on you and your character.... and the reputation of the Northport Lacrosse Club. You are on the front lines and you speak for all of us ... our organization, other NLC coaches, our parents and players.

The Northport Lacrosse Club has a terrific reputation in large part due to you and how you handle yourself.

Commitment is defined by making your team a top priority.

Your commitment will mirror your team's commitment. This is difficult for some of us because we all have very busy lives. Please make sure you have a strong Assistant Coach. You should have a Team Mom to assist, too. Your priorities should include AED certification, open communication with your player's parents, having a practice and game plan, executing the plan, & continue to gauge the plans throughout the year.

Keep an eye out for monotonous practices. Offer competitive drills, develop drills besides your basic line drills, & most importantly make sure players are not standing around doing nothing.

We can not emphasize enough the importance of having a practice plan. The night before your practice take a short time to plot out your practice in 15 minute increments. If you establish this one habit, your success rate as a coach is almost guaranteed.

Please look on our web site for new ideas pertaining to drills. There is 60 page word doc in the coaches section or www.northportlax.com with great drills, but you should seek out, and research. There's a wealth of info online and a great number of in-person coaches clinics at your disposal.

Education is defined by constantly turning player's mistakes into teaching opportunities.

If a player makes a mistake, tell him what he did wrong & how he can do it better next time. Always start with a positive comment so you get the child's attention, then make the corrective action. If the child feels good about what you are telling them, change will occur more rapidly.

Promote a learning environment where the players are not afraid to make a mistakes.

Additionally, AED/CPR certification is critical!! If you do not have your certification, you will not be a head coach. AED certification is good for 2 years. After 2 years you must get re-certified.



PLAYER CODE OF CONDUCT

As a youth lacrosse player in Northport, you are to understand that a high level of sportsmanship is expected from you. You are expected to treat your coaches, fellow teammates, officials, opposing team players and coaches with respect and dignity. You are expected to come to your practices and games on time ready to play and improve your individual stick skills and team play skills. Understand that unsportsmanlike misconduct such as taunting, the use of foul & abusive language, fighting, or flagrant unnecessary roughness is grounds for ejection from a game. Repeated offenses will result in suspension from play in your next scheduled game, and three offenses will result in your expulsion from the Northport Lacrosse Club for the rest of the year and all fees will be forfeited. Consider it an honor to play the great game of lacrosse.



PARENT CODE OF CONDUCT

As a youth lacrosse parent in Northport, you are to understand that a high level of sportsmanship is expected from you also. You are expected to treat the coaches, your child's teammates, officials, opposing team players and coaches with respect and dignity. During games, you will be asked to watch the action away from the players' benches and on the other side of the field. If you are a vocal parent, cheer good plays made by either team. There's absolutely no coaching from parents allowed. All instruction will come from coaching staff ... not parents. If you're interested in coaching please let us know at registration prior to season. Understand that unsportsmanlike misconduct such as taunting, the use of foul & abusive language, or fighting is grounds for ejection from a game, and you will be asked to remove yourself from the area. Two offenses as determined by the Northport Board of Directors will result in your expulsion from watching Northport Lacrosse Club games for the rest of the year. Consider it an honor to be a part of the great game of lacrosse.

- **PARENTS WILL NOT COACH FROM SIDELINE**
- **PARENTS WILL NOT CRITIQUE REFS, COACHES OR PLAYERS**



COACHES CODE OF CONDUCT

As a youth lacrosse coach in Northport, you are to understand that an exceptionally high level of sportsmanship is expected from you. You are expected to treat your coaches, players, officials, opposing team players and coaches with respect and dignity. You are expected to come to your practices and games on time ready to coach, ready to improve your players' individual stick skills and teamwork skills, and ready to make your time with your team an enjoyable one for all. You are expected to give your players positive reinforcement and a fair amount of playing time. You are expected to have a thorough understanding of the rules as they pertain to the youth game. Understand that unsportsmanlike misconduct such as taunting, the use of foul & abusive language, or fighting is grounds for ejection from a game, and you will be asked to remove yourself from the area. Two offenses as determined by the Northport Board of Directors will result in your expulsion from the Northport Lacrosse Club for the rest of the year. Consider it an honor to coach the great game of lacrosse.