

## Sun Devils Boys Lacrosse

Lacrosse is a sport that combines athleticism, teamwork, skill, and hard work. The bottom line here at our program is for the players to have FUN! In addition to the enjoyment of lacrosse, we also stress commitment, health, leadership, and teamwork. As coaches, we have expectations that should be used as guidelines for this season:

**FLL:** Fun, Love of Lacrosse, and Learning skills. FUN is top priority for us as coaches in the Sun Devils program. This is our main goal. We want your kids to be excited to come to practice and develop a love for lacrosse. We want them to be excited to participate in the games and display the skills that they have learned to compete at a high level. Skill development is crucial to their fun and success.

### Program Key Components:

**Safety** – mouthguard, cup, clean-play, concussion protocol

**Fun** – Great game, exciting, fast-paced

**Fundamentals** – Develop a foundation for growth within the program

**Punctuality** – Be on time, miss warm ups, reps

**Nutrition/Hydration** – Healthy eating, hydration starts before practice, eat properly, especially the nights before practices and games. No fast food, sugary drinks, gatorade, watch for dyes, high fructose corn syrup, and sucralose.

**Practice, Practice, Practice** – Wall Ball, w/gloves. Parents throw, cradle everyday 10-15 min, run, Plyometrics

### Coaches' Responsibilities

**Support** – Coaches are the frontline for fun, and we will focus on delivering a growth opportunity in a safe environment for your children, *allow to fail*

**Role Models** – Coaches will embody the sense of fun, sportsmanship, and respect that flows throughout the program, *positive reinforcement*

**Practice** - We run a high paced, intense practice and expect the boys to do their best when they step on that field. Our practices will be helpful, encouraging, and participatory. We will have minimal lines, so all players are moving throughout practice.

**Beginners in lacrosse do not have to be super tall (unlike basketball) or super muscular (unlike football) in order to be very good at lacrosse. Small and average-sized kids can be the best on a lacrosse team if they have superior stick skills (gained through hard work and practice) and plenty of hustle. Lacrosse is a great sport where a kid can be a star by outworking the other kids (versus needing to have a superior natural athletic ability). – from BeginnerLacrosse.com**

**Punctuality** – Coaches will have the fields ready for practice and games, commit to starting and ending on time

**Communicate** – We have an open door. Do not hesitate to call or email your coaches. It helps everyone.

### **Players' Responsibilities**

#### **HAVE FUN**

**Respect** – Each other, coaches, referees, opponents

**Work hard** – Best players put in the effort; work hard every practice, every drill

**Effort** - A less talented player who puts in more effort will always out perform a more talented player that puts in less effort.

**Practice** - We are only able to practice twice a week, with games on Saturdays. Practice at home greatly accelerates their skill development - wall ball *w/gloves*, cradling, passing and shooting with parents or friends. This is where good players become great and evolve with their own styles. *Plyo reps, left-right hands*

**Set Goals** – 2 goals for the season for each player on index card

### **Parents' Responsibilities**

**Equipment** – Helmet, shoulder pads, elbow pads, gloves, mouthguard, water bottle and cup. For the safety of the boys, we cannot allow exceptions. Please make sure they go through their equipment to make sure everything is accounted for before all practices and games. Key components that are easy to forget: mouthguard, cup, water bottle (1L, easy to drink from with a helmet ON)

**Safety** - \*\*Concussion form, weather

**Respect** – How can you as parents help on and off the field – encourage your boys, watch and learn the game, and understand the vocabulary, *use positive reinforcement*. Remain respectful to all players, coaches, parents and referees. The focus is on fun, not on winning at all costs. *Only Cheer for*

**Punctuality** – Get kids to practice and games and pick them up on time

Thank you for supporting our expectations and trusting your child with us. We are looking forward to a fun and exciting season.

**“Your child’s success or lack of success in sports does not indicate what kind of parent you are...**

**...But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient, and tries their best /S a direct reflection of your parenting.”**