

# 2016 Mens Lacrosse



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Consistency, Clarity, and Accountability

# 2016 Team Prayer - Team Captains

*Lord, Give us the strength to encounter that which is to come,  
that we may be brave in peril,  
constant in tribulation, temperate in wrath;  
and in all change of fortune,  
and down the gates of death,  
loyal and loving to one another*

*Amen*

# Outline of the Night - 30 Minutes

1. Coaching Staff Intros - Holland
2. Season Overview - Holland
3. Goals & Objectives for 2016 - Holland
4. Student Responsibilities - 2016 Team Captains
5. Parent Responsibilities - outline - Holland



# 2016 Coaching Staff Introductions

1. Tanner Sterback - associate head JV coach  
Jacksonville University/Plattsburgh State
2. Danny Strenning - offense clinician  
Trinity College, Hartford, CT
3. Fritz Wisor - defense clinician  
Bucknell University, Lewisburg, PA
4. Marc Facto - transition clinician  
Hobart College, Geneva, NY
5. Tim McDermott - assistant coach  
Loyola University, Baltimore MD



# PreSeason Conditioning Practices

1. Starting Tuesday, January 12, 3:15-4pm Tuesdays and Thursdays, on the track
2. All students who plan to play lacrosse, who are not in a winter sport, and in good academic standing are expected to attend these sessions
3. Bring appropriate running shoes and dress for the weather
4. We go rain or shine



# PreSeason Captains' Skills Practices

1. Restarting Weds, January 13, 3:15-4pm, meet near the batting cage
2. Students who plan to play lacrosse, who are not in a winter sport, and in good academic standing are expected to attend these sessions
3. Bring stick, cleats, dress for the weather, wear gloves, and helmet
4. We go rain or shine



# PreSeason Winter Lacrosse Camp

1. 3:30-5:30 starts on Monday, February 1 - Friday, February 5
2. This is camp open to all interested students from Newman and other schools
3. It is strongly encouraged for all students who intend on playing this spring
4. We hold this camp on the baseball field



# Season Practice Schedule

1. 3:30-5:30 Field Practice - South Field - 5x week - starts Monday, February 8
2. 3-3:30 Leadership - Room #15 - Juniors - starts Monday, February 22
3. 5:30-6:30 Classroom Practices - Varsity - starts Wednesday, February 10  
(optional for JV)



# 2016 Mens Lacrosse Game Schedule

Please refer to the website  
(the schedule is subject to change)

# 2016 Goals & Objectives - The Process

1. Clarity, consistency, accountability
2. Be good teammates
3. Do the little things well
4. Improve fundamental skills
5. Improve speed, strength, and endurance
6. Prepare well for contests



# 2016 Captains' Letter

We are excited to be kicking off the 2016 season as your Men's varsity lacrosse captains this year. With a mix of both returning players and fresh faces on our roster, we have a strong base from which to build a competitive and cohesive team upon. Though our base is promising, we need each and every player to buy into our individual, team, and program goals in order for us to achieve the success we are capable of. Among the captains, our goals for the team this season are threefold. Firstly, we will strive to be competitive in every minute of every game, no matter the score or opponent. Secondly, we will put our teammates and program goals before our personal agenda, valuing team success over individual accomplishment. Finally, we will practice and play with passion and fire, striving to achieve and win at our fullest capacity. As your captains this season, we are fully bought into ensuring the execution of our team goals, and as a result, its success. Though we still have much work ahead of us, the keys to success are simple: if we give one-hundred percent effort, if we give total commitment to the team, we will discover the beauty and joy of the game of lacrosse. With our season just around the corner, we look forward to seeing what we as a team can accomplish this year, and are excited to be out on the field with everyone come February.

Best Regards, Spencer, Brock, and Elliott

# 2016 Goals & Objectives - Ten things that you control

1. Being at practice before time
2. Work ethic
3. Effort
4. Body language
5. Energy
6. Attitude
7. Passion
8. Being coachable
9. Doing extra
10. Being prepared



*These things require zero talent*

Stolen from Coach Wilcox

# Parent Expectations the Point System

Thank you!

Parent support and participation is vital to our success.

- Point system ensures jobs get covered
- Encourages balanced participation
- If you will have a hard time earning points, get in touch
- We can make arrangements to ensure fairness
- Families are asked to earn a minimum of 9-11 points



# Parent Expectations the Point System continued

## Sample jobs for 2 points

1. Drive a school van to an away game
2. Pregame set-up for a home game
3. Scorekeep at the officials table at a home game

## Sample jobs for 3 points

1. Video a game
2. Host a pregame dinner

Senior Night - junior parents will plan, coordinate, and execute senior night for this year's seniors and their parents. This year, the senior night falls on Friday, April 15 vs. Casa Grande (our last home game) - 3 points



# Thank You!



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Questions and Answers