

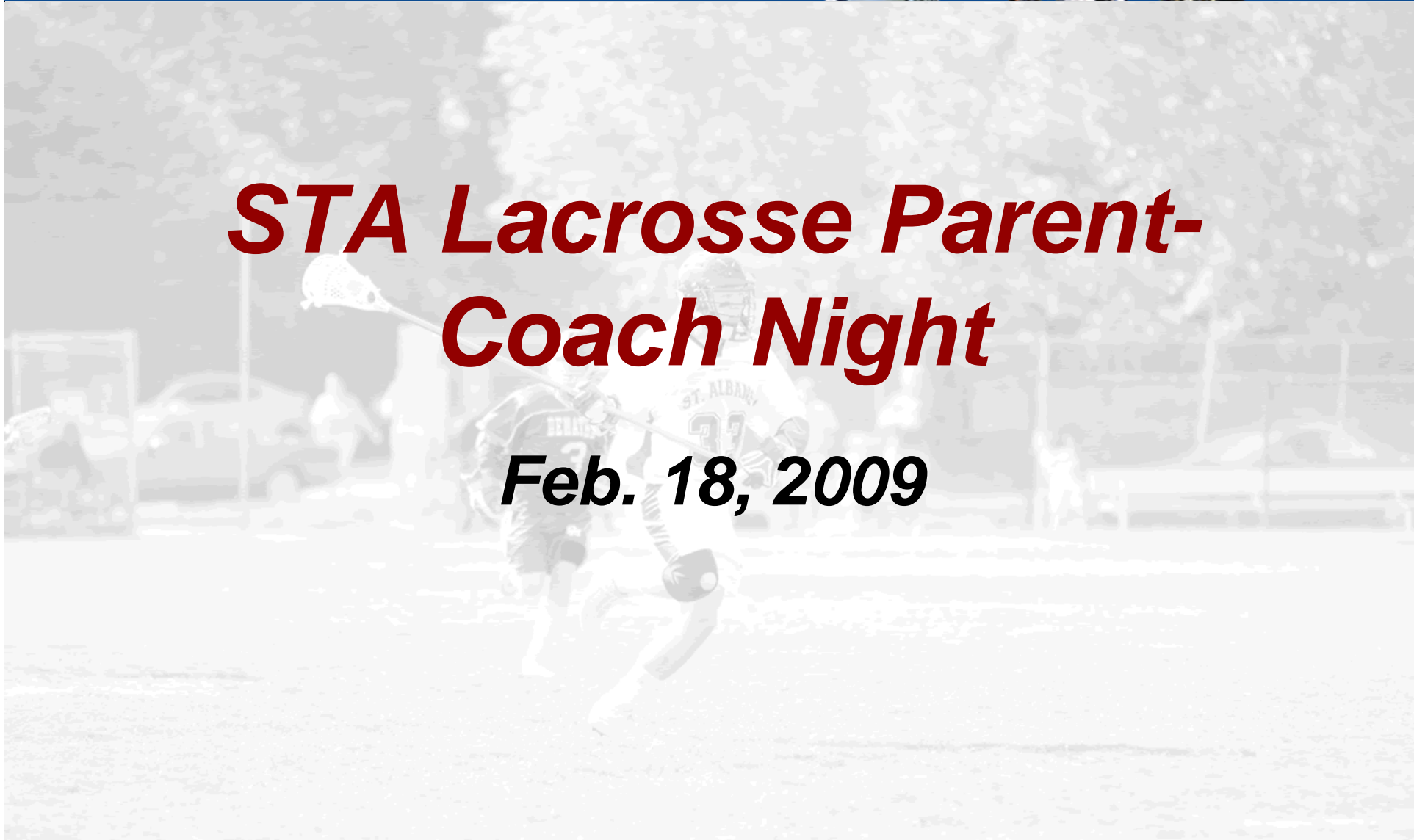


St. Albans Lacrosse



STA Lacrosse Parent- Coach Night

Feb. 18, 2009





Welcome and Introductions

Meeting Objectives

As we get going, please feel free to ask questions at any point

Also, if you would like a copy of this PPT, please email me afterwards and I will email it to you



Meet The Coaches

- **VARSITY COACHES**
- **Malcolm Lester (head coach)**
- **Robby Walsh**
- **Jon Miller**
- **J.D. Davis**



JV Coaches

- **Kevin Burke (head coach)**
- **Gary Schnell**
- **Michael Via**
- **Michael Miller '06**



Lower School Coaches

- **Blue Team (8th):**
- **Ryan Beiser (head coach)**
- **Gary Schnell**
- **Kyle Slatery**

White Team (6th-7th):

- **Michael Via (head coach)**
- **Mario Masso**
- **Jon Miller**



Parental Introductions

- Name
- Height (optional)
- Weight (*not recommended after 2008 Parent-Coach Night*)
- Position (e.g. Linebacker)
- 40-yard dash speed
- College Major
- ***If not interested in any of that, your name and the name and grade of your son will suffice!***



Coaching Staff

- Began process of looking for new coaches in May to fill gaps left by last year's departing coaches
- Advertised at Laxpower.com; insidelacrosse.com; dcsportsfan.com; uslacrossepotomac.org, and through word of mouth
- Received 30 inquiries and began interviewing candidates in May.
- Multi-month process that netted an extremely impressive coaching staff



Coaching Staff

- Coaching staff is made up of teachers, professionals, administrators, former college and HS players, college captains, high school captains, class presidents, national honor society members, etc.
- These are gentlemen who possess both a strong lacrosse background and high character
- The people you see in front of you will make this program better



Coaching Staff, Prof. Development

- Our coaches have attended the following clinics in the past two months alone:
- **US Lacrosse Potomac Clinic**, Marymount University (7 coaches)
- **Intercollegiate Men's Lacrosse Coaches' Association Convention**, Baltimore (3 coaches)
- **Maryland State Lacrosse Coaches' Association clinic** (3 coaches, including a staff presentation)
- **Johns Hopkins University clinic** (2 coaches)
- **US Lacrosse Convention**, Baltimore (1 coach)



Coaching Staff

- The coaches have been a regular presence at STA at:

Coaches' meetings

Conditioning

Skills sessions with the players

- As a staff, we are ready to go and are looking forward to the season!



Trainer Jay Driscoll

Drafted by STA in the fall of 1991, Coach Driscoll is a member of the same STA faculty rookie class that included Coach Lester, Edie Ching, P.J. McCloskey, and Michelle Pokorney, among others. Coach Driscoll and Coach Lester are the last two standing from the 1991 draft.....



STA Lacrosse History

- 41st year (I think) of Varsity Lacrosse at STA
- Traditionally a strong local, regional and national lacrosse program
- Recent highlights include 2007 IAC Championship and 2008 victory over West Genesee, #3 in the country last year
- Top 5 Washington Post team last two years
- STA lax program maintains a strong sense of community and identity and has adopted traditions that have been passed down (p. 44 in your packet)



STA Alums in the College Ranks

- 20 STA alums currently play college lacrosse
- Of the 20, 11 were *3-sport athletes* their senior year in HS
- 9 play Division I, 11 play Division III
- 2 are college captains (1 D-I, 1 D-III)
- STA alums play at Johns Hopkins, Yale, Dartmouth, Colgate, Brown (2), Swarthmore (2), Cornell, Colby, Bowdoin (3), Navy, Amherst, Delaware, W&L, Middlebury, Rollins, and Dickinson
- 6 STA alums have been college captains in last two years
- P. 43 in packet, but does not include 2008 alums



Program Philosophy

- 1) Create the best lacrosse experience possible for the young men in the program
- 2) Help each player become the best person he can be
- 3) Help each player become the best player he can be
- 4) Emphasize TEAM over individual and create strong sense of brotherhood and respect on the team
- 5) Encourage young men in lax program to be well-rounded, and that includes being well-rounded athletes (we are big believers in playing multiple sports)



Values and Expectations

- Our expectations of the players are outlined in your Parent Playbook (see appendix 7-C, page 117)
- Pages 6-10 in packet
- We hand out these expectations to the players and emphasize them in individual meetings with them as well as in our daily coaching
- Along with the Core Values of the STA Athlete, the lacrosse program stresses *responsibility*, *communication*, and *trust* with its players



What We're Looking Forward To

- **“Judgment Day”** – Sat., Feb. 21, 9-11 a.m.
- Optional preseason activity for Upper School lacrosse players
- www.theprogramathletics.com
- Please fill out waiver and have your son here by 8:45 a.m. if he will be taking part in Judgment Day
- Pages 11-17 in packet



Varsity Season Highlights

- Feb. 28 – Scrimmage at Georgetown, 2 p.m. (p. 18)
- March 7 – Super Saturday
 - STA vs. Notre Dame Academy, 9:30 a.m.
 - Georgetown vs. Syracuse, Noon
 - Georgetown Women vs. Northwestern, 3 p.m.
 - Georgetown hoops at night!

March 21 – Hero's Tournament at Catholic (p. 22)



Varsity Season Highlights (cont'd)

- Spring Break trip to Charlottesville, March 25-28
- 17th Annual Family Lacrosse Day, April 4
- 1st Annual DC Lacrosse Classic, May 16 (p. 21)

A season full of many fun and *challenging* games



JV Season Highlights

- P. 19 in packet
- March 7 – Scrimmage at Potomac prior to Georgetown-Syracuse game (9:30 a.m.)
- March 21 – Tri-Scrimmage in Baltimore vs. Gilman and Keio School from Japan
- Three home contests over spring break
- April 4 – Family Lax Day
- April 27 – Varsity/JV Doubleheader vs. DeMatha
- JV IAC Lacrosse Tournament



Lower School Highlights

- Excellent, energetic coaching staff, with 3 coaches per team, and practice plans already designed
- April 4th - We're hopeful we'll add games on Family Lax Day for our Blue (8th) and White (6th-7th) teams. If not, the varsity players will put on a clinic for them
- At least 11 games for each team
- New uniforms for both teams!
- P. 20 in packet



Starting Dates

- **Upper School:** Feb. 23 (see p. 28-31)
- First two days: Open tryouts/practices for all candidates, grades 9-12
- Wed, Feb. 25: 14th Annual Blue-White Scrimmage
- Thu, Feb. 26: Players designated to JV or varsity team after individual meeting with Coach Lester
- **Lower School Start Date:** March 2



Varsity-JV Team Breakdown

- At press time, 65 boys in the Upper School have signed up for lacrosse
- Varsity team will carry approximately 35 players
- JV team will carry approximately 30 players
- Have not historically “cut” from JV team
- Players are not put on a specific team based on their grade. Historically, we have had juniors on JV and have had sophomores and some freshmen on varsity.



Varsity/JV Designation

- Unofficial “Tryouts” began last May
- All of our coaches evaluate all of our players and share insights
- We do what we feel is best for the player and the program, short-term and long-term
- *Is he going to play on varsity and make an impact?
Is playing on JV going to improve his skills more and help him gain confidence?*



Lower School Team Breakdown

- 44 Lower Schoolers have signed up
- 8th grade: 18 players
- 7th grade: 14 players
- 6th grade: 12 players
- We plan to carry 20-22 players on our Blue team, which will consist of 8th graders and perhaps a handful of 7th graders
- We plan to carry 20-22 players on our White team (6th-7th grade)
- Benefits of two-team alignment



Varsity & JV Calendar/Hours of Operation

- Plan on Monday—Saturday commitment
- Monday—Friday, 3:30—6:00
- Saturday: Game or Practice. If practice, we usually lift and practice in the morning and finish by Noon
- Calendar in packet should give you an idea of the daily and weekly routine. We will try to stay faithful to the packet, but please understand we may have to make changes (p. 24-27)
- Spring Break schedule is in the playbook (p. 23)



Lower School Hours of Operation

- Boys get out to practice around 2:15 and we end by 3:30
- We are going to encourage the Lower Schools to watch some of the varsity and JV games and even practices, if they are interested and if their schedule permits it
- Monday—Thursday
- Only Saturday would be April 4th Family Lax Day



State of Parent-Coach Relations

- STA Lax parents have played a supportive role in creating a positive environment for the players and coaches. When we've had good seasons, it's usually been largely because of talented players and committed coaches, but also because of parental support and parental harmony
- Have never offered "guidelines" or rules for parents, as some schools have done, but have tried to share thoughts about our approach and what we feel helps the team and doesn't help the team
- There are some (hopefully helpful) articles in the packet that speak to the parent-coach partnership and the parents' role in supporting their sons, the team, and the coaches
- P. 3, p. 49, p. 50



Parent-Coach Partnership

- You help us a great deal by:
 - Your overall support of program, coaches, and team values
 - Providing Team Dinners
 - Producing the Lax Annual
 - Your presence at the games
 - Cheering for us
 - Keeping everyone's spirits up
 - Keeping your sons well-fed, healthy, rested, and *in school*



Other Ways Parents Can Help

- We need your sons to be in school and at practice, on time. If one person is out, that affects the whole team.
- Coach concerns about Facebook, My Space, “chatrooms,” forums, and other nefarious aspects of cyberspace
- Encourage son to see the coach if there are questions, issues, or concerns: “Have you talked to the coach?”



Parent-Coach Communication

- Lines of communication have always been open, and we also remind you that there are roughly 110 boys in the STA lax program and it would be a challenge to hear from every STA lax parent about summer camps, colleges, etc.
- We want to encourage and foster the player-coach relationship as much as possible. Our main objective is to be there for the boys.



Times When Parents Should Communicate

- Situations regarding your son's emotional health
- Situations regarding your son's physical health (and the trainer should be brought into the discussion as well)
- Academic concerns or assistance/motivation the coaches can provide for your son academically
- Important information about your son that we may not be aware of
- Issues the coaches may be unaware of that could adversely affect the team



Times When Players Should Communicate with Coaches

- Schedule conflicts or Schedule questions
- Summer Camps
- Specific Skills questions (e.g. ways to improve)
- Interested in getting copies of game film
- Playing Time questions
- Initial College Discussions



Parent-Coach Communication

Questions to ponder before you hit “send” on the computer:

“Is the information on www.stalax.org?”

“Is this something I would call the coach about?”

“Is this something my son should be talking to the coach about?”

“Is it a game day?”



Role of Parent Coordinators

- Communicate information to parents
- Coordinate parent volunteer activities
- Liaison between parents and coach
- Articulate and spread lax program philosophy and values
- P. 51-55 in packet



2009 Parent Lacrosse Coordinators

- Kathy & Dave Townshend
- Anni Ince-McKillop
- At this time, we would like to call up past Parent Lax Coordinators Randy and Julie Miller up for our 1st (and possibly last) Annual “Keeper of the Notebooks” ritual



St. Albans Lacrosse



2009 STA Lax Parent Coordinators

- Kathy, David, and Anni



Important Issues

- Playing time
- Drug/Alcohol Policy
- Playing Other Sports During Lax Season
- Spring Break
- Summer Lax (p. 32-40)
- College process
- Other issues?



2009 Expectations/Predictions

- 1) 2009 lacrosse will bring its own highlights, as well as low moments. It will not be 2008 or 2010. We hope to produce positive results, but above all, we want it to be a meaningful, fun, and rewarding experience for the boys in the program.
- 2) There will be adversity and challenges, and that's o.k.
- 3) Not everyone will make All-This and All-That. Our focus is on the team and we will make efforts to make everyone feel like a big part of the team. Everyone's contributions count. We cannot control honors and accolades and don't want our players to be focused on that.



Ending on a Positive Note

- The players in the lacrosse program serve as class officers, team captains, head prefects, chorale members, club heads, and many are Head's List students
- These are exemplary young men and we, as coaches, are fortunate to be part of their journey here and to represent them, St. Albans, and St. Albans Lacrosse



Farewell

- Three days until Judgment Day!
- Five days until the start of Upper School Lax!
- 12 days until the start of Lower School Lax!
- Thank you for coming to the event this evening, and let's have a great season.
- See you on the field. Dress warmly—gloves, UnderArmour, spandex, etc.



Contact Info

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