

Los Alamitos Lacrosse 2016-2017

Coach Tim Fox

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Program

Culture / Themes: Family, Sportsmanship, Respect (the Game), Academics, No-Cuts (unless for discipline, behavior, grades, etc), Get Better Everyday (work hard, work together), Earn Respect every game, win with class/lose with class, Score is always 0-0, Be responsible for your own actions, Be the hardest worker on the field, Become a Model Program.

Tryouts/Evaluations - to set the rosters, Mid November. No-Cuts, just placements.

Practices (layout) - Fall Ball, Pre-Season, Regular Season. (Fall Ball 6th Period- Adjustable Weekly Layout: Monday Miles & Lax Skills, Tuesday & Thursday Stickwork/Footwork, Wednesday Chalk Talk/Film/Lax IQ / PT Testing & Transition Lax, Friday O/D Strategy & Position Specific Drills)

Scheduling / Spring Break (practices/games happening) - V, JV, Frosh/Soph

Events for Teams and Entire Program (halloween, fundraising, etc) - **Collab Events** - Halloween Costume Scramble Game, Holiday Scramble Game / Secret Santa, Program Movie Night, etc.

Team Gear - (Warrior, Boathouse, Misc) - warrior turnkey system apparel and gear, boathouse varsity jacket and program jacket, misc items thru local vendors.

Goals - bring together as one, less divisive, collaborative effort, organized, get better everyday. Win or lose, did we play our best? Sportsmanship and Academics always #1. *Earn respect in the entire league/CIF.

Communication (late, miss practice, sick, injured, etc) - on and off the field.

College Recruiting (tips: field level, communication, game footage)

End of year Banquets/Awards

Other off Season Opportunities - tip: play games. There are plenty of tourney teams that are avail througouth OC & LA to join if looking for more Fall/Winter lax experiences.

***Wall Ball Routine-** All Players are encouraged to get into a Daily/Weekly Wall Ball Routine to help us become one of the best stick handling skills' team in SoCal. It's all about Reps.

***'I fear not the man who practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.'* - Bruce Lee**