



Youth Girls Lacrosse



2017

Meeting Agenda

- Meet the NCLA
- NCLA Mission Statement & Philosophy
- Player and Parent Conduct
- NCLA Curriculum
- NCHS Program
- Evaluation Process
- Team Structure
- Commitment Level & Expectations
- Proper Communication
- Key Dates

Meet the NCLA

- Kristin Woods - New Canaan High School Varsity Coach
- Kimberly Connors - NCLA President
- Kerry Hanson - VP Girls, Ref Coordinator
- Dave Cochran - Grievance Committee
- Jon Legge - Fundraising, Grade Coordinator Liaison
- Katie Owsley - Coaching Coordinator
- James Patten - CONNY Rep, Equipment Manager
- Allison Longfield
- Pat Leahy

NCLA Board Cont.

- Chip Buzzeo- New Canaan High School Varsity Coach
- Pete Deane - VP Boys
- Charlie Watson - Assistant VP Boys / Treasurer
- Paul Ahrens - Scheduler
- Darcy Smith - Registrar/Webmaster
- Ken Gammill - Legal Counsel
- Kevin Arrix - 7th Grade Coordinator
- Pat Russell - Boys Coaching Coordinator
- Brenda Mahoney - Secretary

Mission of the NCLA

- NCLA goal is to teach and promote the game of lacrosse in a fun, safe, and sportsmanlike environment.
- We are dedicated to skill development of players of all ability levels.
- At the end of the spring, we hope to improve each player's fundamentals, speed, positioning and knowledge of the game.
- Above all NCLA strives to instill the values of sportsmanship, teamwork, fair play and a love of the game.

Philosophy of the NCLA

- The goal of the NCLA travel program is to coach all girls, of every skill level, the game of lacrosse in a fun and safe environment
- Smaller rosters for top team per grade, and a signed pledge of commitment
- 5th/6th grade: at least 3 hours of practice time per week
- 7/8th grade: at least 4 ½ hours of practice time per week
- Each travel team will have 9 games scheduled, including play-days/jamborees
- Playtime will be determined by the "3 A's": Attitude/Aptitude/Attendance
- Skills nights throughout the season
- Designated goalie clinics each week

NCLA Curriculum & Coaching



- Our curriculum is aligned with the US LACROSSE Athletic Development Model.
- The LADM focuses on Player Development in every area (Athletic, Technical, Tactical, Psychological, Social-Behavioral and Cognitive Development)
- Each grade level has benchmarks that the teams and individual player will strive to achieve by the end of the season.
- Concepts that are used at the high school such as consistent language, team defense, and our offensive motions are communicated with all of the coaches.
- Each grade level has an age-appropriate curriculum and drills they will be using throughout the season.
- US LACROSSE video on LADM development - [CLICK HERE](#)

NCLA Coaching & Parent Partnership

- Recognize the Coaches' Commitment - **TRUST the PROCESS!!!**
- Don't Put the Player in the Middle
- Let Coaches Coach
- Fill Your Child's Emotional Tank- Support your daughter and her teammates.
- Tell them 'You love watching them play' [VIDEO](#)
- Key Note Speaker at Lacrosse convention this year - John Sullivan - Changing the Game Project



NCLA Player Code of Conduct

- I hereby pledge to follow this Code of Conduct. This Code of Conduct applies to all practices, games, tournaments and any other NCLA events.
- **I will do my best to:**
 - Display good sportsmanship. I will play fairly and observe the rules of the game. I will respect my coach, teammates, officials and spectators. I will win with grace and accept defeat with dignity.
 - Listen and learn from my coach. I will do my best to improve as a lacrosse player and give my best at all practices and games.
 - Remember to work with my teammates and understand that together we form a team where everyone is equal. I will place the emotional and physical well being of other players ahead of my personal desire to win.
 - Attend every practice and game that I can, and be responsible for notifying my coach or manager if I can't attend a practice or game.
 - Be prepared for practice and games by having my uniform, cleats, eyewear, mouthguard, stick and water bottle.
 - Accept the Referee's decisions without argument. Referees are there to maintain discipline and fair play.

NCLA Parent Code of Conduct

- I understand that a parent(s)/guardian of a child who participates in the NCLA, both I and my player are bound by the NCLA Code of Conduct and accordingly:
- **As a parent I will agree to...**
 - Teach my child to play by the rules. I will place the emotional and physical well being of all players and spectators ahead of any personal desire to win.
 - Help my child work toward skill improvement and sportsmanship. I will not criticize or permit or encourage my child to criticize any persons including players, managers, coaches, referees, or spectators at any practices, games, tournaments, or NCLA events.
 - Not coach from the sidelines or the stands. I will set a good example by only speaking positively about my child's team and teammates.
 - Understand that only NCLA appointed team coach(es) may coach at games or practices, and that the team manager may administer to the needs of the team and to help the coach keep the team in order. I will stay on the field opposite the team bench.

Multi-Sport Athletes

- 100% of the 2016 NCHS Varsity Team was Multi-Sport Athletes
- 2016 Captains:
 - Mia Carroll (Soccer, Ice Hockey & Lacrosse)
 - Catherine Granito (Field Hockey, Ice Hockey & Lacrosse)
 - Kylie Murphy (Soccer, Basketball & Lacrosse)
 - Sami Stewart (Soccer, Basketball & Lacrosse)
- Teaches the girls how to compete and strive to be the best they can be, whether they are the standout player or a supporting role.
- Allows athletes the opportunity to be leaders, stay in shape, to stretch themselves as athletes, communicators, and teammates.
- Helps build self-esteem and self-concept.
- US Lacrosse Article on Multi-Sport Athletes - [Click Here](#)



Pre-Season Information



- Feb 27th, 28th, March 1st, 3rd, 6th, & 7th
 - 5th & 6th Grade- 4:00 - 5:15PM
 - 7th & 8th Grade- 5:15 - 6:30PM
- With the unpredictable weather in early March, our goal is to have at least 4 of the 6 sessions.
- If we do have SNOW times & dates might have to be changed or adjusted!!!
- If the weather is good, we will continue to practice with a maximum possibility of 6 sessions.
- Players must wear full equipment, including sweat pants and long sleeve shirts, sweatshirts, or jackets. Players who are not equipped to practice in cold weather conditions will not be allowed to play (NO SHORTS ALLOWED).
- During pre-season, we will introduce drills and concepts that will be used during evaluations.
- **Drop off and pick up will be in the parking lot between Dunning and Water Tower Grass for Pre-Season and Evaluations.**
- If you have not registered for pre-season please register ASAP at www.nclax.org

Evaluation Schedule

- **5th Grade:**

- Wednesday, March 8th - 4:45 - 6:15
- Friday, March 10th - 4:15 - 5:30
- Saturday, March 11th - TBD

- **6th Grade:**

- Thursday, March 9th - 5:15- 6:30
- Friday, March 10th - 5:15 - 6:30
- Saturday, March 11th - TBD

- **7th Grade:**

- Thursday, March 9th - 6:15 - 7:30
- Friday, March 10th - 6:15 - 7:30
- Saturday, March 11th - TBD

- **8th Grade:**

- Thursday, March 9th - 7:15 - 8:30
- Friday, March 10th - 7:15 - 8:30
- Saturday, March 11th - TBD

Sunday, March 12th will be used as a makeup date - Times TBD

Evaluation Process

- **Drop off** and **Pick up** will be in the parking lot between Dunning and Water Tower Grass for Evaluations.
- Players will check in with their grade coordinators
- All of the paid coaches will be evaluating
- No parents will be involved in the evaluation process
- The players will be evaluated on...
 - Stick Skills: Right Hand, Left Hand, Right Shot, Left Shot
 - Speed & Athleticism
 - Defensive Positioning & Offensive Moves
 - Attitude & Work Ethic
- Parents are **NOT** permitted to watch evaluations.
- If your daughter would like to be on the lowest team for commitment reasons or personal please contact Coach Woods before evaluations start.

Evaluation Process

- **Evaluation Attendance:** The players **MUST** attend at least 2 evaluation days.
- If your daughter cannot attend two or more evaluation days, she will be placed on the lowest team and will be further evaluated at the next 2 practices.
- If your daughter has a conflict please email Kimberly or Kerry ASAP...
 - Kimberly Connors - kimberlybconnors@gmail.com
 - Kerry Hanson - kerryhansondesign@gmail.com
- **48 HOUR RULE:** Please wait to contact **ANYONE** about team placements for **at least 48 hours** after the teams are announced.
- Please encourage your daughters to ask the coaches questions at the first practice. We hope this will teach your daughters to advocate for themselves and the learn the importance of face to face communication.
- Any further questions, please contact Coach Woods at kristin.woods@ncps-k12.org or 203-984-2203

Commitment Level

- As a program, the NCLA believes that making a top travel team requires enthusiasm, focus and 100% effort, in both practices and games
- It is understood that if a player makes an “A” team, they will commit to lacrosse and their team as their **primary spring sport**; if they are unable to attend practices and games due to a commitment to another sport (ie. spring soccer, softball, dance and hockey) the NCLA will ask that player to forfeit her spot on the “A” team, and will be placed on a lower team.
- Please communicate your commitment level as soon as possible.
- Final decisions regarding unexcused absences will be dealt with on a case-by-case basis, after a review of the facts and circumstances, including the impact on the affected team and its players

Proper Communication - Players & Parents

- In order to encourage players to develop as young women, players should communicate directly with their coaches, and by the travel level this is a requirement. This includes concerns or questions regarding:
 - playing time
 - positions
 - team placement
 - suggestions for improvement/feedback
- If parents have issues with a coach, they should discuss those with their grade coordinator and/or the NCLA Board Representative assigned to their grade, **after observing the 24 hour waiting period**. Please remember to respect your coach's time and dedication to creating a fun, learning experience for all of our players.

Grade Level Organization

Grade Coordinator

Non-board member responsible for managing logistics for entire grade, including recruiting a team manager for each team, handling distribution of uniforms, and responding to any issues grade coordinators, coaches, or parents may encounter

Grade Level Board Representative

Designated board member (without a child in the particular grade) to whom any grievances or conflicts can be addressed, should a parent or player not feel comfortable addressing their grievance to the coach or grade coordinator

Red Team

2 Professional Coaches: Hired by NCLA

Team Manager: Parent volunteer who manages team communications as needed by the coach and the grade coordinator

White Team

2 Professional Coaches: Hired by NCLA

Team Manager: Parent volunteer who manages team communications as needed by the coach and the grade coordinator

Black Team

2 Professional Coaches: Hired by NCLA

Team Manager: Parent volunteer who manages team communications as needed by the coach and the grade coordinator

Grade Level Schedule For Spring Season

- **5th Grade:**

- Tuesday 5:30-7:00
- Thursday 5:30-7:00
- Saturday 10:30-12:00

- **6th Grade:**

- Tuesday 5:30-7:00
- Thursday 5:30-7:00
- Saturday 10:30-12:00

- **7th Grade:**

- Monday 5:30-7:00
- Wednesday 6:30-8:00
- Friday 5:30-7:00
- Saturday 9:00-10:30

- **8th Grade:**

- Monday 5:30-7:00
- Wednesday 6:30-8:00
- Friday 5:30-7:00
- Saturday 9:00-10:30

Practice times will be based on field availability

Key Dates

- Season Begins March 15th for 7/8 Grades 5:30-7:00PM WTT
- Season Begins March 14th for 5/6 Grades 5:30-7:00PM WTT
- Girls & Boys Youth Day- Saturday, April 29th - 1:30 vs. Darien
- JAMBOREES
 - June 3rd -- 3rd & 4th Grades
 - June 10th -- 5th & 6th Grades
 - Volunteer opportunities available! Please reach out to Jamboree co-chairs, Maria Magliacano (mariamags7@gmail.com) and Melissa Coffman (melissacoffman@gmail.com), if you would like to help.

Spring Lacrosse News

- Friends of NC Lacrosse Kick Off Event - Friday, March 10th @ Waveny
- Youth Lacrosse Website: www.nclax.org
- High School Website: www.newcanaanlacrosse.com
- Twitter:
 - Youth - @NewCanaanLaxers
 - Girls High School - @newcanaanglax
 - Boys High School - @nclacrosse

Meet The Grade Coordinators

- 5th Grade - Kim Appelt
- 6th Grade - Courtney Langford
- 7th Grade - Alison Minter
- 8th Grade - Chris McKiernan