



# NCLA Boys Lacrosse

2017

# 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 (Lax IQ).
- Above all NCLA strives to instill the values of sportsmanship, teamwork, fair play and a love of the game.

# Meet the NCLA Board

- Kimberly Connors - NCLA President
- Pete Deane - VP Boys
- Kerry Hanson - VP Girls
- Brenda Mahoney - Secretary
- Charlie Watson - Treasurer
- Ken Gammill - Counsel
- Jon Legge - Program Development
- Katie Owsley - Girls Coaching Coordinator
- Patrick Russell - Senior Boys Coaching Coordinator / Uniform Coordinator
- James Patten - CONNY Representative
- Paul Ahrens - Scheduler
- Kevin Arrix - 8th Grade Coordinator
- Patrick Leahy - 5th Grade Coordinator / Junior Boys Program Coordinator
- Dave Cochran - Grievance Committee
- Darcy Smith - Registrar / Webmaster
- Allison Longfield - New Board member

## Advisors to the NCLA Board;

- Kristin Woods - New Canaan High School Girls Varsity Coach
- Chip Buzzeo - New Canaan High School Boys Varsity Coach

# Grade Level Organization

## **Grade Coordinator**

Board member (usually) responsible for managing logistics for entire grade, including recruiting a team manager and parent coach for each team, handling distribution of uniforms, and responding to any issues grade coordinators, coaches, or parents may encounter

Kevin Arrix - 8th Grade

Pete Doehla - 7th Grade

John Jessop - 6th Grade

Jud Smith - 5th Grade

## **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

Ken Gammill - 5th Grade

Kevin Arrix - 6th Grade

Pete Deane - 7th Grade

Pat Russell - 8th Grade

# Philosophy of the Travel Teams

- The goal of the NCLA travel program is to coach all players of every skill level, the game of lacrosse in a fun and safe environment
- There will be A, B and combined 5/6 and 7/8 C teams in 5th - 8th grade
- Rosters size for each team will be based on registration numbers per grade, we don't cut players
- Each Team will practice 3X per week including 'Skills Night'
- Travel teams will play 12-15 games on the weekend, including jamborees (vs NJ / vs MA)

# Skill Development Night

- In order for the NCLA and HS program to continue to have success, we need to improve the fundamental skills at the youth level
- The goal of the skill development nights is to come together as a grade and encourage players of all abilities to challenge themselves to improve
- Coach Koshansky and Coach Rushton are setting the curriculum for all grades. All paid coaches are required to be there and we encourage parents with lacrosse IQ to volunteers
  - Stations (face-off, shooting, dodging...)
  - We have hired goalie and face-off coaches to participate in these sessions
- Over the course of the season high school players will run stations to emphasize the importance of giving back to their program and being positive role models for our young athletes

# Pre-Season Information

- Run by Coach Buzzeo, Coach Koshansky and Coach Rushton
- February 27th - March 17th
  - 8 - 1hr sessions schedule
  - One grade dedicated to Dunning (weather permitting)
- With the unpredictable weather in early March, our goal is to have at least 5 of the 8 sessions.
- During pre-season, we will introduce drills and concepts that will be used during evaluations.
- 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).
- **Drop off and pick up will be in the parking lot between Dunning and Water Tower Grass for Pre-Season and Evaluations.**

# Tryout Process

- **Drop off** and **Pick up** will be in the parking lot between Dunning and Water Tower Grass for Evaluations.
- All of our paid coaches will be evaluating
- **No parents with sons trying out** will be allowed on Dunning during the evaluation process (except GC's)
- 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
  - Field Sense, Spacing, Off Ball Awareness
- We encourage parents **NOT** to watch evaluations.



# Tryout Process

- **Tryout Attendance:** Players **MUST** attend at least 2 evaluation days.
- If your son cannot attend two or more tryouts days he will be asked to join one of our team practices for further evaluation
- If your son has a conflict please contact Pete Deane
- **48 HOUR RULE:** If you have a question regarding your son's placement please wait to contact your Grade Coordinator for **at least 48 hours** after the teams are announced.
- Evaluators: All 6-8 coaches in your son's grade; members of NCHS staff; coaches from other grades (no bias) and fellow neighbors in town who have Lacrosse IQ and no sons in the program.

# Tryouts Schedule: Dunning

- **5th Grade:**

- Saturday, March 18th - 2:00 - 3:30
- Sunday, March 19th - 11:30 - 1:00
- Wednesday, March 22th - 6:00 - 7:30

- **6th Grade:**

- Saturday, March 18th - 3:30 - 5:00
- Sunday, March 19th - 1:00 - 2:30
- Wednesday, March 22nd - 7:30 - 9:00

- **7th Grade:**

- Saturday, March 18th - 5:00 - 6:30
- Sunday, March 19th - 2:30 - 4:00
- Monday, March 20th - 8:00 - 9:30

- **8th Grade:**

- Saturday, March 18th - 6:30 - 8:00
- Sunday, March 19th - 4:00 - 5:30
- Tuesday, March 21st - 8:00 - 9:30

# Commitment Level

- As a program, the NCLA believes that making a travel team requires enthusiasm, focus and 100% effort, in both practices and games
- It is understood that if a player makes a Travel 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 or hockey...) the NCLA will ask that player to forfeit their spot for another player and be placed on a lower level team
- If you are aware of conflicts please communicate this to your GC tonight
- THERE IS NO CONNECTION BETWEEN NCLA AND CLUB LACROSSE

# Proper Communication - Players & Parents

- In order to build a strong and healthy relationships between the player and coach we encourage players to discuss the following talking points with their coaches;
  - 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.

# 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.

# Coaching Staff

- There is a history to who and how we coach our youth since 1973.
- Complete and thorough discussion on who and how we coach occurs after every season.
- Today, all coaches have a pretty thorough background of lacrosse experience - either D1 or D3 playing experience, or previous coaching experience at a high level.
- All coaches are met in person, interviewed and screened for their value to the organization.
- 30 coaches this year across 10 teams.
- Dads can help with Skills and Drills Night.
- Grade Coordinator and Team Managers role - support coaches on logistics and serve as a sounding board on boys behavior, attitude or personal dilemmas.
- All coaches have met Coach Buzzeo, his staff and members of the Boys Board.
- Coaches **coach**; Grade Coordinators **manage**; Parents **watch and enjoy**.

# Uniforms

- Our gear provider: **Lax.Com** - located in Norwalk; owned by a New Canaan native John Arrix.
- All boys are provided: 1. Uniform Reversible “Pinney” 2. Black Dry Fit Shorts 3. White Nike Dry Fit Shirt
- We will sell old shirts, shorts, swag and gear during tryouts and evaluations.
- Don't forget to take home a 2017 car magnet



# Important dates

No games during spring break weekends April 9/10 and 15/16 ...coaches might hold optional practices

Youth Day Saturday, April 29th - Girls and Boys Varsity game back to back vs. Darien at Dunning. The game will honor Graham Harden and raise awareness for ALS

Harlem Lacrosse 3v3 Tournament Sunday May 7th for 5th - 8th grade.

CONNYS Tournaments are Sunday June 4th (Jr) and June 11th (Sr)

Cochran Classic Tournament Sunday June 4th for 2nd - 4th grade

# Friends of New Canaan Lacrosse

- Mission is to organize, inform and strengthen the New Canaan Lacrosse Community
- Over the course of the year we hold social events, alumni game and fundraiser...Thank you all who have supported us over the last three years
- The proceeds of our fundraisers support our the Girls and Boys NCHS programs (game uniforms, practice uniforms, balls, cages/nets, video equipment ...)
- On March 10th you are all welcome to join us for our annual Faceoff Fundraiser at the Waveny House 'Bourbon and BBQ'