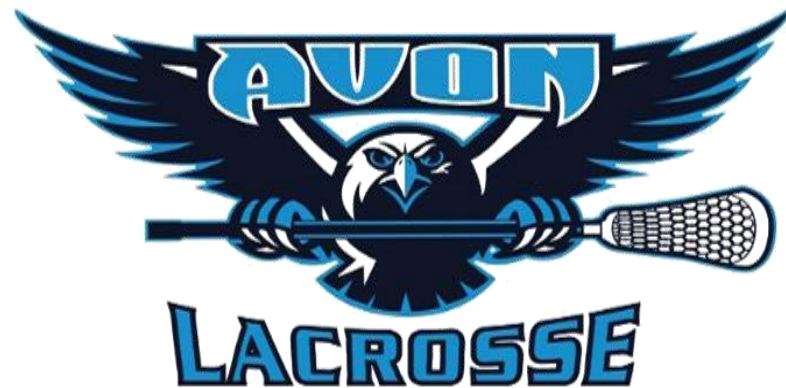


# Parents Meeting



[www.avonyouthlax.org](http://www.avonyouthlax.org)

Version 3

# Agenda

**Introduction and Mission Statement: Chris Stephan**

**Program Overview: Mike Foley**

**Positive Coaching Alliance: Greg Brown**

**Fundraising: Robert Abbott**

**Program Details: Matt Woods**

**Call to Action / Important Dates: Mike Foley**

# Mission Statement

- Our goal at every level is to:
  - ♦ Promote the exciting sport of lacrosse
  - ♦ Develop fundamental lacrosse skills
  - ♦ Honor the game
- We strive to:
  - ♦ Promote the life skills of upstanding individuals
  - ♦ Promote the enjoyment of the game, competition, friendships
- Coaches are asked to:
  - ♦ Balance a competitive attitude with
  - ♦ An overall atmosphere of fun and team spirit
- We wish to emphasize the true nature of sports; sports are about challenging yourself, going beyond your perceived limits, being a team player, and forging strong relationships with teammates

# AYL Leadership

- **Executive Committee**

- ♦ Chairman
- ♦ President
- ♦ VP Boys
- ♦ VP Girls
- ♦ Secretary
- ♦ Treasurer

Mike Foley  
Chris Stephan (AYL Founder)  
Matt Woods  
Gene Duarte  
Marco D'Occhio  
Jay Spivak

- **Directors**

- ♦ CVYL Liaison
- ♦ Culture Keeper/Tryouts
- ♦ Fields
- ♦ Fundraising
- ♦ Falcon Fest
- ♦ Boys Parent Liaison
- ♦ Girls Parent Liaison (Acting)
- ♦ Registrar
- ♦ Lacrosse Development
- ♦ Website

Chris Stephan  
Greg Brown  
Diane Earley  
Robert Abbott  
Jim Keller  
Leslie Mather  
Jim Keller  
Stefan Magel  
Matt Kunkel  
Marc Vendetti

*If you want to get involved on your Board, nominations open in September and annual elections are in November*

*Parents of 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders are most needed*

# Guidelines and Aspirations

- Organizations we subscribe to and are aligned with:
  - ◆ CVYL and CVGYL
  - ◆ US Lacrosse
  - ◆ Positive Coaching Alliance
- Our aspirations are to:
  - ◆ Offer a 'Best-in-class' experience and product that places safety first
  - ◆ Continually improve the training and preparation of our coaches
  - ◆ Develop player skills
  - ◆ Offer a nurturing, positive culture
  - ◆ Teach winning and life lessons
  - ◆ Abide by a Code of Conduct and standards for our culture
  - ◆ Grow lacrosse in Avon

# What We Are

## What we believe we are

- ♦ The primary/only in-season vehicle for lacrosse in Avon
  - ♦ We want to be a child's primary sport in the spring but we value children participating in multiple sports
- ♦ A regional program participating in the only available spring league in the region (CVYL/CVGYL)
- ♦ A volunteer organization – not paid, not-for-profit, mostly parents
- ♦ We rely on our coaches and invest the appropriate amount of time in defining our philosophy and in training coaches

## We strive to

- Be “best-in-class” at developing lacrosse talent in our region
- Focused on fun and participation at all levels
- Providing great value for your registration dollar

# What We Are Not

- ◆ Not a year-round program (no AYL programs in summer and winter)
- ◆ Not elite/exclusionary (nobody is turned away, everyone plays)
- ◆ Not a profit-making entity
- ◆ Not coached by hired guns and 3<sup>rd</sup> party professionals
- ◆ Not Soccer
  - ◆ rec/travel/premier model
  - ◆ Year-round
  - ◆ For Profit
  - ◆ Does not always embrace “multi-sport” philosophy
- ◆ Not Hockey
  - ◆ Tier 1 – Tier 4 within CT, extensive travel required at Tier 1 and Tier 2
  - ◆ 7 month season costing thousands of dollars
  - ◆ Kids are separated in A/B/C from age of 5 or 6

# AYL Board Priorities

- Enhance our Board Culture:
  - Communication, transparency and fairness
  - Respectful of other opinions
  - Receptive to Change
- Long Term Priorities
  - Insure sustainability as a non-profit entity
  - Maximize enrollment (spread the word to friends; beginners welcome in all grades including 7/8)
  - Refine lacrosse curriculum objectives for all girls/boys divisions
  - Continue to emphasize two-way communication with you
- 2015/2016 Areas of Focus
  - Long-overdue access to Fisher Meadows for girls and boys lacrosse
  - PCA Training
  - Succession planning
  - **Goal: Sustainable Organization**



# AYL Board Priorities

- Enhance our Board Culture:
  - Insure sustainability as a non-profit entity
  - Communication, transparency and fairness
  - Respectful of other opinions
  - Receptive to Change
- Long-overdue access to Fisher Meadows for girls and boys lacrosse
- Grow enrollment (spread the word to friends; beginners welcome in all grades including 7/8)
- Refine lacrosse curriculum objectives for all girls/boys divisions
- PCA Training
- Succession planning
  - **Goal: Sustainable Organization**
  - Defining “who we are” and “what we stand for”
  - Recruitment of talented new board members and coaches
- Continue to emphasize two-way communication with you
- Fund raising to support goals:
  - ♦ Keep registration fees down
  - ♦ Increase skills clinics and coaching training

# 2015 Accomplishments

- All 3 Senior Boys Teams made their respective CVYL Playoff Finals
- Junior B White went 20-0 and won the CVYL League Championships
- 2015 Fall Ball - Highest Participation Level on Record
- 2015 Combined Boys Bantam Record of 22 wins and 6 losses
- Managed to “start on time” despite terrible weather last spring
- 2014 - 2015 Successful Migration to 501.3.c Non-Profit Status
- 2014 - 2015 PCA Partnership: Board Clinic, Two Coaching Clinics
- Numerous boys and girls who came through AYL are now playing lacrosse at the “next level”:
  - 2 High School All Americans
  - 4 Division I scholarships
  - Even more Division III and Club players

# Growing our Base

- US lacrosse enrollment is growing 10% a year; amazing!
- AYL enrollment in 2016 is 265; good, but not great
- Keys to growing our sport in Avon:
  - ♦ Offering a 'best in class' experience:
    - + Tight knit, kid-centric Boards
    - + College experienced coaches
    - + Focus on fundamentals & life lessons
    - + Welcoming to all
  - ♦ Spread the word "Why we love Lacrosse"
    - + Team game – fast and fun
    - + Reasonable time-commitment
    - + You can start lacrosse late and still be exceptional
    - + Cool uniforms
    - + Average sized kids play in college
    - + Spread the word – Recruit a Friend's Daughter

<b>Boys</b>	
DV	32
Bantam	28
Juniors	37
Seniors	<u>47</u>
<b>Total</b>	<b>144</b>
<b>Girls</b>	
DV	16
Bantam	23
Junior	37
Senior	<u>45</u>
<b>Total</b>	<b>121</b>

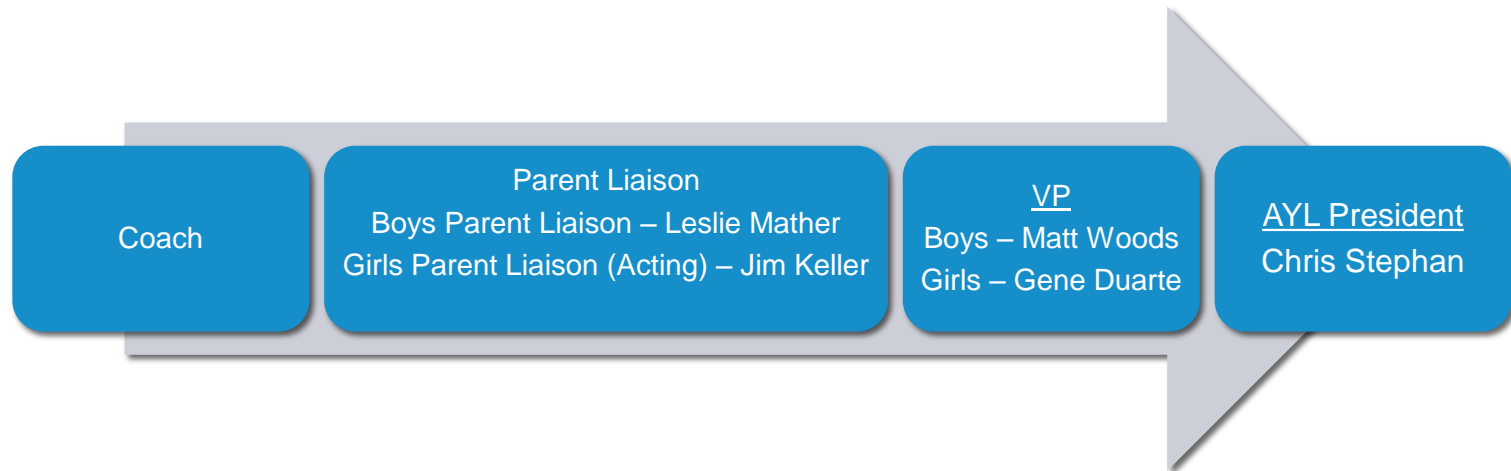
# Coaching Assignments

- Head Coaching Assignments are dependent on placement of kids from tryouts
- Of our 40 coaches, 19 played lacrosse in college and 28 played a college sport
- Reminder: All parent coaches are volunteers. Note that numerous coaches are doing “double duty”
- We need more female coaches – calling all Moms or your recent college graduate daughters

Program	Boys		Girls	
<b>SENIORS</b> 7 <sup>th</sup> & 8 <sup>th</sup> Grade	Jeff Becker Vince Blea Greg Brown Aaron Cohen Mike Foley	Justin Huddy Eddie Montenegro Tauerk Namkoong Scott Organ	Chris Danler Gene Duarte John Jones Jim Keller Pete Langan	
<b>JUNIORS</b> 5 <sup>th</sup> & 6 <sup>th</sup> Grade	Robert Abbott Marco Docchio Stefan Magel Paul Magro Todd Mather	Chris Stephan Paul Stephan Marc Vendetti Matt Woods	Gina Aube Jim Blaha Peter Hayes Courtney Kunzelmann	
<b>BANTAM</b> 3 <sup>rd</sup> & 4 <sup>th</sup> Grade	Ben Alamar Greg Eckerlin Matt Fallon	Brad Lord Terence Olsen Troy Shipley	Gina Aube Steven Katz Matt Kunkel	Jim McCormack
<b>DEVELOPMENTAL</b> K, 1 <sup>st</sup> & 2 <sup>nd</sup> Grade	Chad Eisenhart Adam Cost Brad Lord	Kevin Thompson Dan Weiss	Scott Miller Chloe Miller Megan Foley	Matt Woods Marc Vendetti

# Concerns

- ~~Financial well-being~~
- ~~Fund Raising~~
- Need for Continuous Stream of Volunteers
- Empathy for our Volunteer Coaches
- Process for Addressing Parent Concerns



Note: AYL President will take an issue to the full Board or the Executive Committee if it's time urgent

# Concussion Management

- We require our head coaches to be trained in Concussion Management including recognizing symptoms of a possible concussion
- On-field Protocol:
  - If a concussion is suspected, your child will be removed from play
  - Coach is obligated to file an incident report (Coach's Binder includes form)
  - A note from your health care provider with **return-to-play protocol** is required to resume participation
- This year we will facilitate concussion baselining as an option for AYL families

# Concussion Base-line Testing

- Critical for taking the guess-work out of determining when your child is ready to return to play
- This is a science and statistical methods apply
  - We are partnering with ImPACT™ who are a leader in this field: <https://www.impacttest.com>
  - Ages 10 and up can be baselined
- AYL this year will facilitate baselining sessions for interested parents:
  - **Date:**
  - **Location:** Buckingham Club House
  - Sign-up tonight or contact Matt Kunkel
  - Limited spots available, Offered on first-come, first-served
  - Cost per child for baseline test = ~\$25
- **PLEASE NOTE:** if your child is diagnosed with a concussion you need to see a Doctor who is ImPACT™ Certified to re-administer the test and evaluate results
  - Dr. Scott Organ
  - Dr. Carl Nissen
  - >5 others in local area on the ImPACT™ web site



# Fields

- Challenges we face in Avon:
  - ♦ No all-weather facilities
  - ♦ Weather
  - ♦ Flooding
- We spend \$3,500 a year to rent fields. We still sometimes have to make due with the use of gym space
- Huge program win; now able to use on field at **Fisher Meadows** for Lacrosse
- Field Assignments for each team (practices and games) will be announced in mid-March
- Please support Town of Avon turf field proposals



# Positive Coaching Alliance

- Honor the Game
- Teach Life Lessons
- Teach vs. Preach Mastery
- Teach How to Be a Winner vs. Winning
- Focus on Effort not Outcome
- Fill vs. Drain Emotional Tanks
- Flush Perceived Mistakes
- Empathize vs. Criticize
- Reinforce the Positives
- Converse vs. Lecture
- Build a Legacy
- I'm Proud of You vs. Why Did or Didn't You . . .



Win - Win

What Parents Need to Know

Release and Reload

# Fundraising Events

- Seshu Photography: (discounted \$100 sitting, all proceeds go to AYL)  
Sign up tonight!!!!
- E & D Pizza: (AYL Nights March 8<sup>th</sup>, & 22<sup>nd</sup> lunch & dinner) 20% to AYL
- N.E. Black Wolves: 7pm Saturday, April 2<sup>nd</sup> vs Colorado  
Tickets \$15, \$6 goes to AYL (50 tickets = pre-game toss with players)
- BurgerFi: (AYL Night April 12<sup>th</sup>) 20% to AYL
- Falcon Fest: Sunday, May 22<sup>nd</sup> (photo day for all AYL teams)
- Flatbread: (AYL Night May 31<sup>st</sup>, LG \$3.50, SM \$1.75 to AYL)
- Spring Clean-Up (boys/girls senior teams \$100-\$200 per yard)
- (Avon Prime Meats, Chilis Events TBD)

# Our Lacrosse Program

- Ingredients for a Successful Season:
  - ♦ 3A's [Attitude, Attendance, Aptitude]
- We strive to develop your son's or daughter's:
  - ♦ Lacrosse ability
  - ♦ Growth by teaching life lessons
  - ♦ Understanding of the importance of team work
  - ♦ “Winning attitude” and “playing like winners” while recognizing that winning is not everything
- AYL is focused on developing our kids:
  - ♦ Athletically
  - ♦ Socially
  - ♦ Leadership Skills

# Coaching Philosophy (1)

- Our Coaches: Love the Sport of Lacrosse
  - ♦ They have the heart of a teacher
  - ♦ They believe in the power of team sports
  - ♦ They are committed to create an atmosphere of “Can DO”
  - ♦ “The Power of Positive”
  - ♦ Want to develop: confidence, determination, and a desire to succeed.
  - ♦ Our Coaches believe in the 5 to 1 ratio.
- The “Sport of Lacrosse” expects its players to give back
- Lacrosse is the fastest growing high school and collegiate sport in the United States. By giving, our sport is growing.

# Coaching Philosophy (2)

- Winning is NOT Everything.
- Dealing effectively with adversity creates valuable life lessons;
- An ideal schedule:
  - 1/3 games your team should win
  - 1/3 close games
  - 1/3 games your team should lose
- Reminder, in the girls program the score is not even kept

# Expectations

- In summary, the 3A's:
  - ♦ Attitude: Player, Parent, and Coach
  - ♦ Attendance: Player and Coach
  - ♦ Aptitude: Player
- We yearn to develop:
  - ♦ The Lacrosse Player / The Person / The Team
- We expect every member (Player, Coach, and Parent) to give:
  - ♦ Their best effort
  - ♦ Support to their teammates
  - ♦ Praise
  - ♦ A positive attitude
  - ♦ Friendship to teammates
  - ♦ Loyalty to the Team

# Boy's Season Overview

- Our Season is 10 weeks long:
  - ♦ 25 Practices = 37.5 hours
  - ♦ 12 Games = 24 hours
  - ♦ 2 Tournaments = 8 hours
  - ♦ 4 Clinics = 6 hours
- We have your son for 75 hours and we plan to use every second to develop the best AYL lacrosse player possible
- In our 10 week season you will have 1,600 hours of influence with your son as compared to our 75 hours.
- Please use your time to help reinforce: Development, Teamwork, Confidence, and leadership.
- Parents are our #1 coach and our #1 resource for our players. We must develop our lacrosse players together. By working together for one common goal we embody TEAMWORK.

# Growing our Base

- **Volunteers:** We need your support
- **Divisions:**
  - ◆ Developmental or DV is K, 1st, 2nd (2nd graders practice as unit)
  - ◆ Bantam: 3rd & 4th
  - ◆ Juniors: 5th & 6th
  - ◆ Seniors: 7th & 8th
- **Attendance:** Development
- **Absence:** Team Suffers
- **Games:** Approximately 12 games for Bantam's and older
- **Tournaments:** Two tournaments per team for Bantam's and older
- **Clinics:** AYL sponsors special skill clinics for our boys
- **Numbers:** Always room for one more
- **Growth:** Lacrosse lends itself to "Older" first timers.
- **Recruitment:** Ask a son's friend at any age to join



# Boys Jr. and Sr. Tryouts

- Boy's Indoor Tryouts at Courtside (indoor facility – no cleats)
  - ♦ Drop off at 5:10 p at 517 Burlington Road in Harwinton, CT [7:10 p Pick-up]
  - ♦ Juniors: Fri. 3/18, Tue. 3/22
  - ♦ Seniors: Mon. 3/19, Wed.3/23
- 2016 Tryout Information tab on our website home page has details about tryouts
- Complete and e-mail our tryout absence notification form to [gregbrownreg@gmail.com](mailto:gregbrownreg@gmail.com) if your son is going to be absent for one or both dates
- Avon Hockey tryouts for A/A1 are 3/14 to 3/17 (no lacrosse conflict) and for B/C are 3/21 to 3/23 (potential lacrosse conflict). Attend lacrosse tryouts and inform hockey of your absence. Hockey is accommodating us in the event of a B/C conflict
- Our goal is to assign your son to the team that best optimizes their development. Our league requires us to field at least one A and one B team in our Boys Jr and Sr Divisions

# Boys Jr. and Sr. Tryouts

- 2016 tryout evaluation criteria: Technical, Tactical, Attitude, Physical, School Grade, Positional, Lacrosse Commitment
- This year, we are placing more emphasis on prior season coaches evaluations
  - Coaches know the players best and see them in all situations for hundreds of hours a season
  - Compensates for kids who may not do while in pressure of try-out
  - We met with all coaches to level-set criteria and normalize coach-to-coach variations in player evaluations
- Parents play a huge role in this process
  - ♦ Try your best and give 100% effort throughout
  - ♦ I'm proud of you for working so hard at this; and
  - ♦ No matter what the outcome is, you know I love you

# Girl's Program

- **Connecticut Valley Girls Youth Lacrosse (CVGYL) is an instructional league.**
- **Scores are not kept, there are no standings or playoffs**

## CVGYL Mission:

The Connecticut Valley Girls' Lacrosse League (CVGYL) is a Hartford County based girls' lacrosse league organized for the following purposes:

1. To **PROMOTE** the game of Women's Lacrosse at the youth level.
2. To **PROMOTE** the development of sportsmanship, skill development and team play in a **NON-ELITE** and **INCLUSIVE** environment.
3. To **CREATE** an enjoyable, challenging and engaging learning environment for children of **ALL** skill levels and **ALL** levels of physical development.
4. To **PROVIDE** a positive, competitive athletic environment for **ALL** participants, including coaches, players, referees and fans.
5. To **PROMOTE** the values of the Positive Coaching Alliance.
6. To **ESTABLISH** a scheduling platform between town leagues.
7. To **ESTABLISH** a group of town leagues that share similar core values relative to their approach to Youth Athletics

# Girl's Particulars

- 10 week season for Jr's and Sr's
- 8 Week season for Bantam
- JR's and Sr's have 8 League sanctioned games, they may play 8-12
- Bantams have 6 League sanctioned games, they may play 6- 10
- All teams play 2 tournaments

# Call to Action

- Volunteer opportunities
  - ♦ Team Managers [Matt Woods & Gene Duarte](#)
  - ♦ Game Clock and Day-of Help [Matt Woods](#)
  - ♦ Fundraising [Robert Abbott](#)
  - ♦ Falcon Fest [Jim Keller](#)
- Recruiting Ambassadors
- Support our program, your coach, your child, and his/her teammates

# Important Dates / Must-do's

- Pick up your jersey and shorts on your way out; place apparel orders
- Sign-up for Concussion Training if Interested
- Purchase Spirit Wear if Interested
- Boy's Indoor Tryouts at Courtside (indoor facility – no cleats)
  - ♦ Drop off at 5:10 p at 517 Burlington Road in Harwinton, CT [7:10 p Pick-up]
  - ♦ Juniors: Fri. 3/18, Tue. 3/22
  - ♦ Seniors: Mon. 3/19, Wed.3/23
- Keep an Eye out for Skill's clinic(s) days
  - ♦ Avon Girl's Falcon Fest is May 22
  - ♦ Photo day will be May 22 at Falcon Fest
- Photo day will run the day of the FalconFest
- "Must do" paperwork:
  - ♦ Medical Release
  - ♦ Code of Conduct
  - ♦ Concussion Protocol