



AMITY LACROSSE



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PROGRAM OVERVIEW & EXPECTATIONS

Welcome to the Amity Youth Lacrosse ("AYL") organization! AYL is committed to providing a positive developmental lacrosse experience for youth boys throughout the Amity community. Clear expectations, goals, and communication are necessary in order to achieve this experience. The "Program Overview & Expectations" provides a clear framework of expectations for all members of the AYL family.

Expectations

Our AYL organization is committed to delivering a well organized, spring season that focuses on player development, simplified program-wide practice logistics, detailed practice plans, player development progressions, and effective communication on all levels. In order to maximize player development, the AYL-wide focus (officers, coaches, players, and parents) must start with practice, NOT games. We all love to play games but in order to properly develop our boys--individually and within a team--a great deal of planning, effort and energy will go into our practices. As a result, we expect players to attend practice. AYL encourages multisport athletes so please communicate any conflicts with coaches so that a plan is in place. We prefer our players miss games over practices when conflicts arise due to other sports.

Be on Time

Practices. Players should arrive to practice at least 15 minutes prior to the start of practice to 'gear up,' talk with their friends, and start pairs passing. We expect players to be mentally and physically ready to begin practice promptly at start time.

Games. Each coach will provide their game day expectations but a typical rule of thumb is to arrive on game day 40 minutes prior to the start of your game.

****Players are expected to arrive at practice and games with full equipment including mouth guards. Please check your equipment before leaving the house.**

Developmental Group at Practices

Beginners that need extra time learning and improving their stick skills will work within the "Developmental Group" at each practice. Designated time at the beginning of practice will be allocated for these players to focus on the basic fundamentals of catching, cradling, passing, and shooting. The Development Group will consist of any player in grades 3-8 that the coaches think needs this extra work. This dedicated time focusing on the basics will prove critical in the overall development of our 'newbie' players this season. A coach will oversee this group at each practice.

Specialized Training at Practices

Goalie. Designated coaches will work with our goalies on goalie-specific training at each practice. This training will also provide an opportunity for all players interested in playing goalie to learn the position.

Face-Off Specialists. Guest college coaches and players will be invited to work with our face off specialists throughout the season.

Grade-Based Teams

AYL will not have "A" and "B" teams within the U9, U11, U13, & U15 formats. In-line with many youth sports organizations and leagues, and with the support of CONNY, AYL has simplified our teams structure. AYL will have teams

STUDENT-ATHLETE EXPECTATIONS PYRAMID



at each grade level. It is very simple to understand-- if a boy is in 4th grade, that boy will be assigned to the 4th grade team. (See attachment for specific teams, and their respective coaches for the upcoming season). Within this structure, players--in specific circumstances--will be allowed to "play up" on an older team if that player is considered advanced (provided the program director, coaches and parents of that player are in agreement). Players may not "play down."

Play Time in Games

The amount of time a player receives in games will be the direct result of their 'performance' at practice. The performance at practice will be based on the "Student-Athlete Expectations Pyramid." The Expectations Pyramid is built on specific

components that can be controlled by every player, regardless of athletic ability. Notice "All Star," "Best Skills," and "Most Athletic Players" are NOT listed. If every player in the AYL family focuses on "the Pyramid," each player, each team, and the entire organization will be on a path to success! Our coaches will be evaluating each player based on "the Pyramid." In addition to the Pyramid, the best way to explain our philosophy on specific play time in games is that our coaches will do their best to play kids evenly over the course of the season, but not necessarily at each and every game. Sometimes we may clearly be a much better team than our opponent, and sometimes we might be physically overmatched from the start. In both cases, we ask the coach to use his discretion to keep the game safe for all participants, to treat the players from both teams with respect and concern, and to give our players the opportunity to develop in a safe and fun environment. This is never an easy job, but the AYL coaches have our full support in reaching this goal. To be clear: specific play time in individual games may not be equitable for every player based on "the Pyramid," as well as safety and competitiveness concerns but the goal is for every player to receive equal game time over the course of the season.

Managing Roster Sizes on Game Day

AYL will adopt the platoon system when team rosters exceed the optimal number of players. For example, if a team has 24 players, that team will be broken into three (3) platoons. The coaching staff will assign two platoons for each game. This will provide our coaches with a more effective "game day" player management system, and ensure a higher quality experience for our players.

The 24-Hour Rule

Parents will undoubtedly have questions about their child's development. AYL encourages an active dialogue between coaches, players and parents. It is important for our coaches to be informed about specific pertinent information that may be impacting their players' emotions and performance. That said, a PARENT SHOULD NEVER ADDRESS A COACH WITHIN 24 HOURS OF THE CONCLUSION OF A GAME TO DISCUSS THEIR CHILD'S PLAY TIME, POSITION PLAYED OR ANY OTHER POTENTIALLY SENSITIVE ISSUE. If an issue needs to be addressed, wait the 24 hours, then contact the coach to schedule a mutually convenient time to meet or speak.

Handling Questions & Concerns

We encourage our parents and coaches to develop open and honest lines of communication. If a question or concern arises, parents are encouraged to schedule a time to speak with their son's respective coach. If an adequate answer or resolution is not achieved, then a discussion with the AYL Program Director should be scheduled. The AYL Program Director is Justin Grande. If a resolution is still not achieved, parents are encouraged to contact Jim O'Connor (Vice President) and/ or John Coughlin (President).

Coaching during Practices & Games

Please allow our coaches to do the on field coaching at all practices and games. If you feel the need to coach your child, please do it in the privacy of your car, your house and/ or in an area where it will not take away from the coach and the instruction he may be offering to the team. PLEASE DO NOT COACH YOUR CHILD OR ANY OTHER PLAYER FROM THE SIDELINES. It is incredibly distracting--and often, conflicting--to our players and coaches. Any parent or spectator coaching from the sidelines will be addressed.

Positions

"What position do you play?" Our answer to this is simple. The older the team, the less room there is for changing positions and moving around. With our younger teams, our players should and will learn to play ALL positions on the field over the course of the season (probably with the exception of goalie)...as they cannot be sure where they are going to succeed as their career advances. Many players who try defense for a quarter or two find out that they love it. Many players who play attack find that midfield is a similar position and enjoy that as well. Within the younger teams, our players will learn to play all positions at practice. The older teams, will focus less on "learning all positions" and more on "position-specific development." In the games, our coaches have full discretion to play our boys where they believe best suits the team.

Sportsmanship

Last, and certainly not least, is the issue of sportsmanship. Please make a conscious effort to make all support for our teams positive and respectful. Remember, referees are going to miss calls, our players will be pushed from behind and slashed. It is a 100% certainty that these things will happen this season! Our boys will also be the offenders (hopefully not often)... Please leave any/ all discussions with the referees or an opposing team to our coaches. AYL will adopt a simple sportsmanship protocol that easily solves this issue: Players, parents and other AYL spectators should never directly address a member of an opposing team or referee unless it is in a positive manner. Any infraction of this kind will be addressed by the AYL officers. We need to focus on our boys and our program, never on the officials, a competitor, or another program. Our coaches know that the safety of our kids is paramount every time we step on the field. Let the kids play, let the coaches coach, and let the parents enjoy the exciting sport of lacrosse.

Full Investment in Your Child: Our staff is fully invested in the development and growth of each member of our program. As the season progresses, we always welcome the opportunity to discuss your child's growth as a lacrosse player, as well as any other areas you feel are relevant to their development. Please don't hesitate to contact a coach or AYL officers.



AMITY LACROSSE



2018 Spring Season

Coaching Staff

Team	Program Director	Head Coach	Assistant Coaches
Bantams	Justin Grande	Mike Pretlove	Jordan Gagliola
3rd Grade	Justin Grande	Andrew Jacob	Mike Pretlove
4th Grade	Justin Grande	John Costanzo	Jon Glenney, Joe Fryer
5th Grade	Justin Grande	Miles Pretlove	Rocco DeAngelis, Matt Russ
6th Grade	Justin Grande	Miles Pretlove	Turk Aksoy
7th Grade	Justin Grande	Matt Aronin	Justin Grande
8th Grade	Justin Grande	Jim O'Connor	Jack Coughlin

Practice Schedule

Team	Days & Time	Location	Start Date
Bantams	Sundays, 9-10am & Tuesdays, 6-7pm	Pease Field	Mini Camp - Apr 7th
3rd-8th Grade*	Tuesdays & Thursdays, 5:30-7:30pm	Tue(Pease)/ Thur(FWP)	Mini Camp - Apr 7th

*Note: the 3rd & 8th Grade teams will practice on Fridays (instead of Thursdays) at FWP due to conflicts with coaches' schedules. On occasion coaches will also look to offer a third day of practice per week.

Game Schedule

The general schedule will consist of AWAY games on Saturdays and HOME games on Sundays. Most Sunday games will be played at Pease. Game schedules are subject to change and there may be a few select HOME games that will be played on Saturdays at Fred Wolfe Park. Specific team schedules will be posted and updated on the Amity Youth Lacrosse website. Games and scrimmages might be scheduled during the week and played at an Amity field or away.

Preseason Mini Camp (Saturday, April 7th & Sunday, April 8th)

Amity Youth Lacrosse will kick off our season with a two-day mini camp indoors at the CT Sportsplex bubble, located at 216 Foxon Rd in North Branford for all players. The training sessions will be held Saturday, April 7th and Sunday, April 8th from 11:00am - 12:30pm.

Season Information

Team	Division	Practice	Season	
			Starts	Ends
Bantams	Bantams	Sun/ T	April 7th	May 26th (Jamboree vs Milford)
3rd Grade	Lightning	T & F	April 7th	June 3rd
4th Grade	Lightning	T & TH	April 7th	June CONNY Tournament
5th Grade	Juniors	T & TH	April 7th	June CONNY Tournament
6th Grade	Juniors	T & TH	April 7th	June CONNY Tournament
7th Grade	Seniors	T & TH	April 7th	June CONNY Tournament
8th Grade	Seniors	T & F	April 7th	June CONNY Tournament