

Coaching Staff

Head Coach: Mike Diehl

- mpdiehl29@gmail.com

Assistant Coaches:

- Ed Nicoll
- Andy Bryant
- James Fitzhenry
- Pete Von Hoffmann
- Ben Brennan
- Chris Lawshe

Mission Statement

We will work to create a positive and productive Lacrosse program for Montclair High School Student Athletes and our community, with a focus on positive contribution to the community, academic responsibility and accountability, professional development, and success on the field.

Coaching Philosophy

There are numerous parallels between team sports and the real world. As coaches we need to consider not just what we are doing, but why we are doing it. Winning is our number one priority on the field, but equally important is our responsibility to mold our players into mature, young men who can contribute to society the correct way and be held accountable.

Team Rules and Player Expectations

TEAM RULES

- You have made a **commitment** to be here. Missing practices, meetings, games, etc. will have a direct effect on your playing time. Must be **accountable**.
- No individual is above the team. Lacrosse is a **team sport**. **All players** will follow the team rules and expectations.
- Must show up **on time!** Showing up on time is not walking in 2 minutes before a practice or meeting. It is showing up 20-30 minutes before the start and preparing yourself beforehand.
- Misbehavior in school and out of school will have direct consequences based on severity. **You are representing the Montclair Lacrosse Program in and out of school.** Act

accordingly. Refrain from actions which would bring disgrace to yourself, your team, your family, and your school.

- **No bullying.** Bullying has become a major problem in high school sports. Students will be informed of what is considered bullying and realize there is a zero tolerance policy.
- Community service and professional development events are **mandatory!**
- I want to receive a **call** from you if you have an emergency and need to miss practice/game/team event. Do not tell someone to tell me. I need to hear from you.
- **Respect** staff and administration during the day.
- **Injuries must be reported as soon as possible.** If you are injured you must let me know and go to the trainer.
- **Refrain from playing another sport during the lacrosse season.** You are weakening the team by doing so and are not fully committed.

EXPECTATIONS

- Show up 100% ready to go **physically**
- Show up 100% ready to go **mentally**
- **Compete** with one another everyday on the practice field
- Carry yourself when off the field appropriately. **You are representing Montclair Lacrosse.**
- Carry yourself appropriately in the classroom and during the school day
- Must meet academic standards to play. If struggling need to see **effort, go to tutorial.**
- Be a team player. **Positivity** is a must.
- **Respect and communicate** with ALL members of the coaching staff.

Parents' Expectations

1. **Respect** the coaches' decisions, and their process. The coaches and players need your support to maintain structure and accountability on the team. Respectful communication is key for staying on the same page.
2. **Encourage** your son to follow team and school rules. Support the actions and decisions of the staff to hold your son accountable for their actions.
3. **Encourage positive behavior** regarding school and education.
4. **Cheer, and focus your energy for our team and players only.** There should be no communication towards the opponent team or towards the referees. You too are representing the Montclair Lacrosse Program through your actions.
5. **Comparison to other athletes is discouraged.** Allow your athlete to perform and progress at a level consistent with his ability. An athlete's self-confidence and self-image will be improved with support on all fronts. Help them embrace their role. Coaches will not discuss the business of another player with parents.
6. **Support the booster club.** Make an effort to contribute in any way you can.
7. **Help make the full commitment** by your son possible.

8. **Respect your child's role on the team.** This is extremely important for the team to be successful. Not everyone will be a starter, not everyone will play on a regular basis, but everyone is important to the team.
9. **Encourage your child to be well rounded.** Many athletes enjoy participating in several sports, and various activities. Specialization in American culture is a growing concern for coaches, and has potential to limit young people's potential.
10. **Communicate with the Head Coach** when you have questions, concerns, or issues that may arise throughout the year regarding your son and the team.

***Parents are discouraged to communicate with coaches when they are coming off of the practice and game field. If you would like to have a meeting with myself regarding your son you must email me to set up a meeting (mpdiehl29@gmail.com). The meeting is to talk about YOUR son. Other players will not be talked about during meeting.**

We have read and understand that violation(s) of the rules and or expectations will be determined by the school, and or coaches. Any person in violation of our school or team rules and expectations will be subject to accountability, discipline, and or dismissal from the team. We have read and understand all of the above information. We agree to act in good faith in order to follow the above rules and expectations.

Player Name _____ Parent/Guardians Name _____

