

Hello Lake Samm High School Lacrosse members!

It's hard to believe we are only a few weeks away from the start of the 2015 season and I can't tell you how excited I am to be a part of it! I have had the chance to meet a few of you but for those who I haven't met I wanted to take this opportunity to introduce myself and the other staff and to lay out our expectations coming into season. Kristen Dick and Robert Bradbury will be heading up the JV team and Fiona Moore and myself will be leading the Varsity team. We realize that Lake Samm has done a terrific job of establishing itself as one of the best programs around and our goal is to continue that momentum and build on it for this coming season. That being said we have been working on practice plans and drills that will build your fitness, lacrosse IQ and stick skills. We hope to create a cohesive strategy starting at the youth level all the way to varsity hs on certain elements of the game like our offensive sets and defensive positioning as well as our clears and midfield defense.

In preparation for tryouts which will be held the last week of February, we ask that you show up in game shape by either following our posted fitness plan or by participating in another sport. We will be doing 120s as part of tryouts. Being in shape will also help you throughout try outs. Wall ball is a great way to increase your stick skills in the off season as well and we have posted a regimen for you to follow as well. The coaching staff will be selecting the teams based on a variety of measures (stick skills, fitness, defensive and offensive skill sets) and also based on which combination of girls will make the best TEAM. Once season starts our expectation is that you make it to every practice and game unless there is a reasonable excuse. (Doctor's appointment, sickness, etc.) Because this is a team sport, you are needed for drills and to make practice run smoothly.

Again we can't tell you how excited we are as a coaching staff to start working with you and to get to know you better. We each love the game of lacrosse and will bring that passion to practice every day. Work hard these next few weeks and we will see you at the end of February!

-Erin Gaebe