



Welcome to the 2020/2021 Lacrosse year!

This year we will be redefining our team culture and identity, it will be a team overhaul driven by the athletes. A few weeks ago, at a ‘knock the rust off’ practice, I asked the athletes what they wanted KLL to be known for (Identity), and what kind of team they wanted to be (Culture). Overwhelming responses consisted of Family, being supportive, positive mental attitudes, sharing the ball, making each other look good, being there for each other, “good vibez”, giving 100 percent 100 percent of the time, and winning as a team with everyone participating. They wanted their identity to opposing teams to “feel the bond”, see us always picking each other up, being inclusive, confident, intimidating, sportsmanship, kicking butt, being positive, being in shape, motivated and not being “out worked”.

I also asked the athletes if they wanted to play in college or if this was just a sport for fun and winding down. 98 percent of our athletes want to continue to play lacrosse in college at all levels of play. A majority have interest in playing D1, D2 or NAIA. I let them know that this goal is accomplished by improving their skills, increasing lacrosse I.Q. in practice/games and having exposure to college coaches. I encouraged each athlete to participate in a travel team, to gain this exposure. If you don’t know of any travel teams, please feel free to ask me.

These goals that the athletes selected to be the defining culture and identity of their team will be accomplished with hard work and dedication to the team and their vision. I realize that some of the athletes have other fall commitments but I encourage everyone to make as many film nights, team activities and practices that each of you can. It will only help the player and the team accomplish our goals towards our culture and identity. Attendance will count in the Spring!

As a high school club and with Covid stifling our fundraising last year, we are limited in resources. That being said we will be attending the Cowboy Cup which is a recruiting tournament to help with exposure to college coaches that are recruiting. We are excited that we will be participating in more fall tournaments than we ever have before. The goals for these tournaments are to learn to play as a team, get competition level touches on the ball, increase our confidence in one another and work hard in the game 100% of the time.



For the Athlete:

- Lead by example: Be positive, be kind, work hard, practice outside of practice
- Fun- I want everyone to look at KLL as an outlet from school and stress, somewhere they have fun with friends/teammates and work hard to push yourself.
- Be committed: To each other and hold each other accountable. To the team goals of each player reaching the next level and winning as a team.
- Become a Team Player- Be a teammate that supports their team where they see fit; be able to work well with others.
- Improve physical ability and lacrosse skills- you will be challenged to reach your goals/skills you desire; your effort will reflect your outcome!
- Mutual Respect: intentional listening, affirmation (they matter & you matter), supporting each other, understanding that there may be differences, but respecting those differences.
- Open & Effective Communication: to encourage you to be engaged in our program and expect that whatever you have to say, matters. I expect communication to come from a place of sincerity and purpose to make each other better.
- Consistency- be consistent with your actions, statements and ATTENDANCE
- Honesty- I trust that you will be honest with yourself, each other and to me.

For the Parents:

- Encourage your athlete: To practice outside of normal practices. To give 100%, 100% of the time. To set individual goals consistent with the team objective of winning as a team.
- Be Positive: Most of the athletes are really hard on themselves. They know what they did or didn't do in a game. Mistakes happen and are oftentimes a sign of growth. Focus on what they did right and help fill their emotional gas tanks from their self criticism.
- Believe: In your athlete's ability and recognize the improvement, however small. Confidence is key in performing at an exceptional level. Believe in the process of team development and do your best to encourage team play. All of the athletes want to help each other be successful and reach the next level. Supportive parents help this happen.