

---

# DELTA LACROSSE

identity + expectations



updated april 2023

---

TOGETHER  
EVERYONE  
ACHIEVES  
MORE

---

# Welcome

We would like to congratulate all the players and welcome everyone to another box lacrosse season. We have many volunteers sharing the responsibility of running our 29 teams this season. We are so excited and couldn't be happier to work with you all over the next few months. The level of athleticism, commitment and raw skill that we are seeing across the organization is so amazing to see.

The plan for all the team is to have progression in each and every practice and game. We will have a set plan for each week. This is not about wins or losses, this is about building a step by step approach to teach fundamentals.

---

---

# Team Identity

1. play & practice with **passion**
2. be **disciplined**
3. **think** fast & **play** faster
4. be **aware** support your teammates on & off the floor
5. **show your pride & have fun!**



---

# Player Identity

1. be **prepared**
2. show **respect**
3. place **team** before I
4. make decisions & be **creative**
5. Be an **athlete** work hard in school, & represent with pride



---

# Coach Identity

1. Innovate | prepare | adapt
2. be **positive**
3. **empower** the players (ask them how it's going)
4. maximize **touches & game play** avoid lines
5. **develop** players & people



---

# Parent Identity

1. be **supportive** players, coaches & referees
2. stay **positive**
3. remain **flexible**
4. **get involved** it takes more than just coaches & referees
5. **don't assume**



---

# Season

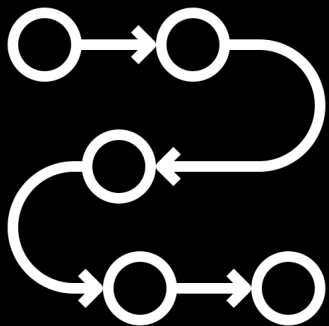
structure & goals

## how we **PRACTICE**...

1. foster **individual creativity**
2. establishing excellence in the **fundamental skills** of the game
3. team strategy is a progression of **building blocks** (complete one & build on it)
4. **gamification, competition & fitness** built into skill & team concepts

## how we **PLAY GAMES**...

1. **fast paced** - get on and off the floor with speed, transition & attack quickly
2. **intelligent** - be a student of the game, play with discipline
3. **creative** - allow room for growth and experimentation
4. **aggressive** - offensively, defensively and on loose balls





---

# Communication teamsnap

please **update your profile** [phone, email, position (left or right handed), dob]. We will use teamsnap to communicate changes or important messages.

**attendance** please keep teamsnap up to date including

- mark **all attendance** for upcoming week by **sunday night**
  - mark players as away **ahead of time for known vacation** or events
  - for **last second changes or updates please send a direct message** to your manager or coach
  - do not use the team chat to communicate attendance
-



# Key Dates 2023

<b>Weekends of..</b>	<b>Event</b>
<b>April 10</b>	<b>Season Opens</b>
<b>April 29</b>	<b>Lax Fest</b> - first annual carnival + beer garden!
<b>June 17</b>	<b>Thomas Hayden Memorial Award</b> - alumni & jr A games and beer garden

TBD\* 2-3 tournaments based on acceptance, interest & availability

---

# Closing thoughts

AT THE END OF THIS SEASON WE WANT TO SEE THAT **EVERY PLAYER HAS IMPROVED** FROM WHERE THEY STARTED, HAS **HAD FUN** DOING IT AND **CAN'T WAIT FOR NEXT SEASON!**

