



Convent & Stuart Hall

Schools of the Sacred Heart San Francisco

Welcome all! We are excited about the upcoming lacrosse season. Our goal is to learn, work hard, and have fun. With that, you will improve on being a better team player on and off the field. This year we are focusing on some new values: Tenacity, Discipline, and Sportsmanship.

Off season workout are very valuable and it's also super easy. Other than nutrition, hydration, and cardio, the best off season practice you can get is practicing with a friend or on a wall at a park.

- Running and cradling in both hands
- 25 right hand, 25 left hand
- 25 switching hands
- 25 quick sticks
- 25 one hand right, 25 one hand left

Here are some expectations for our lacrosse program:

1. Attend all practices, strength & conditioning, and film sessions. If you are in school you should be at practice. Communication with your coaches is key!
2. Be on time for practices, pre-game warm up, transportation departures, etc.
3. Come prepared for practice and games with all proper attire and equipment:
 - o Stick, cleats, running shoes, athletic clothes (no PJs), goggles, colored (not clear or white) mouthguard are required for all practices and games. ([STX](#) is a great company and will make sure all of your equipment is certified)
 - o Pinnies will be handed out at the beginning of the season and must be brought to all practices and games.
 - o Both color game jerseys must be brought to every game.
4. Refrain from using phones during practice or games. Respect your TEAM time.
5. Hustle - Always give 100%
6. Have a POSITIVE attitude and be attentive while at practices and/or games. The power of a positive attitude is contagious!
7. Be able to accept criticism (be coachable) and practice self-discipline.
8. Exemplify and demonstrate good sportsmanship at all times.
9. Be respectful of their teammates, coaches, officials and opponents.
10. Get good grades in school. You got this!
11. Have fun and represent Convent & Stuart Hall with pride!

Attendance expectations:

Participation in daily drills and team activities is required by all players. Please make arrangements for dentist appointments, family trips, etc. around our practice schedule. Missing practice negatively impacts not only the absent player's skill development, but also the team as a whole. If you cannot attend or will be late to a practice, please email the coaches or direct

message via Instateam by noon before practice time. It is critical that the coaches know the attendance ahead of time to make appropriate practice plans and allow us to learn as a team.

Always leave it on the field!
Coach Sydney