



# OTHS Boys Lacrosse



## 2009 Summer Expectations and Opportunities

### *Tomorrow Starts Today.*

The OTHS Coaching Staff is commonly asked “How can I get better?”, “What can I do to get more playing time or contribute more to my team?” “I really want to improve, what do you recommend?”

The answer is simple – time, effort, discipline, commitment. Period. In lacrosse, as in life, improvement and success are achieved through hard work. It is rarely exciting, thrilling, or easy – it takes heart. If you really want to get better, you must set goals, dedicate a focused effort consistently over time towards those goals, and motivate yourself to achieve them. If you need proof of this, look in the mirror and see how far you have come in the last 90 days!

- **Lacrosse Growth:** You are expected to be your motivator in the summer. To excel, you must continue your growth in the summer. We have made several avenues available to help you achieve your goals, but we cannot do it for you.
- **The Keys:** It's pretty simple – keep a stick in your hands as much as possible, get on a wall as often as you can, eat and sleep right, lift, condition, and push yourself. Become a student of the game – watch videos, watch games, read about lacrosse. Also, the more competitive lacrosse you experience, the better you will be. Camps and summer leagues are excellent summer activities to help hone your skills. Remember to have some fun along the way – the summer will be over before you know it, but when it's time to work, work as hard as you can. As a coach, I'd rather worry about slowing you down to avoid burn-out than trying to motivate you to get better. You have to want it.
- **Summer Conditioning:** We have developed a lacrosse-specific work-out program that will benefit you greatly should you accept the challenge and take it seriously. These sessions include lacrosse-specific weight training and OTHS Lacrosse F.A.S.T. – Footwork, Agility, and Speed Training.
  - o **All** returning players **WILL** participate unless personally excused by Coach McIntyre. Exemptions include athletes participating in OTHS fall sport programs that have summer conditioning.
  - o 8 week session – 3 days per week on **Monday, Wednesday, and Thursday**, from 10:00 to 12:00 at OTHS.
  - o Bring indoor shoes, cleats, and water to each session.
  - o **Monday, June 8<sup>th</sup>:** Start Date for JV. **Monday, June 15<sup>th</sup>** for all others.
  - o You will have assessments periodically to track effort and improvement.
  - o Thursday, July 30<sup>th</sup> will be your last conditioning day. Remember, it's not where you start, it's where you finish!
- **Summer Reading:** Mind Gym: An Athlete's Guide to Inner Excellence. By Gary Mack. It's unreal!
- **Summer League:** OTHS Coaches will attend Varsity games and will attempt to attend/supervise JV games.
  - o JV starts June 7<sup>th</sup>; Varsity on June 11<sup>th</sup>. Check [www.stlouislax.com](http://www.stlouislax.com) on June 6<sup>th</sup> for details.
  - o Varsity - Thursday nights at 7:20 (8:40 game on June 18<sup>th</sup>). No Game on July 2<sup>nd</sup>.
  - o JV – Sunday nights at 7:20. No games on Father's Day or July 5<sup>th</sup>.
  - o Location is AB Soccer Park. Sanctioned refs will be provided.
  - o Schedules and team jerseys will be given out then.
  - o Last game is **July 30<sup>th</sup> (V) or August 1<sup>st</sup> (JV)**. DO NOT PLAY after August 1<sup>st</sup> or risk your eligibility
  - o Transportation is on your own but let's carpool as much as possible.
- **OTHS Advanced Camp: 15-18 June** on the turf from 5-8 p.m. OTHS Coaching staff plus collegiate players and coaches. Head Coaches from Fontbonne (DIII), Lindenwood, and Missouri Baptist will provide hands-on instruction each day. Camp will be divided into rising 7<sup>th</sup>-9<sup>th</sup> and 10<sup>th</sup>-12<sup>th</sup> to ensure competitive balance and proper learning environment.

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- **Wall Ball:** Wall Ball is not a recommendation, it is an expectation. We lost way too many close games this season and stick skills were a major part of that. Anybody recall a blown possession or missed feed due to a bad pass? **GET ON A WALL.** 30 minutes (minimum) for 3 days a week will provide you with amazing results. The more time you put in, the better you will be. The best pro players in the world still do wall ball every week, so shouldn't you? Push yourself, use your gloves, and PRACTICE WITH BOTH HANDS! The internet has dozens of routines - find one that works for you. Change it up and make it fun. Grab a teammate and challenge him. FYI - You will be tested on this during tryouts; we will easily discern who has put in the wall time and who has not – do your part for the team!
- **Summer Physicals:** June 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup> from 6:00 – 8:00 at St. Elizabeth's O'Fallon Medical Building. \$25. This is a great way to get your required 2009-2010 Athletic Physical. Details available at OTHS AD website. Don't forget your Physical Form and signed Consent Form (available on OTHS Athletic Department website).
- **OTHS Gear:** OTHS Gear may be made available to returning players during the summer, fall, and winter (and others on a case by case basis). This is a privilege, not a right. In doing so, OTHS significantly reduces the out-of-pocket expense for our student athletes. Logistical considerations during the "off-season" may require us to take back or swap out the gear (inventory, accounting audits, etc) but hopefully only for a limited time. This is OTHS gear – not yours. If you do not treat the equipment with care, your privileges may be revoked by the OTHS Coaching Staff at any time. Additionally, if we find that you have been negligent, you may be held liable for the replacement and/or repair of any damaged or lost equipment. You will be required to sign an agreement stating you understand these requirements. Please treat our gear with extra care!
- **Camps:** I am a proponent of attending camps in other states. Competing with and against athletes from other towns, teams, or states can offer great benefits. However, this is not always feasible. There are currently several local camps worthy of consideration. Picking the right camp can be very tricky and the choices can seem overwhelming. There are multiple lacrosse camps in the Midwest and more are popping up every summer. Which camp is right for you is largely a personal choice (time, distance, finances, reason to attend camp, etc). Additionally, while the overwhelming majority of camps strive to provide a great product, some are simply better than others. The two basic types of camps are often referred to as "instructory" or "exposure" camps. Neither camp is purely one or the other but the overall purpose of each is different. Instructory camps tend to focus on just that – instruction. These camps may have "headliners" – big-time Pro Players, College Coaches, etc. While they will offer some exposure to college coaches, the intent is to teach, not to recruit. Conversely, exposure or recruiting camps tend to bring in multiple coaches and focus more on playing time rather than individual skill development. Typically newer players (9<sup>th</sup>, 10<sup>th</sup>, or inexperienced, etc) should look for good instruction camps. Top-tier rising sophomores and juniors intending to play collegiately should consider a combo camp (instruction/exposure). Rising seniors or those dedicated to pursuing college ball should definitely consider a recruiting camp.
- A few considerations on camps... Don't be fooled by head-liners; check to see how often and how much the Coach or Pro will be present and involved. Some coaches are very "hands on" at a certain camp but only make a token appearance at others, even though both camps list him on the camp brochure (is it his/her camp or his he/she only attending?). Look at the daily agenda; if you have more time at the pool, around the camp fire, and at the camp store than actually getting instruction then think twice about your purpose for attending that camp. Get a second opinion; it's easy to make a camp look attractive on paper. The explosive growth of the sport creates opportunity. For some camp directors this turns into dollar signs. While most camps are there to provide a service or honor the game, unfortunately (albeit rare) some camp directors are more concerned with the bottom line than developing the player. Don't get me wrong, lacrosse camps, like other summer camps, are businesses – there is nothing wrong with being paid for providing a service – the question lies in the "value", not the cost. Check out the camp on-line, browse through the lax forums, and talk with buddies who attended. Typically if a College Coach or Pro puts his name on the brochure, he's also putting his reputation on the line. Bottom Line – while I can't pick a camp for you due to all the personal variables, I will gladly help you seek out and select a good fit. If I don't know much about a particular camp, I may know somebody who does or at least the right questions to ask.

Work hard every day to get better and be passionate about what you do, Coach Mac.

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