



OTHS Boys Lacrosse



2010 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. This is rarely exciting 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 how far you have come in the last 90 days of lacrosse.

- **Growth:** You are expected to be your motivator in the summer. To excel in-season, you must push hard out of season. We have made the necessary avenues available to help you achieve your goals, but we can't 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.
- **OTHS Advanced Camp: 21-24 June** on the turf from 5-8 p.m. It is my sincere hope that attend this camp. It is run by the OTHS Coaching staff plus collegiate players and coaches. Camp will be divided into rising 7th-9th and 10th-12th to ensure competitive balance and proper learning environment. You are expected to be at this camp.
- **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 F.A.S.T. (Footwork, Agility, and Speed Training).
 - o **All returning players WILL participate.** (Unless excused by Coach McIntyre)
 - Exceptions include athletes participating in other OTHS sport summer conditioning programs
 - o 3 days per week -- Monday, Wednesday, and Thursday, from 10:00 to 12:00 at OTHS Smiley
 - o JV and incoming Freshmen start Wednesday, June 2nd. Monday, June 14th for all others
 - o Bring indoor shoes, cleats, and water to each session
 - o You will have periodic assessments to track effort and improvement
 - o Thursday, July 29th will be your last conditioning day
- **Wall Ball:** Wall Ball is not a recommendation, it's an expectation. Stick skills are paramount. **GET ON A WALL.** Give 30 minutes (minimum) for 3 days a week and you will see amazing results. The more you put in, the better you'll be. The best pro players in the world still do wall ball every week, so shouldn't you? Push yourself, use gloves, PRACTICE WITH BOTH HANDS! The internet has dozens of routines - find one that works for you. Change it up and make it fun.
- **Summer League:** St Louis Lax Summer League at AB Soccer Park.
 - o More info is available at www.stlouislax.com
 - o JV games on Sundays starting June 6th
 - o Varsity games on Thursdays starting June 11th
 - o OTHS Coaches will attend Varsity games and will attempt to attend/supervise JV games
 - o Sanctioned refs will be provided. Schedules and team jerseys will be given out at first game
 - o Transportation is on your own but let's carpool as much as possible

To be the best, you must work the hardest. No one will give you anything - you must earn it.

- **Summer Reading:** Be a Student of the Game
 - o Mind Gym: An Athlete's Guide to Inner Excellence. By Gary Mack. It's unreal!
 - o Ten Bears. By Miles Harrison Jr and Chip Silverman
 - o Lacrosse Legends of the First Americans. By Thomas Venum

- **Summer Physicals:** June 9th, 16th, and 23rd from 6:00 – 7:30 at St. Elizabeth's O'Fallon Medical Building (1512 North Green Mount Rd. \$25. This is a great way to get your required 2009-2010 Athletic Physical. Details available at OTHS AD website. **All Freshman must have a full physical. A sports physical is not sufficient.**
 - o Don't forget your Physical Form and signed Consent Form (available on AD's 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 year we must rent the gear. Gear issue date and cost of rental is TBD (but the cost will be very economical). 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. Also, if we determine 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.

- **Camps:** I am a proponent of attending camps, preferably in other states if possible. Competing with and against athletes from other towns, teams, or states can offer great benefits. However, this is not always feasible. Picking the right camp can be 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 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 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 (9th, 10th, 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) or a recruiting camp. Rising seniors or those dedicated to pursuing college ball should definitely consider a recruiting camp. Elite or select travel teams offer great play, instruction, and exposure. While the number of teams grows each summer, I've included some local teams and camps on our website.

- 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 agenda; if you have more time at the pool, around the camp fire, and at the camp store than getting instruction then think twice about your purpose for that camp. Get a second opinion; it's easy to make a camp look attractive on paper. The growth of this sport creates opportunity. For some directors this turns into dollar signs - most camps aim to provide a solid service; unfortunately (albeit rare) some camp directors are more concerned with the bottom line than developing the player. All lacrosse camps, like any 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.

To be the best, you must work the hardest. No one will give you anything - you must earn it.