

MASON BOYS LACROSSE

Parent Information

NUTRITIONAL GUIDELINES

Hydration

- Effect on performance
- Water vs Sports Drinks
- How much is enough?
- Maintenance



DIET

Balanced Diet (3-4 good meals a day)

- 40-60% carbs
- 10-30% protein
- No more than 10% saturated fats



PRE-COMPETITION MEALS

- Should be high in carbs
- Avoid high sugar foods
- Keep fat and protein to a minimum

Pre-game meal

- 3-4 hours before face-off (adjust if 2-3 or 1-2 hrs)
 - 1-2 servings of protein
 - 4-5 servings of breads/grains
 - 2-3 servings of vegetables
 - 0-2 servings of dairy
 - 2-4 servings of fruits
 - 1-3 servings of fats
 - 8-16 oz of water

PRE-COMPETITION SNACK

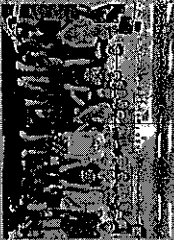
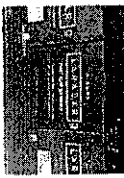
- Less than 1 hour before
 - 0-½ serving of protein (no high protein bars! Energy bar is different)
 - 0-3 grains (whole wheat bagel)
 - 0-3 vegetables
 - 0-½ dairy
 - 1-2 fruits (½ banana)
 - 0-1 fats (the bagel has enough in it)
 - 8-12 oz water

POST GAME

- A high carb, moderate protein snack 30-45 minutes after an intense workout is essential.
 - 10-20oz chocolate milk
 - Greek Yogurt and fruit
 - 1 oz Kashi Go Lean Crunch Cereal with 1 cup lowfat milk
 - Cliff Builder Bar
- Follow the snack up with a full post game meal within 2 hours of the end of the game.

HALFTIME SNACK

- Whole wheat bagels
- Crackers
- Fruits like bananas or oranges but not fruit juice
- Energy bars with the following mix:
 - 7g protein (no more than that, preferably less)
 - 2-3 g fat
 - Lots of complex carbs



STRENGTH &
CONDITIONING



CONDITIONING

- Focus is on providing:
 - Professional supervision and direction
 - A safe place to workout
 - A chance to get to know teammates better
 - A chance to work with teammates to help them get better
- In season athletes are NOT welcome without their coaches consent.
- Athletes who choose to workout alone may do so.
- Bottom line: we expect all players to show up in February, ready to compete to make the team.

STRENGTH

- All strength training is focused on compound movements that activate the main power generating muscles and tertiary muscles connected to them.
 - Bench press (chest, shoulder, tricep, back)
 - Deadlift (Quads, glutes, back, arms including grip)
 - Squat (Quads, glutes)
 - Power Clean (Quads, glutes, Back, calves, shoulders)
- Compound movements are always spotted.
- Circuits are utilized to keep players focused and build in conditioning.
- Circuit consists of Main Ex-supplemental-core

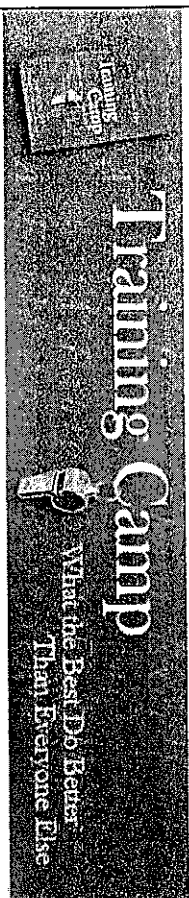
SPEED & AGILITY CONDITIONING

- Running days alternate between agility focused exercises and speed training.
- Agility
 - Squares
 - Zig-zag's
 - Change of direction drills
- Speed
 - Build ups
 - 60's
 - No more than 800 yards of sprinting in any one workout
- Adequate rest is applied between sets.

CONDITIONING SCHEDULE

- Fall conditioning has started August 22nd.
 - Strength training Monday-Wednesday-Friday, 4-5PM
 - Speed and agility training Tuesday-Thursday, 4-5PM
 - No conditioning on non-school days
 - Last minute changes communicated via "Remind" service. To join text "g788eefe" to phone number "81010"
 - Runs continuously (except Thanksgiving week) up until Christmas break
- Winter conditioning starts immediately after Christmas Break
 - Strength training and conditioning Monday, Tuesday, Thursday, Friday.
 - Team meeting each Wednesday (team building activities, hot breakfast)
 - If week is 4 day week, not meeting, only conditioning.
 - Workouts are 5:30AM-6:30AM in field house. Weather is a family call.

LEADERSHIP



LEAD YOURSELF FIRST, THEN LEARN TO LEAD OTHERS.

LEADERSHIP OPPORTUNITIES

- In season:
 - Leadership council
 - Players elected from each grade level
 - Represent concerns/issues of their classmates
 - Meet weekly after practice to discuss and share ideas
 - Team Captains
 - All seniors are expected to be leaders
 - Game captains chosen from amongst weekly leaders as voted on by coaches and fellow players.

LEADERSHIP TRAINING

- Off season program
 - Totally voluntary
 - No bearing on team leadership role
 - Offered as a way to supplement in season training.
- Phases of off season program
 - Focus on self discovery-lead yourself first, then earn the right to lead others.
 - Starts with Jon Gordon's "Training Camp" program
 - Basic leadership concepts, the goal is to get them thinking.
 - Small group activities in classroom setting, supplemented with out of class activities as available (leadership retreat-tentative October, DSACG Holiday Party staffing-tentative 1st weekend in December).

PLAYER GUIDANCE

Parents and players who want to get a read-ahead on what is expected of boys lacrosse players can download last years playbook by going to iTunes, typing in "mason lacrosse" and downloading the interactive playbook. I am currently working on the 2017 edition but it will not deviate dramatically from last years. It is also available online for non-Apple users at <https://l1mpert.atavist.com/mason-lacrosse>

COMMUNICATION

- My phone, email and text are all an open door to communication with me.
- I ask that players advocate for themselves and accept responsibility for communicating with the coaching staff.
- This does not mean I don't want to hear from parents.
- The goal is to build men who are responsible and accountable for their actions and success.
- Freshmen transition year is expected.
- Seniors no excuses.

10 THINGS THAT REQUIRE ZERO TALENT...

1. Be on time
2. Work hard
3. Apply effort
4. Check your body language
5. Be energetic
6. Have a positive attitude
7. Be passionate about being a great teammate
8. Be coachable
9. Do extra work
10. Be prepared

SCHEDULE

- 1st day of spring practice is February 20 and it is the first day of tryouts as well.
- Teams will be selected by February 25th and reviews will be conducted that weekend.
- Practices will be 4-6PM daily unless otherwise announced in advance on masonlacrosse.com or using "Remind" text service.
- Spring Break is a work week but I will attempt to schedule some days off during that week or later in the season so as to avoid burnout.

SCHEDULE

Day	Date	Opponent	Home/Away
Wednesday	3/15/2016 (Springmaged)	Summit	Home
Wednesday	3/22/2017	OPEN	
Saturday	3/25/2017	Tridon	Away
Wednesday	3/29/2017	Lakota West	Home
Saturday	4/1/2017	Dublin Colman	Home
Wednesday	4/5/2017	Springboro	Away
Friday	4/7/2017	Mentemont	Away
		Fairfield (V)	
Monday	4/10/2017	A&B)	Away
Wednesday	4/12/2017	OPEN	
Saturday	4/15/2016	Salon	Away
Wednesday	4/19/2017	St Xavier	Home
Friday	4/21/2017	Loveland	Away
Saturday	4/22/2016	Sycamore	Home
Wednesday	4/26/2017	Lakota East	Home
Friday	4/28/2017	Centerville	Away
Saturday	4/29/2017	Lexington	Home
Wednesday	5/3/2017	Cedrolic	Away
Friday	5/5/2017	Moeller	Home
Wednesday	5/10/2017	Milford	Home
Wednesday	5/10/2017	OPEN	

