

Coaching Staff

Head Coach: Michael Diehl

- mpdiehl29@gmail.com

Assistant Coaches:

Eddie Nichol

Andy Bryant

Paul Schwern

Pete Von Hoffmann

Ben Brennan

Mission Statement

We will work to create a positive and productive Lacrosse program for Montclair High School Student Athletes and our community, with a focus on positive contribution to the community, academic responsibility and accountability, and success on the field.

Coaching Philosophy

There are numerous parallels between team sports and the real world. As coaches we need to consider not just what we are doing, but why we are doing it. Winning is our number one priority on the field, but equally important is our responsibility to mold our players into mature, young men who can contribute to society the correct way and be held accountable.

Team Rules and Player Expectations

TEAM RULES

- You have made a **commitment** to be here. Missing practices, meetings, games, etc. will have a direct effect on your playing time. Must be **accountable**.
- No individual is above the team. Lacrosse is a **team sport**. **All players** will follow the team rules and expectations.
- Must show up **on time!** Showing up on time is not walking in 2 minutes before a practice or meeting. It is showing up 20-30 minutes before the start and preparing yourself beforehand.
- Misbehavior in school and out of school will have direct consequences based on severity. **You are representing the MHS Lacrosse Program in and out of school.** Act accordingly. Refrain from actions which would bring disgrace to yourself, your team, your family, and your school.

- **No bullying.** Bullying has become a major problem in high school sports. Students will be informed of what is considered bullying and realize there is a zero tolerance policy.
- Attendance at fundraising and team building events are **mandatory!**
- I want to receive a **call** from you if you have an emergency and need to miss practice/game/team event. Do not text or tell someone to tell me. I need to hear from you.
- Drinking and use of drugs is prohibited. **Zero tolerance policy.** Tobacco use is prohibited.
- **Respect** staff and administration during the day.
- **Injuries must be reported as soon as possible.** If you are injured you must let me know and go to the trainer.
- **Refrain from playing another sport during the lacrosse season.** You are weakening the team by doing so and are not fully committed.

EXPECTATIONS

- Show up 100% ready to go **physically**
- Show up 100% ready to go **mentally**
- **Compete** with one another everyday on the practice field
- Carry yourself when off the field appropriately. **You are representing MHS Lacrosse.**
- Carry yourself appropriately in the classroom and during the school day
- Must meet academic standards to play. If struggling need to see **effort, go to tutorial.**
- Be a team player. **Positivity** is a must.
- **Respect and communicate** with ALL members of the coaching staff.

Parent Expectations

1. **Respect** the coaches' decisions, and their process. The coaches and players need your support to maintain structure and accountability on the team. Respectful communication is key for staying on the same page.
2. **Encourage** your son to follow team and school rules. Support the actions and decisions of the staff to hold your son accountable for their actions.
3. **Encourage positive behavior** regarding school and education.
4. **Cheer, and focus your energy for our team and players only.** There should be no communication towards the opponent team or towards the referees. You too are representing the MHS Lacrosse Program through your actions.
5. **Comparison to other athletes is discouraged.** Allow your athlete to perform and progress at a level consistent with his ability. An athlete's self-confidence and self-image will be improved with support on all fronts. Help them embrace their role. Coaches will not discuss the business of another player with parents.
6. **Support the booster club.** Make an effort to contribute in any way you can.
7. **Help make the full commitment** by your son possible.
8. **Respect your child's role on the team.** This is extremely important for the team to be successful. Not everyone will be a starter, not everyone will play on a regular basis, but everyone is important to the team.

9. Encourage your child to be well rounded. Many athletes enjoy participating in several sports, and various activities. Specialization in American culture is a growing concern for coaches, and has potential to limit young people's potential.

10. Communicate with the Head Coach when you have questions, concerns, or issues that may arise throughout the year regarding your son and the team.

***Parents are discouraged to communicate with coaches when they are coming off of the practice and game field. If you would like to have a meeting with myself regarding your son you must email me to set up a meeting (mpdiehl29@gmail.com). The meeting is to talk about YOUR son. Other players will not be talked about during meeting.**

We have read and understand that violation(s) of the rules and or expectations will be determined by the school, and or coaches. Any person in violation of our school or team rules and expectations will be subject to accountability, discipline, and or dismissal from the team. We have read and understand all of the above information. We agree to act in good faith in order to follow the above rules and expectations.

Player Name _____ Parent/Guardians Name _____

*****STILL TIME TO SIGNUP FOR WINTER SKILLS TRAINING AND TRILOGY LEAGUE@SDA IN CLIFTON, NJ.*****

DETAILS BELOW.....

1) WINTER SKILLS TRAINING

- Thursdays starting first week in December (See Calendar)
- Open to Freshman-Seniors
- \$175.00 per player to cover Booster Club's Expense
- 10 Total Sessions

2) TRILOGY LEAGUE @SDA CLIFTON, NJ

- Saturdays starting December 1 (See Calendar)
- Games fall anywhere from 3-9PM
- 8 Total Games
- Goal is to have 2 teams (JV AND VARSITY)

Lacrosse Individual Player Evaluations

Strong Hand (catching)	1	2	3
Strong Hand (throwing)	1	2	3
Strong Hand (cradling)	1	2	3
Strong Hand (shooting)	1	2	3
Weak Hand (catching)	1	2	3
Weak Hand (throwing)	1	2	3
Weak Hand (cradling)	1	2	3
Weak Hand (shooting)	1	2	3
Defense	1	2	3
Dodging Ability	1	2	3
Footwork	1	2	3
Speed	1	2	3
Strength	1	2	3
Understanding of Concepts/Lacrosse IQ	1	2	3

Additional Comments on Player: _____

December Calendar

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◀ November December 2018 January ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 TRILOGY LEAGUE (CLIFTON SDA)
2	3 LIFT 5 PM	4 LIFT 3PM	5 LIFT 5PM	6 LIFT 3PM HS Winter Training 6:30-7:45pm	7	8 TRILOGY LEAGUE (CLIFTON SDA)
9	10 LIFT 5PM	11 LIFT 3PM	12 LIFT 5PM	13 LIFT 3PM HS Winter Training 6:30-7:45pm	14	15 TRILOGY LEAGUE (CLIFTON SDA)
16	17 LIFT 5PM	18 LIFT 3PM	19 LIFT 5PM	20 LIFT 3PM HS Winter Training 6:30-7:45pm	21	22
23	24	25	26	27	28	29
30	31					

More Calendars from WinCalendar: [January](#), [February](#), [March](#)

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◀ December January 2019 February ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 LIFT 5PM	3 LIFT 3PM HS Winter Training 6:30-7:45PM	4	5 TRILOGY LEAGUE (CLIFTON SDA)
6	7 LIFT 5PM	8 LIFT 3PM	9 LIFT 5PM	10 LIFT 3PM HS Winter Training 6:30-7:45PM	11	12 TRILOGY LEAGUE (CLIFTON SDA)
13	14 LIFT 5 PM	15 LIFT 3PM	16 LIFT 5PM	17 LIFT 3PM HS Winter Training 6:30-7:45PM	18	19 TRILOGY LEAGUE (CLIFTON SDA)
20	21 LIFT 5PM	22 LIFT 3PM	23 LIFT 5PM	24 LIFT 3PM HS Winter Training 6:30-7:45PM	25	26
27	28 LIFT 5PM	29 LIFT 3PM	30 LIFT 5PM	31 LIFT 3PM HS Winter Training 6:30-7:45PM		

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◀ January		February 2019					March ▶	
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					1	2 TRILOGY LEAGUE (CLIFTON SDA)		
3	4 LIFT 5PM	5 LIFT 3PM	6 LIFT 5PM	7 LIFT 3PM HS Winter Training 6:30-7:45PM	8	9 TRILOGY LEAGUE (CLIFTON SDA)		
10	11 LIFT 5PM	12 LIFT 3PM	13 LIFT 5PM	14 LIFT 3PM HS Winter Training 6:30-7:45PM	15	16		
17	18 LIFT 5PM	19 LIFT 3PM	20 LIFT 5PM	21 LIFT 3PM	22	23		
24	25 LIFT 5PM	26 LIFT 3PM	27 LIFT 5PM	28 LIFT 3PM				

