

## Coaching Staff

**Head Coach:** Michael Diehl

- mpdiehl29@gmail.com

**Assistant Coaches:**

Eddie Nichol

Andy Bryant

Paul Schwern

Pete Von Hoffmann

Ben Brennan

Chris Smith

Drew Nesmith

Ryan Smith

## 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

**-LATE TO PRACTICE WITHOUT APPROVAL = NO PRACTICE = NO GAME**

**-MISS PRACTICE WITHOUT APPROVAL = NO PLAYING NEXT GAME**

**-MISS GAME WITHOUT APPROVAL = MISS NEXT GAME AND 2 DAYS OF PRACTICE**

You are responsible for being at any team event: fundraiser, film, practice, game, lift, etc. **This includes all of Spring Break.**

You are responsible for being at community events/working with the youth program.

If you go to tutorial or have a school priority as to why you are late, you must have a signed note from your teacher saying where you were.

If you show up late/miss and lie about where you were you are suspended for a week.

#### *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 \_\_\_\_\_

## 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: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
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MANDATORY: Saturday, March 23rd  
 1:00-4:00pm @ Commonwealth Club

NAME: \_\_\_\_\_

Directions: Below please fill out the name of your sponsors and the amount of money they want to donate to MHS Lacrosse *per pin* with your final score. Your goal is to get as many sponsors as you can. Ask any friends, family, family friends, teachers, etc. The minimum amount a sponsor can donate is \$0.10.

After the bowling event collect your money from your sponsors: Have checks made out to '**Montclair High School Boy's Lacrosse Booster Club.**'

Sponsor Name	Donation <i>per Pin</i>
	TOTAL:

My Final Score: \_\_\_\_\_

March 2019						
◀ Feb 2019						Apr 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> DAY 1	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> SCRIM (A) WAYNE HILLS V 2:00PM JV 5:30PM
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> SCRIM (A) LIVINGSTON/PINGRY TRI V TBD (H) LIVINGSTON/PINGRY TRI JV 11AM
<b>17</b>	<b>18</b>	<b>19</b> SCRIM (H) HUNTERDON CENTRAL V 4:15 JV 5:30	<b>20</b> SCRIM WAYNE VALLEY (A) V 4:30PM JV 6:00	<b>21</b>	<b>22</b>	<b>23</b> FUNDRAISER BOWLATHON 1-4PM COMMONWEALTH CLUB
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> GAME @BERGEN CATHOLIC  V 4:30 JV 6:00	<b>28</b>	<b>29</b>	<b>30</b> GAME @MONTVILLE  V 10 AM JV 1130AM
<b>31</b>						

April 2019						
<a href="#">◀ Mar 2019</a>						<a href="#">May 2019 ▶</a>
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> GAME @DELBARTON V430 JV600	<b>3</b>	<b>4</b> GAME V NEWARK ACADEMY HOME V 430  FRESHMAN @SUMMIT 430	<b>5</b>	<b>6</b> GAME TBD
<b>7</b> <u>SPRING CARWASH FUNDRAISER</u> TIME TBD	<b>8</b>	<b>9</b> GAME V COLUMBIA HOME V430 JV600	<b>10</b>	<b>11</b> GAME @SUMMIT V 430 JV600	<b>12</b>	<b>13</b> GAME @MKA V 2PM JV330
<b>14</b>	<b>15</b> GAME V VERONA HOME V 4:15 JV 5:45	<b>16</b>	<b>17</b> GAME @SHP V 430 JV600	<b>18</b>	<b>19</b>	<b>20</b> GAME V NUTLEY HOME V 10AM JV 1130AM
<b>21</b>	<b>22</b>	<b>23</b> GAME V CHATHAM HOME V 430 JV 10AM	<b>24</b>	<b>25</b> GAME V WESTFIELD HOME V430 JV600	<b>26</b>	<b>27</b> SEC ROUND 1
<b>28</b>	<b>29</b> FRESHMAN@CALDWELL	<b>30</b> SEC ROUND 2				

More Calendars: [May 2019](#), [Jun 2019](#), [2019](#)



May 2019						
◀ Apr 2019						Jun 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 SEC SEMIFINAL	3 FRESHMAN @SCOTCH PLAINS	4 SEC FINALS
5	6 FRESHMAN @BERGEN CATHOLIC 4PM	7	8 FRESHMAN HOME V SCOTCH PLAINS	9	10	11 FRESHMAN HOME V HUNTERDON CENTRAL
12	13 FRESHMAN @WAYNE VALLEY	14	15 ROUND 1 STATES	16	17	18 ROUND 2 STATES
19	20	21	22 ROUND 3 STATES	23	24	25
26	27	28	29 GROUP FINAL	30	31	

More Calendars from WinCalendar: [Jun 2019](#), [Jul 2019](#), [Aug 2019](#)

## IMPORTANT PLEASE READ:

### Varsity Practice Times

- Will generally be 3:30-6:30 or 4:00-7:00 M-F. There will be 2 hours out on the field. The additional hour will be meeting/weightroom or film. There will be days where practice will only entail the 2 hours on the field, however, please block off these times for lacrosse on your schedules. Saturday practice times will generally be in the morning, however, due to certain circumstances may be held at other times.
- Mondays practice may be held later from 6-8:00PM

### JV/Freshman Practice times

- Will generally be 3:00-6:00 M-F. There will be 2 hours out on the field. The additional hour will be meeting/weightroom if your coaches want to make that time. There will be days where practice will only entail the 2 hours on the field, however, please block off 3:00-6:00PM for lacrosse on your schedules. Saturday practice times will generally be in the morning, however, due to certain circumstances may be held at other times.

\*\*\*THE SCHEDULE WILL TRY TO REMAIN AS CONSISTENT AS POSSIBLE, HOWEVER, THERE WILL BE CHANGES DUE TO MANY DIFFERENT VARIABLES THROUGHOUT THE SPRING. THANK YOU FOR YOUR COOPERATION. YOU ARE STILL RESPONSIBLE FOR MAKING ALL TEAM EVENTS EVEN IF THE SCHEDULE CHANGES\*\*\*

