



## **Welcome to SMA Lacrosse**

**On behalf of Headmaster Col. Dan Kennedy, SMA Boys Varsity Coach's, and our returning player-cadets; Welcome.**

**We are very excited to be involved and offer to the cadets at SMA the opportunity to develop a life-long passion for the game of lacrosse. Once a lacrosse player-always a lacrosse player. Players, coaches, parents and spectators that become involved with lacrosse find it a fast-paced, hard-hitting, and graceful game that enables the talents of ALL players to shine, regardless of their athletic ability or physical prowess.**

**Lacrosse is a game for EVERYBODY. The skills that seem so hard to learn come with time, practice and determination. There is a niche in lacrosse for every type of athlete...the big, and the small.**

**One of the highlights of lacrosse is its' tradition and adherence to good sportsmanship while allowing intense competition to flourish.**

**For Parents; At first glance, lacrosse can appear to be an out-of-control flurry of speed, crunching body checks, flailing sticks, and fast moving hard rubber balls. Even at second and third glance this is true! However within the game are rules that clearly define allowable actions by players during the game. As you become more familiar with the game you will pick-up on the finer points, strategy, and skills that the players need to develop to become a complete lacrosse player. We will help you learn the rules of the game so that you can better appreciate the flow of play, the calls of the referees, and the coaching strategy.**

**For Players; Your coaches will demonstrate what skills are needed, give you constructive feedback and direction on how to develop those skills, and give you plenty of time to practice those skills. But the best coach you have is yourself! Learn from the coaches at practice and during games. Spend the time at home and on the field between games and practices to use your lacrosse skills and learn how to do the things that are “hard” to do...like throwing and catching with your weak-side hand.**

**When you are at practice we expect you to practice hard, listen to your coaches, and hustle the entire time. We can not practice enough and we want to make every minute count. Players that fool around, don't pay attention, or show up late just make it harder for the team to develop and run the risk of getting hurt.**

**Practice, drill, rehearse....then compete! We believe the game of lacrosse is a teacher of many life skills such as...work ethic, discipline, responsibility, teamwork, and courage. Welcome to SMA Lacrosse.**