

Most importantly... help us accurately plan by registering today for \$50

Introduction and Meeting Goals

- The meeting's purpose is to align coaches, players, and parents for the upcoming spring season, establish a common starting point, and proactively answer common questions to reduce repetitive email inquiries.
- Coaches and board members introduced themselves and their roles within the Petoskey Lacrosse program, including:
 - Brian Main: High school coach (25th season).
 - Jim Jones: Board member, helps with all teams (16th year).
 - Juan: High school coach.
 - Clement Sagan: JV coach.
 - Colin Fralick: 14U coach (2nd year).
 - Connor Grebe: 5th and 6th-grade coach (2nd year).
 - Abby Wilson: Girls program coach (2nd year).
 - Marta: Coordinator for uniforms, fundraisers, and general point of contact.

Coaching Philosophy and Approach

- **"Filling the Jar" Philosophy:** The program's priorities are structured like filling a jar:
 - **Rocks (Most Important):** Character, culture, and happiness. The focus is on teaching life lessons, including self-image, attitude, responsibility, goals, habits, and leadership.
 - **Marbles (Lacrosse Skills):** Fundamentals, stick skills, speed, athleticism, game IQ, and discipline.
 - **Sand (Daily Non-Negotiables):** Respect for players and coaches, dependability, and competitive fire.
- **Ecological Dynamics Methodology:** The core training methodology is "Ecological Dynamics," which emphasizes learning through doing in game-like situations rather than traditional cone drills.
 - This approach is inspired by how talent is developed in unstructured environments like street soccer in Brazil or box lacrosse in Canada.
 - It involves manipulating players, the environment, and rules to teach specific skills efficiently and in a fun way.
- **Player Expectations:** Players are expected to be self-motivated, as the program lacks the extensive resources of larger metropolitan areas. The goal is to fuel this motivation through a love of the game.

Program Offerings and Spring Season Details

- **Programs Available:** Boys (6U through high school) and Girls (6U through middle school).
- **Schedules and Practice:**

- All schedules are available on PetoskeyLacrosse.com under the "Teams" section.
- **High School:** Practice is scheduled to start March 9th (weather-dependent). The team has 16-17 games, with 13 at home.
- **Youth & Middle School:** Practices will begin in early April, after spring break.
- **Practice Times:**
 - Girls: Tuesdays and Thursdays.
 - Younger Players (6U, 8U, 10U): Mondays and Wednesdays, 6:00 PM - 7:00 PM.
 - 8U & 10U Travel Teams: Additional practice from 7:00 PM - 7:30 PM on Mondays and Wednesdays.
 - High School Boys: Will coach younger players on Mondays and Wednesdays.
- **Player Recruitment:** Help is needed to recruit more players, especially for the girls' program and the 14U boys' team.

Registration, Fees, and Equipment

- **Registration:** An early registration with a \$50 deposit is required for planning purposes. The remaining balance will be auto-billed on February 1st.
- **Fees:** The high school fee is \$595.
- **Volunteer Deposit:** The \$100 volunteer deposit has been removed, but parent volunteers are still critically needed.
- **Scholarships & Equipment:**
 - Confidential scholarships are available for any player needing financial assistance.
 - Full equipment is provided for younger kids (up to 8th grade) to try the sport. Players committing long-term are encouraged to buy their own.
 - New players receive a jersey with registration.
- **Sticks:** It is advised not to buy sticks from big-box stores. A 10% discount on Powell Lacrosse sticks is available via a code on the website, and demo sticks are available to try.

The Players Academy

- Registration for 12U boys, 14U boys, high school boys, and the girls' program includes a one-year membership to the Players Academy app (a \$200-\$300 value). The club purchased 100 memberships for this purpose.
- The app is a tool for self-motivated training and includes:
 - 30-minute solo training programs from professional players.
 - Bi-monthly live Zoom Q&A sessions with pro players.
 - The ability to upload a 5-minute video monthly for personalized feedback.
- Coaches can track player activity on the app, which may provide context for discussions about playing time.

Fundraising and Communication

- **Self-Funded Program:** The lacrosse program is a school-sponsored varsity sport but is entirely self-funded.
- **Fundraising Needs:** Volunteers are needed for concession stands and ticket booths to cover costs like tournament entry fees (\$1,500-\$2,000). The high number of home games helps reduce travel costs.
- **Communication:** All communication during the spring season will be done through the TeamSnap app.

Winter and Pre-Season Preparations

- **Player Goals Worksheet:** A "Player Goals and Habit Worksheet" is available on the Petoskey Lacrosse website to help players map out goals.
- **Sunday Sessions:** Winter practice sessions will begin on December 7th in the middle school gym.
 - **Youth Boys (Grades 1-8):** 5:00 PM - 6:15 PM.
 - **High School Players & Girls:** 6:15 PM - 7:30 PM.