**SAMPLE Parent and Coach meeting agenda**

JOCAP - Sportsmanship will be expected at all times by: coaches, players, and parents.

**Introductions –** Coaching Staff

* **Equipment**:
  + Please check **stick** and helmet and all gear regularly. Players are required to wear helmets and mouth guards properly in place on the floor and bench at all times.
  + Jerseys are for games only. They are not to worn to: practice, outside or to school
* **Communications:**
  + The coaching staff is open to listening to and answering questions, comments or concerns. Please keep them until after the practice or game.
  + If your player has to miss a game or practice please notify all Via Team Snap
* **Playing time:**
  + Shifts are up down and off the floor. We run on and off the floor always.
  + All players are to receive equal floor time
* **Coaching Emphasis:**

|  |  |
| --- | --- |
| UP – DOWN – OFF (running all the time) | Playing on the proper side of the floor to handedness |
| Passing and catching on the run and with movement | Defense is 1 on 1 closing the gap on the shooter (follow your check everywhere) |
| Loose balls and rebounds | Rules of the game and player positioning |
| Safety: avoiding hits, taking a hit and delivering a proper cross check | Generating offense: CUTTING in the house: outside shooting, break away fakes, set plays and interchange |

* **Tournaments** Our expectation is to participate in 2 or 3 tournament. These are additional costs.
* **Wall Ball** is critical to lacrosse success. Practising on your off days is very important. Drills and a locations map will be emailed out along with some videos.

* **Miscellaneous:**
* Arrive 30 minutes before games and 15 minutes before practise
* **Captains:** C, A and A will be awarded by the coaches
* Jersey Number selection, 2nd year players get first pick then 1st year players

QUESTIONS?