

CREEKSIDE HIGH SCHOOL ATHLETICS



J. Randy Johnson, Principal

Guy Harris, Athletics Director

Hello!

First of all thank you for taking the time to read this letter.

I am very excited to be the Head Lacrosse Coach here at Creekside High School. Creekside High School has an excellent reputation in terms of its academics and athletics.

Who am I and what are some of my values?

I'd like to tell you briefly about my background. I have been involved with coaching lacrosse at all levels since I was 26 years old. This includes the Recreation, Club, High School and College levels. I fell in love with lacrosse in 7th grade when I was first introduced to the sport in Maryland. Since that time I've continued to play through college and up till this day in men's leagues. I have also been involved in the sport as a certified lacrosse official for 3 years in Maryland.

There are many things that have helped shape who I am in terms of the fundamental values that I use every day. I have been very lucky in terms of having a strong family unit in my life. Two of the men that helped shape who I am are my Dad and my Grandfather. My Dad was the first generation in my family to go to college attending the University of North Carolina. He graduated from college and worked for the same company for over 40 years helping put his 4 kids through college. My Grandfather was truly a Great Man. He entered the Army as a young man and fought in World War 2 landing on Utah Beach during the Normandy D-Day Invasion. I was raised to respect my elders, say "yes sir/mam, no sir/mam to my teachers and adults, do what you say you are going to do, treat others the way you would want to be treated, be appreciative for what you have and to work hard for what you want. There are many other things I was taught but these are just a few that stood out. These are some of the values as a coach that my coaching staff and I try to instill in the young men that are involved with our program.

What is my coaching philosophy?

First and foremost I have made a choice in my life to be a full time lacrosse coach. I left my "real job" because I did not feel like I was making a difference in that job. Coaching gives me the opportunity to make a positive difference in a young person's life. It is truly a privilege to be able to have the opportunity to get up every day and know that what I am doing is making a difference.

As a high school coach I feel that my number one priority is not how many games we win but to make sure that the young men that enter our program learn what it means to be a young man. I am a competitive person and want to win every game but this is not the ultimate goal of our program. Wins and Losses do not define our success or failures. Our goal is for the young men in our program upon graduation will ultimately become positive contributing members of society, a great husband, father, and man. We also stress giving back to the community.

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Lacrosse is an excellent sport for our young men to learn many of the values outlined in this letter. We as a coaching staff work very hard to recognize teachable moments either in practice or games that will stress a positive value. One of the great things about lacrosse is that it is a team sport like no other sport. Each time a player on the field touches the ball they are the Quarterback of the game and the decision they make at that time will affect the outcome of the game. We as a coaching staff believe that every player on the team has an influence on the outcome of the game regardless of how much or little they play.

How do I choose my coaching staff?

The #1 criteria I look at with my coaching staff is “Do they care about the young men in our program?”

Do they have the ability to communicate effectively to our young men a positive message?

The Lacrosse Background of each coach is secondary to these questions. A coach could have the best lacrosse resume in the world but if they don't care about each player and cannot effectively communicate a positive message to the young men in our program then the lacrosse portion doesn't really matter.

What type of play does our coaching staff emphasize?

Our Coaching staff emphasizes fundamentals first. There are two things we ask our individual players to focus on.

#1. To have the better stick skills than any team we face and

#2. To be in better shape than any team we face.

As a team we stress solid individual and team defense, transition offense, playing fast but being patient on offense, riding hard to create turnovers and easy goals, playing hard to the last whistle regardless of the score, playing with passion and enthusiasm, respecting our opponents, officials, teammates and self. Offensively we don't necessarily stress plays but focus more on fundamental concepts of how to play lacrosse. Plays can be easily defended from the other team but learning fundamental concepts of how to play offensively and defensively will help us ultimately find more success in terms of scoring or stopping our opponent.

We as a team define our success not in terms of Wins or Losses but in terms of if we are a better team at the end of the season than we were at the beginning. We ask our team and players each day at practice to be the best player and person they can be that day. If they fall down or don't have a great practice or game we encourage them to not get down on themselves but to come back the next day with the same mentality that they are going to be the best they can be that day. We ask our team to work hard to get better every day. We focus at practice and games on doing the little things right. We believe that if we are able to master a lot of little things then that will add up to big things.

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In Summary

I hope this note has helped shaped a positive light on what as a lacrosse program and coaching staff at Creekside High School we are about.

Please feel free to contact me with any questions or concerns about Creekside Boys Lacrosse Program.

Thank you!

Coach Jason Alford
Creekside High School Boys Lacrosse Program