

WELCOME TO CREEKSIDE HIGH GIRLS LACROSSE 2025

LETTERS FROM THE COACHES

My name is Bob McGrath, and I am excited to be the new Head Coach of the Girls Creekside High School Lacrosse Program. I was introduced to the game of Lacrosse in 1982 as a freshman in high school in Derry, N.H. at Pinkerton Academy. I was further blessed to be able to extend my playing career at the collegiate level at Kean University. I possess a B.A. in Recreation Administration with an emphasis on athletics. I have coached athletics for over fifteen (15) years across multiple disciplines in grade levels 5-12.

I would like to take this occasion to thank you for the opportunity to coach your daughter(s). As a father to four daughters, and four grandsons, this is a responsibility I do not take lightly. Our fervent intent, as a coaching staff, is to provide a safe environment for your daughter(s) to further develop their self-esteem and self-confidence through hard work; patience; sportsmanship; resilience and mental toughness; leadership; emotional control and cooperation, just to name a few life skills.

We will apply fundamental athletic principles to all our sport specific drills. Proper rest/sleep and nutrition will be critical for your daughter to perform at her best each day, both in the classroom and on the field. Our preseason will be focused on physical fitness, as lacrosse demands high physical intensity. As the season progresses, maintaining a high level of fitness will be tantamount. We will predominantly run a "man-to-man" defense. Offensively we will run "motion offense", which is considered the rudimentary offensive principle that requires the athletes to be in constant motion, while in possession of the ball or "off ball". Additionally, through strategic implementation of "fast breaks" and "settled offense", this approach will hopefully lead to us being a team that will be able to control the tempo of a game. We will look to exploit the midfield play with rapid change over at the midfield position by utilizing "on the fly" substitutions. Ideally, each middie will be subbed off the field within three (3) minutes of entering; this will allow for optimal performance over the course of each game and the season. Attached is a typical practice schedule for a look at what one may expect.

Our core tenants are Commitment, Character and Confidence. These apply to the coaching staff, as well as, any and all members of the team. The following is a breakdown of each tenant:

Commitment to →Self→Family→Program→School→Community

Character→develop individuals who are responsible for their actions on and off the field of play and who accept the consequences of said actions, both good and bad.

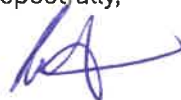
Confidence→ develop individuals who begin to trust in themselves as well as their teammates and team.

As part of our commitment to your daughter, and to help further develop time management skills, we will implement time constraints on practice days to reflect our respect for their and your time. Resultantly, our practice schedule is slated to be from 4:15PM. to 5:45 PM. each day that school is in session, in season, for the students. In the event of being fortunate enough to participate in

postseason play, practice times/days may be altered. In the event of inclement weather, if indoor space is available and conditions permit, we will conduct "practice" in a space assigned by the school.

Again, thank you for permitting us the opportunity to coach your daughter.

Respectfully,

A handwritten signature in blue ink, appearing to be 'A' with a long horizontal stroke extending to the right.

Coach McGrath

TYPICAL PRACTICE SCHEDULE

START: 4:15 PM.

15 MIN.	WARM-UP/STRETCH → Prepare athletes for rigorous activity & COACH TALK TIME → Communicate daily plans / address any concerns/ issues
15 MIN.	INDIVIDUAL/GROUP SKILLS → Improve techniques & skills
10 MIN.	CONDITIONING → Improve cardio
5 MIN.	BREAK & REST
20 MIN.	TEAM INSTRUCTION/PLAY → Work on cohesiveness as a unit skills/techniques and strategies
10 MIN.	CONDITIONING → Improve cardio
15 MIN.	COOL DOWN & STRETCH → H.I. ² P. ² Homeostasis back to body → lower heart & Respiration rates Injury prevention → Remove metabolic waste from muscles (causes soreness) Improve flexibility Prevent dizziness Promote relaxation COACH TALK TIME → Facilitate any announcements/plans and allow Student/athletes to communicate any Concerns/issues

(1hr. 30 min.)

END: 5:45 PM