



WELCOME TO THE NXT FAMILY!

Congratulations again on making the NXT Girls Lacrosse team! This document will serve as your “Welcome Package” to NXT LC Girls 2019-2020. We have many items to discuss, so please read this email thoroughly! This packet will touch on the following topics:

- The NXT Standard
 - Player Expectations
 - 21 Ways to be a great teammate
 - Parent, player and coach communication
- Communication and Scheduling via Team Snap
- Gear
 - Online Store
 - Player Packages
 - Uniforms
- Playing Time Policy
- Seasonal Preview
 - Demo Day
 - Nike Product Launch Event
 - Fall
 - Winter
 - Spring
 - Summer
- Team Travel
- College Guidance Program
- Social Media
- Tournaments
- Other Training Opportunities
- Parents
 - Youth Sports Parent Best Practices
 - NXT Parent Expectations
- Action Checklist

At the end of the document, the “Action Checklist” will provide you with a concise reminder of all the items you will need to act on this week. As always, please do not hesitate to reach out with questions! We are excited for a great season and look forward to watching you grow as a person and an athlete!

Kate Henwood
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Director of Girls Lacrosse Education & Club



THE NXT STANDARD:

Our goal is to challenge you and push you to develop as a lacrosse player. We want you to strive to be a complete student-athlete who competes on the field, in the classroom and delivers in her community.

PLAYER EXPECTATIONS:

- You only get one first impression.
- Stay positive!
- Have a team-first mindset.
- Work hard. Be passionate and be committed. Be well rested and prepared to give full energy. NO excuses!
- Understand that we're going to challenge and push you to get better every time you step on the field.
- Be open-minded to new things and philosophies. Be coachable.
- Make new friends, lasting memories, and have fun. We plan to as well!

BE A LEADER

- If you're early, your on time.
- Great teams have energy raisers. Be well rested and mentally checked into practices and games.
- Take risks and work to turn a weakness into a strength.
- If you miss one, get the NXT one. Be a player who takes accountability.
- Your energy is contagious. Manage your emotions and your body language.
- Be coachable. Be open-minded to new ideas and philosophies.
- Be your own advocate-for HS age players, we want you to develop healthy relationships with your coaches.



BE COMPETITIVE

- Winners want to win everything. What are you doing to be the best?
- Great communicators use their teammates names and our terminology.
- We will focus on fundamentals. We need you to do the same at home.
- Be the “first to the fight” on ground balls. GBs win games.
- Carve out a role for yourself. Be open to trying new positions.
- Learn to win the whistle on every play. Help your team win the whistle.
- Be a great teammate and stay positive!

COMPETE IN THE 5 PHASES OF THE GAME

- Draw Circle Play - It's 3v3 not 1v1
- Defense - Goalies will be clear communicators who helps us to mark up and get each others backs-“You see it, you take it!”
- Offense - Offense likes space, movement (give & go), transition and 7v7.
- Riding & Clearing - Being relentless, working to get the ball back, find the open space.
- Man Up/Man Down Teams - D>Tight & sticks up, A>quick hands, find the open player

BE GRATEFUL

- Your parents make a huge time and financial commitment to support you.
- Your coaches and teammates are there for you in good times and bad.
- Let's leave tournaments and sidelines better than we found them.

THE BIG PICTURE

- This is a process and it will take time to see the fruits of our hard work.
- Make new friends, share lasting memories, and have fun playing this sport.
- We don't measure our success by counting wins. We focus on player/team development, and if we take care of the little things, the outcomes will be in our favor.
- Your lacrosse career will be a long road. Enjoy each day, don't wish for tomorrow before it is here. It is our job to provide the vision and appropriate expectations for each age group. We never want our players to fall behind or grow up too fast!



21 WAYS TO BE A GREAT TEAMMATE

FROM JON GORDON'S "THE HARD HAT OF HONOR" BY GEORGE BOIARDI

1. As a team member, one of the things you can control each day is your effort. Effort is a cornerstone value that you can control and allow oneself to be the best.
2. While well done is greater than well said, don't just show effort, demand it vocally to your teammates.
3. The key to success is: be a lifelong learner. Stay humble and hungry along the way.
4. Try to be the best you can be. Pursue excellence. Give more of yourself each opportunity you get.
5. Stay positive and spread that positivity.
6. Don't complain.
7. Work hard for your team. Put your team first. Give credit where credit is due.
8. If you want commitment, be committed.
9. Be consistent in your attitude, effort, and actions.
10. Before you expect the best of yourself, you can expect the best from your team.
11. If you respect everyone, they will respect you.
12. Be an energy fountain, not a drain.
13. Without communication, you can't build trusting relationships.
14. Connect with your teammates. Get to know them as people on and off the field.
15. Greatness is a focus on making oneself better and ones team better.
16. Be selfless.
17. Show you care, don't just say how much you care.
18. Be a loyal friend to your teammates.
19. Love your team first. Commit to that. They will then love you back.
20. Be willing to sacrifice some of your wants for what the team needs.
21. Leave the place better than you found it.



COMMUNICATION & SCHEDULING VIA TEAM SNAP

Team Snap is an app and website we use regularly to communicate with our teams. All players will receive an invitation via your email to create an account. **It is critical that you do this since this is our main form of communication with players and parents.** Returning and new players, please update your own profile with all contact numbers and emails that you want linked to NXT LC communication. We will use the email provided during registration to initiate your account and from there it is your responsibility to add additional emails, cell numbers, etc. You help us manage our list serve!

Timely communication with parents and players is at the core of who we are at NXT. The better the communication, the better the experience. Your coaches and directors will send general, team and individual messages to you via Team Snap throughout the year. You can also use Team Snap to communicate with one another about carpooling, tournament tailgate locations, etc. **ALL TEAM SCHEDULES** will be posted to Team Snap for easy viewing by week's end.

While we would love to have you at every event, we realize that scheduling conflicts may be an unavoidable situation for our well rounded, multi sport players! It is critical that you communicate those issues as early as possible. **For tournaments we ask that you provide 2 weeks notice and for practices we ask for 72 hour notice via an in person conversation, phone call, or email to the head coach. **Putting availability in TeamSnap is only one step of communication. If players have a conflict, they owe the team/coach a conversation/explanation as well****

SEASON PREVIEW

While NXT is a "year-round club", each season varies in intensity and feels different for participants. While we love winning, we are not simply outcome focused. We value the journey and experiences that our players will have throughout the entire season.

Here is what you can expect:

VOLT DAY-Opening Practices - September 14th.

Volt Day is a 3-hour camp for all NXT LC Teams that serves as our kick-off for players, parents, and coaches. Volt Day will be held on **Saturday, September 14th from 9-12 pm at the Proving Grounds in Conshohocken, PA.** Players are expected to attend all 3 hours of live team building, team meetings, and on-field training by all NXT LC coaches, unless otherwise noted at a later date. Parents are expected to attend one 30-minute parent meeting during the 3-hour span. Schedules will be published the week prior to the event.

NIKE PRODUCT LAUNCH EVENT (High School Teams) - September 15th

As an exclusive partner to Nike, NXT has the opportunity to provide our club teams with custom products specific to our club team only. **The event will take place at the Proving Grounds fields 1 & 2 from 10-12p.** More details about the launch will be released but the products will remain a surprise!



SEASON PREVIEW (cont.)

FALL

Fall has a much different feel than the intensity of summer season. In general, we practice less, the teams/coaches are still learning about one another, and it is VERY early in their year-long season. Please keep this in mind when evaluating your daughter or her team's performance over the course of this fall. Our goal for all teams is to peak in the summer and not to fizzle out after a great fall. For HS teams, the fall is an important recruiting/evaluation period and November club lacrosse is taken just as seriously as summer.

WINTER

Winter is technically the off-season, but we keep our sticks in our hands and our NXT gear on! Our older teams (2025 and up) compete in a Sunday indoor winter league at YSC Sports in King of Prussia. All of our teams will be afforded an indoor practice with varying frequencies. Our high school teams practice 3-5 times, middle school 4-6 times, and youth 2-3 times throughout the months of December through February.

SPRING

Spring is for club, too! Other competitive regions in the country play club lacrosse in the spring and the Philadelphia area is benefiting from more opportunities for elite youth lacrosse in the spring. All non-HS teams will compete in a Sunday spring play day series and have approximately 2 team practices at the Proving Grounds.

SUMMER

Summer is our most intense season. All teams practice at least once a week and compete in 3-5 tournaments on weekends. Some overnight hotel stays are necessary for older teams requiring "Stay to Play" protocols.

TOURNAMENTS

Each year we attend tournaments operated/owned by many providers. We take pride in carefully evaluating and selecting quality tournaments with appropriate competition for our teams'. NXT is not just a lacrosse club; we run tournaments which provides us with instant access to the area's top recruiting events and youth tournaments, so we attend some of our own "home field" events too!

TEAM TRAVEL

Many NXT teams will have hotel stays in the summer. NXT works with tournament providers to secure hotel room blocks and then communicates with families how to make reservations following "Stay to Play" protocols when necessary.



NXT LC TEAM GEAR

This fall, each player will receive her own “player package” which includes several practice gear items and your uniform which are included in your club dues. The player packages vary depending on the grad year and costs of each individual team. Players are not guaranteed sizes or numbers, and new for this year, players are assigned numbers in grad years 2023-2029. The information requested during registration is used to help with appropriate sizing distribution and also to collect data for the following years orders as well. All gear items are ordered at least 6 months prior to tryouts, so sizing may not be exact, but we will do our best to allocate an appropriate size to each and every player.

New to Fall 2019, one gear pack among all divisions will include a Golden Ticket valued at \$100 to use in future NXT LC Gear Stores. The pack will be picked at random by our vendor, Elevation Sports, when packing the orders. We will also have one Silver Ticket valued at \$25 to also use in future NXT LC Gear Stores this year included in one box and picked at random. We are excited to see who the lucky recipients are and encourage our winners to tag us on social media when they receive it!

Below, we have detailed a list of what each team’s players will receive. The practice gear is yours to keep, but the uniforms are property of NXT. We do not collect them between games, but will collect it if players discontinue their membership with NXT.

In addition to the gear provided, we will be conducting seasonal online gear stores throughout the year! These optional items are in addition to the costs of your club tuition, but we think it is important to provide an opportunity for the whole family to rep NXT, NIKE & STX on the field as well as the sidelines!

PLAYER PACKAGES BY TEAM

GRAD YEAR	HIGH SCHOOL TEAMS GEAR
PHILA STARS	<ul style="list-style-type: none"> <li style="width: 25%;">• Custom Nike Uniform <li style="width: 25%;">• Custom Nike Cleats <li style="width: 25%;">• STX Backpack <li style="width: 25%;">• Nike Tryout Pinnie <li style="width: 25%;">• Nike Practice T-shirt- 2 <li style="width: 25%;">• Nike Socks <li style="width: 25%;">• Nike Crew Neck Sweatshirt
2021, 2022, 2023	<ul style="list-style-type: none"> <li style="width: 25%;">• Custom Nike Uniform <li style="width: 25%;">• Custom Lunar Fly Stick <li style="width: 25%;">• Custom Nike Cleats <li style="width: 25%;">• STX Backpack <li style="width: 25%;">• Nike Tryout Pinnie <li style="width: 25%;">• Nike Practice T-shirt-2 <li style="width: 25%;">• Nike Socks <li style="width: 25%;">• Nike Crew Neck Sweatshirt
GOALIES	<ul style="list-style-type: none"> <li style="width: 33%;">• STX Custom Gloves <li style="width: 33%;">• STX Strung Head* <li style="width: 33%;">*Phila Stars GK-Gloves only

GRAD YEAR	MIDDLE SCHOOL TEAMS GEAR
2024, 2025, 2026	<ul style="list-style-type: none"> <li style="width: 25%;">• Custom Nike Uniform <li style="width: 25%;">• STX Backpack <li style="width: 25%;">• Nike Tryout Pinnie <li style="width: 25%;">• Nike Practice T-shirt-2 <li style="width: 25%;">• Nike Socks <li style="width: 25%;">• Nike Hoodie Sweatshirt
GOALIES	<ul style="list-style-type: none"> • STX Custom Gloves



PLAYER PACKAGES BY TEAM (cont'd)

GRAD YEAR	YOUTH TEAMS GEAR
2027, 2028, 2029	<ul style="list-style-type: none"> • Custom Nike Uniform • Nike Socks • STX Backpack • Nike Hoodie Sweatshirt • Nike Tryout Pinnie • Nike Practice T-shirt-2
GOALIES	<ul style="list-style-type: none"> • NXT provides 1 Goalie set of equipment per team for player use

NXT LC ONLINE GEAR STORES

Elevation Sports will serve as the host site for the Online Gear store for NXT LC merchandise. Discounted Nike/STX hard goods that our HS teams receive as a part of the HS tuition, will have various models made available to all teams in the fall store. Not only does the gear store assist the player who lost her socks & practice T's, but you will also find sideline swag items that won't be available elsewhere! Moms and Dads, don't worry we got you covered, too! Your daughters will thank us when you stop stealing her hoodie! We have 4 gear stores per year with exclusive designs in each one!

COLLEGE GUIDANCE PROGRAM

Our full time staff has experience coaching and recruiting at the collegiate level. We have created a college guidance program to help each family understand the recruiting process and support every player's unique journey through the college search. We will hold group and when possible individual meetings for HS players to discuss goals and build out a college placement strategy for each player. We will also use Connectlax for HS teams, which is a recruiting management software tool. We have also built in the cost of professionally-filmed game footage from 4 events into the price of the club tuition for the 2023 and 2022 teams. The 2021 team has event film for 2 Fall events included.

SOCIAL MEDIA

We are industry leaders when it comes to promoting our NXT LC Girls of all ages through various social media channels. Check out our feeds to see updates at live events, learn more about our club's culture, and get a behind-the-scenes look at what it means to play for NXT. **Facebook:** NXT Lacrosse **Instagram & Twitter:** @NXTLCGIRLS.

As a NXT LC player, you are now part of our brand identity and we want to brag about you. We encourage you to share your posts and tag us as you're wearing your NXT gear proudly. We will also periodically be monitoring our players public pages to ensure you're representing the NXT brand with pride. Inappropriate, negative, insensitive or un-inclusive comments, views or pictures will not only reflect poorly on you individually, but also reflects on our brand, and will not be tolerated.



ADDITIONAL TRAINING OPPORTUNITIES

Outside of our LC practice and competition schedule, there are additional optional opportunities for you to elevate your game. As a member of the NXT LC family, you will now receive discounts off Play Fast and NLA camps and training programs that are offered throughout the year. Previously, we had only offered discounts on our fundamental training, but NEW this year, we also wanted to give you the chance to take your game up a notch with discounts to our elite training programs.

Play Fast Training:

Play Fast is a top-notch fundamentally based training program that spans in the winter months of January and February as well as having several Summer Camp offerings in or around the Main Line area. This program is geared towards players in grad years 2024-2029 and as a member of NXT LC you will receive \$25 off your daughter's registration! Play Fast training and camp and Discount Codes will be announced once registration becomes live.

NXT Lacrosse Academy:

NLA is known to be the best elite training program in the region, which is why it has sold out in each of its first four years of existence! For elite players looking looking to gain an edge in the winter months, look no further. Professional lacrosse All-Stars, like Michelle Tumolo and Megan Whittle help run a session, alongside guest college coaches from programs such as: Syracuse, Penn, Dartmouth, Navy, Georgetown among others! Sessions I and II will span over January and February and for the first time ever, we will offer a NXT LC discount that will be given once registration becomes live!

MISSED PRACTICE, GAMES & EVENTS POLICIES

NXT LC HAS HIGH STANDARDS AND WE EXPECT OUR PLAYERS AND PARENTS TO SUPPORT OUR EFFORTS TO CONTINUE TO MAINTAIN THOSE STANDARDS.

NXT has a team-first mentality and it is critical for your daughter to be attending practices, events, and games on a regular and consistent basis if she wants to be successful. We also recognize that the NXT player is often an elite multi-sport athlete and a well-rounded student. Having said that, it is important to note that we cannot determine when missed events are "acceptable" or "unacceptable" absences. We need to approach each situation often with a black and white perspective in order to be competitively fair to all players on NXT LC. There will be times when players may be withheld playing time as a result of un-communicated conflicts, late notices, or even communicated consistent absences. Often, these measures are not punitive, since game scenarios are reviewed at practice and we do not support putting players into situations they are unprepared for. We also ask that players and families understand that simply noting your unavailable status on team snap may seem sufficient, but this is not an appropriate means of communicating a conflict. We kindly ask that all players, ESPECIALLY goalies, communicate these conflicts directly to their coaches in addition to filling out their team snap availability. Again, while we know that many of these may be unavoidable conflicts, we have to be consistent in our approach and hold our program and the players in it to the elite standard of NXT. **TOURNAMENTS** - We ask for a 2 week advance notice of conflicts. **PRACTICES** - We ask for a minimum of 72 hours advance notice of conflicts. **TEAM EVENTS** - We ask for a minimum of 72 hours advance notice of conflicts



A LETTER TO OUR NXT FAMILIES & PARENTS:

Our goal as a staff is to help every player within our NXT programs reach her full potential both on and off the field. We will work hard to lead by example and serve as positive role models in your daughters' lives. Ultimately, we hope to create an atmosphere that is dedicated to developing their lacrosse skills while also preparing them for the real world. As you are all aware, sometimes the real world can pose many challenges and we encourage your daughters to communicate any struggles and concerns directly with the coaching staff. We believe that we would be crippling your daughters if we did not encourage them to be their own advocates and seek their own answers while understanding they may not always like the ones they are given.

Your daughters will be given a very clear picture of what it takes to be part of an elite girls lacrosse club and we have high expectations and standards that we expect every parent and player to uphold. Sometimes as coaches we have to make tough decisions that ultimately are hard for both the player and parent to understand. We are asking you to trust that this was well thought out and that your daughters' skills are constantly being evaluated at practices and games. We have to do what is best for the entire team, not one player and many factors go into allocating playing time including coachability, play knowledge, fitness, attitude, work ethic and production. If your daughter becomes frustrated with this, we would encourage you to tell her to speak with the coaches because ultimately she along with the coaches are the only ones that can help guide her.

There may be times when your daughter is pushed outside of her comfort zone and challenged beyond what she believes is possible; and as a result she may become discouraged or unhappy. She may have had a hard day at practice or she may be dissatisfied with her playing time. If you combine all of the athletic stresses along with academic pressure, she will surely feel overwhelmed. She may have the urge to express her frustrations and vent to you, her parents, and when she does, we are asking that you support your daughter and help her as only a parent can. However, we also ask that you stress to her to stay positive, to have mature conversations with the staff, and to keep working hard. All of these situations are part of what a normal athlete experiences and she will get through them.

We are all extremely excited for this upcoming season at NXT. There is still a lot of hard work ahead of us. There will be many life lessons learned along the way and we appreciate your support as we embark on this incredible journey together.

Kate Henwood & Candace Bossell



PLAYING TIME PHILOSOPHY

Parents, our goal is to not only to enhance the athletic ability of our players on the field, but to instill a core value system of accountability and responsibility within our players. We will never dismiss your daughters, or your families, concerns or feelings; however, it is important to encourage your daughter to communicate her issues directly with her coaches. A mature and honest player/coach relationship is critical to our success and we strive to see our players become confident communicators. We believe it would be crippling our player development if we didn't encourage them to be their own advocates. Please remember **that NXT LC squads are all-star teams.** While your daughter may be the star middie on her township team, it's very common that she may find that she is in a different role as a player for NXT.

In order to earn playing time in games, players are expected to put their best foot forward during practices. Work ethic, positive attitude, coachability, communication to coaches and teammates, understanding of team concepts, athletic performance and attendance are all factors that will weigh into earning playing time.

While we do our best to honor the player's positional preferences, it is our obligation to develop well-rounded players. It's also our job to assess player's strengths and weaknesses and put them in positions where we believe they will be successful on the lacrosse field, and where they can best help the team be successful. Coaches, are the experts in this decision process and they ultimately decide what position players play, not parents. While your daughter may have a passion for a particular position, realize that not everyone can play one position at the same time.

Our coaches will work to do our best to achieve the goal of rotating playing time for our 3rd - 5th grade teams throughout the course of the tournament/event, but not necessarily equal in every game. As we are developing well-rounded lacrosse players, it is important to strike a healthy balance between in-game experiences to build confidence and learning about game strategies/situations and how to play a role within a competitive team. Every player plays a critical role in each game and a player's role may shift game to game. Playing time for our 6th-11th grade teams will not be equal as it is earned, and our coaches have a responsibility to put our older teams in a position to be successful, while also developing all players on the team.



PLAYING TIME CONVERSATIONS & POLICIES

Please help the growth of the athlete by encouraging your daughter to learn how to advocate for herself and speak with her coaches directly with questions about playing time, position, or role within a team. Parents are welcome to be present in those conversations, but we want to help teach the players how to take ownership of their personal progress.

GRADES 3rd-5th General Expectations (playing time & communication standards)-

If you or your daughter wish to discuss playing time, we ask you to consult with your daughter first to see how the playing time is making her feel. Sometimes players recognize they are struggling conceptually or feel overwhelmed and all comfortable parties must be present to have that conversation. If after that family conversation your daughter, or you as a parent, wish to discuss playing time, all parties must be present to have that conversation. *We are working to achieve playing time for all players and that means players must be subbed in and out of games.*

GRADES 6 - 8th General Expectations (playing time & communication standards)-

If your daughter, or you as a parent, wish to discuss playing time, all parties must be present to have that conversation. We understand this is a transition time for the adolescent and we want to work towards having a goal of helping your daughter through this process. While parents may participate in the conversation to help guide their daughter, we would like to hear how we can help your daughter and work to provide solutions rather than put her in an uncomfortable situation. Keep in mind that no promises or guarantees are ever made to players in regard to equal playing time in this age group. We strive to give honest and critical feedback to your daughters on a consistent basis. *We are working to get all players into games but playing time within games will not be equal for this age group.*

GRADES 9 - 11th General Expectations (playing time & communication standards) - In the event you contact the staff, your daughter will be notified and will be asked if she wishes to have a conversation. If yes, we require her to be present for any conversation between staff and parent regarding the issue as we will not be having playing time conversations with parents. If a parent chooses to be part of this conversation you may be present to serve in a support role for your daughter, but she must learn to be her own advocate and be the lead communicator. Keep in mind that no promises or guarantees are ever made to players in regard to playing time in this age group. We strive to give honest and critical feedback to your daughters on a consistent basis. If they feel they need more individual conversations we are happy to have one with your daughter and you're welcome to join in a support role. *We are never promising equal playing time for all players in this age group which means some players could have potentially earned limited minutes in tournament play.*



GAME DAY GENERAL EXPECTATIONS (PARENT & FAN):

- When cheering, please show your pride by being a respectful and gracious fan.
- Yelling, foul language, taunting players, officials, and coaches will not be tolerated. The coaching staff has the right to remove a fan or parent at any time.
- Any card, including fan misconduct card, results in us playing MAN DOWN for 2 minutes. Do not help the other team by participating in negative behaviors.
- Please remember tailgates are a time to celebrate and support the efforts of your daughter and her team; and not a time to express dissatisfaction in players, staff, or the game in general.
- Any concerns regarding playing time, coaching decisions or general grievances will not be addressed by coaches or directors until 48 hours after the entire event concludes. We understand that emotions can play into some of these conversations, and we would like to address your concerns while both parties have a level head.
- As teams, we have game rituals that take place before and after the games and we ask that you respect our space. These meetings are for team members and coaches only and we ask you to respect that boundary until she is dismissed from post-game meetings.

***Thank you for all that you do,
we will see you on the field!***



ACTION CHECKLIST

- Create/ update your account on Team Snap (invites will be sent via email)
- Mark your calendars with upcoming team schedules and communicate any conflicts ASAP
- Visit our online gear store for additional items (opens this week)
- HS TEAMS- Create/Update Connectlax Accounts
- Your Directors will send out information for parent volunteers. If you would like to be a part of any of the following below we ask that you reply to that email upon receipt:

Serve as a team liaison (organize team bonding, tailgates, team dinners on the road)

Take high resolution photos at tournaments and upload them to our public shared drive afterwards

Provide in-game live updates on Team Snap at tournaments, or to host a team dinner/team bonding event

Help with Tent/equipment set up at tournaments (requires earlier arrival)

- Follow NXT LC Girls on social media:
 - Facebook: NXT Lacrosse
 - Twitter: @NXTLCGIRLS
 - Instagram: @NXTLCGIRLS