



*We are a volunteer community based 501(c)(3) lacrosse club dedicated to providing education and team experience for youth lacrosse players in the Menlo Park and Atherton communities. Our mission is to work with boys and girls in a positive coaching environment that helps foster a desire and passion for lacrosse. We are dedicated to developing lacrosse skills, good sportsmanship, teamwork, accountability and respect in a healthy and fun environment.*

## **We put the GRIZ in Grizzlies!!**

### **Growth**

Each and every day you step onto the Lacrosse field is an opportunity to improve. Growth means taking pride in developing your skills and your understanding of the game. Growth also means taking pride in helping your teammates grow, develop and work together as a team. To grow it is important to be mentally alert at all times, and understand what your role is on and off the field. If you are on the field, you are completely focused on the game and what you are supposed to be doing. If you are on the sidelines you are ready to go, are attentive and watching with your equipment on. Growth will come from hard work and remaining focused at all times.

### **Respect**

All Grizzlies must **Honor the Game** of lacrosse by respecting coaches, teammates, opposing players, referees, your equipment, and yourself with your actions, words and positive thoughts. To “Honor the Game” means doing the right thing all the time, setting an example on and off the field and following the instructions of the coaches. This great game is a gift given to us by generations of players before us. We have a responsibility to carry on the tradition of lacrosse by honoring all those who play and participate in it.

## Intensity

Intensity means playing with emotion -- a desire to win. Examples include running at full speed, swarming all over ground balls, pushing the fast break, moving and “popping” from the crease on offense, moving your feet after you catch the ball, dodging hard to the goal, getting back to the hole in unsettled situations, backing up shots, and playing tough and aggressive defense.

## Zeal

All players, no matter what their skill level, are capable of playing with enthusiasm and determination, while giving 100% effort. It means playing with passion, commitment and desire to succeed. It also means arriving at practice and games on time and ready to go. It means helping out your coaches and parents – before and after practice and games. When you give 100% effort, you are focusing on something bigger than your individual goals – the goals of the TEAM to succeed. You honor and respect your teammates, coaches and the game of lacrosse with enthusiasm and commitment. From the time you arrive on the field until you shake hands after the game or practice, you are always giving your maximum effort to succeed.

### **Menlo-Atherton Youth Lacrosse Board**

**Co-Presidents: Steven Kryger & Neil Koren**

**Club Manager: Juliet Mittlemann**

**Treasurer: Mark Baker**

**Boys Representative: Matt Bond**

**Girls Representative: Juliet Mittlemann**

**Board Members: Julia Veghte, Neil Koren, MJ Davey**