

## No-Excuse Lacrosse

As we enter our **10th** year of No-Excuse Lacrosse we continue to adapt to the ever changing “Lacrosse World” and the recruiting environment, while meeting the needs of our dedicated players and parents.

*“Don’t Just Do It, Do It Right”* is not simply a trite slogan, it is the difference between No-Excuse and most other programs.

### **Goal of No-Excuse Lacrosse:**

To provide an opportunity and venue for athletes having the talent and desire to compete at a higher level. At the same time, creating memorable team experiences that develop players’ character, discipline and integrity. Excellence, sportsmanship, and competitiveness define No-Excuse Lacrosse. Through advanced instruction we strive to enhance the quality of lacrosse in the mid-south and showcase that quality to the lacrosse community at large. Lacrosse is the fastest growing sport in the country; for ten years we have helped fuel that growth by developing quality players in Tennessee.

### **How does No-Excuse Lacrosse produce quality teams and players?**

We maximize individual talent through an emphasis on team chemistry. We will encourage aggressive, and unselfish play offensively; a cohesive defense based on communication and proper defensive technique with a team-first attitude and clearly defined rolls.

No-Excuse teams will travel to some of the best regional and national tournaments in the country. We have built a strong reputation due to our character and discipline on and off the field. Advanced competition and high level coaching, will greatly improve every players game. At the high-school level, while continuing to develop strong varsity players, we will also focus on maximizing opportunities to play at the collegiate level. Players will learn what it takes to get recruited, and what it requires to play at the Division I, Division II or Division III level.

**New\*\*** We have partnered with the premier recruiting service in the country, [lacrosserecruits.com](https://lacrosserecruits.com) to help manage this daunting process for players, parents and coaches. All players in the 8th-11th grade will be a part of our No-Excuse team page, [https://lacrosserecruits.com/club/no\\_excuse\\_b](https://lacrosserecruits.com/club/no_excuse_b), **a \$200 value included with registration!**

**It is a family affair!** We appreciate greatly the support of our parents and encourage our players to recognize and appreciate your contribution. Referees, other coaches, and tournament staff often comment about the exemplary behavior of our parents and players. It is a high compliment, our parents represent us as much as our players. We ask all our parents to cheer and cheer loudly, but to leave all coaching and comments to referees to us.

### **What are we looking for when selecting players?**

Simply, players are chosen because they exhibit a desire to play at a higher level and they demonstrate qualities that will help their team play to the best of their ability. The criteria include, stick-skills, field vision, lacrosse IQ, size, speed and raw athletic ability. Players must be coachable, persistent, determined, and have a positive, “team-first” attitude.

For the players selected, your hard work and dedication is not only expected but also required. Never allow your ego to get bigger than your game. Remember no matter how talented any player is, *“You are only as good as your last game.”* There is always somebody that wants your spot.

\*Roster selections are made at the sole-discretion of “No-Excuse Lacrosse” This is not a pay-to-play club. We strive to develop all players while remaining competitive.