

Hello Bear's parents,

Welcome to our Spring 2018 season! We appreciate the returning players to our programs and welcome new players with open arms. The Bears coaching staff are very excited about the journey ahead of us over the coming season. We wish to share our vision and how you can support that journey for our players:

1. Punctuality. The coaching staff expects players to be wearing the proper equipment and on the practice field at the designated practice time. Lost of practice time is a lost opportunity to improve. Please strive to arrive on-time.
2. Communication. The coaches primary means of communication with their team will be through the Sports Engine app; please download and familiarize yourself with the app. Further information about the app can be found on our website under the 'parent portal' tab.
3. There are two ways to win and feel successful in sports. The way we typically think of winning, scoreboard winning, means that we have outscored our opponent. The other way to win and feel successful is to take a Mastery Approach. This type of winner focuses on effort, learning, and recovering from mistakes. Being a mastery winner is more important, more satisfying and should be the end goal. Albuquerque Youth Lacrosse uses an acronym, ELM (Effort, Learning, Mistakes are OK), to keep coaches, athletes and parents mindful of a Mastery focus. Youth athletes who keep these things in mind develop habits that will serve them well throughout their lives. As an added benefit, athletes who are coached toward Mastery tend to have reduced anxiety and increased self-confidence, because they focus on things they can control. Therefore, they are more likely to have fun and perform better. Here's how you can help:
 - Tell your children it's OK to make a mistake.
 - Tell them you appreciate their best effort even if they fall short of the desired result.
 - Recognize that Mastery is hard work and an ongoing process over time that can fuel great conversations with your children about sports and life.
4. Playing time is earned, effort is rewarded. The overarching principle is to have fun learning the game of lacrosse but there is an expectation that the players will actively engage in the process and strive to improve. Talent improves with practice and effort.
5. Coaches encourage parents to get involved in our programs. If you have any questions, our coaches are always excited to talk lacrosse; please do not hesitate to ask.
6. It is expected that parents in our program to remember they are role models for the players on the field. Moreover, parents while on the sidelines they are an extension of, and representing, our program and city. Parents will not engage with referees or other spectators in a negative or combative manner. Albuquerque Youth Lacrosse has a zero tolerance for such behavior. Parents will be removed from the sidelines at games, scrimmages and practices who are verbally or physically threatening to referees, spectators or players.
7. Fundraising is an essential component of our program that helps keeps our costs as low as possible. For the 2018 season we will be selling raffle tickets for a cash prize drawing to take place at our 4th Annual ABQ Lacrosse Fiesta on May 5th. Each player will receive a packet of (10) raffle tickets to be sold for \$10 each (\$100 total). Raffle money will be due by April 6th, 2018.

Sincerely,

Albuquerque Youth Lacrosse

Go Bears!