



Lincoln Cardinal Lacrosse Motto: "Sweat First Play Later"

We will strive for mastery through practice, knowing that we will play as we practice and that there are no shortcuts to success. We will not let others decide our outcomes and expect only what we've earned. We will put the hard work in necessary to earn the result we want.
We will sweat first and play later.

C. A. R. D. S.

Commitment

Accountability

Respect

Discipline

Selflessness



Lincoln Cardinal Lacrosse Team Philosophy

Our team philosophy is based on our Commitment to be our best selves as student athletes. To be **A**ccountable to each other. To **R**espect ourselves, our teammates, our opponents, and the game. To be **D**isciplined off the field by avoiding distractions and on the field by playing with focus – do the right thing off the field and know your job on the field. Finally, to practice **S**elflessness – to give back to our community off the field and strive to make our teammates better both in the way we individually play and in our support for the efforts of others to improve.

Approach to the Game

Lacrosse is a fun, fast paced game. We will strive to play in that spirit, accelerating the tempo of the game offensively by seeking to create and capitalize on transition situations. We will push intelligently without fearing mistakes of commission. We will strive to recognize match-ups and seek to create and exploit the most advantageous. We will play together, never becoming spectators on the field. Defensively, we will play together with clear support and communication, seizing upon favorable matchups to pressure the possession but on balance work within our scheme to limit offensive penetration, dictate shots from bad angles, and aggressively create offense without undue risk. We will play whistle to whistle and compete over every blade of grass while demonstrating the highest level of sportsmanship.

Team Goals

1. Live the Motto daily – sweat first play later. Practice like you want to play
2. Compete for all 48 minutes, All-in
3. Win your match-up
4. Zero goals from the Hub
5. <12 turnovers per game
6. Put more than 25 shots on cage
7. Be the first to every ground ball, be first time scoopers – win the ground ball battle
8. >than 50% face off wins
9. Win the time of possession battle
10. No mental penalties (off sides, conduct)



Keys to Team Success

1. Always think first of what you can do, "If not me, then who". Don't expect anybody else to make it right.
2. Carry a positive attitude, create positive energy, and foster positive affirmative interactions with teammates and coaches. Demonstrate your knowledge by example and sharing, not criticism. Seek to encourage and help others improve. We can get better together or not at all.
3. Practice is just two hours out of your day, prioritize it. Be early for it. Be present and all in at practice. It is the time we have together. Make sure all your gear is in good working order. Do not sit out fiddling with your stick. Do that before or after.
4. Practice is just two hours, put some time in outside of practice. 20 minutes on the wall every Saturday and Sunday (even in other seasons) and stay committed to a year round strength and conditioning routine.
5. Practice is just two hours, play this game in your head. Think about it, your job, your role. It is a dynamic game, you have to consider If → Then steps. Watch film. Watch NCAA games. Be students of the game
6. Remember you are a student athlete. Pay attention and be respectful in class. Be on time for class, attend every class, complete your assignments on time. You must do all that you can to excel at both. Time management is key – xbox is not. Missing practice is not an option.
7. Seek balance. Some xbox is okay. Stay in touch with non-lax friends, be present with your family. Good sleep is essential for good decisions and performance. Go to bed every night at the same time. Good nutrition is also critical. Eat a solid breakfast, focus on healthy foods first before eating treats.
8. If you are injured, see a professional. Listen to your body, but you cannot self-diagnose. Tell your Head Coach and Kimi Daniels our Team Trainer about your injury and follow PT and return to play protocols.
9. No indirect or triangle communication. Talk directly to the person you have an issue with. If you can't do that alone, find a buddy or a Captain to support you. No complaints, complaints are rarely directed at anybody that can do anything about them. Frame your complaint as a request for what you need and request that from the person who you need it from.
10. Uphold the Lincoln Code of conduct. As a Cardinal Athlete you have chosen a path many of your friends will not understand, but you cannot play lacrosse and partake in those things – Alcohol, Marijuana, Drugs, Steroids, Tobacco. This is not a moral judgement, but in registering



for Lacrosse you have agreed to the Club's adherence to Lincoln, PIL, and OSAA policy on these things. Help each other make good decisions.

Important Team Expectations

1. Practice matters – attendance is not optional. Yes, school matters, yes family matters, yes college visits matter – but not being at practice is not an option. If you miss practice, you will sit 2 quarters of the next game. Upon your return, you can earn back one of those quarters by staying after practice and put 15 minutes of your own time into getting better. You will still sit 1 quarter.
2. Practice matters – be on time. If you are late to practice, you need to stay after for 15 minutes and give that time back to the team with time on the wall, 1 v 1, shooting, or conditioning. Life happens, but late is late.
3. Sportsmanship and respect matter – disrespecting teammates or coaches will result in you leaving practice. It will count as a missed practice and you will sit 2 quarters of the next game. Before coming back to practice with the team you will need to accept accountability and repair the relationships you injured.