



❖ **Develop the total athlete**

- **Physical toughness**
    - *stronger, faster, fiercer*
  - **Mental acuity**
    - *makes you consistent in all situations*
  - **Speed quickness**
    - *agile, fleet footed*
  - **Strong and offhand dexterity**
    - *go anyway, any day!*
  - **Unselfishness**
    - *would take an assist over a goal*
  - **Know and Honor the game of lacrosse**
    - *understand the rules & the responsibility*
  - **Be prepared**
    - *knows the competition & is ready for action*
  - **“Don’t give up, Don’t ever give up” Jim Valvano**
- **Make good eating choices**
- **Get plenty of rest**

❖ **Think about this upcoming season in terms of what is possible!**

**Are you ready to go beyond the possible?**