



Dear rising 9<sup>th</sup> grade families,

We wanted to reach out and welcome everyone to the Upper School at Landon on behalf of the Landon Lacrosse Program. Returning families, we hope that you and your boys are excited as you approach the final chapter of your time at Landon. New families, we hope that you and your boys are excited to join us in the Land of the White Rocks! Additionally, we wanted to make everyone aware of some summer opportunities for athletic and skill development.

In regard to strength and athletic development, the weight room is available to rising ninth graders during the summer to begin their acclimation to our training philosophies and head strength coach, Marty Klingelhofer. Attached to the email with this letter is a flyer with concrete information on that.

On the lacrosse front, to get to know more of the boys and families ourselves, provide some coaching and guidance for the boys to improve on their own time, connect boys across different grade levels, and even expose some of our younger players to alums playing in college, we are going to host several lacrosse skill sessions at Landon this summer.

These skill sessions are not full practices and will not require full pads. The emphasis will be on fundamental skill development: footwork, stickwork, and the basic principles of offense and defense. The boys will almost exclusively be in helmets and gloves, except for occasionally some small sided work involving nothing more complex than 3 on 2s. The objective is to develop and refine fundamental skills, not introduce or teach complex team concepts or wear kids down. The sessions will be aimed at field players, although specialists (goalies and faceoff specialists) should be able to get some work as well.

These skill sessions are truly voluntary, not “mand-optional” or “suggested.” If you and your sons are in town during a skill session, and the boys want to attend, feel free to come. Coaches and older players will be leading drills that can benefit players of various skill levels.

Skill sessions will occur on Thursday evenings and Saturday mornings starting next week throughout the summer until the second week of August, except for the week of July 1<sup>st</sup> - 7<sup>th</sup>, as that Thursday we will be holding a practice for Landon’s one summer event, and we will be at the event on Saturday (see below). No rising ninth graders participate in this event and the event has no bearing on potentially being a Varsity player in the spring for any ninth grader that might have that chance.

Please see the following dates below (\*\*days – no skill sessions\*\*):

Thu, June 21 <sup>st</sup> : 6 – 7:15pm	Sat, June 23 <sup>rd</sup> : 8:30 – 10am	Thu, June 28 <sup>th</sup> : 6 – 7:15pm
Sat, June 30 <sup>th</sup> : 8:30 – 10am	<b>**PRACTICE Thu, July 5<sup>th</sup>**</b>	<b>**NOTHING Sat, July 7<sup>th</sup>**</b>
Thu, July 12 <sup>th</sup> : 6 – 7:15pm	Sat, July 14 <sup>th</sup> : 8:30 – 10am	Thu, July 19 <sup>th</sup> : 6 – 7:15pm
Sat, July 21 <sup>st</sup> : 8:30 – 10am	Thu, July 26 <sup>th</sup> : 6 – 7:15pm	Sat, July 28 <sup>th</sup> : 8:30 – 10am
Thu, August 2 <sup>nd</sup> : 6 – 7:15pm	Sat, August 4 <sup>th</sup> : 8:30 – 10am	

Please feel free to contact myself or Coach JR Bordley with questions. Additionally, if you know of any rising ninth grade lacrosse families that didn't receive this information, please pass it on. Sometimes our email contact lists aren't fully accurate or complete with incoming families.

Thank you and Go Bears!

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