

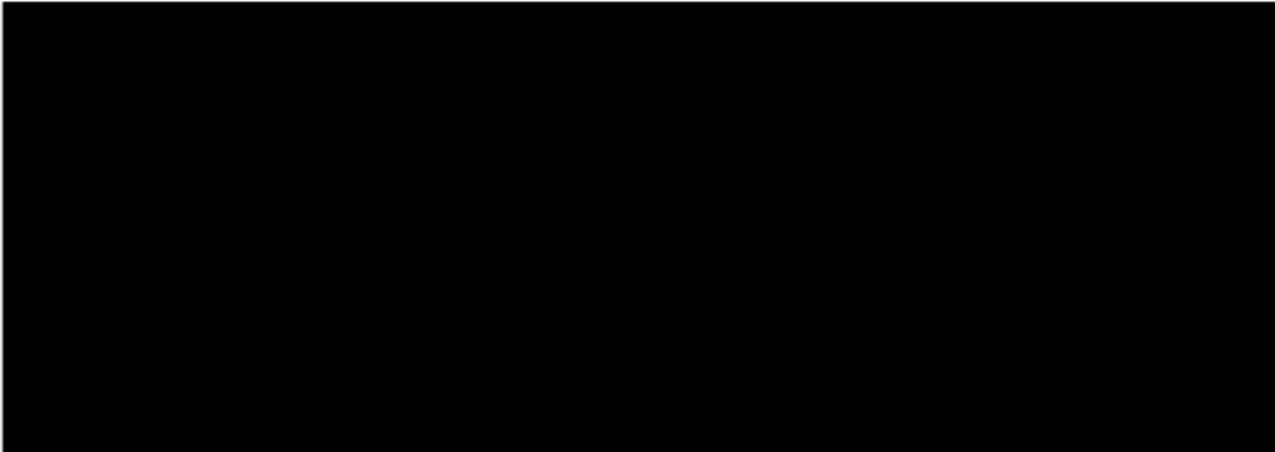
**Sent:** Fri 6/13/2014 2:33:36 PM

**Subject:** RE: [redacted] Travel - Practice The Off-Hand In The Off-Season

Thanks for a great season

[redacted] had a blast playing and we loved watching.

[redacted]



**Subject:** [redacted] - Practice The Off-Hand In The Off-Season

Everyone,

The boys had quite a successful season for their first year of travel lax as we finished with a 8-1-1 record. More importantly, every single boy improved significantly over the course of the season and had some fun along the way which was our primary goal at the beginning of the season. The boys focus and great positive attitudes made it a very productive and rewarding coaching experience for all of us.

One thing I think we can all agree on after playing [REDACTED] is our boys need to keep working on their stick skills with plenty of room for improvement. The Manhasset boys are not better athletes, they have just invested more time in lacrosse to date, but we will catch up if we practice. This is something that no one can do for them and it simply takes hours of repetitions on a pitch-back or having a catch with a sibling or parent. Obtaining the ability to use both hands will elevate your sons game 5x quite quickly once he masters throwing, catching, cradling and dodging with his off-hand. At the moment only 3-4 boys truly use both hands effectively in games and we need to get that number much, much higher, like 18 !! Next year there will be more formal tryouts for the entire grade and having the ability to use both hands will be weighted heavily in the evaluation process along with other skills.

Thanks again for all your support and have a great summer,

Regards,

**PS "PRACTICE THE OFF-HAND IN THE OFF-SEASON"**

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