



2019 GIRLS TRAVEL PACKAGE

Overview

Lacrosse is much more than a sport. Maineix uses lacrosse to build friendships, teach life long lessons, create gateways to college, and provide an experience you cannot find anywhere else. Our travel teams are for elite players looking for more than just pick-up leagues. We practice and train to build fundamentals and game knowledge to become the best players and teammates as possible. Our mission at Maineix is to:

- Develop and improve individual players to help them reach their fullest potential.
- Emphasize team play and camaraderie to become better all-around lacrosse team players.
- Play at some of the nation's top events as well as regional tournaments.
- Superior organization with consistent and efficient communication.
- High level instruction (college & elite HS coaches) under a model that meets the needs of all ages and ability levels.
- High school teams will play at recruiting events flooded with college coaches, giving them the opportunity to be seen and recruited by NCAA DI, DII & DIII coaches.
- Season dates: Summer (June -July), Fall (September-November) and Winter (January-March)

Goals

- Help grow the game of girls lacrosse in Maine
- Have players become more competitive, improve their stick work, be pushed to their full potential and grow their confidence
- Become more competitive against regional and national club teams
- Keep players from the same town together while also exposing them to new teammates from other towns
- Meet the needs of every player in our program
- Encourage school sport and multi sport participation
- Play 100 days of lacrosse per year (includes school and rec programs)
- Participate in league pick up games as opportunity to play with less coaching and structure
- At the MS level, attend US Lacrosse sanctioned tournaments with the goal of qualifying for the US Lacrosse National Tournament (our girls 2023 team has qualified for Nationals this summer!)



Program Details

- 2-hour practices that include individual and team feedback. Summer package includes 12 mid-week practices (includes camp practices) and fall package includes 8 Sunday practices (not including midweek league games.) Winter travel practices TBD.



- Each player fills out a goals sheet during the season and coaches will provide each player with specific feedback at the end of the season.
- All players receive game jerseys and shorts.
- Recruiting and college guidance for high school players include on the field conversations with coaches, college search Q&A for parents and players and recruit email templates and advice.
- Summer Overnight Training Camp is recommended for all summer travel players.
- The number of teams is based on the number of players participating. We typically mix grades for middle school teams and group by age and skill level and high school teams by age.
- We are constantly evaluating if a player is getting challenged enough or is in over their head. If a player needs to be moved up or down, we will discuss with coaches and parents and move them to a more appropriate age group to ensure their development - even if it's mid program.
- All players must attend a tryout. Those not qualified to participate in tournaments, will be asked to be a practice player or participate in another Maineix program as we have a place for every player and offer a variety of programs.
- Each team has team parents who help organize tailgates and hotel blocks at tournaments, weeks and months in advance.
- Maineix assumes that all travel players will participate in most practices and most tournaments. Players receive even playing time at tournaments, however, a player will get no game minutes if they have not attended any practices.
- We do not prorate costs for missed tournaments or practices.

Tournaments

- All teams will attend 3 regional and/or national tournaments (at least one recruiting tournament for high school teams each season) during each season.
- Tournament information is provided on our website months in advance and we communicate logistics and tournament information with families well in advance so parents can plan accordingly.
- Travel expenses (transportation, meals, hotels, etc.) are NOT included in travel fee and players are responsible for arranging them and getting to tournaments on their own.
- Summer tournaments can be found on our website.



Coaching Staff

We take pride in giving players the best coaching possible, while growing the game in Maine and having as much fun as possible. We take the time to communicate our goals and expectations to our staff while helping them develop into the best coaches and mentors they can be. Our coaching philosophy includes:

