



## FROM THE SIDELINES: St. Edward (March 19, 2019)



**JUNIOR VARSITY (Lost 9-2; record 0-2)**

**VARSITY (Lost 14-6; record 0-2)**

Last night, we opened the home part of our schedule against the Eagles of St. Edward High School. Unfortunately, neither team was able to earn the first victory of the season. The JV team played a tough first part of the game, but were unable to recover from a 5-2 half-time deficit. The Varsity team fought its way to half-time down 3-2, but gave up a massive 7 goal 3<sup>rd</sup> quarter. The team was able to fix some of the mistakes from Saturday, but **WE** need to work harder in the next few days of practice to get a game plan prepared to play Walsh Jesuit this weekend.

**BRIGHT SPOTS:** We were able to play a competitive game into the 3<sup>rd</sup> period. The face-off duo of **Christo Wu** and **Trysten Zahoransky** controlled 15 of 23 draws. **Ben Gullia** finished with 3 goals. **Mike Laubscher** had 2 nice assists. **Zack Fitzgerald** was busy playing LSM and close defense. **Ammar Keswani** scored his first goal of the season. **Caesar Salerno** and **Charlie Rumizen** got the start at the attack position.

**DISCIPLINE, ACCOUNTABILITY, & COMPETITION:** Being on time, being prepared, and being coachable are three things that require NO lacrosse skill. We have preached this to the players since day one. We are trying to build Solon Lacrosse into a model program for others to follow. Each day requires us to bring our best effort! Every day is competition! Whether it be in the classroom, on the athletic field, or in the boardroom later in life, players need to learn and value the nature of competition. Sometimes you win, sometimes you lose, but your effort, energy, and attitude go a long way in determining the outcome you are seeking. Want it? Earn it!

**IMPROVEMENT:** "What have you done to improve?" This is a question coaches often ask players. Granted, coaches are looking for players who improve in practice, but coaches also want to know who is working hard on their own to show improvement. Watching film (thanks to Mr. Silvestri, our games are available on [HUDL.com](http://HUDL.com) for the players to watch), playing wall ball, shooting on the cage, or jumping some rope are just a few things that players could do on their own that will help improve our team's chances to win.

**BACK-UP STICK EPIDEMIC:** Apparently, this is not just a Solon Lacrosse problem! We had 3 more sticks break on Tuesday night. This is a great article referencing what I wrote about in *From the Sidelines: University School* (<https://powelllacrosse.com/the-backup-stick-epidemic>).

**NEXT GAMES:** Walsh Jesuit on Saturday March 23 at Stewart Field (Junior Varsity 1:00 pm; Varsity 3:00 pm)

***SOLON COMETS LACROSSE: Pride! Pride! Pride!***