

To: Northern York Lacrosse Players
From: Coaching Staff, Northern York Lacrosse
Re: Running Expectations

Hello Players,

I hope your fall is wrapping up nicely as we head into the cold months of winter. I know some of you are playing fall ball and others are enjoying different sports. I hope all of you are healthy and working hard in the classroom. After talking with a few players and coaches from around the area, we have decided to focus a little more time on conditioning. We have all seen a team that had better stick skills wilt under the pressure of a physical game due to not being in shape. We aren't going to let that happen this year. Below are some expectations for ALL players on the team. They are not too difficult, but will establish a good baseline for us as we head into the season. They are:

400 meter – Expected time – 1:35 or less

800 meter – Expected time – 3:20 or less

Mile – Expected time – 7:30 or less

Two mile – Expected time – 15:30 or less

I know it will get colder and running outside can be tricky, but I am sure the track, if not snow covered, will be available for use. Do NOT train only for these distances. You should mix all of these distances into your workouts. A good mix of distance and speed work will help you tremendously in the future. Always remember to warm up and cool down. Employ dynamic stretching before and after a run. Hydrate and get plenty of rest. If you do reach these times early, keep working to get faster. Lacrosse is the fastest game on two feet, and we intend to play it that way this spring. Keep working hard in the classroom and we'll get together soon.

Thank you

Northern York Coaching Staff

EAC – Effort, Accountability and Commitment.