



*A Year-round Training and Play program  
for Montclair players of all levels*

## **2021-22 SEPT - JUNE PROGRAM**

### **SEPT - JUNE:**

- First Mondays Monthly Lax IQ Sessions, on field or online depending on weather, focused grade-appropriate lessons / film review / etc. with “homework” for review and discussion, all via Google Classroom

### **FALL 2020:**

- Individual skills report for every player
- Four (4) September/October outdoor practices (individual skills & team training);
- Up to two (2) local full game play opportunity -- either a local tournament, or Invitational event w/ 2 or 3 other quality town programs;
- November Blue/White (Intramural) Speedlax Tournament

### **WINTER 2021:**

- (As in past years, LCM will coordinate Montclair youth teams to play in the Turf City Wayne Box League, but that is a separate, pass-through program not part of Futures)
- Four (4) “Pre-Season Prep” sessions in February with skills and fitness sessions to fine-tune before Spring Season;

### **SUMMER 2021:**

- Two (2) late May/early June outdoor team practices (team training);
- One (1) early June full gameplay opportunity -- either a local game, tournament, or mini-tourney w/ 1 or 2 other quality town programs.
- Six (6) Speedlax Open Play (Blue/White small-sided pickup) 2 Weekday evenings for 3 weeks in June. Super fast, super fun, laid back, lots of touches and plenty of run

## **WHY MONTCLAIR FUTURES?**

- **COMMITTED** – coaches have players’ longer-term development in mind, focused on optimizing every player’s potential to be the best player and teammate he can be
- **LOCAL**– practices at local venues provide better Lax-Life balance for our families
- **AFFORDABLE** – Lack of profit motive allows investment in the highest quality coaches as well as the provision of need-based scholarships for our players
- **BALANCED** – “goldilocks” amount of year-round, off-season skills training + fun, competitive play in Fall, Winter, and Summer
- **STRUCTURED** – Common Terminology & Playbook, Skills monitoring & Player assessments = Continuity through the year



### **Grades:**

**- Rising 3<sup>rd</sup>, 4<sup>th</sup> 5<sup>th</sup> 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup>**

### **Costs:**

**- Sept-June \$600\***

**- Uniforms \$70 (for both Futures and Spring seasons, for 2 years)**

**\*Included swag: Futures hoodie with player’s year and jersey number**

## **Teaching Tomorrow’s Champions**



Coach Mike Diehl

Montclair Futures Director  
MHS Varsity Head Coach, 2018-present  
2019 Fitch-Division Coach of the Year  
2021 Group IV State Coach of the Year  
NCAA Division 1 and Professional Player

