



Get ready for an awesome Event!

Tap into all the positive energy of the entire club behind you this weekend as you compete and leave it all on the field!

5 things you can do to have a great weekend:

1. Give more - Give all and take nothing. What can you do for your team on the field, on the sideline, in the huddle, in a text on your way to the field? What can you give?!
2. Share positive contagious energy - it's simple, be responsible for your energy, you can do it, I know you can! Prepare your energy before you arrive. Need some tips on how to be energy ready [check this out!](#)
3. Have confidence & trust- be confident and trust in your coach, your club, your teammates, and yourself! Our lacrosse systems, the recruiting process, the tournament, your teams it all works, you don't need to worry relax and have fun!
4. Focus on the positive - Positivity is fuel, negativity will drain you. You have no need to be drained this weekend but you really could use some great fuel. Find the positive in every situation.
5. Show your team you care, love them, and connect with them - The bond of a team is powerful, you are not alone, you have your teammates behind you. Make sure they are confident that they have you behind them - love them.

You've got it people - give - share positive contagious energy, have confidence, focus on the positive and show your team you care!

Love you all,
Gooley