

2021-2022 Club Lacrosse Season Player and Parent Handbook

For The Area's Most Dedicated Lacrosse Families!

NINETY ONE
CAROLINA



[@TEAM91CAROLINA](#)



Team 91 Carolina

Player and Parent Handbook

Fall 2021 – Spring/Summer 2022



Program Introduction

Team 91 Carolina : Mission Statement

The Triangle's most committed Players, and Coaches - Best Training, Best Gear, Best Lacrosse Experience.

Team 91 was started with one thing in mind: to provide an unparalleled level of teaching, that which is not seen in travel most organizations. Team 91 Carolina is for the area's most committed players, who want to dedicate themselves to being the best possible lacrosse player and student-athlete they can be.

The Team 91 Carolina Mission is a two-part process that begins at the youth level for players with a focus on developing the highest level fundamentals and lacrosse IQ, then feeds into the high school programs where college exposure and opportunities to play against the best teams in the nation present themselves.

Youth Players – 1-8th Grade

The Team 91 Carolina program at the youth age levels aims to take players in 1-8th grade and quickly advance their skills so that they are prepared to take on the challenges of high school lacrosse. The opportunity to get the most skilled, athletic, and committed kids together at the youth ages is key to allowing players to develop not only strong fundamentals, but a strong understanding of the game. At this age advancing lacrosse IQ while getting a strong skill base is what will carry players into their high school careers and open up college opportunities if that is of interest. The Team 91 Carolina program has coaches that are excellent at teaching the game and allowing players to improve throughout the year.

High School Players – 9-12th Grade

The Team 91 Carolina program at the high school levels is about developing the area's best players and allowing them the opportunity to train together and compete against the best teams in the nation. Team 91 Carolina players will have access to both team events and individual showcases through the National Lacrosse Federation(NLF) and work with some of the area's best coaches. Lost often is the importance of players to continue to improve their game even at the high school levels. For players wanting college exposure and opportunities those will present themselves and Team 91 Carolina will support families in that process. For players looking for a terrific lacrosse experience that allows them to return to their high school teams a better player and leader, Team 91 Carolina will offer unparalleled development for the area's best players.



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Team 91 Carolina Director Introduction
Nick Holota

Coach Nick Holota enters his 4th year leading the Team 91 Carolina program. Since coming on board in 2017, the Team 91 Carolina program has grown and gained national recognition as one of the South's premier club lacrosse programs. During that time, the program has produced over 40 collegiate commits, won countless tournament championships, and have had multiple teams ranked in Top 20 club rankings in several age groups. This will be Coach Holota's 20th year being involved in coaching lacrosse and growing the sport in the Triangle area.

Coaching Accolades:

- Head Coach 2017 4A NCHSAA State Champions – Middle Creek High School – 22-0, #1 Ranked Team in NC, #3 in the Southeast Region, 2018 4A NCHSAA Runner-Up. North Carolina Record 43 straight victories.
- 2017 NFHS North Carolina Coach of the Year
- 2021 South Wake Athletic Conference Coach of the Year
- 2008 NC High School Lacrosse Assistant Coach of the Year
- 2010 NC High School Lacrosse Man of the Year
- 2009 Head Coach East Regional State Games Team
- Playing Career - 2006 All-SELAC Attackman, NC State University
- Playing Career - 2002 All-State Attackman, Livingston High School

Coach Holota is originally from Livingston, NJ and was a collegiate attackman and president of the [NC State University Lacrosse Team](#). Coach Holota was introduced to lacrosse in middle school and has been hooked ever since. In just a few years, he went from knowing little about the game to setting his high school's record for most goals scored in a lacrosse season his senior year. Coach Holota's high school lacrosse accolades also include all-conference and all-state recognition. At NC State, Coach Holota was not only a four year starter but also a team leader, serving as the team captain his junior and senior year. He named to the SELC All-Conference team his senior year, leading the Wolfpack in scoring with 49 points on the year.

Coach Holota has been coaching Wake County public school lacrosse teams for nearly two decades. He is currently the Head Varsity Lacrosse Coach at Middle Creek High School and has coached travel and recreation teams from K-12th grade. Prior to coaching at Middle Creek High School, he was the Head Assistant Coach at Holly Springs High School from 2008-2015. He also coached at Southeast Raleigh High School as the Head JV coach and then later as the Head Varsity coach between 2003-2007. After graduating from N.C. State, Holota ran the area's first dedicated lacrosse store, Battle Lacrosse helping to grow the sport and promote lacrosse, while outfitting area kids with the gear needed to be successful on the field.

Coach Holota has a passion for teaching in the classroom and on the field. He has his undergraduate degree from N.C. State in Political Science, and his Masters Degree in Education with certifications in High School and Middle School education.



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Team 91 Carolina
Team Coaches

We focus on finding passionate, dedicated coaches that not only know the sport of lacrosse in great detail but also enjoy elevating individuals and teams. The coaches with Team 91 want to see players take their game to the next level, and at the same time help players be the best versions of themselves on and off the field. We want to develop STUDENT-Athletes!

Team 91 Carolina prides itself on having dedicated and passionate coaches working with our boys and girls teams. Team 91 is always utilizing the latest training techniques to ensure our players are developing their game quickly to achieve their individual goals on and off the field.

What sets Team 91 Carolina and our coaches apart?

- Passionate and dedicated to their teams. Our coaches commit to a full year of development with their teams allowing players to build a rapport with their coach, gain quality feedback throughout the year, and avoid a constant revolving door of instruction.
- Years of coaching and playing experience. Team 91 coaching staff includes college coaches, high school coaches, and college players. We carefully vet all our coaches to ensure they have the knowledge needed to produce results on the field.
- Network of coaching support within the program and from other regions. Because Team 91 has several club teams throughout the country we are able to pull from other regions and ensure that we are staying up with all the trends of the club lacrosse world. Team 91 Carolina coaches work as a team and support each other as well, sharing drills, plays, and team concepts.
- Willingness to communicate with players and families. We want our coaches to have a strong line of communication with players when it comes to what to improve on and how to continue to develop their game. It is important to note that these conversations should be had at the right time and place, but our coaches are eager to develop that relationship with their players and see them succeed on and off the field.



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Team 91 Carolina PLAYER Expectations

The athletes that are a part of Team 91 Carolina are the area's most dedicated lacrosse players. We know our players want to be pushed with high expectations for themselves and goals to be successful in high school and beyond. We want to help our student-athletes reach their goals, and it is important that they understand the expectations on them that come with being a part of Team 91 Carolina.

Team 91 Carolina Players are Expected to:

- Be at practice consistently. Our player development is a key component of our program, and players can't develop if they are not at practice consistently. If missing practices players should communicate with their coaches, we understand life happens and if so communication with coaches is important so they can plan accordingly. Players that don't consistently attend practice will see an impact on their playing time.
- Work on their game at home and outside of practice. We train more than most club teams and make it an emphasis to get together often to ensure players are getting enough time on the field to elevate their game. However as a club program there are limits, and players need to work on the skills and fundamentals they are learning in practice at home and on their own. Any player unsure of what to work on should communicate with their team coaches who are eager to provide additional instruction on ways to improve on their own between practices.
- Give their best effort each time they take the field in games or practices. We don't expect players to be mistake free, but they can control their effort, intensity, and coachability at practices and events. If every player on the team is giving 100% each time they take the field the entire group will elevate and push each other during practice so that they are prepared to compete in games against top competition.
- Be a great teammate, display proper sportsmanship, use appropriate language, and respect the game of lacrosse. We represent Carolina Lacrosse, as Team 91 Carolina has become identified as the best program in the region, and with that comes the responsibility to represent our region professionally.



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Team 91 Carolina Parent Expectations

We are extremely lucky to have tremendous families as part of the Team 91 Carolina program. We know that you are equally as passionate about the sport as your kids, and want to see them do well on and off the field. The support of the families that are a part of Team 91 Carolina are what drive the program and have helped elevate us to a place of national recognition, but it is important that families are supporting their student-athletes in a way that allows them to excel within our program.

Team 91 Carolina Parents are Expected to:

- Be a positive and professional role-model for our players and other lacrosse families. We want to cheer properly for our teams, all the players on the field, avoid disparaging remarks toward referees, opposing players and coaches. We should set the tone and example for what youth sports should be. In the event that another team, program, or coach is not acting appropriately the best thing to do is let our coaches or directors know, and remove yourself from the situation.
- Support your child's ability to be successful: Getting players to practice on time, helping to make sure they have all their needed gear, and helping to communicate with coaches if there are going to be absences at practice (especially for the younger age groups). Our coaches are very knowledgeable and want to help each player in our program, and we expect our parents to support the coaches and their ability to elevate the players on the team.
- If there are questions about the program, please feel free to direct those to team coaches and program directors at the appropriate time. Many issues can simply be solved with communication, and understanding expectations. At the same time encourage your athletes to take ownership of this process, asking questions of the coaches and learning to talk with adults is an important skill that can be learned.
- Encourage your kids to work away from practice on their game. This can be a fun time for parents and players to learn the game together especially if the parent didn't play lacrosse. Sit down and watch film together, or take them to the park to do some work. There are many drills available online that are easy to follow and do with your kids, and our coaches are ready to help assist if parents want to know additional ways to help their players work on their own away from practice.



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Levels of Mastery at Each Age Group

As players progress through the Team 91 Carolina program there is an expectation of mastery of certain skills that will be needed as they progress into high school and if they want to play beyond high school will be needed to compete at that level.

Elementary School Age Groups – 1-5th Grade Players

- Ability to pass and catch consistently with their strong hand, developing ability with their off-hand.
- Developing the Ability to pass, catch, shoot, and pick up groundballs on the move.
- Basic understanding of team defense – how to play on ball defense, and beginning to understand off-ball defensive support
- Basic understanding of team offense – how to rotate, create space for teammates, when to cut off ball, and when to dodge/shoot with the ball.

Middle School Age Groups – 6-8th Grade Players

- Strong Proficiency with both hands – passing on the move, catching on the move, dodging, and shooting.
- Strong understanding of team defensive concepts – how to rotate on defense, slide to the ball, and recover
- Strong understanding of team offensive concepts – when to dodge, when to pass, how to run various offensive rotations, and starting to incorporate higher level offensive skills like playing a 2-man game on and off ball.
- Basic understanding of the special situations of lacrosse – when to substitute, when to push on offense and when to settle the ball, when to press out on defense and when to sink in on defense.

High School Age Groups – 9-12th Grade Players

- Passing and catching with both hands is natural, and advanced stick handling is evident: passing from multiple levels, catching tough passes, shooting with variety.
- High IQ Decision Making – the speed and pace of the high school events we compete in leave little time for players to overthink. Decision making must be quick, fluid, and accurate or other teams will take advantage of our inability to handle the pressure of high level play.
- Strong understanding of the nuances of the game – using the box to gain a substitution advantage, how to setup properly on face-offs, executing man-up and man-down in a way that can predict what the opposing team is doing.



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Team 91 Carolina
Additional Program Resources

[TEAM 91 CAROLINA RECRUITING OVERVIEW](#)

The link above will take families to an overview of the recruiting process. Team 91 Carolina is very hands on with our recruitable age players (generally 9-12th grade years). The process includes group meetings as well as individual guidance. We want to help players find their fit if the desire is to play at the next level!

[CONNECTLAX RECRUITING PROFILE](#)

All recruitable age players in the program receive a ConnectLax recruiting profile. This allows players to use tools to help with the recruiting process such as create film, search for matching schools of interest, contact college coaches, and much more. The key is that players need to take ownership of using these tools we provide – you must put in the work and the time! We will work hard to provide the tools, create opportunities to be seen, and provide guidance in the process.

[NATIONAL LACROSSE FEDERATION\(NLF\)](#)

Team 91 and Team 91 Carolina is part of the National Lacrosse Federation. The NLF is a group of top clubs from around the country working hard to ensure that players in our program can be seen at top recruiting showcases and events. Being a part of the NLF is great for player exposure, and Team 91 Carolina is the only NLF program in the Carolina's.

[BOYS CAMPS AND PROSPECT DAYS](#)

For those interested in attending camps or prospect days the link above provides an updated list of opportunities that are offered by schools and event groups to be seen by coaches. Although none of these are required, attending events where schools of interest are present is a great way to ensure you are seen by specific schools.