



Hello Sehome Lacrosse!

My name is Garrett Goshorn and I could not be more excited to be your new head coach. Wanted to give a brief introduction as well as provide a little insight into what these fall/spring seasons might look like. So, a little about my playing experience;

I grew up on Camano Island in Washington about an hour south of here. I played HS ball for Stanwood, and played select for Steelhead based out of Bellingham, and for the Seattle Starz organization. I chose Western Washington for my academic studies while also playing lacrosse for them. Throughout my first 6 years of playing, I played close defense. Made the switch to long stick midfielder, then to short stick D mid, and now play a more offensive oriented midfielder. All of my past experiences give me a defensive edge over many of my opponents. During my time at Western we placed 3rd in the nation, I received a 1st team all conference award, among the top 100 scoring players in the nation I had the 5th most ground balls and was 81st in points per game, and helped lead my team to the second round of conference playoffs. I also placed 3rd in the nation in the IBLA playing for the Portland River Monsters. After that, I created my own IBLA team as the Everett Express where I have been the general manager and transition player since 2018. These experiences have paved the way for me to feel comfortable playing and coaching every single position on the field. Other than goalie, I have done everything from faceoffs, to attack, to every form of midfield/defense.

As a coach, I have coached as Arlington High School's inaugural varsity head coach, and for Time Bandits Select Lacrosse as the head coach of a 7-8 and a 9-11 box lacrosse teams, and for the 9-10 hs select field teams. Collectively I have 1 won league title, and then placed 2nd, 3rd, and 5th in the respective tournaments I have coached for Time Bandits. My philosophy is to outwork our opponents, and by the principle that practices should be so competitive that games feel like a walk in the park and are merely executing what we've been

doing in practice leading up to the game. What this takes is the desire to want to perfect the craft that the coaches are instructing, and to do a little less repetitions because we are doing each repetition with intention, which usually means we spend a little more time breaking down what we're doing and WHY, so each repetition has meaning, and not just getting another rep for the sake of saying we did it. We always want to be working towards a goal in every single drill. This will require the ability to feel vulnerable and to work on things that might not seem like it needs attention. Everything we as coaches are doing is to make you better men, teammates, and lacrosse players, nothing will be taught because we want to put any of you down, but because we see something that we think could be improved, we want you to succeed as an individual, and as a team!

So let's get after it.

As for the season, **fall period is supposed to run from 10/5-12-7**. If we can we WILL be out there. We will work to make drills socially distanced and safe for everyone so we can continue playing. Practices will be sometime in the evening and we're shooting for Monday, Wednesday, Thursday so y'all can still have your Fridays and weekends to be fun! After all, it is the offseason but we can still make a gigantic leap on spring. If you're unable/uncomfortable making practices, I will post a general list of film/drills for you to review/watch/complete on your own in the meantime. **As for the spring season, spring will now be running from 4/26-6/27**. That means, warmer weather, less rain, and the same amount of lacrosse! So be ready, it's about to be an amazing year and I hope you're as hungry as I am to show off just what Sehome Lacrosse is capable of.

Go Mariners!!

Coach Garrett