



# Thump Impact Framework

**We created our holistic Thump Impact Framework to transform the lives of young people through the power of lacrosse.**

**Our Impact Framework uses three core categories of involvement to give players the tools they need to thrive for the rest of their lives, on and off the field:**

**I. Lacrosse & Athletic Development**

**II. Character Development & Community Building**

**III. Cognitive Fitness & Mental Performance**

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***In addition to getting the best lacrosse coaching Central Oregon has to offer, our athletes will learn:***

- **Strong work ethic**
- **Responsibility, accountability, and commitment**
- **Resilience and grit**
- **Self-discipline and time management**
- **How our mindset shapes our experience**
- **Problem solving**
- *And more!*



# I. Lacrosse & Athletic Development

## **LACROSSE IQ:**

Understanding the rules and strategies of lacrosse.  
Situational awareness and decision-making on the field.  
Offensive and defensive strategies that can be applied to any team's system.

## **BEING AN ATHLETE:**

Physical fitness and conditioning tailored for lacrosse.  
Nutrition and hydration for optimal performance.  
Mental preparation and resilience.  
Emphasis on flexibility & mobility exercises.  
Injury prevention through proper warm-up and cool-down routines.  
Focus on speed, agility, footwork.

## **BEING A STUDENT OF THE GAME:**

Analyzing game footage for self-improvement.  
Studying opponent's plays and tendencies.  
Recognizing strengths and weaknesses in team gameplay.  
Adaptability in different game situations.

## **FINDING YOUR ROLE:**

How to contribute effectively to the team's overall strategy.  
Identifying individual strengths and weaknesses.  
Teamwork and collaboration.



# II. Character Development & Community Building

## **COMMUNITY SERVICE PROJECT:**

Understand the role of the individual in a broader community.  
Practice the act of giving your time and energy to support others.  
Cultivate a sense of generosity, mutual respect, and obligation.

## **LEADERSHIP & TEAM SKILLS:**

Develop a practice of communication and accountability.  
Participate in creating fun lifelong memories through team experiences.  
Meet & connect with other players across Central Oregon.  
Learn and challenge yourself in a community that holds common values.  
Learn how to respect and work with others in high pressure situations.  
Understand how to handle adversity as a group.  
Learn from accomplished leaders in various fields.

## **COLLEGE & CAREER TRAILMAP:**

Understand your interests, values, and passions.  
Begin thinking about or start planning for post- high school opportunities.  
Work with your family & the Thump Lacrosse team to explore various options.  
Learn about the steps necessary to have a fulfilling trail map.  
Prepare for or engage in the lacrosse recruiting process if desired.  
Access knowledge & varied experiences of Thump network.

## **QUARTERLY MENTORSHIP MEETINGS:**

Evaluate your goals and make a plan to reach them.  
Get support in all aspects of life (social, athletic, academic, etc).  
Understand time management.  
Develop communication and emotional intelligence skills.



# III. Cognitive Fitness & Mental Performance

## **COGNITIVE CLIMB SERIES:**

Understand the importance of emotional intelligence in lacrosse and life.  
Develop specific emotional intelligence tools to implement in various situations.

Learn emotional regulation strategies.

## **MINDSET:**

Learn how our mindset shapes our experience.

Understand and implement a Stress is Enhancing mindset.

Understand and implement a Growth Mindset.

Learn specific mindset tools to implement in various situations.

## **RESILIENCE, GRIT AND LIFE PREPARATION:**

Develop a strong work ethic.

Develop strong senses of responsibility, accountability, and commitment.

Understand the importance of resilience and grit.

Gain confidence in individual resilience and the ability to do hard things.

Develop problem solving skills.

Hear from accomplished guest speakers about their path.

## **MINDFULNESS, VISUALIZATION, CONFIDENCE:**

Understand and practice mindfulness strategies.

Develop tools of confidence on and off the field.

Understand and implement the power of visualization and imagery.



# We deliver the Impact Framework through:

We deliver our Impact Framework primarily through our Impact Team, using

- Tournaments
- Team Practices/Training Sessions
- IQ Training Sessions
- Positional Training
- Quarterly Mentorship Meetings
- Skills Assessment Profile
- Strategic Partnerships with Area Experts (Academy West, Mabry Academy, Boss Sports Performance, etc)
- Guest Speakers
- Community Service
- Community Building Events (Team bonding, dinners, and activities)
- Winter Box League
- Summer Sixes League