

# SHALER AREA BOYS LACROSSE TEAM RULES

## Team Expectations:

As a rule, the concept of team means sacrificing personal goals for the goals of the whole. Athletes need to remember that participation in extracurricular activities is a privilege and not a right. Conduct on and off the field should be in such a manner as to be a positive representation of the team and the school. The following information pertains to rules and requirements established in the District's Athletic Handbook and the lacrosse coaching staff.

## Lacrosse Rules, Regulations, and Requirements:

**Philosophy:** Work hard throughout the season to learn the game and to compete at the highest level. Athletes have a responsibility to their team and teammates; therefore, they should always support their teammates and continue to "work to improve" their game for the benefit of the entire team. Remember, not every player will play Varsity BUT all players are essential components to this team and the success of our program. I believe in rewarding hard work. We will be promoting JV players throughout the season based on hard work and dedication. The goal of the coaching staff is developing the players.

## Academics and Attendance: **ACADEMICS COME FIRST!**

1. Attending school and doing well with your academics is your first priority. You can't have athletic success without academic success.
2. The School District has a minimum academic standard that must be maintained in order to be a participant on our athletic squads. It is expected that the student athlete would strive to achieve higher than the minimum standard.
3. As per school rules, athletes must be in school by 10:00 each day in order to participate.

## Practice:

1. All players must attend all practices. Unexcused absences will not be tolerated. Let the Head Coach know if you will not be at practice for any reason.
2. **MAKE GOOD CHOICES:** The choices you make affect your teammates! You are expected to give 100% during every practice. Going above what you feel you can give is the only way of building a successful program.
3. Be on time. Players should arrive at least 10 minutes prior to the start of practice to give themselves plenty of time to get their equipment on and to the field.
4. No one leaves the field until everything is put away and **ALL OF THE BALLS ARE COLLECTED.**

5. Missing or arriving late for practices will result in the loss of playing time.

### **Playing Time:**

At the JV level, the team is considered developmental. Learning to play and think Lacrosse at the varsity level and develop lasting skills and habits within a team framework are the long range goals. Winning at this level is important but secondary to team and player development. Every player's goal should be to play at the Varsity level and it is the coaches responsibility to help each player achieve that goal.

At the Varsity level, we are competing for post season play. Since this is based on your school record, winning becomes far more important for the benefit of the team. Therefore, playing time will be based on ability, performance, attitude, and the positional needs of the team. Players that have the technical and physical abilities needed for the Varsity level competition, will receive the majority of playing time. This can be a frustrating situation for Varsity parents because it can change from game to game, as the season progresses, or from season to season as players mature and grow. Playing time will not be based on grade level.

### **Game Day Expectations:**

Away games - We will look organized as a team. Players will wear the polo shirt provided and khaki pants to school and to the game. The shirt must be tucked in. Players must be at the high school at least 10 minutes prior to the scheduled bus time. If there is a Varsity only away game, the JV players are excused from having to attend but are more than welcome to come and support their fellow teammates. All players must ride the bus to the game. After the game, players may ride home with their parents if a travel release form has been completed. We encourage players to ride the bus home as well.

Home games – All players are to be in the locker room 60 minutes prior to the start of the JV game. Varsity players will be ready to help with JV game prep. When the game starts, the Varsity team will sit together in an area designated by the coach until halftime. JV players will stay in an area designated by the coach for the duration of the Varsity game. We are a **TEAM** and will support each other. If there is a Varsity only home game, the JV players are expected to attend and support their fellow teammates.

\* Injuries need to be addressed immediately! Notify the coaches of any injury that you have sustained. Injured players are expected to come to all practices and games unless the injury is season ending. Notify the Head Coach if you were instructed to not attend practice because of your injury.

### **Respect:**

1. Athletes are required to show respect toward the coaching staff at all times. Coaches will be addressed as "Coach" with their first or last name. At no time will "back talk" be tolerated.

- a. If a player talks back to **ANY** of the coaches during a practice or game, the following will occur:
  - i. First offense – The player will be removed from the game or practice and there will be a discussion with the Head Coach. The player is eligible to return when the Head Coach sees fit.
  - ii. Second offense – The player will be removed from the remainder of practice or game and there will be a discussion with the player and parents.
  - iii. Third offense – Athletic Director will be notified and the player will be suspended from the team for 2 weeks.
  - iv. Fourth offense – Player will be dismissed from the team.
2. Athletes will respect their fellow teammates. **WE WILL ACT LIKE A TEAM AT ALL TIMES!**
  - a. Bullying of any kind is not tolerated and the coaching staff takes it seriously. If a player is found to be bullying another teammate verbally or through social media the following will occur:
    - i. First offense – Athletic Director will be notified, meeting with coaches, player and parents and Loss of playing time for 2 weeks.
    - ii. Second offense – Player will be dismissed from the team.
  - b. Fighting will not be tolerated. Lacrosse is a physical sport and I understand it can get heated sometimes but there is never an excuse for fighting with a teammate.
    - i. First offense - Athletic Director will be notified, meeting with coaches, player and parents and Loss of playing time for 2 weeks.
    - ii. Second offense – Player will be dismissed from the team.
3. Athletes will show respect to the referees. They are not perfect and we need to remember this is not their fulltime job. If the player continually argues with a referee he could be removed from the game at the coach's discretion.
4. Athletes will show respect to the opposing coaches, players, and fans.
5. Athletes will respect the home and away facilities and buses.

\*Encourage your child to talk to the coaches about any existing problems or questions.

\* 24-hour Rule – Wait 24 hours following a game or situation to contact the coaching staff.

**PERSONAL AGREEMENT TO THE TEAM RULES AND POLICIES**

By signing below, I agree to, and will uphold to the best of my ability, the above cited Team Rules and Policies for the Boys Lacrosse Team at Shaler Area and the common coaches rules set forth by the Shaler Area School District Athletic Department. I understand that if I am found in violation of any of the rules I may be excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, I can also be suspended and/or dismissed from the team (as determined by the head coach and the Shaler Area administrative staff). If I am dismissed from the team or quit the team, I understand that I will lose any privileges associated with being a member of the Shaler Area Boys Lacrosse Team.

**Team Member's Name (PRINT) :** \_\_\_\_\_

**Team Member's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**By signing above, I indicate my agreement.**

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_