La Plata High School Girls Lacrosse Manual 2020

Welcome Players and Parents!

It is our pleasure and privilege, as your coaches to work with each of you this upcoming season. The primary purpose of the interscholastic program is to provide activities for you which will enhance your overall education. Academics are the most important phase of your learning experience. Participation in athletics will also help develop important lifetime skills of time-management, self-discipline, self-concept, fitness, interpersonal relations and sportsmanship.

Lacrosse, as in any sport, demands a great deal of commitment, self-discipline and self- sacrifice. Our main goal is to help you improve and master the skills of the game, develop the above lifetime skills but, most important, become the best player you can be on and off the playing field.

A true champion respects all others, regardless of talent level. The LPHS Lacrosse Team works as a family, whose members must be willing to help and support each other. If you are in a position to help someone, then do it! If you need help with something, please ask. *As a member of this program, you will not, in any way, allow your actions to cast negatives on the team or its members.* Making the necessary commitment to yourself and the team will enable you to make the same commitment for any challenges that life presents to you in the future.

The ultimate decision of what you want to accomplish and the goals you set are your choice. How far you want to go is up to you.

Head Coach: Kelley Nicholl

Assistant Coaches: Cassie Walters

Shawn Starcher

Kirk Wyant

**La Plata High School Girls Lacrosse**

**Team Manual 2019**

The following guidelines and rules have been established and will be expected by each player of the team.

*By completing and signing a* ***Player-Parent/Guardian Commitment Form****, the Player and Parent/*

*Guardian acknowledge all rules and guidelines stated in the LPHS Girls Lacrosse Manual and the CCPS Student-Parent Athletic Handbook. These guidelines and rules have been established and will be expected by each one of you to comply with while being a member of this team. Failure to comply with any of the rules and/or expectations may result in loss of game time and/or dismissal from the team. PLEASE REVIEW THEM CAREFULLY.*

COACHES

Kelley Nicholl (varsity) knicholl@ccboe.com 301-643-7197

Cassie Walters (JV) cwalters@ccboe.com

Shawn Starcher

Kirk Wyant

Coaching Philosophy

As a coach of the La Plata Warriors girl’s lacrosse program we firmly believe in the overall ability of the athlete. The ability to lead, serve, commit and give 100% whether it is at practice, during a game, in the classroom or with her everyday life. Coaching involves providing a game plan. A game plan for each practice, a game plan for each athlete. The plan created will expect each athlete to give her best, to be her best with guidance provided along the way for any aspect she may struggle with. Coaching is bigger than the sport itself, it requires dedication and preparedness. Our goal is to make each girl in this program show improvement and strength in whatever her goals may be.

ELIGIBILITY

Each Player must submit completed required forms to the Athletic Director and receive eligibility clearance before they can attend practice.

Each Player must maintain a minimum of a 2.25 grade point average for ALL classes per quarter, with NO F’s.

If a Player is absent 4.5 or more days during the 9 week period, they become ineligible. See CCPS Student-Parent Athletic Handbook.

Players suspended from school for any reason become ineligible unless reinstated by the principal. This includes in-school suspension.

Players may not participate in scrimmages or games until they have attended five (5) practices. Please note: Players who are playing Winter Sports need to finish their obligations to those teams (regular season games/playoffs) prior to attending lacrosse practices. In overlap period, participation in the winter sport counts toward spring sports practices.

**Outside Competition or “club teams”** – Players acknowledge that the High School team is their FIRST priority. All school practices, games and events come before any outside team activity. Noncompliance with this policy could result in dismissal from high school team.

# ATTENDANCE/PRACTICE

By virtue of holding a roster spot, players acknowledge their commitment to attending every practice. Because of the limited number of practices once the season begins, maximum attendance is expected in order for players to benefit from a full understanding of objectives covered in practice. When players arrive late, leave early or do not attend practice, the entire team is affected.

**By reading and signing this document all athletes understand that there will be practice over Spring Break.**

Playing time can be affected by absenteeism, as missing the concepts, drills and plays reviewed in practice can impact your ability to perform with the team. Remember, *there is no guaranteed amount of playing time for players.*

All players are expected to attend practice EVERYDAY. If you are in school, you must attend practice.

**Because of PRIDE TIME, clubs and tutoring are offered during the school day (10:50-11:50). If an individual circumstance requires tutoring after school, please see Coach Nicholl (V) or Coach Walters(JV) to discuss your plans beforehand. ACADEMICS COME FIRST!!**

*Do not have another player tell the coach you cannot make practice.* It is your responsibility to contact the coach yourself. If you have been in school all day and become ill, it is your responsibility to locate Coach Nicholl or Coach Walters before leaving school and talk to them in person. An email is not acceptable at this time. **Non-compliance may result in an unexcused absence.**

**FULL DAY ABSENCE**: If you do not attend school, you may not practice or compete in a game on that day. It is your responsibility to EMAIL BOTH coaches BEFORE 10 a.m. and inform them of your condition.

**HALF DAY ABSENCE**: You must arrive to school prior to 11 a.m. and attend the remainder of the day in order to participate or compete. See CCPS Student-Parent Athletic Handbook.

**EXCUSED ABSENCE**: A student who is absent for an excuse other than illness, will have no restrictions on that day’s practice or game, however, the principal must approve the absence before participating.

**UNEXCUSED ABSENCE**: Arriving late (except tutoring), no notice, no show and/or leaving early from practice or game are considered unexcused absences. Players must email the coaches, in advance, if they have a doctor appointment which will result in a late arrival or early departure.

**PLAYING TIME**: Playing time and/or starting line-up depend on the **attendance**, **attitude** and **work habit** of each player. The starting line-up is made at the discretion of the coaches. Players jeopardize playing time/starting position by missing practices and displaying negative attitudes and/or work habits.

**NON-COMPLIANCE** *to the above conditions will result in loss of game time. TWO or more unexcused absences may result in dismissal from the team.*

**ABSENCE THE DAY BEFORE GAME**: Players may not be allowed to start and/or play in the game if they miss the full practice the day before a game (regardless of excuse).

# DAILY PRACTICE

|  |  |
| --- | --- |
| 2:20 | Meet in locker room to change and gather equipment. Get dressed and ready to |
|  | practice. Use this time to prepare yourself for practice (go to bathroom, fill water bottle, check |
|  | equipment schedule, etc.). PLEASE do not get out to practice field and ask to go back to building |
|  | (unless extremely necessary). |
| **2:45** | ***ON THE FIELD - WARM-UPS START*** If you are absent at this time, you are late and it is |
|  | unexcused (except pre-scheduled tutoring with coach notification). |
|  | Before staring practice, you must give the coach signed note from your tutoring teacher. |
| 4:45 | Practice will end by 4:45pm. Players must be picked up at this time, right outside the gym doors. |
|  | ***Please be respectful of the coaches who have to stay until all players are picked up by parents.*** |
|  | Players are not allowed to roam around the school after practice/game. |

**ALL SCHEDULED PRACTICES ARE MANDATORY**. (Schedule is tentative pending the SMAC pre-season meeting.)

Players are not to wear their cleats into the school building, bounce balls against wall, throw or catch in parking lot, or carry their equipment around during the school day.

# PRACTICE ATTIRE/EXPECTATIONS

A lacrosse stick, colored mouth guard, goggles and assigned reversible scrimmage vest are mandatory for all practices. If you do not have these items, you will not be allowed to practice.

Tennis shoes and cleats will be required for all practices.

A T-shirt is required to be worn under your reversible, with appropriate length shorts for ALL practices. Long sleeve shirts and pants may be worn in cold weather. If it is not acceptable in school, it is not acceptable at practice. *If proper dress code is not worn, you will not practice. Non-compliance will result in loss of playing time and may result in dismissal from the team.*

**Jewelry**: All jewelry (including all piercings) must be removed before practice and games. Medical alert tags may be worn with the information visible, but must be taped securely to the player.

**Cell Phones**: All cell phones and electronic devices must be turned off and put away BEFORE and DURING practices and games.

**Injury**: If you are hurt, it is your duty to report the injury to the coaches and coordinate care with the trainer. Any visit to the trainer or required care with the trainer will take place before 2:45 or after 4:45. Athletes that visit the trainer before practice are expected to be on the field by 2:45. Any athlete that visits the trainer during practice is required to sit for the rest of practice and depending on the severity of the injury, (determined by the trainer) may count as an unexcused absence.

An injury that is not properly taken care of can result in a more serious injury, which we do not want. If you are injured and cannot play/practice, you still must come to practice, assisting with your position and role, until you are cleared to play. Should a player sustain a serious injury and is under the care of a physician and is held out of participation, a note to “resume play” is required by the attending physician. See CCPS Student-Parent Athletic Handbook.

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| **Team Equipment**: | Each player has the responsibility to assist with bringing out and putting away |
|  | team equipment and making sure field is trash free at every practice and |
|  | game. For practice Varsity will bring out all equipment, JV will put the equipment away in an organized fashion. Home games, JV will set up, Varsity will take down. Away games, JV will load the bus and unload at the game site. Varsity will load after the game and unload back at school. |
| **Team Locker Room**: | Players will have the opportunity to utilize the team locker room to keep their |
|  | belongings safe. Make sure you lock your belongings with a lock. The |
|  | school/coaches are not responsible for stolen or lost items. |

# GAME EXPECTATIONS

**JV Players**: It is expected that JV players will stay through the first half of the Varsity game, home and away. JV players will be asked to sign up for at least one full Varsity game to remain and keep stats.

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| **Uniforms**: | The school will issue each player a team uniform. |
| **Practice:** | Each player will be issued a practice jersey along with their uniform. **The practice jersey** |
|  | **MUST be worn to all practices – no excuses.** |
| **Home games**: | Navy game jersey, skirt, white/navy spandex shorts, cleats, goggles, mouth guard, stick and |
|  | game socks. |
| **Away games**: | White game jersey, skirt, white/navy spandex shorts, cleats, goggles, mouth guard, stick and |
|  | game socks. |

\*\* Cold weather games, “cold gear” tops and tights may be worn under uniform. If wearing gear, it must be black under the Navy and a white top under the White jersey. Full uniform is required to participate in game.

**Jewelry**: Removed prior to game

Players must stay together as a team from the time they take the field or get off the bus until they are dismissed following the post game meeting or arrive back at the school. Players leaving the group without permission risk not playing in the game. Players are either on the field or on the bench. Encouragement and cheering for teammates is expected along with being focused on the game.

Immediately after the game, all players will pick up trash and gather their equipment for the post-game meeting. At the conclusion of the meeting, players will exit the field as a team, go to the bus or meet their parents at the stadium exit. Under no circumstances should trash or any equipment be left behind.

# REPORTERS

Players are not to approach nor speak to newspaper reporters until first securing permission from the coach. Should a reporter approach you for a comment, you must first verify that the coach has agreed to the interview. Please make sure all comments made are positive and team oriented. Do not speak to a reporter by yourself and if a reporter asks you a question of negativity or a question that you feel will develop a negative response, just say “no comment”.

# TRANSPORTATION

All players are expected to travel to and from away games as a team by bus provided by Charles County Public Schools. At the end of the game, a **Parent/Guardian** may see the HEAD COACH to sign out their student only, for permission to ride home with their **parent/guardian ONLY**. **Teammates cannot ride home with another teammate’s parent/guardian.**

Follow all safety rules and regulations while riding on the bus. This includes quiet voices, appropriate language and staying in seats. Enter and leave from the front doors only. No cleats on bus.

# CANCELLATION

Practice is daily. Meet in locker room at 2:20pm and ending at 4:45pm. Spring weather is unpredictable and practices/games might have to be cancelled at a moment’s notice. **Always come prepared with practice gear, even on game days. If a game is cancelled, we will most likely still have practice.**

All practices and games are listed on calendar (schedule is tentative pending SMAC pre-season meeting).

It is the responsibility of the player to listen to announcements in school and messages from REMIND for changes in this schedule. We will make every attempt to get changes to players and parents as soon as possible.

**CODE OF CONDUCT**

All aspects of the Charles County Code of Conduct are in effect at all lacrosse practices, trips and games. Participation in athletics is a privilege and with that carries the responsibility of exhibiting good behavior and sportsmanship. All players will represent La Plata High School appropriately and professionally.

While in school uniform and/or participating in a school related event, whether in person or on social media, you must display proper and respectful behavior.

Where it concerns the use of alcohol, tobacco and drugs, here is all you need to know: **IT IS ILLEGAL**. Anyone discovered engaging in any substance-abuse or distributing over the counter prescription drugs or dietary and nutritional supplements for the purpose of enhancing performance **will be immediately dismissed from the team**.

Stealing or any other criminal act committed while you are a member of the team **will result in your immediate dismissal**.

There is one very simple rule that you are to live by: “Do not do anything that is detrimental to yourself. If your choices/actions are detrimental to you, then they will be detrimental to your team and to your High School”.

*Acts of disrespect are prohibited and will not be tolerated*. This includes arguing, profanity, talking back, not controlling temper or attitude towards teammates, spectators, opposing players, referees and coaches. **Violation of this policy will result in removal from practice or game and may result in dismissal from the team**.

Verbal, written (including, but not limited to, cell phone photos, texts, emails and all other social media), physical assaults or harassment in any form, including hazing, is strictly prohibited and will be referred to Mr. Pauole and the administration for immediate action. This includes any activity which humiliates, teases, harasses, injures or potentially injures a fellow teammate or an opponent from another team.

**Any player ejected for unsportsmanlike conduct or misconduct will not be permitted to participate in the next game and/or may be dismissed from the team**.

If there is an issue you cannot resolve on your own, please come to the coaches for guidance in resolving the matter as soon as possible. Tension on the team will result in unproductive practices and games. WE NEED TO BE A TEAM UNIT TO BE SUCCESSFUL.

# COMMUNICATION

*If players have an inquiry or concern, they need to contact the coaches as soon as possible.*

Players, it is your responsibility to initiate this communication with the coaches. Topics like Tryout Results, Playing Time, Position and Starting line-up will not be discussed with parents. It is the coach’s opinion that high school players are mature enough to handle these challenges themselves and find solutions. See CCPS Student-Parent Athletic Handbook.

***Parents***: Should a concern arise, please contact the coach IMMEDIATELY. Waiting until the end of the season is not beneficial to the player or coach. Just before, during and after a game or practice is not a reasonable time to seek out a coach with concerns.

# PARENTS/SPECTATORS

Admission to athletic events in CCPS entitles parents and spectators to enjoy a competitive exhibition of skills in an educational environment. As a parent/guardian, you are extremely important in the enjoyment and learning that your child will derive from playing sports. You can provide positive motivation by:

Be supportive of your child by giving encouragement and showing interest in the team. Positive reinforcement is a major incentive. Allow your child to set their own goals and play the game for themselves.

Be a positive role model by showing good sportsmanship and respect to the coaches, referees, opponents and all teammates. Respect the integrity and judgment of game officials.

**Allow coaches to do the coaching. You might not agree with the decisions that are being made, but we ask that you respect them. Many factors go into these decisions based on such things as practices and school behavior.**  Spectators are to remain in the stands on the opposite side of field from the team. Only team personnel or those assisting with timing, game book and stats, may be present at the game table.

“Often, spectators fail to remember the primary role of interscholastic athletics is to prepare students to be good citizens, become better adults, and learn new skills and HAVE FUN”. See CCPS Student-Parent Athletic Handbook.

**Guidelines for Captains**

1. Set a good example on and off the field.
2. Be humble and helpful.
3. Speak to officials, coaches and players with respect.
4. Give 100% at every practice and game.
5. Show positive encourage to all teammates.
6. Communicate with all coaches in a positive, respectful manner.
7. Show leadership at practice and games, reminding teammates of what is best for the team, not the individual.
8. Display sportsmanship at all times.
9. Encourage team to work together.
10. Do not become involved in drama or any other negative behavior.
11. Notify all coaches if an issue should arise.
12. Do not handle issues yourself.
13. Coordinate team activities.

Player-Parent/Guardian Commitment Form

LPHS Girls Lacrosse 2020

We are looking forward to working with all of you this year.

By completing and signing this Player-Parent/Guardian Commitment Form, you, the Player and Parent/Guardian, acknowledge that you have read and understand all rules and guidelines stated in the LPHS Girls Lacrosse Manual and the CCPS Student-Parent Athletic Handbook.

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PLAYER PRINTED NAME PLAYER SIGNED NAME

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PARENT/GUARDIAN PRINTED NAME PARENT/GUARDIAN SIGNED NAME

Thank you for your cooperation.

Coach Nicholl

Coach Walters

Coach Starcher

Coach Wyant