

# **Westerville South High School Girls Lacrosse**



## **Team Handbook**

**“Character, Academics, Tradition, Success!”**

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# **Coaching Staff**

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TBA

Assistant Varsity Coach

## **Communications:**

The website will be the primary source of communication for the program. ALL IMPORTANT INFORMATION WILL BE UPDATED ON THE WEBSITE. In addition to the website, last minute text messages will be sent through Remind, and additional communications may be found on twitter and facebook.

- **Website:** [www.ladywildcatslax.com](http://www.ladywildcatslax.com)
- **Remind:** @ladylax18
- **Twitter:** @wshslax
- **Facebook:** Westerville South Lady Wildcats Lacrosse

## **Lacrosse Program Communication Structure**

Head Coach

Assistant Coaches

WSHS Girls Lacrosse Boosters

Players

Parents

# Coaching Philosophy

As a coach, I strive to reach the highest level of success for our school and lacrosse program. Success however is not promoted in simply winning, but in the development of student-athletes on and off the field. Lacrosse is the means by which adolescents learn that hard work; discipline, dedication, attitude, and desire are the key foundations to not only lacrosse, but also life itself. As head coach I plan on promoting these five characteristics through focused practices with high expectations, developing team and individual goals, fostering relationships with each student- athlete and parents, and above all else, modeling through personal behavior. Student-athletes are required to display sound character and professionalism in both winning and losing at all times. In which my personal coaching philosophy is based on the following concepts:

**EDUCATION:** As a coach it is my duty to educate and inspire student-athletes on and off the field.

**TRAINING:** A great student-athlete is prepared and ready for any task at hand, in which successful training (mentally and physically) should be considered a habit of every player.

**DEVELOPMENT:** Raising young men on and off the field can be accomplished through individual and team goal setting in order to be successful in the classroom and on the field.

**DEDICATION:** Westerville South student-athletes should take great pride in winning in the classroom, the community, and on the field. In which all players and staff members should dress, act and behave professionally at all times. Supporting coaching decisions, tactics, and performance of all teammates helps eliminate a sense of individualism and builds a cohesive, competitive team who, “WILL GIVE THEIR ALL FOR SOUTH” day in and day out.

## Future of the Lady Wildcats Lacrosse Program

Student-athletes should aspire to maintain a minimum 3.0 GPA or higher, dress professionally (business casual game days), act professionally (showing respect for teachers, parents and community officials), and behave professionally in the classroom (sitting in front of class and being actively engaged).

Second, student-athletes should be involved in the community they serve. Westerville South High School student-athletes and coaching staff will participate in raising awareness for the program through community service programs. Working with local lacrosse programs, providing youth training camps, and assist with high school team camps throughout the summer. In addition the high school coaches will work closely with middle schools and local clubs ensuring players get the best training and development possible.

Lastly, players should take great pride in the tradition of winning on the field. This begins with a well-educated coaching staff; this will ensure that all student-athletes receive the best possible training. Finally, investing time in developing the players in the program as well as youth players in the area will help the program flourish in the long run.

I take great pride in what I do as a coach, but the team will always be for the players, then families, then the coaching staff. Working together I am confident our team and individual players will achieve great success. Westerville South girls lacrosse program is developing a rich tradition and we look to continue that for years to come as an elite lacrosse program in the region by not only winning OCC championships and contending for state championships, but also by winning in the classroom, the community, and on the field.

## Eligibility

### **Incoming freshmen:**

Had to pass 5 classes during 4th quarter and have a GPA of 1.75 or higher to be eligible to play freshman year.

### **High School Students:**

Must Pass 1.25 credits per quarter and have a GPA of 1.75 or higher.

**\*\*\*H.S. GYM CLASS CREDIT DOES NOT COUNT TOWARD ELIGIBILITY\*\*\***

## NCAA Eligibility Clearinghouse Information

College-bound student athletes (those who wish to play college sports) must receive academic clearance from the NCAA Clearinghouse to establish eligibility. The process, though usually smooth, can sometimes be time consuming and difficult, especially if a problem presents itself. It is recommended that athletes and parents (even underclassmen, who must be knowledgeable about the required core courses they must complete), if the athlete may seek to play in college, pursue the following websites and take any appropriate actions. Also, early registration with the Clearinghouse is recommended by the NCAA. Any questions you may have can be addressed by the coaches, the Hilliard Bradley Guidance Department, or the NCAA.

The websites that provide the necessary information are:

[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

[www.ncaa.org](http://www.ncaa.org)

<http://web1.ncaa.org/eligibilitycenter/common/>

The NCAA strongly recommends online registration, but paper registration is available.

# **Participation Forms | Uniforms**

## **Forms (Final Forms):**

**\*\* All forms will be posted on the team website \*\***

All necessary forms need to be signed and turned in no later than the first day of training (August 1st). If you will be attending any summer events, these forms **MUST** be handed in to the coach before beginning participation. You will not be able to participate until these forms are in the school's possession.

- Physical Form
- Emergency Release Form

There will be additional forms for players and parents to fill out and they will be distributed later in the summer. Once I receive the forms from the athletic director, I will distribute them to the team. Please get all forms submitted in a timely manner to avoid unnecessary eligibility issues at the start of the season.

## **Uniforms:**

Each player will receive the following equipment for the 2018 season (subject to change):

- Home Jersey
- Away Jersey
- Backpack
- GK Jersey \*
- Home Socks- White\*\*
- Away Socks- Red\*\*
- Warm Up Top\*\*\*
- Warm Up Bottom \*\*\*

\* Goalkeepers only

\*\* Players keep after the season

\*\*\* Available for purchase, requirement for all players

*(All program distributed equipment needs to be washed and returned at the end of the season. Failure to do so will result in a fine; hold on account, and/or diploma hold)*

# Team Expectations/Code of Conduct

## Coaches:

- Will openly communicate with all players on their current level of play and give opportunities to improve.
- Will openly communicate with all parents concerning their child (per issue resolution guidelines).
- Will have planned practice plans for each session.
- Will attend all training sessions and be professionally attired.
- Will travel with the team to and from all games.
- Will monitor off-season training programs.
- Will address all players and parents in a respectful way.
- Will respect the referees during matches and will not embarrass the team with unacceptable outbursts. \*
- Will educate themselves on OHSAA Bylaws.
- Will actively seek professional improvement opportunities throughout the year (2 minimum).

\* I reserve the right to define what an “unacceptable” outburst is\*

## Players:

- Are always students and citizens first and are expected to maintain good academic standing in school (individual goal is min. 3.0 GPA), and a positive relationship with the community.
- Understand that I am apart of a team the entire season.
- Will play according to the laws and spirit of the game.
- Will be on time for practice sessions: 15 minutes before the start of the session is on time (Coaches must be notified prior to practice if you will be arriving late!).
- Will display self-control in all situations. Never use foul or abusive language before, during, or after a match, training session or in the classroom.
- Will train and play to the best of your ability. 100% effort is required to succeed.
- Will respect your teammates. These will be the guys standing beside you through it all. Play for one another.
- Will respect your opponents. We will win with pride and lose with dignity.
- Will respect the referees during matches and will not embarrass the team with unacceptable outbursts.
- Will address coaching staff with respect (“yes sir, no sir:). It is acceptable for you not always to agree with decisions made, but all issues can and will be handled in the proper manner (per issue resolution guidelines).
- Will not use, possess, sell or distribute any tobacco, drugs and/or alcohol
- Will adhere to social media “blackouts” when given.
- Will adhere to “curfew/check-ins” when given.
- Will adhere to dress code for home and away games
- Will be accountable for you and your teammate’s actions on and off the field.

## Parents:

- **Support your child** throughout the season by encouraging her to do her best.
- **Support the program and the people involved** by being positively engaged.
- **Respect the referees** during matches and refrain from embarrassing the team with unacceptable outbursts. You will be asked to leave any competition as a result.
- Do not discuss another athlete with other parents or players.
- Do not discuss confidential conversations with coaches concerning your child.
- Do not allow your child to make excuses for themselves.
- Do not comment on the other team’s coach, players, or fans during a game publicly.
- Do not give instructions and/or coach from the stands.
- Adhere to “48 Rule” and communication hierarchy.

## Classroom | Academics

Absolutely nothing is more important than each player's education and performance in the classroom. All players are expected to be leaders on and off the field, including in the classroom.

There will be zero tolerance for poor academic performance or behavioral issues in the classroom. Monthly progress reports will be given to players to be completed by teachers in order to monitor academic success. If need be, weekly progress reports will be given to the players for their teachers to completed.

The coaching staff will enforce the following academic policies:

- 1) All academic standards set by the Westerville City School District must be followed.
  - **Incoming freshmen:**  
Had to pass 5 classes during 4th quarter and have a GPA of 1.75 or higher to be eligible to play freshman year.
  - **High School Students:**  
Must Pass 1.25 credits per quarter and have a GPA of 1.75 or higher.
- 2) Coaches expectations:
  - Players within the lacrosse program will be expected to maintain a 3.0 GPA throughout the year in order to participate.
  - If a player has earned a "C" or below in a class, the player must demonstrate extra effort being taken to improve the grade (extra credit, tutoring, study table, etc). Teacher must sign off on effort being made. Player will not be able to practice if in noncompliance
  - Player who has earned a grade "F" in any class cannot practice or play in any games until the grade is pulled up to at least "C." Once player pulls grade up to a "C" the above standard applies.
  - Players are to adhere to the team dress code on game days. Violations of the dress code will result in the players forgoing their ability to participate in the upcoming game.
  - Any misbehavior reported by the teachers in the classroom will be handled on a case-by-case basis based on the nature and frequency of the behavior. Behavior issues can result in a loss of practice and/or game privileges.
  - **a. Severe cases can result in removal from the team.**



# Attendance | Disciplinary Policy

## Attendance:

Players are expected to be at training sessions, on time, every day.

**ON TIME:** Early is on time, and late is not acceptable. If practice starts at 5:00pm then you are stretching and warming up when the clock hits 4:30pm. (Your equipment is already on, you have seen the trainer, and you are prepared to give 110%)

If a situation arises that will cause you to miss a training session or a match, please notify the coaching staff as far in advance as possible.

***IT IS NOT ACCEPTABLE TO NOTIFY THE COACHING STAFF OF YOUR ABSENCE AFTER YOU HAVE MISSED THE SESSION OR GAME!***

Program policy on unexcused absences:

- 1<sup>st</sup> Absence: Player will sit out the first half of the next scheduled match.
- 2<sup>nd</sup> Absence: Player will attend but sit out the entire next scheduled match
- 3<sup>rd</sup> Absence: Player will be dismissed from the program.

Please note: persistent excused absences will not be tolerated and will be handled on an individual basis with the player. Employment and or “work” are not considered valid excuses to miss training and/or games.

## Disciplinary Policy:

Team disciplinary matters are handled individually and at the discretion of the head coach. See “Team Expectations,” “Attendance Policy,” and “Academic Policy” for various guidelines and consequences for violations. Athletic department guidelines found in Athletic Handbook also apply and will be upheld by the coaching staff.

**PLAYERS WILL BE HELD ACCOUNTABLE FOR THEIR ACTIONS BOTH ON AND OFF THE LACROSSE FIELD!!!**

# Team Make Up | Playing Time | Purpose

## Number of Teams:

With the projected number of players interested in lacrosse this year, we should maintain a Varsity team in the spring. If our numbers increase, teams will be split up into Varsity, Junior Varsity A, and Junior Varsity B, and announced at the conclusion of tryouts. Players will earn the right to make a team based on academics, skill, ability, effort, and commitment level. “Swing” players are those who will play a role on several teams based on ability, effort, and commitment levels.

The players who separate themselves as “elite” players will make and/or dress with the Varsity Team.

Teams may train as a group or separately. Coaches will work with one another and the players from each team and will decide which players dress with each team.

## Playing Time:

**Varsity:** Beyond academics and adherence to team guidelines, our primary focus with the Varsity team will be results. The coaches will put the strongest team on the field to help the players get a positive result from the game. Playing time will be earned not given. Playing time may not be evenly distributed.

**Junior Varsity Red/Grey:** JVA will now go by JV-Red, and JVB will go by JV-Grey. Beyond academics and adherence to team guidelines, our focus will be player development and system building. The coaches will still put the strongest team on the field, but the coaches’ primary focus will not be the result of the game. While we will never play a game without the intention of winning, we will be more concerned with preparing players to move up to play with the Varsity team.

**Purpose:** This structure is intended to develop and bring players up through the program with a common understand and structure. We will develop the talent of players in order to be competitive year in and year out, rather than relying solely on the skill of new players each year.

# **Tryouts | Training Schedule**

## **Tryouts (if applicable):**

We are allowed to start official training on February 19. Players will be evaluated on the following 4 areas:

- Technical Skill
- Tactical Skill
- Physical Ability
- Mental/Psychological Qualities

The following procedures apply to tryouts:

- Players should attend all tryout sessions
- All mandatory forms must be in prior to tryouts
- Players are expected to come to tryouts in good physical condition
- Players will be “named” to either the Varsity or Reserve team, but may play for both throughout the year (see team makeup)
- Any history of unacceptable conduct that can potentially be detrimental to the health of the team may negatively influence a player’s selection
- Sole discretion pertaining to the selection of players will rest with the coaching staff.

Teams will be announced on the last day of tryouts. Uniforms will be distributed at that time.

## **Training Schedule:**

During the weeks before school, training sessions in the afternoon will take place for all teams (varsity will include morning training sessions as well). Please check calendar on team website for training schedule. Coaching staff reserves the right to change training schedule for the purpose of the coaches/players’ needs.

Once school starts, practice will be from 6:00p to 8:00p (times may vary for JVA/JVB). Practices will include the following:

- Field Sessions
- Film/Classroom Sessions
- Strength & Conditioning Sessions

**\*\*Players should bring a gallon water jug, running shoes, proper cleats, lacrosse stick, protective eyewear, goalie equipment, and weather appropriate training gear to every session. Do NOT wear any part of your uniform to training sessions (socks, shorts, or jerseys)\*\***

# **Game Day Policy**

## **General Information:**

- All equipment should be brought to every match. Players who forget a part of their uniform will not be able to play.
- The coaching staff will set travel attire.
- We will need everyone's help in providing meals for the players throughout the season!
- Players should wear their warm up during games

## **Home Games:**

- School attire: Formal, Business casual, or otherwise instructed by the coaching staff
- Teams Meals may be held offsite and/or at the school at the beginning of the week. The nutritional content of the meals will be monitored by the coaching staff (subject to change).

## **Away Games:**

- School attire: Formal, Business casual, or otherwise instructed by the coaching staff
- Teams Meals may be held offsite and/or at the school at the beginning of the week. The nutritional content of the meals will be monitored by the coaching staff (subject to change)
- Team members will all ride the bus to and from away matches. Any exception (special circumstances only) must be cleared with the coaching staff ahead of time for the player to be eligible to travel to or from the match separately and participate.
- If your team is traveling with another team (both teams on the same bus) your team will be required to attend the alternate match; this means you may arrive early or stay late.

## **“48hr Rule” | Issue Resolution**

If at some point during the season you have any questions, comments, or concerns with anything regarding the lacrosse program, our door is always open. Here is how issues will be addressed with the coaching staff:

Appropriate concerns for a parent to discuss with coaches:

- Treatment of your child, mentally and physically
- Concerns about your child’s behavior

Issues not appropriate for parents to discuss with coaches:

- Playing time
- Team Strategy
- Other Team Members

The following is a guideline for effectively communicating with the coaching staff when problems arise:

- Please do not raise issues before, during, or after a match
  - Please do not raise issues during training sessions
  - Please call/email the coach to set up an appointment to talk.
  - Do not call coaches at work unless arrangements have been made ahead of time.
- 1) In matters directly concerning a player, the first communication should always be from the player herself with a member of the coaching staff.
  - 2) If the discussion between player/coach does not successfully resolve the issue, only then should the parents become involved.
    - a. The way we ask all issues to be handled between a player and a coach is as follows:
      - i. Initial Issue Notification- should occur between player and coach. The first time that the coaching staff should hear about a problem is from the player. Allow the coach 48hrs to obtain all information and attempt to resolve issue with player.
      - ii. Subsequent Issue Discussions – should occur between the player, coach, and parents. Coaching staff will not meet about an issue concerning a player without the player present! Allow the coach 48hrs to obtain all information and attempt to resolve issue with parent and player.
      - iii. Issue Escalation- may involve athletic director if parents, player, and coach cannot come to a resolution.

Conversations will not be held behind a player’s back. Please do not come to us and ask to have a conversation about a player without her knowledge. Also, be prepared to hear an honest response. Understand that it is possible we may have to ‘agree to disagree’ on some items. We will do our best to understand your point of view and ask the same in return.

Finally, if attempts to negotiate an issue have failed and the issue has not been resolved, we can set up a meeting with the Athletic Director to try to rectify the situation. Involvement of the athletic department is to be a last resort!

## **Use, Possession, Sale or Distribution of Tobacco, Drugs and Alcohol Policy**

The lacrosse program will have a **ZERO TOLERANCE** policy when comes to the usage, possession, sale or distribution of all tobacco products (including vapor), drug and alcohol. THIS IS NON-NEGOTIABLE!

Per the Westerville City School District: Use, possession, sale, concealment or distribution of any controlled drug other than prescription medication that has been administered in accordance with the district's policies. A student shall not possess, use, transmit, attempt to transmit, conceal, or be "under the influence" of any illegal/harmful drug, alcoholic beverage, inhalants, mood altering chemical, or substance represented as an intoxicating or a mood altering substance. A student shall not possess or transmit drug paraphernalia and/or instruments, including rolling papers. Under the influence is defined as manifesting before a school official signs of drug misuse such as, but not limited to, staggering, reddened eyes, odor of drugs, nervousness, restlessness, memory loss, abusive language, falling asleep in class or any other behavior not typical for the particular student. Included in this prohibition are those students who assist, are present, or in any way participate in the violation of this rule

**ESSENTIALLY, IF YOU ARE SUSPECTED OF,  
ACCUSED OF, OR CAUGHT USING, POSSESSING,  
SELLING AND/OR DISTRIBUTING ANY  
TOBACCO PRODUCTS, DRUGS AND/OR  
ALCOHOL YOU WILL BE DISMISSED FROM THE  
PROGRAM IMMEDIATELY!**

## **Social Media Policy | Curfew**

Facebook, Twitter, Instagram, Snapchat, the use of e-mail messages, text messages, blogs, websites or other electronic communications are a blessing and a curse for this generation. Unfortunately issues have arisen surrounding the usages of social media at all levels, which is why it is extremely important to think before you post.

- Players using social media networks, e-mail messages, text messages, blogs, websites or other electronic communications to make inflammatory or derogatory comments, and/or inappropriate descriptions or pictures regarding another team member, another student, a coach, another school or team, or other staff member is strictly prohibited.
- For the purposes of this policy, inappropriate comments may include, but are not limited to: comments/pictures/descriptions regarding another person's race, ethnic background, culture, religion gender or sexual orientation.

***Any violation of our social media policy may result in suspension and/or dismissal from the team.***

### **Social Media “Blackouts”:**

A social media “blackout” is essentially a time period where players are prohibited by the coaching staff from posting anything related to upcoming practices, games, and other lacrosse related activities.

***Any violation of our social media “blackouts” will be handled on a case-by-case basis.***

### **Curfew:**

Players will be given a curfew by the coaching staff, in which it is their responsibility to check in at that specific time:

- Any player that fails to check in with their coach will be in violation of this policy, which will result in additional team conditioning, practice, and/or game suspensions.

***In the extreme case where a player continues to be in violation of the curfew policy he will be dismissed from the program.***

## **Player Acknowledgement**

This handbook describes important information in regards to the Westerville South Girls Lacrosse program.

I acknowledge that the contents of this handbook are subject to change. I understand that I will receive notification of all such changes as soon as they are made, and that revised information may supersede, modify, or eliminate existing policies.

I have received the handbook, and I understand that it is my responsibility to read and comply with the policies.

I fully understand failure to meet behaviors as outlined in the Players Code of Conduct will result in disciplinary action. The severities of these actions are at the complete discretion of the coaching staff and/or the WSHS Athletic Director and shall be in accordance with those established by the Westerville City Schools District and Ohio HS Lacrosse Association. Actions may include but are not limited to: extra conditioning, work detail at school, consultation with parents and school officials, loss of game playing privileges and ultimately dismissal from the team.

Players Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

*Return form to a member of the coaching staff*



## **Parent Acknowledgement**

This handbook describes important information in regards to the Westerville South Girls Lacrosse program.

I acknowledge that the contents of this handbook are subject to change. I understand that I will receive notification of all such changes as soon as they are made, and that revised information may supersede, modify, or eliminate existing policies.

I have received the handbook, and I understand that it is my responsibility to read and comply with the policies.

Parents Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

*Return form to a member of the coaching staff*

“BE A  
CHAMPION  
EVERYDAY!  
IN EVERY  
WAY!”