**DAVIS HIGH SCHOOL GIRLS LACROSSE**

**PLAYER HANDBOOK**

**2015 - 2016**

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**INTRODUCTION**

This player handbook is prepared for your benefit in hopes that it will better acquaint you with the philosophies and procedures of the Davis High School Girls Lacrosse program. You should know what is expected of you. This handbook is your guide as to what we expect of you as a student-athlete.

**Off The Field**

**PUBLIC IMAGE**

The fact that you are members of the Davis Girls Lacrosse team automatically puts you in the spotlight. Your actions may be closely scrutinized by youngsters, fans, fellow students, teachers and many people who may be antagonistic toward athletes. You are not only expected to follow the rules of the team, school, and school district, but to set a proper example. It will be to your benefit if you work toward developing appropriate manners while you are attending this school (properly addressing your teachers, elders, etc.). We are representatives of our school and the school itself will be judged by our conduct. We should conduct ourselves as ladies at all times

**CLASSROOM CONDUCT**

It is disappointing to coaches and players when students are ruled ineligible to participate for academic or citizenship reasons. Students participating in athletics must have a 2.0 GPA from the previous term with no F’s or U’s and must maintain a 2.0 GPA with no F’s or U’s to participate.

**PUNCTUALITY AND HOURS**

Successful people are prompt. You are expected to meet all schedules on time. Please set alarms to be ready for practices. While it is a benefit to have helpful and supportive parents, it is your responsibility to be to practices, on time. Practices during the week will begin promptly at 3:30 p.m. and end around 5:30 p.m. Please manage your time after school to be prepared to start your workout at that time.

**MISSED PRACTICES**

If a player misses a practice for any reason that does not fall under the following categories, they will not play in the first 10 minutes of the game following their absence. If they miss two practices, they will miss the first 20 minutes of the game following their absence. This consequence will continue and it is possible that a player will not play the entire 50 minute game if they are continually missing practice. Acceptable absences with 24 HOURS NOTICE if possible:

* After school required field trip etc. (Proof from teacher needed to be excused)
* Sick with the Flu, Colds that are contagious etc. *if you are well enough to attend, but not participate, it is expected that you come and learn from our practice.*
* Injured- note from parent and/or doctor needed to miss more than two practices. *Same policy goes for injured as seen above.*
* AP testing
* Loss of loved one

**LATE TO PRACTICE**

For each minute a player is late, they will be required to do sprints after practice. If I am 5 minutes late, I will do 5 ladders or whatever exercise coach determines that day. Not completing sprints will result in loss of game time for the player.

**AVAILABILITY OF COACHES**

As a player, please know that as coaches we are always available to you. We may need to schedule a time with you if we are busy when you come to see us but we are happy to meet with you about anything. If you have a question or a problem, we can probably help you solve it. We will do anything we can to help you with whatever issue you are facing. Please call on us.

**UNIFORMS**

As a player you will receive a penny as well as two sets of uniforms (one for home games, and one for away games). You are required to have your penny at all practices.

Your uniforms are the finest athletic uniforms available anywhere and need to be treated as such. You are only to wear your uniform during games. We do not wear the jerseys or kilts at any other time. It is your responsibility to take care of and remember your jersey, not the coaches.

**PRACTICE PROCEDURES**

**PRE-SEASON**

The time most important to a lacrosse player’s individual development is outside of the season. During the season, everyone is working hard and therefore progressing. Outside of the season, athletes work hard or take it easy, depending on how badly they want to improve. This is best done on an individual basis. Run, strength train, shoot, jump rope, play pick-up games, etc. All will contribute to your individual development. Fall practices and games are for player and team development and conditioning. It will be in your best interest to attend all practices and games.

*Remember….*

*Whenever you are not out practicing,*

*Somewhere, someone is.*

*And when you meet…*

*She will win.*

**SEASON**

1. After school team practices will be approximately 2 hours in length each day, depending on what we need to work on. Try to leave all your personal problems off the field, and we as coaches will try to do the same. Come to practice willing and eager.
2. When you run your warm-up laps you should use this time to mentally prepare to get to work. Once you have set foot on the practice fields the only talking you should do should be related to the skill or drill you are working on.
3. We have hard work to do before we can consider ourselves a success. We are going to challenge you to be the best prepared and conditioned team in the state. Let’s be prepared to win close games because of our condition, poise, and confidence. We feel that one key to our program’s success is well organized and rigorous practice sessions. Much thought and experience has gone into planning every minute of every practice, therefore your effort and attention for the entire practice is crucial to the team’s success.
4. The first 20 minutes of practice every day from 3:30-3:50 pm is designed to give you a chance to develop your individual skills. This time is only as valuable as you make it. Working hard every day during your individual workout will improve your overall skill and will benefit the team as a whole.
5. Teamwork will begin following your individual workout daily at 4:00 pm. During this time your focus should be dedicated solely to making our team better. Your focus and attention on the sideline is just as important as when you are playing. If you are not on the field, listen and pay attention to what coaches are saying, specifically any instruction directed at members of the team that are playing in your same position.
6. Any disrespect shown towards another player, coach, manager, or parent personnel during a practice could result in dismissal from the team.

*The key is not the will to win...everybody has that. It is the will to prepare to win that is important.—Bobby Knight*

**GAME PROCEDURES**

**PRE-GAME**

1. Student-athletes are to check in with their teachers last period on the day prior to a game to find out the content they will be missing and to be sure any assignments are turned in on time. Please communicate with the teacher so that they know you care about your grades and their class. The student-athlete is responsible for all class work missed due to participation and membership on the lacrosse team.
2. The coaches will direct players to the game meeting area. During this time, players should be getting ready to begin warm ups by making sure braces, shoes and any other game items are done up and ready for game time. At the conclusion of this meeting players will take the field for their pregame warmup.
3. In preparation for **home games**, players should come promptly to the field an hour before gametime. Please also make sure shoes are on and tied and any braces are attached and ready for pregame warm ups. Players are not to leave the parking lot area until we take the field as a team. We will meet as a team briefly before doing pregame warmups.
4. Following the pregame talk the warm up will last for 30 minutes under the direction of the team captains. Use good judgment in physically and mentally preparing yourself for the game.
5. With 5 minutes to go on the clock players will gather for our pre-game huddle, pump up and cheer ritual.
6. At refs whistle, please hustle out to the field and be the first team ready to go, fight and win.

**IN GAME**

Follow instructions and be alert. Respect your opponents but do not fear them. Our success is more dependent on what we do ourselves than on what our opponents do. You should be confident knowing that your practice and conditioning have prepared you for success.

**SIDELINE CONDUCT**

We want a lively and loyal sideline. High five when a substitute comes off the playing floor and get them some water. No profane or abusive language. We will not tolerate unsportsmanlike conduct from the sideline. Under no circumstances can we afford a card from the players on the sideline. We want the players on the sideline to cheer, encourage, instruct, warn and advise their playing teammates on to win; however, at no time should a player on the sideline address an official, member of the opposing team, or fans. Players on the sideline should study the game and pay particular attention to the teammate that is currently playing in the position they may substitute for.

**SUBSITUTIONS (Hustle on! Hustle off!)**

1. When called on to enter a game by a coach, please remove warm ups immediately and hustle to the official scores table. You must announce to the scorer that you are entering the game and then wait for the person you are calling in to come off the field. DO NOT enter the field of play until you have checked in and the other player is off the field through the box. As you enter the game please meet briefly with the player coming off the floor to make sure you understand your defensive assignment.

2. When exiting the game please meet briefly with the player coming in for you and make sure she understands her defensive assignment. Once this has occurred hustle to the sideline and stand next to the coaches.

**FOULS**

Do not show any emotion, gesture, or speak to officials when you have been assessed a foul. The referee will card foul if any unsportsmanlike act is shown. Any player assessed a yellow card foul because of an unsportsmanlike act towards an official will not reenter the game. Do not change expression, stare at the official, or show any emotion at all when calls are made. Please remember that your job is to play. You cannot play effectively if you are also trying to officiate. Remember that as coaches we are managing your foul situation, again your job is to play hard regardless of the situation.

**HALFTIME**

1. Go directly from the field to the meeting spot but take care of any personal needs on the way. The coaches will look over the first half statistics in private and discuss the plans for the second half before entering the meeting spot.

2. The halftime meeting will be brief and to the point. If you have any questions or suggestions, know what you are going to say and make it quick. Halftime and timeouts have to be short and organized.

3. At the conclusion of the half-time meeting, conduct a cheer and hustle to the field.

**POSTGAME**

Following the game, return to the sideline, cheer and congratulate the opposing team, and go directly to the meeting spot without delay for a short, private meeting. No immature acts will be tolerated. If you have given your all, you will be too tired for childish actions. Regrettable things are often said in the heat of battle so please use good judgment as you return to the meeting spot. During our post game meeting all players should remain fully uniformed, this includes keeping braces on, shoes on and tied and all attention and eyes should be on the coaches. Once the postgame speech is completed players will be excused to begin the JV game.

**NANEEWI**

We want a team of fighters who are not cocky, not conceited, but a team that plays hard, plays fair, and will always puts family first, NANEEWI. One player attempting to do it all can wreck the best team ever organized. The team must come first and individual credit must come second. There is no place for selfishness, egotism, or envy. You are equal in importance to the success of the team as any other player. We will not tolerate putting each other down emotionally, mentally or physically.

We want our team to believe that, a winner never quits and a quitter never wins. Others may be faster than us, larger than us, and have more ability than us, but no one should ever be superior in teamwork, determination, and character.