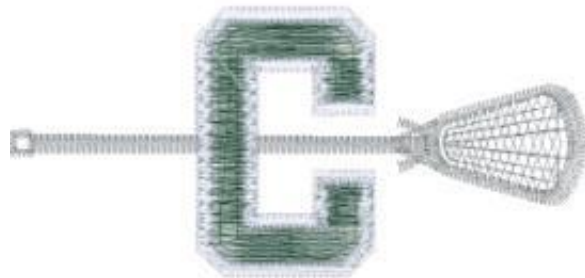


Carlisle Girls Lacrosse 2020

*“If you aren’t going to go all the way,
why go at all?” -Joe Namath*



**A guide for the Players, Coaches and Parents of Carlisle
High Schools Girl’s Lacrosse Team**

VISION

THE PROGRAM:

The vision for Carlisle High School girl's lacrosse is to become one of the top twenty programs in the state. As such, Carlisle High School should expect to compete for a playoff position and if earned, a championship every single season. This will not be an easy task. To achieve our goals of building a successful program, we will require a certain degree of commitment and dedication from every coach, player and parent on our team.

VARSIITY TEAM:

The Varsity team's ultimate goal is to win games. Every time a player on the Varsity team steps on to the practice or game field their energy should be focused on doing what is necessary as an individual and team player to become as successful as possible. Being competitive within and beyond our league is possible as long as the players are willing to work hard to achieve the ultimate goals of league, district and state championships. To accomplish these ambitious goals, only those players who can competently play lacrosse at a high level will make the varsity team during the season. Furthermore, the best players, whether they be a freshman, sophomore, junior or senior, will be on the field when the coaches feel it is necessary. ****Coaches will be willing to speak with any PLAYER NOT PARENT about the amount of playing time they are receiving when the time is appropriate; either before/after practice or at a designated meeting time agreed upon by the coach and player.**

JUNIOR VARSITY TEAM:

The goal of the Junior Varsity or JV team is to develop skilled players with winning attitudes that can eventually make the Varsity team. Focus at this level is on developing stick skills, mastering offensive and defensive fundamentals, fostering commitment and mental toughness, and developing overall athletic potential. Game experience is vital to achieving these goals. Winning games is not the primary goal of our JV team, however, we will try to win games within the participation constraints we place upon ourselves because it is important to develop winning attitudes amongst the players. The bottom line is that the success of the JV team will not be based upon its win-loss record but rather on how well it develops players for the Varsity team in the future.

****Coaches will be willing to speak with any PLAYER NOT PARENT about the amount of playing time they are receiving when the time is appropriate; either before/after practice or at a designated meeting time agreed upon by the coach and player.**

COACHING PHILOSOPHY

The game of lacrosse is an excellent forum to teach the important lessons in life. In this regard, we as coaches view ourselves as an extension of the academic faculty except that we will teach the molding of character rather than the everyday math, English and history.

DAILY REINFORCABLE VIRTUES: *What we are looking for in a lacrosse player.*

*Commitment: **Give your team your full focus and effort.** Work as hard as you possibly can during practice because there are no short-cuts to bettering your overall performance. Showing up early to practice to work on certain stick skills or conditioning is also encouraged. If you are not willing as a player to be committed to your team, you will not only be hurting yourself as an individual but also your team as a whole.

*Discipline: Adopt routines that make you better in everything. Part of your routine should be preparing yourself mentally and physically before practices and games and also preparing your equipment before practices and games. During practices, discipline yourselves by setting personal consequences to fix re-occurring problems or mistakes (push up/sit ups or a wind-sprint for missed passes, shots, catches). Having good discipline will only make you a better player.

*Consistency: Being a consistent participant at practices and games is what builds a strong chemistry and foundation to be successful during games. It is key that we are consistent with our intentions and hard-work to reach our team goals.

*Responsibility: Acknowledge personal mistakes and willingly accept criticism and consequences from your coaches. This is the essence of a true team player, and one who will eventually be extremely successful not only on the lacrosse field but also in life. **ALSO, being able to accept constructive criticism from teammates** shows a high level of responsibility and maturity. If there is one thing I wish to teach your daughters during my time with them, it is that holding oneself accountable for their own choices and actions will have one of, if not the, biggest positive influences on their lives.

*Trust: Team chemistry solely relies on this virtue alone. No **ONE** individual can win an entire lacrosse game which means that a certain level of trust must be developed and sustained throughout the entire season in order for success to occur. Conducting oneself with integrity is absolutely paramount to building trust amongst the entire team.

*Respect: Something you need to give to receive. Always address coaches, referees and other players appropriately. When emotions are running high, as they will in games and practices, your ability to control those emotions is vitally important to the success of the team.

*Mental Toughness: The ability to rise above adversity and defeat your opponent comes from the ability to not only play a game physically but also mentally. This is a characteristic of only the best athletes, and the players that are able to possess this quality will be the most successful.

We also believe that practice is vital to the growth of the team. **Repetition is key, competition between individuals and groups during practices will be stressed, and a “give it your all” attitude is what we seek in our athletes.** This builds competitiveness and mental toughness. On a final note—laziness will NOT be tolerated. It wastes time and leads to sloppy executions which further leads to bad habits.

All factors being equal, the team with the best leadership will win games. With that being said, a high expectation is put in place for the leaders of the team. Leadership will be stressed all season long to players at every level with the expectation that veteran players will show the new players to the team “the ropes” and teach them what it means to be a good all-around player. Some key attributes to being a leader are as follows:

1. Setting a proper example for everyone on and off the field (*in lacrosse & academics*)
2. Being a “tone setter” (*setting the level of intensity for a practice or game*)
3. Maintaining the standards of the team as an individual and team player
4. Taking care of your teammates before yourself (**looking at success as a team goal, not ONLY an individual one**)

TEAM RULES

1. Maintaining academic eligibility. (See academic eligibility section.)
2. If you **DO NOT** practice, you **WILL NOT** play. (*Exceptions may occur with Doctor’s/athletic trainers notes or notes from teachers regarding a school related function or at the coaches discretion.*)
3. Never be late. If you are going to be late to anything, a coach must be informed **24 hours beforehand**. There will be consequences at practice or during games for lateness. (*Excused absences will be considered in certain situations.*)
4. Be prepared. Have the right equipment for practice and games. Ensure that your stick is ready and legal. Have your goggles and mouthpieces on when the coach blows the whistle to begin practice. Not being prepared may result in consequences at practice or during games.
5. **GAME DAYS:** Wear your uniform properly and appropriately. Any type of clothing worn on game days that is NOT your uniform (i.e. undershirts, leggings, spandex) **must follow PIAA regulations**. If it does not, the referees will NOT allow players to wear it. Players should wear their kilts on their waists, **NOT TO BE ROLLED EXCESSIVELY**.

PRACTICE DAYS: All players will report to practice with their reversible practice jersey’s. If a practice jersey is forgotten, there will be an individual consequence.

****Jewelry will not be worn during practices or games. Mouth guards must be worn at all times during practices and games.**

6. Go full speed on every play in practice or during games. Laziness at practices will result in either team or individual consequences.
7. Respect everyone on the field. Encourage your teammates, do not argue with coaches or referees, and do not talk negatively with your opponents.

8. Do not do anything that will dishonor your school or team. **Poor conduct off the field will draw stiff penalties.**
9. Players must be on the sidelines during games to support their teammates while they are not playing. JV for Varsity and Varsity for JV. If a player needs to leave after their game is finished, it **MUST** be discussed **PRIOR TO THE START** of the games that evening. Leaving the game without notifying the coach will result in a consequence.
10. **CHANGING AREA:** After games and practices you can NOT change on the sidelines unless you are wearing an undershirt. **This is inappropriate and disrespectful to parents & coaches (yours and the other teams) and referees, especially of the opposite sex.** If jerseys, practice or game, are taken off without an undershirt and it is seen by a coach or parent, *THERE WILL BE A CONSEQUENCE.*
****On game days, players that wish to change out of their game skirts need to have a pair of shorts, leggings or sweatpants to wear afterwards. The girls will not be permitted to walk around in the spandex shorts that they wear underneath their uniforms.**

COACH'S POLICY ON DISCIPLINE

The actions and responsibility of the girls during lacrosse season will reflect upon each of them individually. Penalties or punishments for all the girls throughout the season will be the same, but will only be administered to the individuals who break team or school policy. **Players that decide to frequently disrespect the rules of the team or who conduct any act that is against school or severely goes against a team policy can expect to be dismissed from the team without a chance of returning to the program that season.**

Showing up to practices on time and ready to play is essential so that practices can be as effective as possible in the amount of time that we have to work with the girls. Girls that do not show up on time or that are missing equipment that is needed during practice will have a minor consequence that will be decided by one of the coaches. If this is a reoccurring issue, a loss of playing time or a starting position may take place.

In the team rules section, it is stated that if you do not practice you will not play. Unless your daughter has a previously arranged absence that the coaches are aware of, this will remain to be true. We as coaches are aware that the girls have academic responsibilities for certain classes and clubs and that doctors appointments and such may occur in the middle of the season. As long as a coach is notified at least 24 hours in advance, the absence will be deemed as excused. With that being said, if there is another athlete that is at practice the day before a game that is capable of playing the same position as someone who IS NOT at practice, **THEY WILL START IN THE CONTEST.**

****FAMILY VACATIONS ARE NOT CONSIDERED EXCUSED ABSENCES.****

(With a holiday occurring during season, some exceptions MAY be made to this rule.)

ACADEMIC ELIGIBILITY STANDARDS

The privilege of playing lacrosse at Carlisle High School is granted only to those players who are academically eligible during the season. To remain eligible, players must maintain passing grades in accordance with CASD standards.

The Athletic Director will screen all player grades in the school's database every Friday during the season. Any player that isn't passing at least 5 major courses will be declared academically ineligible and suspended for the next 5 school days. During the suspension, player will not be allowed to participate in games or scrimmages, **but will be required to practice.** Players may be excused from practice by coaches to receive personal tutoring or to make-up exams to improve their grades. However, players who miss practice will need to earn their position back as a starter or whatever their role was previous to their academic suspension.

Suspension will also occur when a player fails to pass 5 major courses on a report card following a grading period. When this occurs, players will not be allowed to participate in games for the next 15 school days following the day that report cards are issued. During that period, players will be required to practice, but may be excused from practice by coaches to receive personal tutoring or to make-up exams to improve their grades. Once again, players who miss practice will need to earn their position back as a starter or whatever their role was previous to their academic suspension.

If a player is still ineligible following her initial suspension for either a weekly Athletic Director check or report card, she will be suspended for an additional 5 school days. During this period, the player will not be able to participate in games NOR will she be able to practice. Players will be required to attend the schools C.A.S.H. program which provides them dedicated tutoring that will improve their understanding of the subject matter.

Players who accumulate over a month's worth of academic suspension (one third of the season) will be evaluated to determine whether they should be suspended for the remainder of the season. If a senior is suspended for the remainder of the season, she will be dismissed from the team. For an underclassmen, she may return to the team the following year if she has proved to the coaches and the Athletic Director that she has improved academically. The decision to be let back onto the roster will be solely decided by the coaches.

While these rules may seem a bit tough on those who choose to violate them, everyone must remember that the school's primary mission is to educate children. Any player who is struggling academically because of an extra-curricular activity is losing out on the true meaning of them attending school and that is to get an education. In that regard, we as coaches will enforce these standards rigorously.

Standards for Making the Team

Tryouts will be held March 2-5 for the 2020 season. The first official practice will be held on March 6th. The players will be evaluated on their ability in the following areas:

1. **Physical Ability:** ability to run, cradle, dodge, pass and catch the ball, scoop ground balls and playing individual defense.
2. **Academic Eligibility:** ability to maintain academic eligibility throughout the season.
3. **Attitude:** players should be punctual, display commitment to the team, and consistently exhibit high levels of effort in practices and games.
4. **Conduct:** players should display acceptable on and off-field conduct—that is a credit to their family, the school and the team.
5. **Team Chemistry:** As a coach, I hold a HIGH level of responsibility on the girls to simply get along with each other. Harassment, negative comments and ANY type of hazing is 100% not acceptable on the girl's lacrosse team and will not be tolerated.

Uniform Issue and Turn-in

THE SEASON

Team uniform issue will occur the week after the team try-out period has ended. Players who make the team will be issued:

- Reversible “Carlisle Lacrosse” practice pinny
- Black pant
- Game skirt
- Carlisle lacrosse green long sleeve jackets (Optional, if players has own jacket)
- White home game jersey
- Green away game jersey
- Black long sleeve shirt

The issuing of these items will normally occur right after practice in the McGowan Cafeteria. Players will get their uniforms in the following order:

- Returning players will be issued old number
- New Seniors, then New Juniors, then New Sophomores, lastly New Freshman.

****Additionally, players that will be playing goalie for the season may sign for goalie specialty equipment at this time.**

POST-SEASON TURN-IN

Several days after the season ends, coaches will announce when uniform turn-in will be conducted. Turn-in will normally occur in the McGowan Cafeteria. Players will be expected to turn-in the following items already **WASHED AND CLEAN**:

- Reversible “Carlisle Lacrosse” practice pinny
- Game skirts; black and white
- Carlisle lacrosse green long sleeve jackets
- White home game jersey
- Green away game jersey
- Black long sleeve shirt
- Black pant

**Any goalies that have gear will also turn it in at this time.

****PLAYERS SHOULD KNOW THAT ANY DAMAGE DONE TO THE SCHOOL ISSUED UNIFORM OR ANY LOSSES OF THE UNIFORM WILL RESULT IN A MONETARY OBLIGATION TO THE SCHOOL.**

DAILY PRACTICES

The season generally begins the first week of March and ends the last week in May. During the season, practice is conducted daily except on weekends. There will be some Saturday games, possible team building/bonding on Saturdays and **SATURDAY MORNING PRACTICES**. All practices will be 2 hours in duration and will run from 3:45-6:00PM unless previously announced by one of the coaches. If changes are to occur, parents will be receiving a notification VIA email.

Players should be in the correct uniform during practices. This includes the girls wearing their green reversible pinnie, appropriate shoes (either sneakers, cleats, or turfs) and athletic wear (**NO SPANDEX SHORTS/VOLLEYBALL SPANDEX MAY BE WORN WITHOUT SHORTS OVERTOP**). The girls are expected to wear clothing that is appropriate. This means that **NO UNDERGARMENTS** can be showing during practices (i.e. bras, sports bras, underwear, etc.)

SOCIAL MEDIA POLICY

As the Social Media day and age has set in and seems to be the driving force around what makes adolescents tic, I feel as though teaching the girls how to properly use social media and the impact it can have on their lives is necessary. We have had a few incidents in the past couple years where posts made to Social Media were not appropriate in regard to the team and also in regard to what the girls choose to do in their free time.

I cannot stress enough to the girls that **ANYTHING** and **EVERYTHING** put out onto the internet is **PERMANENT** and cannot be erased fully. With that being said, if social media cannot be used responsibly, especially in regard to lacrosse, there are consequences for these actions. I have preached to the girls if they are even questioning posting something for a second, **DO NOT POST IT!**

I am a firm believer that everyone has a choice, and when correct choices are not made, there have to be consequences for those actions in order prevent them from happening again. Bullying and targeted posts, taunting teammates or other teams we play, and ANY indication of drinking or partying are just a few examples of inappropriate posts. Below are the penalties for misuse of Social Media during the 2020 Girls Lacrosse Season:

1st Misuse: one game suspension and loss of a starting position for the following game. An explanation to their respective JV or Varsity Team will also be made regarding the incident and why they are not able to participate with their teammates in the contest.

2nd Misuse: the player will be dismissed from the team for the duration of the 2020 season.

If a further explanation of “appropriateness of posts” needs to be explained, I will be more than happy to speak with anyone.

The overall success of the team this season will be determined by the willingness of the girls to work hard and the determination everyone (players, coaches and parents) has for the program to improve!

We are looking forward to a fun, exciting and successful season of lacrosse! GO HERD!!