



## **McLean Lacrosse: Team expectations and guidelines**

### **Team Objectives**

1. **Have Fun** - Lacrosse is a game, it's supposed to be fun, and we can have fun while we are playing hard and playing smart.
2. **Become a team**- Know who you are playing with and how they play. Be a teammate on and off the field.
3. **Play Hard** - Give everything you have every second out on the lacrosse field – practice or game.
4. **Play Smart** - Play and perform within the team’s offense/defense and your own physical limitations; then you are playing smart. Be mentally tough.
5. **Sportsmanship**- Always conduct yourself in a positive manner. You represent yourself, your family, your team and school.

***"Attitudes are contagious! Is yours worth catching?" - Roy Williams***

**RULES**- All school rules will be followed. Students are busy and need to learn how to manage their time. Grades needs to be kept in good standing. Their priorities should be family, school, and then lacrosse. Players are expected to be at all team functions.

### **PRACTICE ARRIVAL**

1. Start time means fully dressed, taped and on the field ready to play.
2. A player who is late will not start the next game.
3. Upon the third late practice arrival a player will not play in the subsequent game.
4. See your coach personally beforehand if you are going to be late.

## **UNEXCUSED ABSENCES**

1. One unexcused absence will result in a one game suspension.
2. Two unexcused absences will result in a two game suspension.
3. A third unexcused absence may result in suspension from the team.

## **HAZING/ALCOHOL/TOBACCO/DRUGS**

Use of alcohol, tobacco, and drugs will **result in removal from the team!**

## **ROSTER CUTS**

If the number of players who come out exceeds the number that the coaches feel they can't give their fullest attention to, cuts will be made. It is the intention of this program to keep the players that exhibit both the desire and ability to help at some level of the program. Cutting is a difficult process, but at times it is necessary. It is the hope of our program that all players enter into practice knowing what possibilities lay in front of them, and accept the coach's decisions.

## **TRAVELING RULES**

We expect our players to conduct themselves in manner that projects an outstanding image of themselves, our program, and our school. We do not anticipate discipline problems when we travel. We encourage everyone to stay and be fans for the varsity game, but this can't always happen. They may leave only if they travel with their own parents and have notified their coach. Players who leave with their parents must give written notification to the coach.

## **GAME/SIDELINE CONDUCT**

Players play, coaches coach, parents encourage and ref's ref. At no time will players in the game or on the sideline question a ref's call. The coaches are the only ones who will communicate with the ref's. No one has a more important role in a young person's life than their parents. Hopefully all parents can attend all games to cheer and support your

son and his team in a positive manner. At no time will the use of profanity be acceptable. After a game the sideline will look like it did prior to our arrival, no garbage.

## **COMMUNICATION HIERARCHY**

Your role as a parent of a McLean High School lacrosse player is that of support and positive reinforcement/encouragement. Winning is an attitude. That positive attitude must be consistently put into the player's mind. We will do the best we can while we are with your son and we ask that you do the best you can the rest of the time. We as coaches realize we will make mistakes. There will be times you may not agree with something that we did or are trying to do. When you discuss this with your son, keep the tone positive. Your son must believe in what we are doing. Remember, winning is an attitude, and we must do everything we can to keep everything positive. We ask that you communicate with your son. If you do not understand something that is going on, ask your son. In our program, not only are we trying to produce good lacrosse players, but also, more importantly, we are trying to produce good young men. Communication is a vital skill in life. Your son must learn to communicate/self-advocate for themselves at some point in time in their life. We would like to facilitate this growth. We will communicate with them; if they have a problem, they need to talk to the coaches. If they share a problem with you dealing with lacrosse, make sure they have talked to a coach first. We as a lacrosse staff will not communicate with a parent about a player until we have first had a conversation with the player. If further discussion were necessary, we would be more than happy to talk to you. A discussion with your son's primary coach will precede a discussion with the head coach. The first part of that discussion will be a recap of your conversation with your son and our conversation with your son. Generally, a face-to-face conversation is preferred rather than the phone. Saturday morning practices may work best for this. Since we will be talking about your son, it is our preference that your son be involved in the conversation.

- **Player talks with coach**
- **Parent talks with player**
- **Parent talks with player and player's coach**
- **Parent talks with player and head coach**
- **Parent talks with player and head coach Director of Student Activities**

We ask that you follow these steps. We feel that this process will best help us maintain a positive attitude amongst the players.

**24 HOUR RULE-** Coaches are human and will make mistakes. If there is something you would like to discuss with a coach, please wait 24 hours from the time of the incident.

## **Guidelines**

1. **BE COMMITTED TO YOUR ACADEMICS** - Go to class every day. Be on time. Take good notes. Do all extra work possible.
2. **GOOD CITIZENSHIP** - Treat teachers, trainers, support staff and all the people you meet with respect. Treat other people the way you want to be treated. Remember to smile, to say please, thank you, yes sir, and yes ma'am, and give people the benefit of the doubt.
3. **BE COMMITTED TO DO THE RIGHT THING** -We have plenty of school rules . . . know them. Realize if you just try to the right thing you will be OK. Try to do the right thing and you are as close to perfect as any person can be.
4. **BE COMMITTED TO THE PROGRAM** - Our program provides many opportunities yet brings many responsibilities. We must be committed to build the tradition of our program.
5. **BE COMMITTED TO HARD WORK** - Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else . . . and because of that we always deserve to win. There is a reason we are the best . . . we work hard at it.
6. **BE COMMITTED TO BECOMING A SMART PLAYER** - We believe we work smarter than anyone else . . . We must develop players who understand the game. Our players must be good listeners and learn by watching. We must make good decisions; we must play with poise. We prepare mentally for practice and games.
7. **BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT** - We must have players who believe in our team concept. Our program is built on the concept that the team program is bigger than any one player . . . We need unselfish players.
8. **COMMIT YOURSELF TO A WINNING ATTITUDE** - Our players must be committed to winning but understand we don't measure our success by winning alone. Each time

we play we evaluate ourselves on reaching our potential. The test for our team is to play against the game not just our opponent. We never quit.

9. **BELIEVE IN OUR SYSTEM** - Commit yourself to our philosophy, to our system of play. Learn your role . . . then accept yours and do it the best you can.
10. **BELIEVE IN YOURSELF** - Play with confidence . . . think positive . . . realize that you are a great player. Don't get discouraged when you play poorly . . . be a leader. Lead by example.
11. **BELIEVE IN YOUR TEAMMATES** - Communicate with each other . . . help each other. Encourage each other and support each other. Be a friend. We understand that we are all different – be tolerant of teammates and others.
12. **BELIEVE IN YOUR COACHES** - Know that your coaches are trying to make you better people and players. Ask questions . . . don't whine and complain. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team and you.
13. **RESPECT YOUR OPPONENTS** – Lacrosse is a tough physical sport. **NEVER RETALIATE...Be mentally tough. Let the referees call the game. Learn how to overcome adversity. Be mentally tough.**
14. **RESPECT THE REFEREE-** Never question a call or talk to the referee about a call. Deal with the adversity of a bad call.

## **McLean Lacrosse: Team expectations and guidelines**

**The player and parent must sign and return on or before 3/9 before full participation.**

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(PARENT PRINT)

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(PARENT SIGNATURE)

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(DATE)

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(PARENT EMAIL Please Print)

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(STUDENT PRINT)

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(STUDENT SIGNATURE)

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(DATE)

***“Winning is the result of doing many small things correctly” John Wooden***

***Link to electronic parent signature:***

***[https://docs.google.com/forms/d/e/1FAIpQLSd1GuXkJEhD5\\_JOzgMJWH-pBEkEJauW7Z9PeLCIGX2RSUBWmg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd1GuXkJEhD5_JOzgMJWH-pBEkEJauW7Z9PeLCIGX2RSUBWmg/viewform?usp=sf_link)***