

# Lincoln Liberty Lacrosse Club

## Player Policies and Expectations

\*Attendance will be taken at every practice. An award will be given out at the end of the season for any players that have perfect attendance.\*

### Tardy Policy

First Tardy:

- Less than 10 minutes late: Verbal warning.
- More than 10 minutes late: Conditioning exercise to be made up before the end of that week of practice. If it is not made up, it will count as an unexcused absence.

Second Tardy:

- Conditioning exercise + will not play first 10 minutes of next game.

Third Tardy:

- Conditioning exercise + will not play first half of next game

Fourth Tardy:

- Conditioning exercise + will not play next game. Player must still attend in uniform and stand on the sideline with the team.

Fifth Tardy:

- Further disciplinary action will be taken at Coach's discretion.

### Excused Absence Policy

For an absence to be excused, Coach Cline must be notified by an **email from a parent at least 24 hours before practice begins**. Phone calls are not acceptable because there needs to be written proof that this absence is excused.

Each player will be allowed **ONE** late-notice absence for any reason. This can be used for reasons such as needing to finish that paper you forgot about, or just needing a day off. The player will need to notify Coach Cline of this at least **2 hours** before practice begins. Any later notification will count as an unexcused absence. These absences cannot be used for the practice right before a game.

Reasons that **WILL** count as an excused absence: family emergency; illness that caused you to miss school; school events.

Reasons that **WILL NOT** count as an excused absence: work; homework; napping; unable to find a ride (ask in GroupMe, we will find you one!).

**If you are unsure whether a reason is excusable or not, ask Coach Cline IN ADVANCE.**

## **Unexcused Absence Policy**

As stated above, players are allowed one free pass (with at least 2 hours notice) to skip a practice for any reason (this excludes the final practice before a game).

First Unexcused Absence:

- Half-game suspension. Player must still arrive in time for warm-ups and will stand on the sideline for the first half.

Second Unexcused Absence:

- One-game suspension. Player must still attend in uniform and stand on the sideline with the team.

Third Unexcused Absence:

- Removal from the team for the remainder of the season. No refunds will be given.

## **Practice Dress Code**

A Lincoln Liberty Lacrosse reversible must be worn to every practice. It is very important that everyone has their reversible so we can easily and quickly create teams in drills. It also makes our team look more like a team.

Cleats must be worn to every practice. If you forget your cleats, you will play wall-ball for the entirety of the practice. It's dangerous and unproductive to play lacrosse without cleats.

Mouthguards and goggles are required at every practice. If you forget either of these items and no extra is available, you will play wall-ball during any drills that require contact. You will still be able to participate in conditioning and drills that have no defensive pressure.

## **Practice Expectations**

Players will arrive at least 15 minutes prior to the start of practice. This allows them time to get their cleats on and chat with the girls. When the whistle blows to start practice, all conversation (while limited) will shift to lacrosse and warm-ups will begin immediately. If players arrive after that 15 minutes, they must be ready to take the field at the exact moment the whistle blows. If they arrive after the whistle, it will be counted as a tardy.

Players will be expected to jog to any lines, huddles, or water breaks. If players are caught walking during these times, they will be sent to do sprints.

Players will not have side conversations during drills or huddles (including passing progression). Chit-chat is to be saved for after practice. The only conversation allowed during drills is if a player is cheering on a teammate. Players are expected to watch their teammates during drills in order to learn from them.

Players will always speak with respect to coaches, officials, opponents, and ESPECIALLY teammates. We have all seen (on other teams thankfully) players speaking rudely to their teammates. This is NEVER acceptable while wearing Lincoln across your chest. We are a family, and even though we may get frustrated with each other at times, we will always treat each other with respect. If a player is caught being disrespectful to another player, official, or coach, they will immediately be pulled from the field. If this occurs in a game, they will be benched for the rest of the half or the rest of the game (depending of the severity). If this occurs at practice, they will be spending a while doing conditioning exercises and it may affect future playing time. **Disrespect will not be taken lightly.**

Players will be required to do at least 80 minutes of wall-ball each week (Monday-Sunday) during the season (Feb-May) This will be tracked through the SNYPR app. If you have to, arrive to practice early and do your wall-ball then (just be ready in time for warm-ups!). We should not have to spend practice time working on catching the ball. We need to be able to focus on other skills so we can win the league championship! Practices will run much smoother and quicker when every pass can be caught, and this is best learned through wall-ball. The 80 minutes can be divided up however you want, you will just be required to have a total of 80 minutes of wall-ball completed by Sunday at 11:59pm.

**Snypr Team Code is 59124.**

### **Game Expectations**

Players will arrive 15 minutes prior to the warm-up time. They must be dressed and ready to begin as soon as the whistle blows for warm-ups (an hour before gametime).

Players will wear white, Nike, crew length socks. No other socks are acceptable. Always keep a spare pair in your bag.

Players will arrive in their practice reversible over their uniform or warm-up clothes (sweatshirt, etc.) They will be in their game shorts in time for warm-ups.

Always bring both uniforms to all games.

### **Onfield Expectations**

Meet in a huddle after every goal (whether for or against us). The team captains will be expected to VERY QUICKLY discuss one thing that the team is doing well (if we scored the goal) or needs to fix (if we were scored on). The players on the opposite side of the field do not need to join this huddle. Players must then hustle back to their starting positions. We never walk back to our position after a goal.

After the final whistle of the game, all players (including subs) must run to their goalie and walk off the field as a team.

After lining up and high-fiving the opponents after the game, all players will go thank the officials with either a fist-bump or a hand shake.

After the game, players must leave the sideline completely free of trash. Coaches should not be expected to do this. If trash is left, players will be required to do a conditioning exercise at the next practice.

After all of this, players will meet in a designated spot to discuss the game and any additional information.

### **Off-Field Expectations**

You represent LLLC in everything you do. If you are ever caught during the season with tobacco products (this includes vaping/juuling), alcohol, or drugs, you will immediately be dismissed from the team for the rest of the season. Being an athlete means being the best you that you can be, and these things are unhealthy for your body and will only hinder your athletic abilities. Don't think that we won't find out, we more than likely will.

As required by the league, you must meet your school's eligibility for participation in sports. We will be calling each of your schools at different times throughout the season to make sure you are maintaining eligibility. You are student-athletes. Your grades should take priority over almost everything you do; however, forgetting to do your homework is not an excuse to miss practice. Keep yourself organized and on track. Ask your teachers for help as needed. You will be less stressed and more focused on the lacrosse field if you aren't worrying about that homework assignment you need to do later.

Players will be expected to maintain a healthy and nutritious diet during the season (though you should do this year-round!). This will be discussed in practice at the start of the season.

### **Social Media Expectations**

If you are ever caught saying something negative about the team/a teammate/an opponent/a coach, etc., on social media, you will be benched for a full game for the first offense, and released from the team after a second offense (negative statements about opponents do not include saying things like "we're going to destroy this team tomorrow," but things like "that team/official really sucks").

## Communication

All players are expected to be in our team GroupMe chat. Coach Cline uses this chat to get information out quickly that doesn't require an email to parents. If the information is vital, it will be sent out over email.

Parents should not approach coaches to debate playing time, either in person or via telephone, immediately before, during, or after a game. Discussions during times of high emotions do not promote resolution of issues. If a parent has a concern with the athlete's playing time or position, they should follow the chain of command set forth below:

1. **Athlete** should address question to coaching staff no earlier than 24 hours after the game in question (this allows emotions to settle).
2. **Parent and athlete** should request a meeting with the coach in advance.
3. **Parent, athlete, and coach** will meet with the LLLC Board of Directors.

### Parent/Coach Relationship

#### Communication/Information Coaches Should Provide to Parents:

- Coach's expectations of players and their parents
- Locations and times of all practices and contests
- Team requirements (equipment, offseason training, etc.)

#### Communication/Information Parents Should Provide to Coaches:

- Notification of any schedule conflicts well in advance
- Specific concerns in regard to the coach's expectations of their child
- Information regarding player injuries and medical condition

#### Appropriate Concerns for Parents to Discuss with Coaches:

- Coaching style in relation to their child's needs/personality
- Ways to help their child improve

#### Concerns NOT Appropriate to Discuss with Coaches:

- Team strategy
- Play calling
- Other student athletes