

DANA HILLS HIGH SCHOOL
BOYS LACROSSE



PLAYER HANDBOOK
2020

Dana Hills High School Lacrosse

Mission and Purpose

It is the goal of the Dana Hills Boys Lacrosse coaching staff to develop a positive environment where high school athletes are able to learn and develop skills to play competitive lacrosse. Emphasis will be placed on showing respect for individuals, teams, coaches, officials and for all forms of athletic achievement. Players will develop self-confidence, good sportsmanship, and a love of sports which will enrich their lives for years to come.

Moving into the new season, the coaching staff has established core objectives for the program.

For the Program – it is the goal of the coaching staff to improve the quality of the program as a whole. To implement a systematic method of teaching lacrosse skills. To create a year-round program providing lacrosse opportunities for athletes in the off season. To build a youth feeder program, growing the game of lacrosse in the Dana Point/Laguna Niguel community. To provide positive coaching that supports a culture of success.

Individual Athletes – Dana Hills Lacrosse athletes will build their lacrosse skills and lacrosse IQ through skills practice and strength and conditioning. Coaches will stress the importance of teamwork, discipline, accountability, respect, humility, competitiveness, and a positive attitude.

TEAM RULES AND EXPECTATIONS

Communication

All communication will go through danahillslax@gmail.com

If you have information or a concern that needs to be communicated to the coaching staff please follow the guidelines below.

The **PLAYER** should first address the problem with a coach. This should be done in a timely manner. Being able to communicate effectively with adults is part of becoming a successful young man. If after speaking/meeting with a coach, the concern is not resolved, then a parent meeting will be scheduled with Coach Cooper. As a general rule, we encourage the player meeting before meeting with parents. If you, as a parent, have concerns, please talk to your son first. He should have a good handle on the situation and will be able to offer valuable insight.

If after a parent meeting, concerns still exist, then the next step would be to contact the Athletic Director.

Lacrosse is a game of high emotion and physicality. It is likely that during the season all parties involved - players, parents, and/or coaches will be upset by something. When you find yourself in this position it is a good idea to hold off for 48 hours in order to evaluate the situation. If after 48 hours you are still upset, then it is time to talk. Most situations will have resolved themselves after adhering to the 48-hour policy.

Expectations for Players

Accountability

Competitive mindset

Dignity

Communication

Team first chemistry

ATHLETE CLEARANCE

Prior to participation in tryouts or team practice, all athletes must be cleared through the High School Athletic Office. Athletes are considered “cleared” when a completed **CUSD Athletic Clearance Packet** with proof of insurance and sports physical is turned in and accepted by the Athletic Director. Athletic clearance is completed online at www.athleticclearance.com. Athletic physicals are valid for one year and must be updated for each school year; if a physical expires, an athlete is not eligible to participate until a new physical examination is completed.

Those students already participating in a fall sport (Football, Cross Country, etc.) **do not** need to file an additional athletic clearance packet. Inform the counseling office that you will be playing lacrosse also and confirm with athletic office that your athletic clearance includes boys’ lacrosse.

ATHLETIC ELIGIBILITY

1. A student in Grades 9-12 shall have earned a minimum 2.0 GPA in all enrolled classes during the preceding grading period based on a 4.0 scale. GPAs of students in AP honors classes will be calculated using the 5.0 scale for AP honors course work.

An “A” is worth four (4) grade points, a “B” is worth three (3) grade points, a “C” is worth two (2) grade points and a “D” will receive zero (0) grade points. The grade point average will be determined by dividing the total number of grade points by the total number of courses.

*All student/athletes must have a 2.0 GPA, and must pass four or more classes. Once the minimum standard is met, the athlete will be allowed to participate in contests. (BP 6145b) **(Appendix F).***

2. **PROBATIONARY PERIOD (FOR STUDENT-ATHLETES)**

The CUSD School Board grants students with less than the minimum required GPA a probation period of one semester (grades 9-12) as long as they pass at least four (4) classes (CIF Rule). Students granted probationary eligibility must meet the required standards by the end of the probationary period in order to remain eligible for participation.

Player Evaluations

Players will be evaluated on their athleticism & skill. All players will be evaluated in a variety of drills, involving passing, catching, ground balls, dodging, footwork and defensive footwork. After evaluations, teams will be determined for Varsity and JV. Player selections will be based on the results of the above evaluations, ability, work-ethic, attitude and their willingness to accept coaches’ input. Age of player has no bearing on team placement. No player is guaranteed a spot/position on any team, including returning players. Final decisions on team placement will be made by the head coach.

Evaluation Purpose & Explanation

The purpose of evaluations is to help distinguish student-athletes according to their ability and skill-set within their appropriate peer groups to help facilitate DHHS Lacrosse Objectives.

A goal of the program is to provide as many opportunities for student-athletes to participate as possible while maintaining integrity of the program. Aspects including coach to player ratio, manageability, facilities, safety, scheduling, position play, and basic fundamentals of the game place limitations on what is considered a productive squad size. If the number of interested players exceed our resources and we are unable to field a JVB developmental team, the program will be required to have pre-season evaluations to determine team structure and player placement. In the evaluation process, there is a possibility that an athlete may not be selected to participate on a competitive lacrosse team.

Following evaluations, student-athletes will have an individual meeting with the coaching staff to discuss expectations for the season. At that time if a player would like an explanation from the head or assistant coach as to the basis of their particular team placement it can be done at this time.

In-Season Guidelines

Lacrosse is a spring season sport. Games are played from late February through the end of April with the CIF playoffs beginning in early May. **We will have practices and/or games played during the CUSD Spring Break time period.** The coach will make every effort to schedule free days for the players during this time period but these days are not guaranteed until the season schedule is finalized.

Attendance

A player must notify Coach Cooper **before** missing any practice. The only excused absences from practice will be an academic commitment that is **ABSOLUTELY UNAVOIDABLE**, **player illness** (which includes being absent from that school day), or **family emergency**. All others will be considered unexcused absences. If a player misses practice without notifying the Head Coach, he will be charged with an unexcused absence. To the best of your abilities, doctor's appointments should be planned around lacrosse practices, trainings, and meetings. A doctor's note must be provided if you miss practice for a doctor's appointment.

All attendance communication will be to Coach Cooper or Coach Kauo in person or at danahillslax@gmail.com

Attendance is taken at every practice.

Be at all lacrosse events **ON TIME** meaning **EARLY**. There will be consequences for lateness or missing practices/games. Team sprints will be enforced for every player not ready by a specified start time and/or their playing time reduced for games. Each situation will be discussed and dealt with on a case-by-case basis.

Consequences for missing practice (Repeat offenders' penalties will be increased)

*Unexcused absence for practice = sit 2 quarters

*Being late = sit 1/2 quarter (Late is defined as not being ready when attendance is taken)

*Missing practice with advanced notice = penalty is at coach's discretion

The Head Coach and coaching staff reserve the right to consider extenuating circumstances when deciding on game participation.

If you are too sick to practice the day before a game, you are too sick to play in the game. Injuries will be considered on a case-by-case basis, but likely if you are too injured to practice the day before a game, you are too injured to play in the game. **Know the difference between being hurt vs being injured.** You must attend school in order to attend practices and games.

Schoolwork is not an excuse to miss practice. As a student athlete, prioritize your time accordingly. School related events such as band, choir, or a school sanctioned club, etc. are excused **ONLY** if notified in advance. Informing the coach of an event at the end of the practice the day before, or an email the day of, is not acceptable. If an event is optional, lacrosse comes first. Regardless, being excused from practice does not

guarantee that your position / playing time will remain the same. If we go over team concepts, it is your responsibility to find out what you missed. You may contact either your team captain or another position player for review of team concepts when absent.

Playing Time

Playing time will be determined by a variety of criteria.

Knowledge of the assignment - We cannot and will not play people who do not know their assignments. Position coaches will spend extra time with any player who asks for extra help. Everyone can and should know their assignments.

Effort - Effort wins games! Maximum effort is demanded of all players. Anything less is not acceptable. A player can make up for physical shortcomings through his efforts on the practice field and during games.

Physical and Mental Toughness - We will discover during Fall, Winter, and Spring practice who has a strong desire to be physically and mentally tough. Lacrosse is a skilled and contact sport and must be played with mental and physical toughness. Not everyone is physically and mentally tough enough to play lacrosse.

Contribution to the Team - Lacrosse is a true team sport - everyone can be an equal contributor regardless of his role. The individual who motivates his teammates to do better, and is always enthusiastic and ready, will make a greater contribution than one who does not possess these qualities. Attitude is a quality in a player that is invaluable.

Talent - If the above four criteria are equal, then the young man who has the most talent will start.

Our coaching staff will determine the best lacrosse players, according to the above criteria. These evaluations will determine who our starters will be, as well as how other players fall on the depth chart. In closing, remember that starters will be determined by their own performance, effort, and ability.

Game Day Policies

All of the work we have done is for these forty-eight minutes. We are only guaranteed this time for 18 games this season. We expect to win, but more importantly, we expect to play to the best of our ability. Your actions and effort on these days is a direct reflection of our program. When the day is over let's be proud of what we have done.

Pre-Game Policies:

1. Arrival times for home and away games will be communicated on Sunday in the team update email.
2. Uniform colors for games will be communicated in the Sunday team update email
3. Athletes will wear their Game Day Polo to school on all game days
4. Athletes will arrive for warm-ups or bus departure early. If you are on time you are LATE.
5. Get any needs from the trainer early; do not wait until the last second.
6. For away games, be polite to the bus driver and keep the talking to a minimum.
7. After arriving at the game site, check and make sure you have all your gear before unloading the bus.

The Game:

1. Be polite to game officials. Address them as “Sir.”
2. No one is worth a major penalty. Maintain your poise at all times.
3. Do not talk to your opponents in a derogatory manner, or you will be removed from the game.
4. Encourage your teammates and help them up.
5. Never come off the field unless someone comes in.
6. Never go on the field unless cleared by a coach.
7. Always play with enthusiasm.
8. Play with intelligent skill and physicality.
9. Always have your headgear on while on the sidelines.
10. Always sprint on and off the field.
11. Keep in the game mentally at all times.
12. Stay behind the restraining lines while on the sidelines.
13. Do not fight on the field. Be a man and show restraint.

Post-Game Policies:

1. Shake hands with opponents and be complimentary.
2. Do not ever embarrass the school or program by making derogatory remarks.
3. Check to make sure that you have all gear before heading to the bus.
4. Upon arriving at DHHS, make sure you have all your gear before you leave the bus.
5. Thank the bus driver as you unload.
6. Help injured players off of the bus.
7. Report all injuries to trainer and follow his orders and treatment

Player Safety

The coaching staff condemns any act by a player to deliberately injure an opponent or teammate during a game or practice.

Unethical conduct and acts of poor sportsmanship, whether within the rules or not, will not be tolerated by the coaching staff. Play the game hard, with enthusiasm and with intensity, but play it within the spirit and letter of these rules. Play with character!

1. No player shall strike an opponent with his fist, or deliver a blow with extended forearm, elbow, or kick or knee an opponent.
2. There shall be no late hitting or slashing on an opponent after the ball becomes dead.
3. No player shall deliberately use his helmet to butt or ram an opponent.
4. No player shall intentionally strike an opponent with the crown or top of his helmet.

The coaching staff reserves the right to levy further disciplinary actions if necessary.

District Drug/Alcohol Policy

Student-athletes that are suspended for offenses as stipulated in Ed. Code 48900, will be ineligible for DHHS Boys' Lacrosse participation. Specifically, our school District will not tolerate the use or possession of drug paraphernalia, drugs or alcohol. Depending upon the offense, a student may be expelled. Any athlete that commits such an offense is subject to a minimum suspension and DHHS Behavior Contract for the duration of the current and following semesters. The suspension can be reduced to 20 school days (subject to completing CUSD requirements as stipulated in the Behavior Contract).

Lettering Policy

At the conclusion of the lacrosse season each year, the Varsity Lacrosse Coaching Staff conducts a staff meeting for the sole purpose of determining the Varsity Letterman recipients. The staff discusses each player on an individual basis regarding his contribution to the lacrosse team. On the basis of this meeting, it will be subjectively determined whether the playing time and contribution to the team deserves the recognition of a Varsity letter.

The athlete must also fulfill all of the following requirements to letter:

1. Finish the season on a positive note, adhering at all times to the DHHS Athletic Code.
2. The athlete must maintain the academic standards established for athletic eligibility by the C.I.F.
3. The athlete must be in good standing with administration in regards to on-campus conduct.

SCHOLAR ATHLETE DISTINCTION

Any Varsity student-athlete with a 3.75 total weighted GPA from the previous semester will earn Scholar- Athlete distinction.

Rule Modification Policy

The Dana Hills Head Lacrosse Coach reserves the right to modify or suspend these criteria to cover special cases submitted to him for consideration by the coaching staff. The Head Coach reserves the right to establish the requirements for all lacrosse letters and special awards.

Uniforms

It is the student's responsibility to see that his uniform remains in good condition. Students and/or parents are financially responsible for any damage caused to the uniform due to negligence or misuse. Students will keep uniforms during lacrosse season. Students will return uniforms at the end of lacrosse season at a time to be determined by the Head Coach.

CIF Code of Conduct

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra- curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete,

I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity



