

# Lake Forest Boys Lacrosse

## Team Rules and Expectations

We wish to become the example of what an LFHS team should be. We want parents, teachers and the community at large to associate LFHS boys lacrosse with: **Responsibility/Accountability, Integrity, Empathy, and Acceptance.** High School Sports are an extension of the classroom and we use the vehicle of athletic endeavor to develop young men into the best people they can become. Winning and losing are incidental; our definition of success is the harmony of a team functioning as one. We want each boy to leave the season with a feeling of unity and achievement that he will remember for the rest of his life. If we are successful with this goal the wins and the fun that are naturally a part of lacrosse will take care of themselves.

From March 1<sup>st</sup> until the end of the season the priorities of a Lake Forest Lacrosse player must be their morality/spirituality, family, academics, and then lacrosse. Should anything else (work, friends, girlfriends, club sports, other extra-curriculars) move ahead of those priorities we ask that these boys not come out for lacrosse and take a roster spot from a player who wants it more.

Even in the offseason our players must recognize that they carry the reputation of the program with them with their every choice and action. Choices in the classroom, in social situations, behind the wheel, and the way they take care of their bodies impact not only themselves but all of their teammates. Due to the number of talented players at LFHS there will be competition to win a roster spot for every player every year. Try outs are only a 2-3 day period once a year but the commitment to personal and athletic improvement must be demonstrated daily through graduation by the boys who wish to represent us on the field. The weights that get lifted in October, the studying for finals over winter break, the youth retreat in mid July, are just as important as the wall ball they do 5 hours a week every week of the year.

That being said we actively encourage the boys to participate in other sports, clubs, and activities in the offseason that are not lacrosse related and will make them more well rounded people. Very few high school athletes will play a sport in college so the focus should remain on getting the most out of LFHS in every avenue and having a great time doing it.

We hope that every boy will live up to this motto: Teammates you can count on every hour of the day, a Program to be proud of every day of the year, an Experience that will shape you for the rest of your life.

---

### **Coaches:**

Dan Maigler, Varsity Head Coach: Work: 847-582-7784 [dmaigler@lfschools.net](mailto:dmaigler@lfschools.net)

Phil Ryan Varsity Asst Coach

Todd Morgan, JV Coach:

Jake Terlap, Freshmen Head Coach: (847) 295-1499

Joe Harmsen, JV/Freshman Coach: [jharmsen@lfschools.net](mailto:jharmsen@lfschools.net)

Rick Ulmer, Volunteer Goalie Coach

## **The Season:**

Varsity try outs will begin 3/1/10 and the season will extend up to the end of the school year.

Attendance during spring break practices and games is mandatory

JV tryouts will begin on 3/5/10. Some JV players may be brought up to varsity for the playoffs.

Players who are in town will be expected to practice during spring break

Freshman try outs will begin on 3/6/10 and the season will conclude with their final game.

Players in town over spring break may join upper level practices if they choose.

## **Team Rules and Consequences:**

**Attendance:** Attendance is expected at every practice and every game.

An excused absence is one that has been cleared by the coach before it occurs, cannot be avoided or rescheduled, and relates to an accepted priority. **Any absence not meeting all these criteria will be considered unexcused.**

Absences not cleared in advance with the coach may only become excused by a conversation between the coach and the parent/teacher that required the absence of the player. (absences during spring break may not be pre-excused at the varsity level)

One unexcused absence will result in a conference with the coach and the player will sit the next game.

A second unexcused absence; the player will sit the next two games, and have a conference with the coach and captains.

A third unexcused absence will result in removal from the team.

The team will have 90% attendance at every practice. For every player under 90% the team will do one 100 yard sprint.

### **Behavior in Practice:**

Tardiness to practice: will result in one push up/sit up for every second the player is late to practice with a maximum of 500. Arriving at practice more than 15 minutes late unexcused will count as an unexcused absence.

Swearing/use of slurs: any swear/slur heard by the coaching staff will result in 25 pushups for the entire team.

Not paying attention/horseplay: will result in one 200 yard sprint for the offending player/players.

A second instance of not paying attention/horseplay: will result in 600 yards of sprinting.

If more than four team members are consequenced multiple times the entire team will engage in team conditioning.

Loss of Team balls: Will result in one 100 yard sprint for the entire team per ball not recovered or replaced by the end of practice.

Disrespect to coach: (eye rolling, murmuring, talking while coach is talking, etc...) depending on severity and number of instances a single sprint to the remainder of practice will becoming a CP

Major Disrespect to coach: (refusal to follow instruction, swearing at coach): removed from practice, removal from team pending conference with coach to determine discipline.

Disrespect to teammate: (mocking, uninvited horse play) apology to teammate and sprints commensurate with severity of disrespect.

Major disrespect to teammate: (swearing at, bullying/hazing, inciting to anger, fighting) removal from practice removal from team pending conference with coach to determine discipline.

Lowering team morale: (any behaviors that dampen the enthusiasm of teammates, lack of hustle, negative attitude). One 100 yard sprint for each offense and conference with coach after practice.

### **Behavior in Game:**

Failure to stand in appropriate area: each reminder the coach must make to stand in the player area and not in the box, or in coach's area will result in 25 pushups for the team the next practice.

Failure to back up shots: every offensive shot not backed up and awarded to our team will result in 1 100 yard sprint at the next practice for the entire team. (This will be reduced by 1 for every opponent's shot successfully backed up and awarded to our defense/goalie).

Disrespect to opponent/poor sportsmanship: (trash talk, gloating, slamming stick or helmet on ground, pouting, failure to shake hands appropriately, any other behaviors reported by officials, spectators, or opposing coach) Removal from game. If occurring at the end of game suspension from the next game.

Major Disrespect to opponent: (Any behavior earning an unsportsmanlike conduct penalty, swearing/slur at opponent, fighting) minimum suspension from the rest of the game and suspension from team pending conference with coach to determine discipline.

Disrespect to Official/opposing coach: (any conversation with or comments directed toward officials or opposing coach that is not overtly and obviously respectful in nature) minimum suspension from the rest of the game and suspension from team pending conference with coach to determine discipline.

### **Behavior on Bus/in opponent school:**

Riding: 2 players to a seat. Sitting the entire time the bus is moving. Players will be given one verbal warning. If behavior is not corrected after a first warning the player will do 25 push ups when he gets off the bus for each extra infraction and apologize to the driver. If more than one player must be disciplined the entire team will do push ups or sprint depending on location.

Shuttle to West Campus: All players will wait for bus in a QUIET, orderly and respectful fashion. Any report of negative behavior (horse play while waiting, over crowding the bus, disrespect to adults or other students) by any player waiting for or riding the shuttle will result in 600 yards of sprints for the entire team. A second infraction by an individual player will lead to a conference with the coach and potential suspension from team activities.

Messiness: (Getting mud where it does not belong, failure to throw away garbage, etc...) clean up when possible, and 400 yards of sprints for entire team at the next practice

Disrespect to bus driver/opponent school staff: Apology when possible. CP whole team next practice. Individuals identified will not play next game.

Disrespect to spectators/motorists: (any behaviors, language, or music that may potentially be considered offensive to spectators or to drivers while riding the bus) will result in loss of privileges to choose music and team sprints at the next practice.

Major Disrespect to spectators/motorists: (ANY comments directed at any spectators or motorists). Removal from game. If after a game the penalty will be suspension from the next game. CP for entire team next practice

### **Behavior in school/community/internet/electronic:**

Misbehavior: (any behaviors reported to the coaching staff including tardiness to class, talking in class, messiness in any area of the school, failure to immediately follow staff instructions, ....) will result in a minimum discipline of one **100 yard sprint** for the entire team for every instance reported. If the offending party is not known and no player owns up to the misbehavior the entire team will have **1000 yards of sprints**.

Internet posting/ electronic communication: Under no circumstance will a lax forest lacrosse player post **any comment** on the internet on any website or send any electronic communication (text, email, twitter, etc...) with reference to the LFHS lacrosse team or any other team be it positive or negative. Any such communication that can be linked back to a player, (even if it was posted anonymously) will result in a **two game suspension for that player**. Taunts to players on other teams sent via text, email, face book, etc.. will result in suspension from the team pending meeting with coach. Friendship or other relationship with opposing players will not mitigate enforcement of this rule.

### **Academic Expectations:**

The lacrosse team follows the eligibility guidelines outlined by the Lake Forest High School Athletic department. All student athletes must be passing 2.0 credits (usually 4 classes) to be eligible. Eligibility is determined on a weekly basis and if a student is ineligible the parent and coach will be informed and they will not be allowed to dress for games the entire following week (Monday through Saturday) and they **MUST** attend the after school program study tables the entire week they are ineligible.

Players who attend study tables are expected to attend practice or games **AFTER** they attend study tables. Players who cannot arrange transportation after study tables let out must contact the coach and inform them of the situation as they would to excuse any absence from practice. Not attending practice or not arriving in a timely fashion after study tables will be considered an unexcused absence.

The lacrosse program believes there is no reason why a student should become ineligible during a season barring illness or major life events. Players earning any grade below a B in any class are expected to use their study hall and lunch to seek academic support. It is the responsibility of players who fear they may be nearing academic ineligibility to inform the coaches and seek their advice and support in improving their academic standing.

Any player who has a grade less than a C+ in any class is expected to go to the MRC during the school day twice per week until that grade is at C+ or better. If the player does not go to the MRC and swipe in the entire team will run a 100 yard sprint for every player who did not go to the MRC the required number of times.

Skipping study tables: Any player who is expected to be at study tables and does not attend will receive a two game suspension to be enforced when the player is eligible.

**Major Misbehavior: any behaviors covered by the schools Athletic or discipline codes will be dealt with by the Athletic Director or the Deans office. While the Lacrosse program cannot add on to the consequences levied by the school administration a players reputation in the school and community will be considered when determining who makes the team.**

**Desecrating Team Dignity:** Players who have multiple instances of Discipline or Athletic Code violations or in any other way violate the principals and values that the lacrosse team is trying to represent will be informed that with one more violation they will be released from the team. After being so informed the next infraction of any kind may result in dismissal at the discretion of the coach.

### **Clothing and equipment:**

It is the responsibility of each player to bring and wear appropriate clothing for the weather to **each practice**. If a player does not have what the coaches deem to be appropriate clothing for the weather the entire team will do a full field sprint for each player not appropriately prepared.

The entire team will do a full field sprint at the next practice for every item left behind at the conclusion of a practice or game. This includes clothing, equipment, and garbage (water bottles, tape...)

**Equipment legality:** It is the responsibility of each player to make sure they are properly equipped by rule. If they have a question as to the condition of their helmet, pads or stick they should inform the coach and ask for a ruling by the official before the game. Any player who gets a 3 minute illegal stick penalty will result in 1000 yards of sprints for the entire team the next practice.

**Health:**

It is the responsibility of the player to inform the coaches if he is injured, even if he feels well enough to continue practicing or playing. The player should apprise the coaches if the injury becomes worse.

Players with injuries are expected to go to the East Campus training room during the school day to get treatment and should not miss practice unless instructed by the trainer.

Injured players are expected to attend practice unless they are excused in advance for a doctor's appointment.

Players are expected to bring their own water to practice and to remain hydrated.

---

**Captains:** Captains will be selected by a vote of the players after the teams have been established. A captain should not necessarily be the most skilled or popular player but should be selected because of their commitment, dedication, hustle, and consistent demonstration that they put the needs of the team before themselves.

Captain's responsibilities will be at the discretion of the coach but may include: organizing optional player only practices, communicating with other players, leading stretching and drills, determining line ups and providing input for practice plans, mentoring younger players, other duties that arise.

Captains are expected to be treated by other players with respect. Disrespect to or failure to follow the instructions of captains will be reported to coaches and will be dealt with as if it were disrespect to a coach. Captains will not be allowed to assign consequences to players but their input will be sought.

Captains Behavior: Captains will be held to a higher standard and with any major infraction will be removed from the captaincy. Captains who abuse their authority or have multiple minor infractions will be addressed by the coaches and may also be removed from their position.

**NCO's:** NCO's (Non Commissioned Officers) will be elected for the varsity team only. Any non-senior varsity player may be elected to an NCO position. It is the responsibility of the NCO's to observe and support the captains and act as the representatives of the non-senior players on the varsity team. The function of the NCO's is to help maintain leadership continuity year to year.

**Offseason NCO's:** At the conclusion of the varsity season two NCO's will be elected by the players to organize and maintain offseason activity and communication for the entire program. These players should have Lacrosse as their top athletic priority. Being elected an offseason NCO is in no way connected with being an NCO or a Captain during the varsity season.