



Northern Girls Lacrosse

TEAM POLICY INFORMATION SHEET 2015 SPRING SEASON

STUDENT RESPONSIBILITIES:

Walled Lake Northern HS believes participation in co-curricular activities is a privilege which is accompanied by student responsibilities. A violation of the code of responsibilities may result in a period of ineligibility and/or removal from an activity or performance.

PARENT/PLAYER EXPECTATIONS:

Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our student-athletes. As parents, when your student becomes involved in a program, you have a right to understand what expectations are placed on them. This begins with clear communication from the coach.

Communication you should expect from the coaches:

- Locations and times of all practices and games
- Team requirements: e.g. practices, special equipment, lettering policy, awards, team rules
- Sportsmanship
- Transportation expectations
- MHSAA and WLN HS rules (academics/citizenship)

Communication coaches should expect from parents:

- Specific program concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance

Communication parents should expect from their student-athletes:

- Practice times
- Bus departure and arrival times
- Game schedule
- Game day dress
- End of season awards program information

It is our objective as coaches to help your student-athlete have a successful and rewarding Lacrosse experience. It is also important to note that there may be times when things do not go as they wish. At these times, discussion with the coach is encouraged.

Examples of these situations:

- Ways to help your student-athlete improve
- Concerns about your student's attitude
- Academic support and college opportunities

It is difficult to accept your student's not playing as much as or in the role you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your student's coach. Other situations should be left to the discretion of the coach.

Examples of these situations:

- Team strategy
- Other student-athletes
- Playing time

CONFLICT RESOLUTION:

There are situations that may require a conference between the coach and parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following steps should be followed.

- Conflicts should be resolved between the student-athlete and the coach. Parents are welcome to provide support for the student-athlete through conversations after the initial player/coach discussion.
- It is inappropriate to approach the coach immediately prior to, during, or at the conclusion of a game, or at any other unscheduled time. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution. Please wait 24 hours before contacting a coach after a game.
- If, after a good faith attempt to discuss the situation or resolve an issue without reasonable satisfaction, the next step is to contact the Director of Athletics to further discuss the situation.

ATTENDANCE:

All team members must attend all team functions – i.e. practices, games, tournaments, fundraisers, etc. – put on or sponsored by WL Northern girls Lacrosse. **Attendance will be taken at all practices and other events.**

If a team member is unable to attend a team function, she must notify her coach IN WRITING and IN ADVANCE of the event or function. Appointments and obligations should be scheduled on days other than practice/game days.

It is further expected that all team members will be in attendance at least 15 minutes prior to practice beginning and 1 hour before scheduled game times.

Excused absences will be those deemed to be legitimate by the coaching staff and/or the Director of Athletics. For example, attending an AP review session that is not offered at any other time would be considered an excused absence. Missing practice because you have too much homework is not an acceptable reason. School work needs to be organized and planned for. It is unlikely a big paper or project is assigned the day before it is due. Make arrangements to get it done ahead of time.

Not showing up at practice without contacting a coach is an unexcused absence. Telling a teammate to tell the coach you won't be at a practice or game is an unexcused absence.

It is extremely important that each team member attend practices. Lacrosse is a short season (14 weeks). There will be a minimum of 15 games. That leaves us with approximately 30 practices. Missing practices makes it much more difficult for the coaches to teach the mechanics and strategies of the game of lacrosse and compromises the player's/team's ability to grow and excel.

Players who miss part or all of a practice or game may be required to make up the physical activities performed by the team during their absence. There may be further consequences for repeated disrespect of team attendance policies.

Everyone must wear proper attire to practices and games. This means shorts/kilt, shirt, socks, cleats/shoes, and weather-appropriate outerwear. Hair must be pulled back and out of face, and all jewelry must be removed.

ATTITUDE:

Positive attitudes are important when working with a group. The coaching staff reserves the right to discipline in the event that a team member chooses to display – what the coach sees as – an uncooperative, unpleasant, or non-caring attitude. *Attitude problems could result in suspension from the team. Please be aware of this.*

AGREEMENT:

I have read and understand the above WL Northern Girls Lacrosse Team Policy. I realize that if I do not abide by this policy, the consequences may be disciplinary action or permanent suspension from the team.

I also realize that a poor attitude toward the coaching staff, other team members, officials, or a poor attitude in general could result in disciplinary action or suspension from the team. I shall strive to be a good leader on and off the field.

DATE _____ Student _____

DATE _____ Parent _____