

Walled Lake Western

Lacrosse Handbook ***2018***

As of 01/22/2018

Table of Contents

Welcome.....	3
Philosophy.....	3
Expectations.....	3
Academic Expectations.....	3
Attendance Expectations.....	4
Practice Absences.....	4
Tardiness.....	4
Captain's Responsibilities and Expectations.....	5
Public Image Expectations.....	5
Team Expectations.....	5
Attitude Expectations.....	5
Requirements.....	6
Equipment Requirements.....	6
Practice/Game Day requirements.....	6
Practice.....	6
What to Bring to Practice.....	6
Game Day.....	6
What to Bring on Game Day.....	7
Varsity Letter Requirements.....	7
Injuries.....	7
Communication.....	7
Resources for Players and Parents.....	7
Email list.....	7
Walled Lake Western Boys Lacrosse Blog.....	8
Walled Lake Western Boys Lacrosse website: wlwlacrosse.com	8
Walled Lake Western Boys Lacrosse Facebook page:	8
Walled Lake Western Boys Lacrosse Twitter: @WLWboysLax	8
Head Coaches email: coachroltsch@gmail.com	8
Chain of Communication.....	8
Boundaries.....	8
Nutrition & Hydration Guidelines.....	9
Substance Abuse Policy.....	9
Appendix A WLCSD Policies.....	10
Policy Prohibiting Bullying.....	11
Hazing.....	12

Welcome

Welcome – if you are reading this you have either joined or are considering joining the Walled Lake Western Boys Lacrosse Program. The booster club board and the coaching staff just want to begin by welcoming you into our Lacrosse family. Our motto is “One Goal, One Team, One Family” and as you prepare to join our family I want to make sure you are aware of the processes/ideals that we have in place to keep this club running smoothly.

Philosophy

Over the previous seasons we have been working on resolving team policies that reflect the policies and beliefs of our program. Please take the time to review these policies as parent and players. Understand that we have attempted to provide clear expectations and be aware that players who fall short of these standards will suffer repercussions.

We will create an environment and a team where respect and unity fosters a supportive, family atmosphere. Goal setting and a commitment to achieve them through hard work, perseverance, and discipline will determine our success, not our win-loss record.

Expectations

Over the previous seasons we have been working on resolving team expectations and policies that reflect the beliefs of our program. Please take the time to review these expectations and policies as parent and players. Understand that we have attempted to provide clear expectations and be aware that players who fall short of these standards will suffer repercussions.

Academic Expectations

One of the most disappointing team suspensions is to be ruled ineligible for academic reasons. We as a coaching staff take this very seriously

Grades will be checked after school on Thursdays by the District and the coaching staff is notified on Monday afternoons. Failure to meet eligibility standards will mean that you are ineligible for the Monday thru Sunday period following the Thursday that the Eligibility Report is run.

Participating in sports is not an excuse for poor grades. The LVC (Lakes Valley Conference) requires all athletes to maintain minimum grade standards (passing at least four classes - no more than 2 E's) but your coaches expect better than that! We monitor your grades weekly. We will address any D's and E's and study hours may be assigned if your grades are slipping. The coaches reserve the right to put you on academic probation if you have poor grades. If you need tutoring or extra help in your classes, let your coaches know - we will attempt to find resources to help you!

To remain eligible it is necessary is to maintain at least a 2.0 GPA without any failures.

- Receiving two D's or E's in any courses restricts your ability to play although you will be able to practice.
- Receiving three E's will result in you not being able to participate in practice or play in games.

Failing academically lets your team and your family down! You are a student athlete - the student part comes first.

- You are expected to attend all of your classes.
- Your teachers are motivated by your success, give them a chance.
- During the season the head coach receives weekly updates regarding your success. If you are having problems with your classes talk to your coach or counselor and we will help you develop a plan - we are here to help! All corrections to avoid ineligibility must be done prior to the Thursday when the report is run. Once you are listed on the ineligible report there is nothing that the coaching staff can do expect get you help.

Attendance Expectations

Athletes are expected to complete all scheduled practices, participate in fundraising activities, attend all games, team-bonding activities, and all other team events. You are expected to attend every class! If you fail to attend all six class periods in a day you are ineligible to participate in any practice or game that day. If you have a doctors appt., must attend a funeral, or are going on a college visit get it cleared by the attendance office and the coach. Any exceptions to this will be cleared by your Coach after discussions with your parent or guardian. Some may need further approval by the Walled Lake Western Athletic Director.

Practice Absences

Practices will only be excused if your coaches are notified of the conflict in a timely manner before the practice start time. You may still compete the next day if you are missing practice because of a religious holiday or a school function. Our game/practice calendar is on the website - so please plan appointments, meetings, job interviews, work schedules, etc. accordingly.

Non-Excused absences may result in being benched from a game (even if it is not the day before a game). We cannot implement new plays/defenses/rides/clears if you do not attend practice. If you are benched from a game, you will still be EXPECTED to still attend the game and support your team mates.

Athletes that miss a practice or game due to detention, suspension, code of conduct violations, or unexcused absences will receive appropriate team punishment.

Players that are injured and unable to play are expected to attend ALL practices and games excluding those which may be excused for medical reasons. If you are injured you must check in with the coach and go see the trainer so she can assess the level of your injury. It is your responsibility to see the trainer before practice starts if you need to be taped or seen by the trainer. You must follow all instructions by trainer and keep in compliance with any protocols that they require you to follow.

Missing of practices or not staying for entire practice will result in suspensions.

Tardiness

Unexcused tardiness for practice will not be tolerated. Expectations are that you will be on the field and ready to practice at scheduled time. On field does not mean that you are in the locker room, in the training room, in the rest room, etc. If you are late then expect to run after practice for the same amount of time you were tardy. You must notify your coach if you will be late or absent from a practice or a game for any reason.

**Since the beginning of our program, we have stressed academic excellence. However having too much homework will NOT be accepted as a valid reason to miss a game. Please use good time management and complete your homework with your team schedule in mind. Normally we try not to schedule practices until later in the afternoon/evening and not on Sunday. DO YOUR HOMEWORK! Failure to attend practice due to not completing your homework hurts YOU and YOUR TEAMMATES.*

Captain's Responsibilities and Expectations

Captains need to be Triple-Impact Competitors, who are A) committed to improving themselves, B) committed to improving their teammates, and C) committed to the game as a whole.

- Lead by Example. Make sure YOU do the dirty work first, teammates will follow
- Lead Dynamic Warm-ups & Cool Down Stretching
- Polite, Respectful Communication with Officials
- Organizing Off-Field Activities
- Finding ways to include teammates who are less integrated into the team
- Helping settle disagreements among teammates
- Assigning other routine tasks, such as carrying equipment, preparing practice fields, cleaning game/practice field areas, etc.
- Respectfully present ideas to coaches without undermining their authority.
- And other duties as assigned.....

Public Image Expectations

You are a member of the Walled Lake Western Boys Lacrosse team and when you are in public you represent the team. Everything you do reflects on you, your teammates, your coaches and our school. WE expect that to follow school rules and set an example for others to follow! You should conduct your life in an adult manner as it works to your benefit as you develop and display appropriate manners and leadership!

Team Expectations

You are playing in a team sport and you are expected to applaud and encourage outstanding plays by your teammates during practices and games. "Trash talking" between teammates will not be tolerated. Players who talk disparagingly of any player or student in a manner that resembles bullying will miss games and/or be dismissed from the program. The coaching staff will not tolerate nasty text messages, mean Facebook postings or tweets, or other use of social media to hurt another teammate or fellow Western student. Again, we expect our players will remove themselves from any situation in which these activities are taking place.

Attitude Expectations

Family, academics, lacrosse. Not everyone has the opportunity to play lacrosse for Western. It's not a right it is an honor that is earned. The coaching staff has an open door policy which means anyone can approach any coach to discuss any situation. We ask that you follow protocol by first approaching your team's head coach to resolve a problem, then the Varsity head coach, if necessary, and then the Athletic Director if the problem remains unresolved. We are one family, take pride in THE program. Don't be the "I" in team.

Requirements

Equipment Requirements

Here is a list of what players will need, starting on the first day of tryouts. As a general rule when it comes to color - no neon colors - stick to school colors, white, or black:

1. Two complete sticks - head and shaft (the player needs to be able to do everything he normally could with his back up stick). Please make sure they are in compliance with the new 2017-2018 stick head (crosse) changes – if they are not they will not be allowed to use in a game.;
2. Athletic Supporter (aka a cup); - Many players complain that they are uncomfortable, which they may be, but they are MANDATORY.
3. Solid colored mouth guard – not clear;
4. Blue helmet; - New players trying out can wear an old helmet for tryouts, but after you make the team, you are expected to have an helmet that has a blue shell, visor, chin, and white chin strap. The face mask should be black, chrome, or titanium. Players that make varsity that have the black and blue helmets, sit tight for now, we are looking at ordering some helmet wraps. JV Players are not required to wear blue helmet although it is suggested that when looking at new helmets that they be purchased before needed to play in Varsity game.
5. Non-goalie specific equipment
 1. Shoulder pads (except goalies);
 2. Elbow pads (except goalies);
 3. Gloves
6. Goalies specific equipment
 1. Throat protector
 2. Chest protector
 3. Goalie Gloves - must have the special goalie gloves that have the steel plate in the thumb;
7. Cleats; - Soccer or football cleats will work. Make sure that you keep running shoes and cleats with you at all times - there may be times, due to weather, that we are indoors.
8. Rib pads (optional)

Practice/Game Day requirements

Practice

Practices will run from 6:30 to 8:00 pm Monday-Friday when not conflicting with games.

What to Bring to Practice

- Pinnie
- Team Bag
- Required Equipment from list above
- Weather appropriate clothing
- WATER or Gatorade/Powerade and a Healthy snack

Game Day

Game scheduling is being completed and when complete will be available under the **Schedules** tab on this wvlacrosse.com website.

We request that JV players arrive at game location one hour before game time ex. for 5:30 game arrive at 4:30 pm - in uniform/pads ready to warmup.

We request that Varsity players arrive before JV game so as to support the JV players. So if JV game is at 5:30 pm – players are expected by 5:30 pm to be in their seats. At beginning of 3rd quarter of JV Game play – players will be in uniform and ready to warm up.

What to Bring on Game Day

- Both Home & Away Jerseys
- Shooter Shirt
- Pinnie
- Team Bag
- Weather appropriate clothing
- WATER or Gatorade/Powerade and a Healthy snack

Varsity Letter Requirements

Varsity Letter requirements are determined by the School District policy for Letter requirements.

A varsity letter shows that an athlete has achieved a level of excellence. The District Varsity Letter requirements are:

- Perform to or within capabilities during time spent in a contest
- Attend Practices
- Maintain Academic Eligibility
- Exhibit behavior that reflects favorably on the student-athlete, his family, the school, and the lacrosse program

And ultimately the Head Coach has the final say as to who does and does not earn a letter.

Injuries

Lacrosse is a contact sport. Injuries unfortunately will occur. Also during our season you will experience fatigue and muscle soreness. This is normal and should be expected. Working through the discomfort is the only way to continue to improve. However, DO NOT ignore the pain. Tell your parents and coaches. We have an athletic trainer that will be available for minor injuries that take place during practice and home games. Please remember, our trainer is not a doctor. If you are experiencing a serious problem the trainer will require you to visit a doctor or physical therapist before you return to practice or competition.

Any visit to the trainer must be completed prior to practice or prior to game on game day.

If you are injured during a game or practice, you must inform the Head Coach if you will not be attending school the following day (a text message or email is fine). The Head Coach must complete an injury report for the school district or you will have an unexcused absence.

All injured players are expected to attend all practices and games. All injured players will be on the sidelines during games encouraging their teammates (any exceptions must be granted by the Coaching Staff).

Communication

Resources for Players and Parents

As a program we provide a large quantity of resources to both communicate and coordinate what we do. We urge you to take advantage of them all in order to enhance all of our experiences.

- **Email list** – please pass on your email so that we can add you to the email list to keep you up to date on current events and opportunities. Required for all players and parents who need to be kept informed.

- **Walled Lake Western Boys Lacrosse Blog** – a daily to weekly depending on the needs that focuses on particular items we have planned. It will contain the thoughts of myself and the coaching staff as to what we feel is important for our players. Required reading for all parents – not mandatory but highly advised. To sign up email me at the address below and I will send you an invitation to join.
- **Walled Lake Western Boys Lacrosse website: wllacrosse.com** - the current website maintained with links to everything important from forms to camp and clinic listings to upcoming season schedules as they evolve – very frequently updated with everything you need to know - bookmark us today. It also provides important emails and contacts for coaches and booster club members.
- **Walled Lake Western Boys Lacrosse Facebook page:** - Check us out at <https://www.facebook.com/WalledLakeWesternLacrosse/> and see pictures, videos and opportunities for improvement for our families and players – bookmark us today.
- **Walled Lake Western Boys Lacrosse Twitter: @WLWboysLax** – used to get instant access for instant information disbursement when changes occur.
- **Head Coaches email: coachroltsch@gmail.com** – I attempt to answer emails within 24 hours if not sooner – sometimes it takes some research to answer a question but if it will take more than 24 hours to respond I will get back to you and let you know. Email me and introduce yourself and your players so that we can make the most of this upcoming year.

For parents notification by email list will be utilized and players will be notified by use of a text group by their respective coaches.

All players and parents are encouraged to participate in these text and email notification lists to keep informed of game cancellations, practice changes, field location changes, etc.

Chain of Communication

It is important that we maintain a structured chain of communication that follows the following path:

1. If the player is having problems with another player – then they need to talk with their position coach first.
2. If the player is having problems discussing things with their position coach or is not getting resolution then player should must contact Head Coach.
3. Parent to Coach
4. Coach to AD/Assistant Principal
5. Parent to AD/Assistant Principal & Coach

Boundaries

- We request the 24 hour rule. Please respect this time frame.

**Yes, we would be happy to discuss:*

Your son's individual athletic skills & how they can improve.

- Your son's education.
- Your son's health-Physical & Mental/Attitude

**No, we are sorry, but it is our policy that we cannot discuss with you....*

- Game Strategy
- Playing Time
- Other Players/Families

Nutrition & Hydration Guidelines

You will notice that you have an increased appetite during our season. This is due to the fact that you will be burning more energy (calories) than your body is used to. Please eat when you are hungry! Do not skip meals. You should be eating throughout the day, not just three big meals. Make sure you have a healthy snack before practice

STAY AWAY FROM FRIED FOODS AND POP!!! Drink plenty of WATER everyday, at least 64 ounces! This will prevent muscle soreness. Calcium, potassium, and protein are important parts of an athlete's diet. Try to eat a lot of fruits and vegetables and drink 2-3 servings of dairy a day. Carbohydrates are a great source of energy and should be consumed 24-48 hours prior to competition. Vitamins and other dietary supplements should only be taken when advised by a doctor. Stay AWAY from energy drinks!

Check our **Nutrition and Hydration Guidelines** link under the **Coaches Corner** tab for more in depth information!

Substance Abuse Policy

There is zero tolerance for athletes to use alcohol, illegal or harmful substances. The rules and punishments set down in the Walled Lake Student Athlete Code of Conduct that is in the Student Handbook and will be strictly enforced.

Appendix A

WLCSD Policies

POLICY PROHIBITING BULLYING
Student Athletic Handbook
Adopted 2012-13 SY

The Board of Education is committed to preventing and prohibiting bullying at school, consistent with Section 1310b of the Revised School Code. “Bullying,” for purposes of this policy, means any written, verbal or physical act, or any electronic communication, that is intended or that a reasonable person would know is likely to harm one or more District students, either directly or indirectly, by doing any of the following: substantially interfering with educational opportunities, benefits or programs; adversely affecting a student’s ability to participate in or benefit from educational programs or activities by placing a student in reasonable fear of physical harm or by causing substantial emotional distress; having an actual and substantial detrimental effect on a student’s physical or mental health; or, causing substantial disruption in, or interference with, the orderly operation of the school. “At school,” for purposes of this policy means anywhere on school premises, on a school bus or other school-related vehicle and at a school sponsored activity, regardless whether the activity is held on school premises. “At school” includes the use of a telecommunications access device or telecommunications service provider owned by or under the control of the District.

Prohibition. The Board of Education prohibits the bullying of any District student at school, regardless of the motive of the perpetrator. The Board of Education also prohibits retaliation or false accusation against a target of bullying, a witness or another person with reliable information about an act of bullying at school.

Reporting, Notification and Investigation. District staff members and students are required to report to the building principal, or his or her designee, whenever they have reason to believe a District student has been subjected to bullying at school. Upon receiving a report of bullying, the building principal, or his or her designee, will promptly conduct an investigation; prepare a written summary, including his or her determinations of fact and culpability; initiate disciplinary action, if warranted; and, notify the parent(s) of legal guardian(s) of the victim and the perpetrator of his or her conclusions, consistent with the District’s FERPA policy. The investigation will include, at a minimum, interviews with and written statements from the putative victim and perpetrator. In the event of significant discrepancies in the accounts of the putative victim and perpetrator, the investigation will include interviews and written statements from witnesses and the review of documentary information, if available. The building principal will provide a copy of his or her written summary to the District’s Deputy Superintendent.



Walled Lake Consolidated Schools

Educational Services Center
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Walled Lake, Michigan 48390
Phone: 248/956.2074
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Brian M. Swinehart
Director of Athletics and Physical Education

E-mail: BrianSwinehart@wlcsd.org

Statement on Hazing

In keeping with the national trend, the Michigan Legislature has enacted the Governor has signed a bill which defines and punishes HAZING. Act 111 of 2004 to be known as "Garrett's Law" will be referenced in the compiled laws as 750.411T. The act became law on August 18, 2004. The act will apply to conduct in the 2004 school year.

Who is affected by the Law

The act applies to "a person who attends, is employed by, or is a volunteer of an educational institution." Educational institution is defined as all public and private middle schools, junior high schools, high schools, vocational schools, colleges, or universities located in the state.

What is Hazing

Hazing means an intentional, knowing or reckless act by a person acting alone or acting with others that is directed against an individual and that person knew or should have known endangers the physical health or safety of the individual, and that it is done for the purpose of pledging, being initiated into, affiliating with, participating in, holding office in or maintaining membership in any organization.

What Actions are associated with Violation of the Hazing Act?

Any physical brutality, such as whipping, beating, striking, branding, electric shock, placing a harmful substance on the body or any similar activity, physical activity, such as sleep deprivation, exposure to the elements, confinement in a small place, calisthenics that subject an individual to an unreasonable risk of harm or that adversely affects the persons health. Any activity involving the consumption of food, liquid, alcoholic beverages, liquor, drug or other substance that causes unreasonable risk or harm. Any activity that induces, causes, or requires a person to perform a duty or task that involves the commission of a crime or act hazing.

What Penalties are Associated with Violation of the Hazing Act

Violations of the hazing act range in proportion to the severity of the injury inflicted upon the person being hazed. Simple physical injury is a misdemeanor with 93 days in jail and/or \$1,000.00 fine. A serious impairment injury is a felony with 5 years in prison and/or \$2,500.00 fine. A death results in 15 years and/or \$10,000.00 fine.

Is the Law Limited in any Way?

YES, the law does not apply to the victim of hazing even if they voluntarily undertook the activity. The law creates an exception for an activity which is "normal and customary" in an athletic, physical education, military training or similar program sanctioned by an educational institution. Also, it is not a defense to a crime that the person being hazed consented or acquiesced to the hazing.

What are the Practical Effects on Coaches

Coaches and athletic directors must review any and all practices of punishment. Included in this review should be toughness drills or traditional activities usually done as an initiation to a team or level of competition (senior tackle, hell nights), etc.). The institution must sanction the activity and the safest course for the coach is to have a practice plan sanctioned. Coaches need to be mindful of the ban on corporal punishment (MCL 380.1322), the child abuse statutes (722.622, 750.136B) and the ban on performance enhancing compounds (380.1317). We know that the hazing statute was the product of some very bad coaching techniques in subjecting younger athletes to traditional toughness drills without instruction, protection, or purpose other than to take the last hit by older players.

Additionally, coaches must clearly prohibit any behavior by their team that would violate the act. Any student engaged in prohibited conduct would be subject to this statute and likely the physical assault at school statute (MCL 380.1310), thus resulting in criminal charges and the suspension or expulsion of the athlete of note that the initial violation of the act only requires physical injury - no matter how slight. The act does not appear to make mental suffering part of the crime. Coaches should be very careful with any activity which sets apart the new team members of the squad, the youngest members of a group or creates activities for one sex as opposed to both.

Summary prepared by:
Al Bush, P.C.
MIAAA Attorney

In compliance with Title VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and the Americans with Disability Act of 1990, it is the policy of the Walled Lake Consolidated School District that no person shall, on the basis of race, color, religion, national origin or ancestry, sex, age, disability, height, weight, political belief, military service or marital status be excluded from participation in, be denied the benefits of, or be subjected to discrimination during any program or activity or in employment. For more information contact the District Compliance Officer, at (248) 956-2023.



Walled Lake Consolidated Schools

**Walled Lake Central
High School**

**Walled Lake Northern
High School**

**Walled Lake Western
High School**

**Clifford H. Smart
Middle School**

**Sarah Banks
Middle School**

**James R. Geisler
Middle School**

**Walnut Creek
Middle School**

Student-Athlete/Parent Athletic Contract

We, the parents/guardians and student-athlete, have attended a Walled Lake Consolidated Schools athletic/parent meeting and agree to accept the responsibilities and obligations required to participate in athletics. The head coach has reviewed all sports-specific information with us, including the *Student-Athlete Handbook*.

Student-Athlete	_____	Date	_____
Parent/Guardian	_____	Date	_____
Parent/Guardian	_____	Date	_____
Coach	_____	Date	_____