

Lower Dauphin Men's Lacrosse Team Expectations

Practices

1. Monday - Friday
2. Middle School Field (all equipment required)
3. 3:15-5:30

General Expectations

1. Have Fun
2. Family, School, Lacrosse
3. Honor the game – The game was originally used to train warriors for battle and we will continue to honor that. We will do that by respecting the other team, teachers, coaches, officials, and teammates.
4. Attendance – Attendance is mandatory for all team functions. Be on time (dressed and ready) for every game and practice and unless you are physically unable to be there or if you were not in school you are not allowed to be at practice. Captains will start practices if a coach is not there.
5. No walking. Hustle on and off the field - 100% 100% of the time. Play hard, lazy play is disrespectful – Honor the game, team and yourself.
6. Accept coaching adjustments (Coaches and teammates) – We are not perfect. There are times when a coach or teammate will try and help you out to become a better player. No one is trying to put you down we are just trying to become a better team.
7. Support Teammates – The only way to get better is to help each other out. This includes giving teammates constructive criticism to help skills improve.
8. No negative attitudes – There is no room for negative attitude on the field. It does not honor the game and it only brings the rest of the team down.
9. Open Door – There is an open door policy with the coaches. You can talk to them anytime it is appropriate. Parents can talk to coaches as well but a player must address the coach first if there is an issue and parents can not discuss playing time with coaches. The only exception is if you are upset about a game day decision. This falls under the 24 hour rule. You must wait 24 hours before discussing the decision.
10. NO EXCUSES – There is no excuse for not know what is going on with the team. It is your responsibility if you are unsure of a play, slide package, drill, etc. to ask.
11. Tend to injuries prior to practice or games (ankle wraps, PT, etc.) DO NOT expect to come to practice/game without seeking out the proper care for your injuries ahead of time. Away games dismissal is 5-10 minutes earlier to get to the trainer.
12. Pick up trash around field, busses, locker room – We keep a clean house and we also respect other teams. Makes sure everything is picked up even if is not yours. No open food or drink in locker rooms.

Practices Expectations

1. Practice Uniform: If you do not have the proper equipment you may be asked to sit out or leave and you will not be give credit for being at practice.
 - a. Reversible LD royal and white jersey.
 - b. Long pants and shirt until head coach says so.

- c. All clothing must be a team color (royal, white, gray, black – exception)
 - d. No other team apparel (Dawgs, Meltdown)
 - e. All equipment all the time (helmet, gloves, shoulder pads, elbow pads, two sticks strung the same)
2. Cancellations - unless you here an announcement or receive an email from the coaches (booster club representative) practice is on and you are expected to be there.
 3. Approach each drill with Intensity coupled with enthusiasm, it's contagious.
 4. When coaches or teammates are talking – Listen and learn.
 5. Approach each drill with positive attitude – The drill may not be your favorite but it does have a purpose either for game situations or to improve skills.
 6. Keep it going – When a drill is started each station (line) will have plenty of balls. If there is a bad pass pick up another ball and keep it going. The drill should never stop unless a whistle blows.
 7. Build up, don't break down. Mistakes happen – This goes hand in hand with supporting teammates. Mistakes do happen and we all need to learn from them.
 8. Try, Try, Try – There are times when coaches will ask do a drill a certain way (left handed, keep the stick to the outside) and it may be difficult for you. That is okay it is part of the learning experience. It will be a serious problem if you don't try.
 9. Work to become a better player – You are here because you love the sport of lacrosse, or at least that is why you should be here.
 10. Failure to meet expectations – Dismissal from drill or practice
 11. There will be consequences for missing practices and games. Missing practices in a one week period (unless discussed ahead of time):
 - a. 1 unexcused practice: sit out a minimum of 1 quarter
 - b. 2 unexcused practice: sit out a minimum 1 half
 - c. 3 or more practices: minimum full game suspension
 - d. Late for/miss game – minimum full game suspension
 12. Acceptable reasons to miss practice with advance notice
 - a. Special Family Circumstances
 - b. Weddings
 - c. Graduations
 - d. Funerals
 - e. Illnesses
 - f. School- related work/functions
 - g. Injury or Illness:
 - i. A doctor's note is required
 - ii. Absence from school
 - h. Does not include: vacations, concerts, birthday parties, general Dr's appointments, and season tickets.

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Game Day Expectations

1. Have Fun
2. Game Day Attire
 - a. Royal LD Lacrosse polo
 - b. Khaki pants/good jeans (no holes)
 - c. Nice shorts (golf shorts),
3. Be prepared to play – When you get on the bus or get to the field it's game time. Make sure you are physically and mentally prepared to play. Have all your equipment ready to go before you get to the field.

4. Equipment on at all times – If you want to play in the game you need to be on the sideline with your helmet on, gloves on, mouth piece ready. You can drink water with a helmet on. If you are not ready you will miss your shift.
5. Bring both jerseys – There is a possibility that when we get to a game or we host an opponent that we will have similar colored jerseys, because we have both home and away jerseys we will make sure we are prepared to avoid any delay or distraction of the game.
6. Long sleeve must be white – The rule book states that if player are wearing long sleeves under a jersey it must be the same color. The color selected is white.
7. Fight Policy – No player who is on the field or on the bench will participate in a fight. The league requires that you are removed from that contest and any remaining contests for the day as well as any contests on the next available day. Once the league penalty has been satisfied it will be up to the discretion of the coaches if and when you will be allowed to play again.

Game Day Expectations Post Game

1. Shake hands (Helmets and gloves off) – The game is over, take off the armor and congratulate your opponent on a good contest.
2. 5-10 minute meeting – After the game is over the team will hold a brief meeting to go over the game.
3. Pick up cones and balls – Don't run off, help the coaches and team mangers clean up.

Playing Time

1. No Guarantees – Playing time is dependent on meeting the expectations, not skills, social status, how much time you spend talking to the coach or how much time a parent spends talking to a coach. If expectations are not met it could be mean limited or no playing time.