

Player/Coach In-Season Meeting options –

2 week action plans will be available for players who feel they need more personal help in improving. An example of this would be a player who requests a meeting because they don't play in games as much as they would like too, or who is struggling with a specific skill. Coaches or players may initiate meeting request. In the meeting they will be given information on the skills they need to master in order to succeed, some drills to do outside of practice as well as any items that need attention inside of practice. These could vary from effort, to attitude, to focus, to physical endurance or speed, etc) A follow-up meeting at the end of the two weeks will be scheduled to evaluate changes and whether or not a second two week plan needs to be made to continue towards the players goals. These meetings are dependent on the player following through on their part of the plan, their participation at practice and team events, and are available to players whose attendance is in good standing. Players who don't fit those requirements will have a disciplinary meeting before being able to schedule an action plan mtg.

Culture:

It starts with us, what we talk about in front of them, how we act and how we react. Grayson Girls' Lacrosse Philosophy:

An environment built on positivity, encouragement, openness to learning-suggestions- and trying new things, respect on and off the field, and making choices that build the team and not just the player.

We will work hard, expectations will be high, but the **tools** needed to succeed will always be available to those who care enough to use them.

Team Stats > Individual Stats

Team Attack or Defense Success as a whole > Win based on one individual

Bringing up struggling players skill who truly wants to improve > any one super star

Stronger players carry more responsibility, not to carry the team, but to encourage the team through their own hard work and encouragement of others, to raise the standard and expectation by putting out the most effort, not to lower their standards and not to set themselves apart or above.

Newer players carry a great deal of stress, not because they might let the team down, but because they have to work harder to catch up, put in time on their own, ask questions without fear, and take risks in order to learn, and be strong enough to pick themselves up to become better after failure.

Schedule Conflicts:

Because of the great deal of learning inside every practice, and because they are learning how to play with each other, absence from practice hurts the team. Attendance at practice is mandatory. Absence from games breaks down entire defense and offensive strategy, gives other players the chance to step up and earn your spot, and is just not good for the team. Severe illness, or true emergency situations are unavoidable, we understand that.

Schedule things like appointments, drivers ED, vacations and trips, test retakes and meetings with teachers around our practice and game schedule.

Piercings: Don't do it! All jewelry on the head/ears/face must be removed for games and practice. Tape is not acceptable over new piercings. Wait until after the season. No exceptions.

Responsibilities:

- Attendance at practice, team events, meetings, and on time (ready to go at start time, not arriving at start time)
- Communicate with coaches via phone call or text from the player as soon as a conflict or illness is known so we can plan accordingly. Calls or emails from parents will not count as contact from the player. Parents can certainly contact coaches but the players also need to communicate on their own in order to be excused.
- Respect – on and off the field, in the community. This includes behavior issues during the school day or other issues that may come up that represent our program poorly. Make good choices, and if you make a poor choice, report to the coaches so we hear it from the player and not somewhere else.
- Take care of injuries. If you have a sprain or injury that needs rest, ice, exercises, etc then attend to it. Players who repeatedly feel too ill or injured to run or participate in a full practice including conditioning are not going to be cleared to play in a game until they are back to practice 100%.
- Proper Equipment is required at practice and games. Bring extra mouthguards, your stick should have a proper pocket in it, appropriate footwear and arch inserts if needed. Practice Pinnies must be worn at every practice, goggles, mouth guards and proper footwear or player will not be able to participate. Game day uniform in entirety must be worn (uniform, socks, chosen under shirts/leggings if needed must all be the same)
- Grades – Students first athletes secondPlayers struggling in school should talk to the coaches to create a plan to keep from getting overwhelmed with the difficult task of balancing sports and school. Enrolling in clubs or outside sports during season is not advised (other than academic related items and college visits which are unavoidable)

Disciplinary Action:

Whether it be unexcused lates or absences, respect/attitude, grades, missing equipment, etc, the following action plan will be taken in most cases.

1. Player meeting with coaches
2. Player may lose playing time
3. Player/parent/Coaches meeting
4. Possible removal from team or suspension from team or loss of captain duties.

Practices: (weather issues may affect practice schedule times, we practice in all conditions and can access gyms if we need too. Practices are rarely canceled. **SATURDAY practices will be scheduled on occasion usually in the morning.** Advance notice will be given whenever possible)

Monday through Friday On field 2:30-2:45 Warm up and stick work circuits

Ready to start practice by 2:45 (be taped if needed, dressed, stretched etc by this time with all equipment on the field)

Practice end time 4:45 (If we need to go later advance notice will be provided)

If you miss school or a portion of the day, you cannot come to practice or play in a game



2016 Parent/Player Girls' Lacrosse Guide