



2015

**Red River Valley Lacrosse Association
PLAYER MANUAL**

Team Mission Statement & Team Values

All members of the Red River Valley Lacrosse Association will embrace the values articulated in the Team Mission Statement and commit to the principles of our Team Standards.

Team Mission Statement

The primary goal of the Red River Valley Lacrosse Association is to develop student-athletes with good character and integrity, who will serve as positive members of their school, community and the greater society. We believe the following objectives will best supplement the team's mission:

1. We will promote pride and unity in being student/athletes that represent our Polar Lacrosse family.
2. We will place primary importance on academic achievement, recognizing that intellectual growth is paramount to athletics.
3. We will practice positive leadership and display the courage necessary to make difficult decisions under pressure.
4. We will hold ourselves accountable for our thoughts, feelings and actions on and off the playing field.
5. We understand that being a member of the Polar Lacrosse family is a privilege that demands commitment and respect.

The Red River Valley Lacrosse Association has established a strong foundation built on these guiding values.

Attitude: *We will always have a POSITIVE attitude to work together as a team to accomplish our goals...ALWAYS.*

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

-Thomas Jefferson

Commitment: *We will be committed to our teammates and our team to make every team goal an individual goal.*

"It's not just about working hard, it's about working together. You have to care more about the team than yourself."

- Coach K

Sportsmanship: *Sportsmanship is showing respect to our opponents, fans, coaches and officials regardless of the current situation. Whether we are winning or losing or we've won or lost, we will display great sportsmanship.*

"You should never be proud of doing the right thing. You should just do it."

- Dean Smith

Heart: *Heart is the intangible trait that we possess that forces us to continue to give 100% of our efforts at all times, even in the face of what seems to be an unbeatable situation.*

"If you are determined enough and willing to pay the price, you can get it done."

- Mike Ditka

Polars Lacrosse: Team Guidelines

Academics: Each member of the Polar lacrosse community is expected to uphold all team expectations for academic eligibility. Every athlete must hold a passing grade in every class throughout the season. In addition, athletes that are failing, or possibly failing, on a regular basis may be released from the team.

Balls: It is the responsibility of each player to track and collect balls during practices and games. Every ball that is missing will result in a chance to improve our endurance.

Communication: Players missing practices, games or official team meetings for any reason must communicate this with a member of the coaching staff. Players will also need to provide a note or email from a parent or teacher.

Conditioning: Players are expected to enter the season in proper game shape. There will be a continued focus on this throughout the season and will be given serious attention in each drill. Conditioning is a chance to improve; players are expected to go 100% the entire time. Failure in this will result in decreased playing time.

Equipment: Players are expected to care for their gear properly. This includes regular washing of practice jerseys and protective equipment. During practice, players are expected to wear their blue and white practice pinnie. During games, players are expected to wear black, white, or Carolina blue under their uniform. Failure to follow this guideline may result in limited participation.

Time Management: Players are expected to be 15 minutes early to practice with all equipment on before entering the field. For games, players are expected to be there 45 minutes early (unless directed otherwise) with all equipment on before starting warm ups.

Before Games: No varsity players are allowed to enter JV warm up drills or touch any of the team balls being used for drills.

JV Players Staying For Varsity Games: Unless you are brought up to dress for the varsity game, no JV players will be allowed to stand on the sidelines.

Halftime Routine: Once halftime begins, players will gather at the designated area. The ten minute timeframe will be divided as follows:

10:00 – 8:00 Coaches Only / Players Only

8:00 – 4:00 Coaches address team

4:00 – 1:00 Warm-up

1:00 – 0:00 Sideline Huddle

Handshake: After each game, win or lose, our team will gather at the goalie crease and shake hands with the opponent. Helmets and gloves are to be taken off.

Injured Players: Players not suiting up for individual games are expected to be present at all practices, team meetings and games unless prior consent has been given by a member of the coaching staff.

JV: The JV team will consist primarily of non-varsity players with previous playing experience and/or ability. Playing time is not equal, but emphasis is placed on player development.

Losing: Lose with good character. Always display good sportsmanship.

Negative Consequences: Any attitude or action that hinders other players' opportunity to improve or a coach's opportunity to coach will result in dismissal from practice or games. This also includes game time situations with officials and opposing team members and coaches. This includes: talking back to coaches, refusing to listen to coaches directions, unsportsmanlike actions, actions that put your team members at risk of injury, actions that cause issues with the TEAM concept, and profanity used at coaches or referees. Each situation will be dealt with according to severity and may also require meeting with the board representative and parents.

1st Offense – Loss of full game.

2nd Offense – Suspended indefinitely, or until coach, player, parents and board representative meet and a discipline decision is reached.

3rd Offense – Removal from organization.

Ejections and Misconducts: Misconduct penalties for negative interactions or comments towards officials or opposing team's players or coaches will result in sitting for the remainder of the game plus another. Ejections from a game for negative interaction with officials or opposing team's players or coaches will lead to immediate suspension from the remainder of the tournament plus the next event/tournament. A second ejection will lead to removal from the organization pending a meeting with the parents, coaches and assigned board member representative. Dismissal from the team due to multiple behavioral issues will mean forfeiture of fees and payments. No refunds will be given.

Missing Practice: You are expected to be at every practice and game. Unexcused absences will result in limited and/or no playing time in the next regularly scheduled game as well as an additional conditioning exercise. Only phone calls and emails are accepted for reporting absences BEFORE practice or games, both require a written note from a parent or teacher. This INCLUDES not showing and telling the coaches about excused reasons until after the fact. Part of being an athlete is showing responsibility. Players are responsible for knowing their personal schedules and making arrangements so practice and game time are not affected. You as an athlete are responsible for letting your parents know you have practice and games, and the times they start. You as an athlete know how long it takes to get ready and get to and from practice. The board, coaches and organization take lacrosse seriously and there is an expectation that players and parents will too. The best motto to follow is if you are not 15 minutes earlier than the scheduled time to be there, you are late. Being absent means that coaches often have to change practice plans due to missing positions, starters and/or low numbers. This hurts your teams practice time, and causes extra work for the coaches. Multiple unexcused absences can lead to dismissal from the team or being demoted in team assignment and playing time. Dismissal from the team due to multiple absences will mean forfeiture of fees and payments. No refunds will be given.

On the Field: Players are never allowed to talk back to a referee, opposing coaches, or members of the opposing teams. Arguing or any negative comments to teammates or coaches is also not allowed. Doing so will result in your immediate removal from the game.

Off the Field: You are expected to conduct yourself in a professional manner in all that you do away from the team. Any conduct unbecoming of a lacrosse member may be grounds for immediate removal.

Post-Game: Win or lose, our team will meet briefly after each game on our team bench. This is an opportunity to highlight team and individual efforts, as well as addressing specific game issues. You are responsible for all personal items and are expected to leave the field with an expected level of moral character.

Rules: Each player is expected to have a basic understanding of the rules of play in lacrosse. More detailed rules will be outline by the coaching staff at various times throughout the season.

Sidelines: During the entirety of every game members of team along the sideline are expected to be fully engaged in the on-field action. Unless injured, helmets must be worn at all time. Players are never allowed to talk with fans, parents or use phones during this time.

Sideline Apparel: Players not suited on game day are expected to be wearing Polar Lacrosse clothing. Anyone not wearing the proper clothing will not be allowed to stand with the team.

Winning: Win with good character. Act like you have been there, disgraceful celebrations are not allowed and will result in loss of time. Same with losing. Shake hands, respect the team that beat you. Think of how you can improve, not criticize the ones that beat you.

Parents: Parent/Coach Communication

Appropriate Concerns to Discuss With Coaches

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

As a parent it may be very difficult to accept your child's playing time. Coaches are professionals. They make judgment decisions based upon what they believe to be the best for all the students involved. We think of each child separately, but we also put the team first. This is one of the biggest issues we run into with parents. You worry about your child only, but the coaches worry about 40+ players and 1 team.

Issues Not Appropriate to Discuss With Coaches

1. Playing Time
2. Team Strategy
3. Play calling
4. Other student athletes

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

1. Call to set up an appointment to meet with the coach.
2. If the coach cannot be reached, call the board coaching coordinator or officer.
3. Please do not attempt to confront a coach before or after a game or practice. Follow the correct protocol and observe the 24 hour rule if emotions are running high.

Parental Behavior: Just like the players, there is an expectation for parents during games. Support and encourage your child and the team. Cheer loud, and be proud of the program. If you are being obnoxious, cruel or unprofessional to coaches, players or referees you could be/will be confronted by a coach or board member as we are always present. Parents may be asked to leave if sportsmanship becomes threatening. You represent your son/daughter, the team, program and community just like the players do. Make us the talk of sportsmanship and how great the fans are here. They are young men/women, not professionals. Treat them and everyone else like the people we want them to be. Opposing teams can do what they want – we are a classy program. Be your child's best role model.

NON-NEGOTIABLE RULES

Be on time and ready to go for EVERYTHING.

Body Positioning > Stick Checks

Ride with Heart.

No one-handed scoops.

RUN: Run to the man you're passing to and run to the ball when receiving a pass. Run with or without the ball. Run during all drills and run between drills.

Two handed stick checks only.

Play smart and under control.

Touch the lines – Don't cut corners.

No whining.

Eye contact in all huddles.

Listen/Communicate "clear and clean" – Relatable questions are okay!

Run on and off the field "no walking!!"

Positive celebrations after goals and wins

Leave everything cleaner and better than when you found it.

Every day is a new opportunity to strive for perfection!

Polar Lacrosse Player/Parent Contract

It is a privilege to be a member of the Red River Valley Lacrosse Association. Participation in this program will contribute to your overall physical, mental and emotional well-being. As a player on this team, you are expected to make a conscious effort towards each of the following guidelines.

1. Players: I will commit to the motto: Perfection is an unreachable goal; Opportunity is the chance to reach it
2. Players: I will take full responsibility for my actions on and off the field.
3. Players: I will be on-time to all practices and games with a determined spirit, motivated to improve myself in order to improve the team.
4. Players: I will offer my absolute best physical and mental effort during practices, games, conditioning and team meetings.
5. Players: I will respect my teammates at all times by communicating in a constructive manner and motivating through example.
6. Parents and Players: I will respect all members of the coaching staff and their decisions, communicating my concerns in an effective and respectful manner. If an issue arises on or off the field I can speak with the coaching staff at any appropriate time, asking for help or discussing concerns.
7. Players: I will commit to the classroom, taking full advantage of the opportunities that surround me in order to maintain eligibility requirements. I will effectively manage my time so my school work does not interfere with practice or games.
8. Parents and Players: I will respect opposing teams and officials by refraining from confrontation that may result in negative consequence.
9. Parents and Players: I will adhere to the Fargo Public Schools Drug & Alcohol Policy, located in the Fargo Public School Activity Handbook pg. 9-11 is where this is talked about. Students will miss 2 weeks of games for violation at the least.
10. Parents: Make sure your dues are in good standing. Help out and participate in the rotation of score/clock table during games and fundraising.

I will adhere to the team rules, guidelines and non-negotiable rules as stated the 2015 Polars Lacrosse team handbook.

PLAYER NAME: _____

PARENT NAME: _____

(Signature)

(Date)

(Signature)

(Date)