

CK's 2017 Goals, Rules, Player & Parent Expectations

Season Motto

TOTAL TEAM

Season Goal

Working as a TOTAL TEAM to be a complete member of MALA by striving to be our best while advancing our skills, winning games and having fun.

Winning is a by-product of a highly functional TEAM.

Program Goals

1. Honor and Respect the game, teammates, opponents, officials and all coaches.
2. Play Smart: We will continue to learn and improve, we will refuse to let mistakes or the fear of mistakes stop us.
3. Play Together: We will put the **team** before individuals.
4. Achieve Competitive Greatness: We will be the most competitive team on the field and strive to play at the highest competitive level, being our best when the best is needed and enjoying the challenge when dealing with adversity.
5. We will display enthusiasm, work hard and care for our **teammates**.
6. We will win games, learn new skills and have fun while doing it.

Player Goals

1. Challenge yourself, learn from your mistakes and improve each day. Mistakes are OK!
2. Always give your best effort, compete at 100% in practice and in games.
3. Expect adversity. Learn to deal with pressure and show mental toughness. THINK GRIT!
4. Be a constant student of the game. Read the 2017 rulebook and pay attention to your coaches.
5. Hustle, talk to your team on the field. Lax talk on the field and listening off the field.
6. Take good care of your body, it is the only one you get! You are an athlete = nutrition, sleep and hydration.
7. Represent the team, program, coaches and yourself with **pride** and **respect**.
8. Help others and be willing to accept help from others.

Game Goals

1. Own the draws. Draw control wins games.
2. Everyone plays defense! Defense wins games.
3. Always be the first to a ground ball. Ground balls win games.
4. Play smart; know when to be aggressive and when to back off.
5. Be patient, take the smart shots. Recognize when to push the ball, when to pass and when to shoot. **See the field.**
6. Pressure the ball on defense, force turnovers and know when you should slide to help teammates.
7. Never abandon your goalie; she cannot be the first line of defense.

Team Rules

Absences

1. If you are ill or need to leave school early, your coach must be notified via email, text, phone call or personal contact by yourself. DO NOT relay a message through a teammate, it will be considered unexcused.
2. Any planned absences are to be reported to your coach ASAP in advance of the absence.
3. Work is a choice and not an excuse to miss games or practices. Be proactive and let your employer know you are in sports. Provide them a schedule of your practices and games. *Your team depends on all its members to be present.*
4. Drivers Education. Plan your DE around your season and look into online options. *DE is not an excused absence.*
5. If practices or games are missed and considered unexcused, there will be consequences and it will be handled per situation by the coaching staff. Talk to your coach, we are here to help. *Good communication is a MUST and we understand that life happens, we will always encourage you to seek us out for help, for any reason.*

Practices

1. Bring mouth guards, water bottle (energy drinks are not allowed), practice pinnie, indoor and outdoor shoes, appropriate clothing and gear (stick, eye protection, mouth guard) to practice. No pinnie, mouth guard, eye protection or proper shoes = no practice = unexcused absence.
2. Always hustle, keep your body moving. Lacrosse is a **RUNNING** sport.
3. Never talk while a coach is talking, during a drill or team meeting. (lax field talk is ok; you know what I mean)
4. Athletes will not be allowed to leave the field / gym until it is clean and picked up.
5. Athletes who miss practice due to injury will have to be seen and cleared by a doctor / school trainer, with a note. (NO EXCEPTIONS)
6. Any athlete who has asthma needs to have her inhaler at practice and games.
7. Any athlete with an epi-pen needs to have their allergy documented in the medical history form when they register for the season and have an epi-pen available.
8. If practice is canceled due to ANY REASON an email and or text will be sent that day to parents and players. When we know you will know.
9. Use the restroom before you come to practice, as restrooms in the school / field may be closed or unavailable.
10. Eat a healthy snack or meal before and after practice. You are an athlete, treat your body as such.

Games

1. Travel to games is the player's responsibility. Players must arrive **45 minutes** prior to the game for warm up. If a player is unable to get to a game, please let the coach know ASAP.
2. You are responsible for your equipment and uniform for all games.
3. All spandex/compression, which includes anything that shows in, around or through your uniform, must be black.
4. Mouth guards must be any color other than white or clear.
5. Eat a **HEALTHY** snack before games. Energy drinks (red bull, monster, etc) are not allowed.
6. Unsportsmanlike conduct from players on the field or on the bench will result in immediate disciplinary action. We pride ourselves on honoring the game and playing a "clean" game every time.
7. Players must clean up the field and their bench area after each game before leaving.

Cellular Phones, Internet & Social Media

1. Cell phones are not permitted to be used during practice or games, check your phone before or afterwards. **Violations of this policy will result in loss of game playing time.**
2. Social Media: Players agree not to use Social Media to engage in cyber bullying. "Cyber bullying" includes, but is not limited to the following misuses of technology; harassing, teasing, intimidating, threatening or terrorizing another person by sending or posting inappropriate and hurtful email messages, instant messages, text messages, digital pictures, images, video or website postings that are materially or substantially disruptive to the person or persons that such "Cyber bullying" is directed at.

ZERO TOLERANCE POLICY. If you are found in violation of the above policy, you will be removed from the roster and forfeit any future practices and or games for the duration of the current season.

3. Internet use: Players agree to the MMSD board policy # 3721 in the District Policy Guide - Middle and High Schools Student Policy, Procedures and Rules for Using Information Technology. (page 108)
Found in the link here: <https://www.madison.k12.wi.us/files/2016-Policy-Guide-Secondary.pdf>

Coach's note: **Please use common sense when posting to Social Media, we hold ourselves to a higher standard by honoring ourselves, others and the game. THINK BEFORE YOU POST, YOU CANNOT TAKE IT BACK AND IT WILL LIVE FOREVER ON THE INTERNET!**

Player Expectations

1. Schoolwork comes first. Please communicate any problems with coaches.
2. MMSD students abide by the [MMSD athletic code](#) and Monona Grove students abide by the [A&A Code](#).
3. Attend all practices and games.
4. Personally communicate with coaches about excused absences before they occur.
5. Listen to coaches.
6. Be on time and ready to go, every day. **On time means 15 minutes before you need to be there. (45 min for games)**
7. Be responsible for caring for equipment, gym space and uniforms. It's a privilege, not a right.
8. Play hard and hustle everywhere.
9. Report any injury to the coach ASAP.
10. Accept disciplinary action taken by a coach.
11. Always be in proper attire and prepared for practices and competitions.
12. Represent the team and program with respect.
13. Be a constant student, there is always someone who knows more.
14. Honor the game. We say this a lot, and we mean it.
15. Put the team first, sacrifice personal game achievements for the good of the team.
16. Refuse to let mistakes or the fear of mistakes stop you from trying. It's OK to make Mistakes.
17. Always give 100% effort.
18. If there is a question on these goals, rules or expectations, ask your Coach for clarification.

Parents

1. Encourage your daughter to communicate with her coach.
2. Be supportive at games and positive in your expressions.
3. Support the Athletic Code of your school.
4. Recognize the need for flexibility in practice and the game schedule.

5. Assist in making this an enjoyable experience for your daughter.
6. If you would like to talk with a coach, please contact them to set up a meeting.
7. Respect the officials and all other game personnel. If you do not like the job the officials are doing, please volunteer and we will get you trained for next season.
8. Respect all players, coaches and everyone involved in the game.
9. Represent the team and yourself by displaying the highest level of integrity at all times.



Signature Page

Please return this page to the Coach Klein, all other pages to be kept at home.

I have read and understand Coach Klein's (CK): Goals, Rules, Player & Parent Expectations.

Player Name: _____

Player Signature: _____

Parent Signature: _____

Date: ____/____/____

