

DHS Boys' Lacrosse

Handbook 2013



This Boys Lacrosse Handbook is a supplement to the DJUSD Athletic Handbook. The lacrosse program follows all guidelines already stated in the DJUSD Athletic Handbook. The purpose of this Boy's Lacrosse Handbook is to outline guidelines specific to this sport and to reinforce key portions of the DJUSD Athletic Handbook. The DJUSD Handbook can be found at <http://www.djUSD.net/district/docs/sports-forms/sptsdhndbk>.

MEMBERSHIP IN THE LACROSSE PROGRAM

It is a privilege to be a member of the Blue Devil lacrosse team.

Every member of the program (players, managers, trainers, and coaches) is expected to earn this privilege every day of the season. **Violations of team rules and regulations may result in decreased playing time and/or removal from the team.**

PHILOSOPHY

The Lacrosse Program exists in order to provide a unique opportunity for students to extend their physical, social and moral education while participating in this Nation's oldest sport. In short, the lacrosse program is intended to make participating student-athletes better people. The program strives to develop respect for one's self and for others, a greater sense of responsibility, athletic skills, and pride in its participants.

COMMANDMENTS

Respect – Respect coaches, teammates, officials, players, parents, and yourself.

Work Hard – Give 100% on and off the field in practices and in games. Never give up and have pride in what you do.

Responsibility – Be accountable as a member of this team and a representative of this team.

Have Fun!

ATTENDANCE

The first practice and day of tryouts is on **February 4, 2013** from 6:30pm-8:30pm at the DHS Stadium. Athletes are expected to be completely equipped and ready to begin the team warm-up **prior** to the scheduled practice time. Failure to arrive at practice on time may result in decreased playing time and/or extra conditioning.

Coaches will determine excused absences on a case-by-case basis. Players who are unable to play due to injury or illness are required to be in attendance at practice, health permitting. Coaches will not accept excuses unless the **player** discusses it with the **head coach** prior to the practice or games they will miss. Coach Juri – (650) 888-9523. Players must inform Coaches of potential conflicts before practice or a game. If a player's absence is unexcused, it may result in decreased playing time and/or extra conditioning. It is the player's responsibility to find out anything they may have missed with their absence. If there are drills, plays or team philosophies implemented, these players must work with their teammates to get up to speed.

PRACTICE TIMES

In order to allow for practices to be held on the turf field, practice times have been set from 6:30pm-8:30pm. Because several Spring sports share this facility, this later practice time allows for the maximum use of the stadium facility. The coaching staff considers practice time on the field

essential to team success, as most games (including home games) will be played on a synthetic turf field. Athletes are expected to use their time after school to complete their homework and other responsibilities. Athletes need time to cool down and take care of team and personal equipment after practice, so although practice is over at 8:30, they probably won't be ready to go right away. During the practices on the days prior to contests, Extra Man Offense and Man Down Defense personnel may need to stay a few minutes after practice to work specifically on these scenarios. Players will know ahead of time if they are on these teams.

SPRING BREAK

The DJUSD spring break is from Saturday, March 30th to Sunday, April 7th. During spring break regular practices will be held, the times of these practices may be different from the normal practice times. Additionally, games have been scheduled for this critical time in the season, and it is expected that all JV and Varsity players attend. A league game immediately follows the week of Spring Break, therefore it has been deemed necessary to continue to compete throughout the school break. Players with conflicts shall make the head coach aware as soon as possible.

GRADES

It is required by DJUSD that all athletes maintain a 2.0 GPA or above during the preceding marking period (1st quarter, 1st semester, 3rd quarter, 2nd semester) in order to remain eligible for competition. However, each Lacrosse player shall make it his personal goal to maintain at least a 2.5 GPA, and our coaches will continue to reinforce this goal throughout the season. If you are having trouble with your studies let your coaches know so they can help you as best they can.

CONFLICTS

Since one of our goals is to promote and develop a greater sense of responsibility in our students, any issue that should arise during the season need **first** be addressed by the **player** discussing it with the **head coach**. If

the issue is not resolved satisfactorily, then it may become appropriate for a parent to bring the issue to the head coach. However, a parent should not approach a head coach with an issue that the player has not brought forward to the head coach first.

EQUIPMENT & ATTIRE

All equipment and appropriate attire is required for every practice and game. All visible pads or under shirts should fit into the school color scheme (royal blue, white, black). Practice dress code consists of the player's **DHS** piney (camp or club team pinnies are not acceptable) and athletic shorts. Dress code for games include the player's issued uniform. If a player wishes to wear sliding/compression shorts or an undershirt, it must match the team's color scheme, i.e. blue, white, or black. Failure to meet the dress code expectations will result in disciplinary action.

Equipment & Attire includes:

Athletic cup, lacrosse helmet (white with royal blue visor), gloves, arm pads, shoulder pads, cleats or turf shoes **and** running shoes, mouthpiece, practice or game uniform (jersey, game shorts and team shooter shirt under jersey).

BREAKDOWN OF TEAMS

Within the first week of tryouts the coaching staff will determine how many players will be selected to play on a DHS team and then divide them into the Varsity and Junior Varsity teams. It is understood that those players

competing in a winter sport may not be available to participate during the first couple of weeks. In these situations their tryouts will be handled on a case-by-case basis. Players conflicted with another sport must inform Coach Juri prior to February 4th. The philosophy and format for JV and Varsity will differ slightly due to the number of players on each team. Please see the explanation below.

The **Varsity team** will select players that make up the most competitive team and give DHS the best chance to win. Every minute of playing time must be earned. Skill, attitude, team commitment, effort, desire to learn and improve, being on time and work ethic, will directly affect playing time opportunities. Varsity players are encouraged to ask how they can improve and how they can best contribute to the success of the team.

The **Junior Varsity** team may carry a few more players than the **Varsity** team, because the philosophy will be more of a developmental nature. The goal of the Junior Varsity team is to prepare the less experienced lacrosse players to move up to the Varsity level in the coming years.

TRYOUTS

This year for the program we anticipate having to make cuts due to the expected number of players who will sign up. Although, we would like to be able to offer everyone an opportunity to play lacrosse at the high school level, we currently do not have the resources. The most players that the teams will carry differ: **Varsity** team will carry a maximum of 26 players

and **Junior Varsity** team will carry a maximum of 30 players.

All athletes intending to tryout are expected to begin tryouts demonstrating a minimum level of fitness. The following should be used as a guide for determining the level of fitness and athletes should be working towards achieving these goals prior to the tryout:

- **40 Yard Sprint**
 - Exceeds < 5.4 sec;
 - Good 5.5-5.8 sec;
 - Average 5.9-6.6;
 - Does not meet > 6.7 sec

- **1.5 Mile Run**
 - Exceeds < 9.40 min;
 - Good 9.41-10.20 min;
 - Average 10.21-11.59 min;
 - Does not meet > 12 min

- **Sit Ups**
 - Exceeds > 56/min;
 - Good 52-55/min;
 - Average 44-51/min;
 - Does not meet < 43/min

- **Pull Ups**
 - Exceeds > 14;
 - Good 10-13;
 - Average 5-9;
 - Does not meet < 4

Though the athlete's scores on this fitness test will not be used to determine their placement on the teams, athletes should strive to improve their fitness levels as this may in turn improve their overall skills. An athlete's hustle and overall energy are always factors which evaluators consider. For the tryout period, it is anticipated that a committee of evaluators selected by the coaching staff will be utilized. The final teams will be decided by this committee of evaluators, with the final say belonging to the head coaches. Players will be evaluated for a number of skills, including Individual skills, team skills, athleticism, and attitude. For the first 4 days of tryouts, a committee will evaluate the players as they go through skill tests. On the fourth day, there will be a scrimmage that will also be evaluated by committee of evaluators. Teams will be posted on Friday morning, and **Junior Varsity** and **Varsity** practices will begin that evening. Formal scrimmages are scheduled for February 19th and 22nd 2013.

Blue Devil Lacrosse Athlete's Contract



Please fill out, sign, and return this page to Coach Juri by February 1, 2013. If you cannot hand this page to Coach Juri, you may mail it to him at 306 Mills Drive, Davis, CA 95616
Please keep the handbook and refer to it as necessary.

I have read, understand, and agree to the rules and regulations set forth in the Blue Devils Boys' Lacrosse Handbook.

Athlete's Name (Print) _____

Signature _____ Date _____

Parent/Guardian's Name (Print) _____

Signature _____ Date _____

Please return this page signed by Athlete and Parent to Coach Juri.