

DeForest High School 2017 Boys Lacrosse



Parent-Player Handbook

Dear Parents and Players,

Thank you for your interest in DeForest Boy's High School Lacrosse program. I look forward to a challenging, fun and successful season.

Included in this handbook is information that will help parents and players prepare for the upcoming season.

Go Norskies!



~ Coach Koslowski

High School Team Mission and Purpose

To develop a positive environment where high school athletes are able to learn and develop skills to play competitive lacrosse. Emphasis will be placed on showing respect for individuals, teams, coaches, officials and for all forms of athletic achievement. Players will develop self confidence, good sportsmanship, and a love of sports which will enrich their lives for years to come.

About Us

The DeForest High School Boys Lacrosse Team had its inaugural season in 2011 and we will be participating in our 7th varsity season in 2017. The club is a self-funded club affiliated with DeForest High School and relies on the hard work of our many volunteers and community members to run the program.

The coaching staff is all certified by US Lacrosse, the national governing body of lacrosse. All coaches are, at minimum, CEP Level 1 certified by US Lacrosse and have passed criminal background checks.

DeForest is apart of the Madison Area Lacrosse League, a competitive conference under the control of the Wisconsin Lacrosse Federation. MALA is made of 15 area high school teams and DeForest is a member of the MALA White Division.

Many fundraising events are sponsored by the booster club to help reduce player costs. Much of the work to conduct a successful season is completed by parent volunteers. This work is invaluable! Please get involved!

For more information about DeForest Lacrosse, go to www.norskilax.org or contact a booster club member.

Experience Requirements

No previous lacrosse experience is needed to join DHS lacrosse team and new players are welcome.

DeForest lacrosse is a learning experience first and foremost. With players of all grade levels, an emphasis of player development on and off the field is a primary focus of the coaching staff.

DHS Boys Lacrosse Objectives

Moving into the new season, our coaching staff has established core objectives for the team and program.

- 1. Develop the program**
 - a. Improve the quality of the program
 - b. Clearly identifiable positive program culture
 - c. Implement a systematic method of teaching lacrosse skills

- 2. Develop the team**
 - a. Define and practice positive team culture
 - b. Share understanding of purpose and goals
 - c. Investment of the process of team building
 - d. Commitment to the team

- 3. Develop the individual**
 - a. Positive and productive instruction
 - b. Provide one-on-one coaching opportunities
 - c. Focus on skill development and lax IQ

2017 DHS Lacrosse Team Structure

Based off of the numbers of players that sign up for lacrosse, the DeForest Lacrosse Program plans on fielding two teams at the high school for this upcoming spring. The teams will compete in the Madison Area Lacrosse League. Although the skill level, game IQ, and athletic ability will vary between the two teams, the level of player commitment to the program and to their team will be of the highest expectation.

Varsity Program

Head Coach - Matt Koslowski

Assistant - Glen Tomkins

608-444-9522

makoslowski@deforestschoools.org

Highly competitive with the MALA White Conference and the Wisconsin Lacrosse Federation

Highest level of player skill, knowledge, and athletic ability

Highest focus of team dynamic

Commitment of a minimum of 5 days per week of practice/game schedule

In state travel for games & tournaments required

Some players may be asked to double roster with JV team

Junior Varsity Program

Head Coach - Steve Rau

Competitive with the MALA Conference and the Wisconsin Lacrosse Federation

Developmental level of player skill, knowledge, and athletic ability

Focus of team dynamic

Commitment of a minimum of 5 days per week of practice/game schedule
In state travel for games & tournaments required

Player Evaluation

Players will be evaluated on their athleticism & skill. Strength & conditioning evaluations will take place a week prior to practice. Skill evaluations will take place the first week of practice. All players will be evaluated in a variety of drills, involving passing, catching, ground balls, dodging, footwork and defensive footwork. After evaluations, teams will be determined for Varsity, and JV. Player selections will be based on the results of the above evaluations, ability, work-ethic, attitude and their willingness to accept coaches' input. Age of player has no bearing on team placement. No player is guaranteed a spot/position on any team, including returning players. Final decisions on team placement will be made by the head coach.

Evaluation Purpose & Explanation

The purpose of evaluations is to help distinguish between student-athletes according to their ability and skill-set within their appropriate peer groups to help facilitate DHS Lacrosse Objectives.

A goal of the program is to provide as many opportunities for student-athletes to participate as possible while maintaining integrity of the program. Aspects including coach to player ratio, manageability, facilities, safety, scheduling, position play, and basic fundamentals of the game place limitations on what is considered a productive squad size. Although unfortunate, if the number of interested players exceed our resources, the program will be required to have pre-season evaluations to determine team structure and player placement. In the evaluation process, there is a distinct possibility that they may not be selected to participate on a competitive lacrosse team.

The head coach and assistant coaches of the program will make the team selections and placements of the student-athletes. The final selections will be at the discretion of the head coach. Following evaluations, a student athlete may request an explanation from the head or assistant coach as to the basis of their particular team placement or non-placement. Within a reasonable period of time, the coach will discuss with them the rationale for the decision and provide guidance to where they can focus their efforts for improvement.



Coaching Philosophy and Expectations

The DHS Boys Lacrosse coaching staff will follow all lacrosse rules established by the National Federation of High Schools (NFHS). The staff also embraces policies and practices of the Positive Coaching Alliance (PCA), which abides by a “Double Goal” philosophy. One goal, as in all sports, is to win. Our second, and more important goal, is to give all lacrosse players a learning experience and help each player to “win” at life. To ensure our players get the most out of competitive sports, we redefine what it means to accomplish these goals:



- Give maximum effort every time players practice or play
- Continue to learn and improve in practice and in games
- Refuse to let mistakes (or the fear of making them) stop them

We expect everyone (coaches, players, parents and spectators) to honor the game of lacrosse by understanding the ROOTS of positive play.



We all strive to honor the game by representing lacrosse and DHS in a positive way!

To Our Parents

The DeForest High School Boys Lacrosse Team is committed to the principles of the Positive Coaching Alliance and against a win-at-all-cost mentality.

A positive coach shares the goal to win, but has a second goal that is even more important - to use the sports experience to help young people learn life lessons and positive character traits that will help them be successful throughout their lives.

We ask that you help us promote the three PCA principles which have the power to transform sports so that sports can transform those that participate in them. The three principles are:

Redefine “Winning”

Winners are people who make maximum effort, continue to learn and improve and refuse to let mistakes, or the fear of mistakes, stop them.

Filling the Emotional Tank

Research shows that the home team wins about 60% of the time because of the emotional support a team receives from it's home fans. Just like a car's gas tank, an athlete has an Emotional Tank that needs to be filled to do their best. There are times that players will need to be corrected and criticized. But research shows that a ratio of 5:1 praise-to-criticism is ideal to help an athlete function at a high level. Encourage your athlete regardless of what happens in the game.

Honor the Game

Honoring the game gets to the roots of positive play. Also, lacrosse is a game deep with tradition. That tradition needs to be respected and upheld. Show respect for the rules, opponents, officials, teams, and yourself. This is the only way a team can be truly successful.

Finally, have fun! Lacrosse is a great game to play and watch! Grow the game by being a positive spectator!

How Can Parents Help Their Player?

- Let kids know its okay to make mistakes.
- Let kids know we appreciate good effort.
- Ask rather than tell. Try to get kids to talk about their play, rather than what you think about it.
- Recognize that the mastery of lacrosse skills is hard work! Let coaches critique kids' play. Support them regardless.
- Fill their “Emotional Tank”. They will learn better.
- Try not to give your child a lot of advice, especially after a game or practice.
- Be a good fan and role model at games.
- Encourage other parents and fans to Honor the Game too!
- Tell players you are proud of them.
- Prepare for improvement throughout the season!

Expectations of Players

All players are expected to uphold the core values and expectations set forth in the Parent - Player handbook. Just as all of you have expectations of the coaches, please understand that the coaches have expectations of all members of the lacrosse team on and off the field. These expectations include player standards, the school Code of Conduct and team attendance policy.

****2017 DeForest High School Lacrosse Team Core Values****

Earlier this school year, team members and leaders met with the coaching staff to develop a set of standards that every lacrosse player will be expected to uphold throughout the season.

Growth - all players are expected to give their best effort everyday. We want our players to develop physically and mentally to prepare them to be great lacrosse players, but most of all, great people! Great people learn, grow and are constantly striving to improve, no matter what.

Attitude - a Norski lacrosse player is expected to be coachable, to be positive (even in not ideal situations) and most of all, be a great teammate.

Respect - we expect all players to show respect and honor the game. We do this by setting good examples and representing our family, our community, our school, our opponent, and our team. By doing so, we honor the great tradition, which is the sport of lacrosse.

Commitment - The Team! The Team! The Team! Norskie lacrosse players are committed to the team and making it better. We expect players to invest in the process of learning the game, participate and be engaged at all team events, make the team better and promote the program in a positive manner for all to see.

Code of Conduct

All players part of the DeForest High School Lacrosse Team are to abide by the DeForest Area Schools Code of Conduct. This document outlines academic and behavioral policies regarding student athletes. Situations involving absences, academics, misconduct, alcohol, drugs, fighting, etc. will be dealt with on a case by case basis. All players and parents must agree to these policies before being eligible to practice with the team. Please review these policies, sign the code and turn into Coach Koslowski.

Attendance

Player attendance at all team events, practices, and games is expected. Two unexcused events will result in dismissal from the team. To excuse an absence, the head coach needs to receive an email or phone call from a player's parent/guardian prior to 3:00 the day of the event, indicating the reason for that player's absence. Players 18 years of age may NOT excuse themselves.

Reasons for Excused Absences

- Medical Illness
- Family Emergency
- School Event (i.e. Band Concert, etc)

Unexcused absences are subject to a consequences. These consequences include, but are not limited to the following: loss of playing time, loss of roster spot on depth chart, game suspensions, dismissal from the team, etc. **Players accumulating two unexcused absences will be dismissed from the team.**



Violations

All school rules and team standards must be upheld. The head coach reserves the right to administer consequences, suspensions and/or dismissal for violations involving academics, conduct, and attendance that are not in the best interest of the team and team goals. Any violation will be handled on a case by case basis. Again, violations can include but not be limited to the following: loss of playing time, loss of roster spot on depth chart, game suspensions, dismissal from the team, etc.

Conflict Resolution Protocol

During any season, conflicts can and will arise for a variety of reasons. Should a player have a conflict, the number one tool is proper communication. 99% of all relationships breakdown due to lack of communication. If an issue should



arise, make sure it really is an issue first and then communicate to a captain or coach. If issue arises and it is not communicated properly with a coach, the issue is a non-issue until it is. Below is the proper protocol to follow when trying to resolve an issue.

Player to Player

- Self Resolution
- Team Captain Guidance
- Head/Asst. Guidance
- Athletic Director Guidance

Player to Coach

- Team Captain Guidance
- Directly with Coach
- Athletic Director and Coach

Parent to Coach

- Directly with Coach
- Athletic Director and Coach

Equipment

All players must wear the following equipment at all practices and games:

- Lacrosse helmet, purchased by the player. The club recommends all players needing a new or replacement helmet purchase a supported Black Cascade series helmet with a black visor, chin guard, chin strap and facemask. The club provides decals that fit the following supported Cascade helmets:
 - Cascade CPXR
 - Cascade R
 - Cascade Pro-7 (no longer in production)
- Mouth Guard (cannot be white or clear)
- Shoulder and Elbow/Arm Pads
- Lacrosse gloves (black or white)
- Protective athletic supporter and cup
- Cleated shoes for outside practices and games (Recommended black & white cleats/no metal cleats)
- At least one lacrosse stick (A second is highly recommended)
- Goalies: throat & chest guard, goalie stick
- Rib pads (optional)
- Practice Attire -Team practice pinnie and black shorts (Player Pak is available for purchase)

Practice/Game Schedule

- Practice & Game Schedule - on www.norskilax.org and/or www.madlax.org

- Timeline
 - Indoor preseason practice starts in February
 - Regular season practice starts in March
 - Outdoor practices will be from 4 pm to 6 pm once weather permits

Transportation

- Players are expected to provide their own transportation to practice and all home games.
- A bus will be provided for most away games.
- If a player needs to leave an away event early, an alternate transportation form must be provided to the coach prior to the event. During away events, it is highly/strongly recommended that all team members travel with the team. Please see Coach Koslowski if you have any questions.

Team Communication

Communication within the club is crucial to maintaining the stability of the team. Also with the unpredictability of Wisconsin spring weather, schedules can change instantly. Players and parents will be responsible for keeping up to date with team communications. The following methods will be used to communicate with players and parents.

- School Announcements
- Team Website - www.norskilax.org
- Weekly Email Updates
- Twitter - @DeFoLax
- League Athletics App - <http://leagueathletics.com/guest/mobile.shtml>



Lax 101

The Field: The lacrosse field is 110 yards long and 60 yards wide. Goals are 80 yards apart with 15 yards of playing area behind each goal. Boundaries are marked by white lines.

The Goal: The goal is six feet square and sits in a 9-foot radius circle. This area is known as the crease.

The Game: The game is 48 minutes long divided into 12 minute quarters. Teams change goals after each quarter. There is a 10 minute break at halftime and two minutes in between quarters. In case of a tie at the end of regulation play there is sudden death overtime.

The Players: Each team has ten players on the field, divided as follows: three attackmen, three midfielders, three defensemen, and one goaltender. Each team must have three players on the offensive end of the field and four players on the defense half of the field at all times or an off-sides results.

Equipment: The principal piece of equipment is the lacrosse stick. The ball is smaller and heavier than a baseball and is made of white India rubber. Headgear, with faceguard and mouthguard, is mandatory for all players. Shoulder pads, gloves and armguards are also required. Goaltenders also use a chin and chest protector. Goaltenders are not required to wear arm guards or shoulder pads.

Penalties: There are three types of fouls: technical, personal, and expulsion. Technical fouls are those of a less serious nature such as interference, illegal screening, holding, warding off, pushing, withholding the ball from play, offside, crease violation, and pushing.

1. A technical foul results in loss of the ball or a 30-second penalty if the other team is in possession of the ball. Personal fouls are those of a more serious nature such as illegal body checking, slashing, cross-checking, tripping, unnecessary roughness, unsportsmanlike conduct, and use of an illegal stick or illegal gloves.

2. A personal foul results in loss of the ball and either a one, two or three-minute penalty depending on the severity and intention of the foul.

3. An expulsion foul is the striking of anyone connected with the game. The penalty shall be suspension from the rest of the game and a three-minute penalty to be served by a substitute. The suspended player is also suspended from the next contest. If a team is playing in a man-down situation, the penalized player is allowed to return to the game when the opponents score a goal unless the referee has called a non-releasable foul.

Object of the Game: Each team scores by causing the ball to enter the opponent's goal while preventing the other team from doing the same. The ball may not be touched with the hands, except by the goaltender when in the crease. The ball is kept in play by being carried, thrown, or batted with the stick. If the ball is carried, or thrown out of bounds, the ball goes to the other team at that point. The exception is a shot at the goal, the ball goes to the player nearest the ball when it went out of bounds. This rule is designed to not to unduly penalize a team for trying to score.

Rides and Clears: When the defensive team regains possession of the ball in its own end, it will attempt to return to the offensive end of the field. If the defense successfully moves the ball into the offensive zone, they are credited with a clear. If the defense does not successfully complete a clear, the other team is credited with a ride. Each time the defense attempts to return the ball to the offensive zone, either a clear or ride is credited.

Face-off: After most goals and at the beginning of most periods, play is resumed with a face off. The players facing shall stand on the same side of the centerline as the goal each is defending, with their sticks resting on the ground along the center line. Each must have both hands on their stick. Neither player nor his stick can be in contact with the opponent or his stick. The walls of the stick must be far enough apart so that the ball can be placed between them on the ground. When the official sounds his whistle to start play, each player may attempt to direct the course of the ball by a movement of his stick in any manner he desires.

Parent/Player Agreement

Required Forms - Make sure you have the following forms turned in

_____ Athletic Code

_____ Physical

_____ Emergency Form

_____ Concussion Form

_____ **Parent/Player Agreement**

*****Parent/Player Agreement gets turned into Coach Koslowski. All other forms get turned into Teal in the athletic office*****

I, by signing the following, agree that I have read and understand the following document. I understand the importance of meeting team/program expectations and upholding standards as they pertain to DeForest High School Lacrosse. In doing so, I agree to follow and meet the expectations of the team, program and school and contribute positively to the overall mission, vision and culture of DeForest High School Lacrosse.

Player Name (Print) _____

Player Signature _____ Date _____

Parent/Guardian Name _____

Parent/Guardian Signature _____ Date _____

