

MIHS Girls Lacrosse Attendance, Injury & Player Expectation Policy

We, as a Lacrosse Board, encourage and support high school girl's involvement in multiple sports and activities. Girls should not be penalized for other activities; however, once a commitment is made to play lacrosse, the policy below outlines consequences for missed practices or games. We consider a commitment to lacrosse to have been made if you show up for tryouts.

I understand that as a member of the Mercer Island High School Girls Lacrosse Team, I will demonstrate good sportsmanship. I further understand that I am making a commitment to the team and my teammates for the entire season. I understand that I am expected to make all practices and games and that I am expected to arrive on-time and stay for the duration of each. I realize that unexpected circumstances may arise during the season, but I will notify the coaches as soon as possible if any unexpected circumstances should arise that impacts my attendance at a practice or game. I understand that the coaches may reduce my playing time during games if I miss a practice or game, in whole or in part.

Attendance Policy:

- 1 UNEXCUSED missed practice = one missed half of game + a phone call by the coach to the player's parents
- Re-occurring, unexcused missed practices will result in a missed game and reduced play time + phone call by the coach to player's parents
- A missed practiced the day before a game will result in not starting for that game
- Any missed practice due to an illness or an injury will be evaluated on a case by case basis and will result in less playing time in the upcoming game(s)
- Any player who is late or absent from a practice will lose playing time in the upcoming game(s)

Injury Policy:

We understand that injuries occur and there may be times that you are unable to compete. It is important that if you are injured you are taking time to recover. Your injury does not only affect you, but your team as well. If you are injured during practice and need to sit out, this will be noted by the coaches and may affect your playing time in a game. If you are unable to participate in the conditioning, you will not be able to participate in the drills or scrimmages. The following is required for injured players:

1. A doctor's note must be accompanied by any injury that hinders you from competition (this is to ensure that you are getting proper treatment)
2. If you are sitting out of a drill you need to be participating in other ways. For example - stretching, walking, jogging, sit-ups, push-ups, retrieving balls, cheering on your teammates. Being injured is not a reason to socialize on the sidelines)
3. Daily updates to the coaching staff on the status of your injury
4. Rehab - icing, heat, stretching, doctor appointments, physical therapy etc..

It is your primary responsibility to take every step necessary to get healthy, strong, and recover so you can participate as an active member of Mercer Island Girls Lacrosse.

Player Expectations:

Be prepared for every practice – mentally and physically. Prepare yourself for competition by working hard and working smart during each and every practice. Remember, hard work beats talent when talent doesn't work hard.

- Have all equipment on the field/cages in place before warm-up begins.
- No talking when a coach or teammate is speaking.

- Listen to instructions, set situations up quickly, run in and out of drills.
- Always go hard, both during practices and games.
 - o Sprint after missed shots/passes (both attackers and defenders)
 - o Go after groundballs and rebounded shots
 - o Set up drills quickly and start drills with intensity
 - o Mark up immediately on goalie clears
- When whistle blows to bring it in, run to the coaches.
- Be coachable. Take constructive criticism and apply it; respect your coach.
- Always use the “OK Rule,” if the coaches or captains ask you to do something, just say “OK.” NEVER talk back and NEVER use excuses!!
- Take responsibility for your actions. Do not give attitude to coaches or teammates. Be mature, learn from your mistake and let it go.
- During conditioning go as hard as you can. Use practices to improve your fitness.
- Be a contributor; help your teammates and support yourself.
- Always communicate with your teammates and coaches.
- If you are sitting out of a drill you need to be participating in other ways. For example – stretching, walking, jogging, sit-ups, push-ups, retrieving balls, and cheering on your teammates.
- Let a coach know AHEAD OF TIME (1 week) if you are unable to make a practice. It is important to attend every practice so that we can prepare for games as a team. If we learn a new drill, skill, play (etc.) at practice and you are not there, it hinders our improvement and preparation for games.

IMPORTANT-US Lacrosse has recently deemed several models of lax goggles unsafe for play. The following is a list of approved models. Our team will be penalized if an umpire finds you wearing any eyewear not on the approved list below. PLEASE check this list and MAKE SURE your goggles are on it. By signing this document you are telling me you have done so!

Eyewear Meeting ASTM Standard 3077

List Updated: February 7, 2017

adidas

- EQT Ocular

Bangerz

- Elite (lens option)
- HS 7900 (lens option)

Brine

- Dynasty
- Vantage II

Cascade

- LX Headgear (with integrated eyewear)
- Mini Pro
- Poly Arc
- Poly Arc Titanium
- Poly Air
- Poly Pro (youth standard)

Harrow

- XVision

Liberty Sports

- Slam 49 Eye (youth - lens option)
- Slam 52 Eye (youth - lens option)
- Slam 55 Eye (youth - lens option)

STX

- 2-See
- 2-See Pro
- 2-See Pro Ti
- 4-Sight Focus
- 4-Sight Focus Ti
- 4-Sight Form
- 4-Sight Plus
- 4-Sight Plus (youth)
- 4-Sight Pro
- Rookie (youth)

Under Armour

- Charge 2
- Charge 2 Ti
- Illusion 2 Goggle

Player Name (please print): _____

Player Signature: _____

Date: _____