



# Conduct Handbook

2019

# Verona Area High School Lacrosse Parent and Player Handbook 2019

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## Introduction

The purpose of this handbook is to introduce players and their families to the procedures and policies that are in place for the Verona Lacrosse Team’s 2019 season.

Verona Lacrosse follows the same code of conduct criteria as other high school sports and delivers a consistent approach to the development of individual players, our teams and these policies. This handbook will by no means be inclusive of all policies as policies may change over the season depending on different situations; however, this is a good starting point for all questions or concerns you may have.

If at any time a player or parent has a question about what is in this handbook, they are to ask for clarification from the coaches.

## Team and Coach Philosophy

At this time, Verona Area High School's Lacrosse program is technically considered a "club" sport that carries a pseudo-varsity status but allows for players to letter. We, however, will conduct ourselves as a fully sanctioned WIAA sponsored varsity program. The word "club" is interchangeable with varsity program in our eyes and does not denote a lower level of competition or commitment from each and every player.

We, the coaching staff, believe in the personal development of each player. We will do our best to script practices, our season schedule, and game plans that will enhance individual player knowledge of lacrosse as well as what it means to be on a team. This will come from a positive, supporting environment on and off the field and will create valuable life lessons, friendships and memories.

Verona's program is the oldest in the Madison Area. Playing for Verona Lacrosse is considered a privilege and not a right. We will play the players that the coaching staff believes will give us the best chance of a winning outcome in every game. Every player on the bench for varsity plays a vital role that the player and parent may not fully understand and this may not always manifest itself as playing time on the field for games. We will do our best to remind each player of their role on the team and how he contributes to the greater good of the team. Junior varsity will play student-athletes more equally.

For those that earn a position on the Verona lacrosse program, the following are the requirements and responsibilities that each individual **MUST** fulfill to remain on the team:

- a. Good academic achievement and attendance records. (Minimum 2.0 G.P.A.)
- b. Following of **VAHS athletic code and team rules**.
- c. Behaving at school and in the community on a year round basis in a way that only reflects positively upon our program. (**NO lacrosse sticks or balls in school building at any time**, practice is not until later in the day so there is no need to bring them into school. If you must, please stow them in an upperclassman's car.)
- d. Working hard and listening in practice
- e. Working to develop positive team relationships.
- f. Taking care of shared responsibilities and duties.
- g. Working hard to improve your individual lacrosse skills and knowledge of the game.
- h. Working to improve your team play.
- i. Reviewing all offensive or defensive sets, understand each play and ASK QUESTIONS
- j. Putting the team first and you second, become a family. **COUNT ON ME.**

## Communication

Communication is the key to our program's success. Misinformation can spread quickly and lead to misunderstandings between coaches and players, coaches and parents, or the program and the school administration. We must work hard to foster a positive environment where every player encourages and does not tear down their fellow teammates.

If a player has a concern of any kind, they should set up a time to talk to the head coach either before or after practice, NOT during. Players are encouraged to ask for clarification if there is something they don't understand. Varsity players are expected to behave as men and women and should be able to confront and deal with problems as they arise.

Our staff will maintain an "open door" policy, in that we don't mind talking to parents about lacrosse or their child's development (ex. camps, extra drills, etc.). We can be reached by phone, email and/or after games/practices as time permits. We will NOT discuss playing time or personnel decisions made during games. First hand communication is the most accurate, and questions that players have should come from the players directly, not through a parent. If a parent has a concern about their player's health or well-being, they are encouraged to call immediately so that we can work together to help their child.

If a parent wishes to file a complaint about the coach, they are to set up a time with the club president. This meeting must be at a time when the coaches, parents, president, and player can meet as one group.

## Team Rules

1. Players are to treat others with respect - whether it is teammates, coaches, opponents, referees, fans, teachers, etc.
2. Players are to let the coaches do the coaching.
3. Players are to be at practice ON TIME - dressed and ready to go.
4. Players are to follow all rules as outlined in the VAHS code of conduct. Consequences are pre-determined and we have no ability to interpret/modify any of these rules or disciplinary actions.
5. Any activity relating to or including hazing will result disciplinary action according to the VAHS code of conduct.
6. Players are responsible for any and all club issued equipment and apparel. Items must be turned in at the end of the season.
7. Players on suspension for VAHS athletic code violations will not be allowed to practice or play in games. They are required to attend practice and help out by shagging balls, etc. They will continue learning plays and offensive and defensive sets. If they are subject to VAHS code of conduct violations that prohibit them from being on school grounds, they are unable to attend practice for any reason until they are reinstated in school.
8. Players will maintain a minimum of a 2.0 grade point average and understand that participation in VAHS Lacrosse is a privilege and not a right. Accrual of 2 F's, even before semesters end, may result in your inability to participate in practice according to the VAHS code of conduct. Players need to be students **first** and lacrosse players second. If there are problems in school, we encourage the player **and** parents to contact the coaches immediately. Our coaching staff understands the importance of education and will do what we can to help.

## Practice Procedures

We have the **privilege** of using practice fields from the Verona School District, it is not our RIGHT and therefore we must always leave the field in better condition than when we found it. Also, these privileges **can be revoked at any time**, so all players must be on their best behavior when traveling to and from all fields so as to not disturb the neighborhoods or other property.

All players are expected to arrive at practice **at least 15 minutes early** to provide for adequate time to have ALL equipment on, including helmets buttoned up, by the time practice starts. The coaching staff will do their best to arrive at practice early; however, due to unexpected traffic problems that may arise, the captains are to start warm-ups exactly at the designated practice time start. Coaches or captains will designate players to remove the soccer goals (if applicable) from the field and place the goals in their creases, this is to be completed prior to the start of warm-ups.

Players who are inexcusably late for, or miss practice/meeting, will not be able to practice and will miss up to the first quarter of the next game. The coach will consider extenuating circumstances with his decision being final. The coaches will deal with additional tardiness as they see fit.

Players that arrive with less than 15 minutes prior to practice, must be in full equipment by the time the captains start warm-ups or will pay the penalty of disciplinary actions to be determined by the coaches.

**All players should have proper protective equipment INCLUDING MOUTH GUARD, a reversible practice pinnie, as well as running shoes and adequate clothing to run or practice outside no matter what the weather conditions.**

**All players must have TWO sticks (required for HS Boys; recommended for HS Girls) at practice that are LEGAL.** The coaching staff will periodically check the legality of each player's sticks and depending on the cause of the penalty the stick may be banned from use. Occasionally, coaches may also select which stick a player will use for practice on any given day. This is to ensure that players are comfortable with "back-up" sticks should their primary stick break during a game. Defensemen should have an extra head at practice and (\*if possible\*) another long pole – can be a cheap aluminum shaft to keep practice going.

After practice, goals are to be removed from the field and locked to the fence (or folded up).

## Game Day Procedures

We encourage parents to rotate hosting a pasta dinner on the night before a game. It is a tradition that we have had for the past several years and we hope it will continue. It is a good opportunity to continue building our family and our team.

Home games – parent volunteers will need to arrive early to help set up the field, these responsibilities will be predetermined by parent team representatives or coaching staff.

Away games – If on a school day, we will apply for early release from school if necessary to make game time. Players are encouraged to car pool or make arrangements with parents to get to the game field on time. In the past, team transportation has been provided by bus for special games or away venues that the travel is substantial.

Home and Away games:

- Players are to arrive at least 45 minutes before game start time. Any equipment problems should be dealt with prior to these 45 minutes (ex. shooting strings, pocket depth, etc.)
- Players must have all equipment on, including helmets, 30 minutes prior to game start.
- Warm-ups will include one lap around our half of the field, 10 minutes of static and dynamic stretching, pre-determined line drills and pre-game shooting.
- Goalies are to be dressed 45 minutes prior and fully stretched 30 minutes prior to game time.

It is the responsibility of each player to be in by no later than 11 PM the night before a game. Rest is of utmost importance. This is a strong recommendation of the coaching staff and may be enforced by parents if they so choose; however, as young adults we expect you to make the right decisions for the team. Teams will determine school attire on the day of games.

## Players with Jobs

We understand that having a job is very important to some of our players. Players who have jobs during the lacrosse season must assure that they do not miss lacrosse practice or games for their work. Players should inform their employers that they are a member of the lacrosse team at VAHS and that there may be occasions from time to time when a special practice or activity could be called on short notice and that they may have to miss work. We will do our absolute best to have the practice and game schedules posted on the website so each player can plan accordingly. Should the coach call a team practice, meeting, or function that conflicts with the player's work schedule,

it is the player's responsibility to immediately contact their employer and inform him/her that they will have to miss work (or part of work) for the scheduled time or arrange for someone to cover your shift. You will find that most employers understand if the player meets with them early in the season and shares this policy with them.

## **Concluding Remarks**

We have a unique opportunity to make Verona Lacrosse the best program in the state of Wisconsin. The combination of dedicated parents and players will elevate this program to the next level. The coaching staff appreciates the commitment that each family makes to provide for their child to play and grow this sport in the State of Wisconsin. Although the wording in this handbook may be a bit harsh or inapplicable to our current team, we want to plan for every potential problem and hopefully curtail problems before they arise. We hope to run a fun and successful program but to do that; we will need a little guidance and discipline. Our staff is proud to be a part of VAHS lacrosse and hope that together we can be the leaders in the Madison area and the state of Wisconsin.

## Contract of Commitment – player copy

Between Lacrosse Parents and VAHS Lacrosse Team

I \_\_\_\_\_ and \_\_\_\_\_ along with our

child \_\_\_\_\_ have read and understand the policies and procedures as outlined by the coaching staff. We agree that the parental involvement in high school sports should be that of full support for not only their child, but teammates as well.

We have read and understand all of the procedures as outlined by the coaching staff. Also, we understand that being a part of the Verona Lacrosse team is a privilege, not a right and if our son/daughter should violate any of these rules, he/she may be dismissed from the team permanently. We agree to not criticize our child's teammates at any time or talk negatively about teammates. We agree to this as we realize that for the team to have success and for there to be team unity, that this type of conversation is counterproductive.

We understand that there may be times when we don't understand or agree with the coaches' decisions, but realize that we are not at practice every day, we are not in team meetings during games and before and after practice - therefore we understand that we don't possess all the information that the coaches have when they make their decisions. With this understanding, we will not put our child in a difficult position by questioning or criticizing his coaches.

It is our commitment to the players and coaches of the VAHS Lacrosse Team that we will be supportive (win or lose), display sportsmanship at all times that will positively represent our community, program and school. In addition, we will cheer equally for all members of our team and display sportsmanship with opponent parents and players. We will also behave ourselves on the stands as adults at games and NOT communicate with any official in any way, shape or form. Only coaches are allowed to talk to game officials. If we violate this rule and are removed from a game, we will remove ourselves from this game as well as 4 future games, no exceptions.

**KEEP THIS COPY FOR YOUR RECORDS**

# Contract of Commitment

Between Lacrosse Parents and VAHS Lacrosse Team

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child \_\_\_\_\_ have read and understand the policies and procedures as outlined by the coaching staff. We agree that the parental involvement in high school sports should be that of full support for not only our child, but our child's teammates as well.

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Signed this \_\_\_\_\_ day of \_\_\_\_\_, 2019.

\_\_\_\_\_  
Print Parent or Guardian's name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print player name (for the team)

\_\_\_\_\_  
Signature

**NOTE: This form can be completed and accepted as part of the online registration process.**

**If not completed online,**

**SIGN AND RETURN THIS FORM BEFORE TEAM TRYOUTS IN MARCH.**

## Grade Release Form

In an effort to assist players in making sure that they are students first and athletes second, it has been my practice to assist with the monitoring of the academic progress and attendance of each student athlete. There are strict laws as to the release of this information. As an educator and coach, this information will be kept confidential and used solely for the purpose of encouraging and assisting with good academic progress. This program should have a TEAM GPA's of over 3.0. With the level of influence that coaches have with their players, it can only be a good thing if we can encourage good attendance and grades. I give my child's coach permission to access my child's academic status, attendance records, as well as copies of mid-quarter reports for the purpose of encouraging good academic progress and good attendance.

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
School

\_\_\_\_\_  
Parent or Guardian Name (Please Print)

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

**NOTE: This form can be completed and accepted as part of the online registration process.**

**If not completed online,  
SIGN AND RETURN THIS FORM BEFORE TEAM TRYOUTS IN MARCH.**