

Chatfield Senior High



Boys' Lacrosse Program Handbook 2020

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Program Mission/Intent

The CSH Lacrosse Program intends to cultivate and maintain an intentional, constructive culture in which student-athletes can grow as individuals on the field, as well as in life. It is the program's goal to support each player's development toward becoming positive, upstanding citizens. The sport of lacrosse offers ample opportunity to learn life lessons, and it will be a priority within the program to highlight and make use of these teachable moments. Our focus is to get better every day, as individual players, teammates, coaches, students, friends and family members.

Program Culture/Philosophy

“Burn the Boats”

“Burn the Boats” comes from a psychological strategy of war where commanders would order the destruction of their ships to signify no method of retreat. They had only one option, unite to a common goal and work together to reach that goal.

This phrase signifies Chatfield lacrosse heading in a different direction than before. Our expectations from a commitment, effort and focus standpoint will be higher than they ever have been. Members of the program moving forward (Players and parents) will be held to a higher standard. We are changing the way we practice, prepare and play the game of lacrosse. We want our players to step outside their comfort zone and unite to reach their potential. To be a successful program we must remove the safety nets that reduce effort, focus and commitment and keep us from reaching our potential. “Burn the Boats” will drive our mission of Fostering the growth of young men through the sport of lacrosse.

Program Conduct Expectations

The CSH Lacrosse Program will follow all conduct and behavior guidelines, along with consequences, that have been set by the Chatfield Senior High School Administration, Jeffco School District and CHSAA governing bodies.

As members of the Chatfield Lacrosse family, player's actions will extend beyond the field and into player's daily lives. Players will be held to the highest standards both on and off the field. As a part of the CSH Lacrosse family, players are asked to display integrity and kindness in their decision making. Please remember, players are a reflection and representation of the program, just as the program is a reflection and representation of the players. CSH Lacrosse players are privileged to be a part of the sport, and are expected to hold themselves to a standard that respects the game and the CSH Lacrosse family. It is understood that we all make mistakes and bad decisions, and if that happens, players are expected to be honest and transparent. Often times, our character is better measured by our actions following a mistake or failure.

****All players are required to sign the Jefferson County Schools Athletic Participation Contract.****

****The use of Alcohol, Drugs or Tobacco is strictly prohibited. Discipline will be in accordance with district policy****

Program Keystones

The mission of the Chatfield Lacrosse program is to build a positive culture where our athletes can successfully develop the necessary skills that will allow them to succeed in all of their life experiences. To accomplish our mission all athletes, coaches and parents must work together. The "Keystones" below are an essential component to achieving success.

Player Keystones:

- Character
- Commitment
- Community (team)

Coaches Keystones:

- High Expectations
- Growth Mindset
- Care for and develop men of integrity

Parent Keystones:

- Be Supportive
- Be Involved
- Be Positive

Mistakes/Bad Decisions

“Don't do anything that's detrimental to yourself. Because if it's detrimental to you, it'll be detrimental to our program”

-Coach Krzyzewski

Each mistake we make in life can be viewed as an opportunity to learn and grow. With this in mind, the CSH Lacrosse coaching staff will seek to serve as mentors through these teachable moments. There are natural consequences attached to every decision we make, positive or constructive, depending on the action. Coaches will strive to meet individual mistakes with constructive criticism aimed at teaching a lesson or creating awareness. Response to mistakes outside of school and athletic administration, will be dealt with on an individual/situational basis. The coaching staff reserves the right to excuse any player from the program for behavior or actions that are detrimental to the program or program members.

Attendance and Timeliness

Absences:

Absence from mandatory team events (practice, training sessions, film study, etc.) hinders individual player development, along with team development and preparation. Lacrosse is a sport that demands a substantial time and energy commitment to be successful, and that commitment is an expectation within the CSH Lacrosse culture.

- **Excused Absences**

- An excused absence from practice is defined as an absence in which a phone call/email/message is made/sent prior to the practice, preferably from a parent, explaining to the head coach that a player will not be at practice due to a religious commitment, family emergency, or illness. Injured players are expected to attend practice.
 - It is at the judgement of the coaching staff to determine what impact the absences have on the player and the team. The coaches may choose to adjust playing time if they feel the absence has hindered the preparation for the upcoming game.

- **Unexcused Absence**

- An unexcused absence from practice is defined as an absence in which a player does not attend practice and either no phone call/email/message is made/sent to the head coach prior to the practice or the player does not have an acceptable reason for missing practice.
- It is at the judgement of the coaching staff to determine what the response will be for an unexcused absence(s)

Tardiness:

Tardiness is not acceptable within school and/or workplace settings, and is not acceptable within the CSH Lacrosse program.

- **Excused Tardiness**

- The coaching staff expects players to communicate expected tardiness as soon as possible. The following are acceptable reasons for getting to practice late.
 - Receiving treatment for an injury
 - After School Academic Help/Make Up Tests
 - The coaching staff strongly recommends finding time during the academic day to get extra help or work/tests done.

- **Unexcused Tardiness**

- A tardiness that is not explained prior to the start of practice will be considered unexcused.
- It is at the discretion of the coach to determine what the consequences will be for unexcused tardiness.

When communicating with coaches about planned absences or tardies, do not use the team Groupme (defined on the following page), as this is for all players. Please communicate your situation with a coach in person or through a direct message on the app.

Practice Guidelines

Will will practice more than 3 times as much as we play in games. It is imperative that players attend practice on a regular basis so they are prepared to compete. Missing practice may negatively impact playing time.

Practice Procedure:

Players are expected to arrive 15 minutes before practice to get dressed and set up the field. After practice, players will clean up and return the equipment to the shed.

Practice Attire:

- Full pads, cleats, mouthpiece, CSH pinnie (Defense→ Black, Offense→ White)
- Shorts and shirts must be from the player pack ordered before the season or from a previous season. If you were unable to order, the following substitutes are acceptable...
 - Shorts/Pants: Solid Black, White, Gray or Cardinal (No patterns)
 - Shirt: Solid Black, White, Gray or Cardinal
 - Tights: Black, White, Gray

Repeated violations of the practice dress code will result in being sent home for the day.

Academic Standards and Expectations

CSH Lacrosse players are student-athletes, and will make education a priority. The program will follow the academic guidelines that are outlined in the Jeffco Athlete's Handbook, with minor additions. Grade reports are issued weekly, and influence the following week's eligibility. Failing grades are not acceptable and must be addressed.

- Players with two or more F's are ineligible for the following week's games.
- Players with one F on their grade report are given one probationary week to raise the grade. If a player experiences two consecutive weeks with the same F on their grade report, they are ineligible for competition until the grade is raised. A note/email from the teacher stating the grade has been raised needs to be provided.

Communication/GroupMe

Contacting Coaches: If a player has a question or concern regarding their role on the team we ask that they address those issues with the coaches, in person.

24 Hour Rule: Please refrain from contacting coaches within 24 hours of a game. We are all passionate about the game of lacrosse and need time to process/evaluate the game. As mentioned above, please have players make initial contact if any issues arise.

Team Communication

Transparent and timely communication is important to the CSH Lacrosse program. The program will use the GroupMe App to allow direct and immediate communication between players and coaches. The free GroupMe App should be downloaded to each player's phone, and messages should be checked and responded to as needed. The program conduct expectations and consequences extend to the use of the communication app. Players must notify the coaching staff if they are not receiving messages through the GroupMe App.

GO CHARGERS!

