**Voorhees Lacrosse 2018**

**Guidelines and Expectations**

 The primary goal of Voorhees Lacrosse is to develop determined student-athletes of integrity who will serve as positive members of the school and greater community. Voorhees Lacrosse will be used as a platform to teach athletics, life lessons, and how to carry oneself with virtue. Through this great game, players will build a foundation of strong character, develop a competitive spirit and resiliency, learn how to work hard and push themselves, and create a sense of unity among the Voorhees Lacrosse family and greater community. While enjoying participation in the sport, student-athletes will utilize and develop numerous skills that will benefit them on and off the field, allowing them to achieve success at the highest level possible. This lacrosse program will promote and facilitate personal, physical, emotional, social, and intellectual growth and will continue to build a strong foundation of excellence through its core goals and values.

**Voorhees Lacrosse Team Rules and Values**

**Togetherness:** The foundation of the Voorhees Lacrosse program will be built around the idea of team success rather than individual achievement. Individual success will only go as far as what the team accomplishes. The Voorhees Lacrosse team will be a tight knit group that will gain strength and achieve success through its strong foundation of togetherness. Players will be there for one another in the good times and in the tough times. This team and its members will help and encourage each other to attain their intended goals. Players will take pride in representing the program while developing chemistry, teamwork skills, and support systems that will translate into successes and growth, both on and off the field.

**Do the Right Thing:** This program will develop a togetherness and work towards our common goals together. Players make choices every day and are expected to take individual responsibility for the actions they take and choices they make, both positive and negative. Our team members will do the right thing on and off the field. They will carry themselves with integrity, respecting their team, school, themselves, and all who are involved in their lives. Players will make the necessary decisions to better themselves, both on and off the field, and hold themselves to a high standard of excellence. They will always be honest and take responsibility for their actions. They will represent their team in a positive manner and carry themselves in a way that embodies its beliefs and values. Furthermore, every decision made by the coaches will always be for the best interest of the team.

**Never Settle:** This program and its members will set challenging, yet attainable, goals and work together to achieve them. Team members will make the necessary sacrifices, push themselves, and push one another to better themselves and others. They will develop a competitive spirit that will drive the team and individuals. This program will strive to perform at a high level and only settle for our absolute best efforts on and off the field. We will rely on the support of each other, our strength of character, and our continuous pursuit of excellence to take on the challenges at hand with confidence. We will continuously seek to improve and never settle with what we have accomplished until it is our absolute best. This confidence and drive will not cause us to lose sight of the privilege that we have to play this sport. Part of this attitude will include working through the inevitable tough times, overcoming adversity, and picking one another up when we are down to get back on the path to success. Even when it seems as though the odds are not in our favor, we will never give up and will give all that we have at every moment until the final whistle blows.

**Player Expectations**

**Family First:** Family always comes first. Players must take care of their family obligations before anything else can be accomplished. Family is the most important element of our lives and nothing should come before that. There are always consequences that result from the decisions that we voluntarily or involuntarily make.

**Academics:** All of our players are students first, then athletes. A priority will be placed on academics. Before practice and game performance, comes performance in the classroom.

**Respect:** Players will respect their coaches, parents, peers, parents, opponents, teachers, classmates, and all who are involved in their lives. They will respect this program and their school. Most importantly, players will respect themselves. They will make the right decisions to make themselves better and grow. They will carry themselves in a respectable manner, on and off the field.

**Be Present and On Time:** Players are expected to be on time and ready to go at the start of every program related event.

**Communication:** Players will communicate with their coaches at all times. If they have to leave school midday, they must make every effort to see a coach IN PERSON to let them know. There are two coaches in the building everyday, so this should be easily attainable. If contact cannot be made in person, they may send an email. Additionally, players are encouraged to keep an open line of communication with their coaches to discuss any team related matters, both positive and negative. Players may seek advice or help from their coaches at any time for non-lacrosse issues as well, such as academics or behavior. It is better for us to hear about any problems from the player before we have to hear them from another teacher or administrator. The coaches want to hear the good things that our players are accomplishing too!

**Attitude and Sportsmanship:** Regardless of the challenges that are faced, we will put forth our best effort to achieve and overcome the obstacles. Players will come prepared to work every day. Members of this program will carry themselves with poise and composure, adhere to the rules, and perform with good sportsmanship at all times. They will respect their opponents, accept victory with modesty, and acknowledge defeat with dignity. Win or lose, the team will perform as a unified organization and represent our community, school, team, family, and selves with pride. Players will be supportive teammates to one another and maintain a positive attitude through the highs and lows of the season.

**Trust:** We, as coaches need the focus, effort and trust from our players and parents in order to achieve our intended goals. Trust that the coaches are making the best decisions for the overall success of this team and program. Trust that the systems in place will lead to success once operated at a high level. Trust that your teammates will give all that they have and will be there for support in the good and tough times. Trust that you will make the right choices and work to put the team in the best position to achieve success.

**Accountability:** Players will be accountable and take responsibility for their actions or inactions both on and off the field. Being a member of this team is a responsibility. Everything that our players do reflects upon themselves and the program as a whole. They will represent the program in a positive manner. Players will be disciplined and sharp on and off the field. This will include things such as keeping a tidy locker room, dressing presentable for games, and keeping equipment neat in line drills.

**Factors that Will Determine Team Placement and Playing Time**

**Performance** in practice and games

**Work Ethic** in practice and games

**Mental Toughness** in practice and games

**Team-First Mentality** in practice and games

**Fitness Level** in practice and games

**Other Notes and Information:**

**Extra Help:** Players are encouraged to seek extra help whether they are struggling in school or not. Practice does not begin until 3:10 which gives players ample time to seek extra help after school. The player must let their coach know that they will be arriving late and should bring a pass from the extra help teacher. If it is found out that the player was not at extra help or was wasting time before getting to the field, consequences will ensue. Athletics are not an excuse to miss extra help opportunities.

**Bus Transportation:** Busses are provided for all away games and some team events. If a player misses a team bus without properly informing his coach prior to the event, then he will not be able to participate in the event unless otherwise specified. Players are expected to take the bus to and from games as a team, unless there is a legitimate reason not to. If a travel release is approved, the player must leave the event with a parent or guardian unless otherwise specified on the appropriate travel release form. Players will show respect towards the bus driver and his or her vehicle. They will ensure that it is kept clean and in the shape that it was received. Players will also ensure that all opponents’ facilities are left in the condition that they were upon arrival.

**Parent Transportation:** If a parent intends to take a player home from a game that is at an away site, they must present a completed parent permission form, with the signature of an Athletic Director, prior to the start of the game. Forms can be found on the athletics website, our google classroom page, or in the athletic office.

**Missed Practices or Games:** Missing a practice or a game will result in loss of future game time unless the absence is an excused and prearranged matter. Emergencies may also be given exemption from this rule. Consequences for missed practices or games will be determined by the coaching staff on a case to case basis.

**Team Placement:** Players will be assessed by the coaching staff throughout the preseason and regular season and will be placed on one of three levels: Freshmen, JV, or Varsity. Players may be asked to participate in contests for one or more of these teams with playtime not exceeding state regulations. Every player will earn their play time, it is not an entitlement or guarantee at any level. The players who demonstrate that they are most physically and mentally capable of safely playing the game of lacrosse will play in interscholastic contests. Players, who may not see a lot of or any playing time, will be encouraged to improve their skills and earn playing time based on their performance during practices. Each player will be provided with the opportunity to improve their individual and team lacrosse skills on a daily basis.

**Talk Before and After Games:** Coaches will not talk about game or individual player concerns with parents or guardians one hour before and until the next day after a competition, unless it is an emergency. This will allow both parties to gather their thoughts so they may properly address concerns and respond without the influence of emotions. This will also prevent distractions prior to a competition. Coaches will not discuss the playtime of players other than the parent or guardian’s own child and will not discuss strategy. If a meeting is necessary, a process must be followed. A parental communication process has been outlined below.

**Parent and Coach Communication Process**

 Both parenting and coaching are challenging endeavors. By establishing an understanding of each other, we are able to accept the actions of each party and provide greater benefit to the young men involved in the Voorhees Lacrosse Program. As a parent of a child involved in our athletic program, you have the right to understand what the expectations and communication processes are for you and your son.

**Communications Players and Parents Should Expect from the Coach**

* Philosophy and goals of the Voorhees Lacrosse program
* Staff expectations for individual players and the team
* Location and times of practices and games
* Communication on issues that may arise
* Strength/conditioning and out-of-season opportunities

**Communications Voorhees Staff Should Expect from Players and Parents**

* Concerns expressed directly to the coaches
* Notification of any schedule conflicts as far in advance as possible
* Notification of illness or injury as soon as possible directly to the coach, not through another player. *\*If this takes place during the school day, an in person notification is expected\**

**Appropriate Concerns for Discussion with the Lacrosse Staff**

* The staff’s treatment of your son
* Methods to help your son improve his skills
* Concerns about a student’s behavior, or academic performance in season

**Issues Not Appropriate for Discussion with the Lacrosse Staff**

 While the coaches are committed to open communication between staff and parents, there is a certain protocol that we ask be observed. In particular, the time before and after a game is dedicated to our players. It is not appropriate for a parent to approach a coach to discuss game or individual player concerns at this time. We ask that this period begin one hour before a competition and end one hour after, unless it is an emergency. An exception to this request is an incident when a player is injured --the coach and trainer will be available immediately after a game to discuss the situation and any concerns with parents.

 It is important for parents to understand that we, as coaches, have been hired to make decisions based on what we believe to be best for the team as a whole and for all players involved with the lacrosse program. With this understood, we will be available to discuss parental concerns with the following exceptions, which we consider either inappropriate or counter-productive to team leadership:

* Play calling and team strategies
* Concerns about the playing time/performance of players other than your son.

 There are certain situations that may require a conference between a player, coach, and/or parent. It is important that all parties involved have a clear understanding of the other’s position, and what procedure should be followed. When a player or parent has a question or concern regarding the lacrosse program and needs to contact a member of the coaching staff or administration, we ask that the communication process outlined below, that has been adopted by the lacrosse program, be followed. Coaches will not adhere to the request of a parent that asks that we not tell the player about conversations between a coach and a parent about said player unless it is a situation where the player is in danger.

**Voorhees Lacrosse Communication Process**

**Step 1:**  The concerned player should contact his position coach or level coach to schedule time to discuss his questions or concerns. If the player does not feel satisfied with the outcome of the meeting, he should move forward to Step 2.

**Step 2:** An email or phone message should be sent to the player’s level coach and the head coach. The message should include a brief explanation of the player/parent concerns. If this issue cannot be resolved via email or phone conversation, the player and his parent(s)/guardian(s) should move forward to Step 3 and schedule a meeting.

**Step 3:** A meeting should be requested involving the player, appropriate Voorhees Lacrosse coaches, parent(s)/guardian(s), and the Athletic Director, Mr. Baumann. If all the parties involved are still not comfortable with the outcome of the meeting, additional alternatives will be discussed to resolve the matter.

The Voorhees Lacrosse staff believes that if there is a problem, proper communication is usually the best answer. We believe that if a problem arises, the parties involved should all be a part of that communication process. Therefore, the coaches will not meet with parents unless the player is involved in the meeting. All discussions should focus on individual concerns and questions. The performance and ability of other players will not be a topic of discussion.

**Consequences and Dismissal from the Team:** Players who consistently miss practices or games and/or have frequent behavioral issues will be dismissed from the team. Additionally, players who do not maintain academic eligibility per the Voorhees High School Parent Athlete Handbook will not be permitted to play for the team. Violations of this contract will result in consequences and possible dismissal from the team at the discretion of the coaching staff.

**To Contact:**

Coach Perkalis: nperkalis@nhvweb.net or by phone (908)-638-6116 Ext 2267 *\*Email is preferred for fastest response\**

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Year: (Circle one) Freshmen Sophomore Junior Senior

I acknowledge and agree to the above rules and regulations that have been put in place by the coaching staff of the Voorhees High School Boys Lacrosse Program. I also acknowledge that I have read and adhere to the rules of the Voorhees High School Parent Athlete Handbook.

Player Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s)/Guardian(s) Signature(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_