



Parent Handbook

HIGH SCHOOL GIRLS



» DEAR LACROSSE PARENT:

High school lacrosse is about having fun, learning the sport and developing relationships that often last a lifetime. As parents, part of your role is to make sure that your child is enjoying her lacrosse experience even as she progresses to higher levels of play. Be positive about your daughter's participation — winning is not everything. You and your daughter will participate in many games over the years, and the friendships and great experiences will certainly stay with both of you much longer than the wins and losses on the field.

GUIDING PRINCIPLES FOR GIRLS' LACROSSE:

- Honor the origins of the game
- Commit to the core values of the game's culture
- Respect all participants
- Recognize the value of fair play and both the letter and spirit of the game

Respecting these guiding principles, the women's game today continues to be one of finesse and speed, using minimum equipment and prohibiting intentional body contact. Remember that the women's game is different than the men's game — in its history, its rules, penalties for contact and equipment.

» SAFETY IN LACROSSE

Your daughter's membership dues help provide resources to fuel the work of the US Lacrosse Sports Science and Safety Committee, a diverse group of professionals in the sports medicine field that studies injuries and health in lacrosse. The committee has published several studies and position papers, all available at uslacrosse.org/safety. Let's highlight a couple topics:

CONCUSSIONS: US Lacrosse girls' lacrosse rules state that "any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional." Concussions are a very hot topic in sports medicine. Learn more about playing safe, signs, symptoms and recovery at uslacrosse.org/concussionawareness.

HYDRATION: Thirst could be considered a "late" indication that the body needs fluids. Athletes sometimes need frequent reminders to hydrate, particularly before games and during weekend tournaments. Learn more at uslacrosse.org/safety. Click on "Nutrition."

» TIME MANAGEMENT

Getting the most of her high school lacrosse experience can be easier with proper time management. Here are some recommendations:

1) Help your athlete plan and set priorities.

Before the season, help your child map out the time needed to handle the demands of homework and sports, so she has a better sense of how much time she has for other activities. Encourage your child to set a "to do list" and a "don't do list."

2) Don't allow shortcuts in sleep and nutrition.

Many high school athletes try to manage their heavy workload by sleeping less and eating on the run. Student-athletes need more sleep and better diets, so make sure they have healthy snacks like citrus fruits, strawberries, whole grain breads and cereals, almonds and cashews. Avoid energy drinks, which are high in carbohydrates and caffeine, and are NOT formulated for athletes. They can have adverse effects on performance.

3) Build in "down time." Just like muscles grow when they have rest between weight lifting sessions, your athlete needs down time to relax. Encourage your athlete to take time to do nothing or practice the art of napping. Naps of up to 30 minutes can recharge your athlete for the rest of the day.

4) Give your athlete a break. Your student-athlete will likely get tired and cranky at times and may procrastinate. That is normal, so don't overreact and make a big problem out of what may be a transition thing.

5) Don't panic if there is a crash. Sometimes, despite all preventative measures, the combination of athletics, academics, and extracurricular activities overwhelm high school students. This is not unusual. Most often, improving time management, reassessing priorities and teaching self-advocacy is the answer.

» BEYOND HIGH SCHOOL—RECRUITING

Does your child love playing high school lacrosse? Does she dream of playing in college? With proper planning, that dream can become a reality. There are hundreds of opportunities to continue playing in college, from high-level NCAA programs to more relaxed US Lacrosse Women's Collegiate Lacrosse Associates (WCLA) programs to junior-college schools. The key is finding the right fit for your child.

Note: If you are interested in playing at the NCAA Division I or II level, you should register with the NCAA clearinghouse (www.ncaaclearinghouse.net) sometime in the summer before or the fall of your senior year of high school. For more information on the recruiting process, please visit www.lacrosse recruits.com, the official recruiting tool of US Lacrosse.



4 STEPS TO GET STARTED

As much as you want to be involved, your child should lead the college search process. College coaches want to work with mature students that can handle responsibility. Your child, with your assistance, should go through these next four steps if she is serious about playing lacrosse in college.

1) EXPLORE YOUR OPTIONS. Take some time to think about how much of a commitment you want to make in college, and then go from there. At the higher levels, there is generally much more of a time commitment involved. Decide what you want out of your college experience, and talk to your coaches to get an honest assessment of the level you can play in college.

2) CONTACT THE COACHES. Based on your research, create a list of schools you are interested in and contact the coaches directly. Send an introductory letter with your academic record information and your lacrosse background. It's never too early to start this process, but your sophomore year of high school is a good time to start. Definitely start no later than your junior year if you want to keep more options open. (Note that NCAA Division I and II coaches are not allowed to return phone calls to you until the summer before your senior year of high school).

3) VISIT THE SCHOOLS. Narrow the list of schools you are considering and go visit the colleges. Schedule a meeting with the coach (don't just show up on campus), and see if there are opportunities to watch a game or practice or meet some of the players.

4) GET FEEDBACK. Don't be afraid to ask the college coaches some tough questions. Are they really interested in you? How do they see you fitting into their program?

5 RECRUITING MYTHS

1) Lacrosse scholarships will pay your college tuition. For the very best players, a scholarship can help pay for college (full rides are rare), but there are far more NCAA athletes receiving no athletic aid than those that do.

2) My grades aren't important. A coach can get me into school. Your child's academic record is one of the first things most college coaches will want to see. Many students are weeded out of the recruiting process right from the start due to their grades or test scores.

3) If I go to a high-profile recruiting event, coaches will see me. Coaches do spend time looking at players they know nothing about at larger events, but many events have gotten so big, but it's like finding a needle in a haystack. It's important for your child to be proactive and let coaches know where she will be playing.

4) I need to play in lacrosse events all year. It's almost unanimous among college coaches that they prefer to recruit multi-sport athletes over those that concentrate solely on lacrosse.

5) I received a recruiting letter. They must really like me. A recruiting letter is just the beginning of a process. Don't put too much stock in the letter.

» THE ROLE OF PARENTS

You are equally as important to your child's positive lacrosse experience as the coach of the team. Some tips to help:

1. Be supportive of your child by giving encouragement and showing an interest in her team.

2. Attend games whenever possible. If you cannot attend, ask about your child's experience.

3. Be a positive role model by displaying good sportsmanship at all times to coaches, officials, opponents and your child's teammates. "Honoring the game" is an important part of what US Lacrosse represents.

4. Let your child set her own goals. Be your child's "home field advantage" by giving her your unconditional support regardless of how well she performs.

5. Let the coach coach. Refrain from giving your child advice when she is playing. Also, let the coach know when he or she is doing a good job.

6. Respect the decisions of the umpires. They are the authority on the field.

7. Read the rulebook.

8. Get to know who is in charge. Meet with the leadership of the program, whether it is school-sponsored or recreational, to discuss topics such as cost, practice and game scheduling, insurance coverage, emergency procedures, etc.

9. Get involved — coach or assist, keep score, run the clock, line the fields, manage the equipment, raise funds, coordinate social events, develop an online picture book, help manage the team website, or volunteer in some other way.

10. Enjoy the game. Remember, lacrosse is played for FUN.



COMMON MINOR FOULS

For a minor foul, the offending player is placed for a free position four meters off, in the direction from which she approached her opponent before committing the foul, and play is resumed. When a minor foul is committed in the 12-meter fan, the player with the ball has an indirect free position, in which case the ball must be 'played' before the team may shoot.



EMPTY CROSSE CHECK: A player may not check an opponent's crosse unless the ball is in contact with the opponent's crosse.



GOAL CIRCLE FOULS: Only one player, either the goalkeeper or a deputy is allowed in the goal circle at any one time, no other players are allowed to enter or to have their feet, body or crosse on or over the goal circle at any time or a minor foul will be assessed, with the following exceptions:

- On a shot, the shooter may follow through with her crosse. She must initiate her motion from outside the goal circle and her feet may not touch the line.
- On a shot, the player directly defending the shooter may reach into the goal to block the shot or check her crosse and her feet may not touch the line.



COVER: A player may not guard a groundball with her foot or her crosse. Note: An opposing team player must be in position to play the ball for this foul to be called.

SAMPLE OF MAJOR FOULS

Fouls are categorized as major or minor, and the penalty for fouls is a "free position." For major fouls, the offending player is placed four meters behind the player taking the free position.



CHECK TO THE HEAD: No player's crosse may hit or cause her opponent's crosse to hit the opponent's head. This is a mandatory card.



PUSHING OR BODY CONTACT: A player may not push the opponent with the hand, body or crosse.



REACH ACROSS THE BODY: Reaching across an opponent to check the opponent's crosse when she is level with (i.e. hip to hip) or behind her opponent.



CROSSE IN THE SPHERE: A player may not hold her crosse within the sphere around the face or throat of an opponent. The attacker cannot hold the crosse so close to her head that a check would be dangerous.



DANGEROUS PROPELLING OR FOLLOW THROUGH: When a player propels the ball without control in the direction of another player or follows through with her crosse in a dangerous or uncontrolled manner at any time. This is a mandatory card.



SLASH: Swinging the crosse in a dangerous and uncontrolled manner with no regard for player safety. Note: No contact is needed for this to be called. This is a mandatory card.



SHOOTING SPACE: When a defender is not closely marking her opponent, within a stick's length of an opponent and is in the free space to goal of the attack player with the ball. The attack player must have the opportunity and be looking to shoot.



THREE SECONDS: A defender may not stand within the eight-meter arc for more than three seconds unless she is closely marking an opponent within a stick's length.



OFFSIDES: Occurs when a team has too many players over the restraining line.



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