

Waconia Lacrosse



Parent & Student- Athlete Handbook

Program Mission

Waconia Lacrosse is dedicated to providing an opportunity for youth and High School athletes to develop positive life skills and attitudes through the sport of Lacrosse.

Vision

We believe that sports should serve as an avenue to build confidence, respect, humility, work ethic and a healthy competitive nature. We strive to instill these traits through our coaching philosophy. “RIP IT”

Respect – Win or lose with class! Players, coaches and fans will demonstrate RESPECT towards teammates, coaches, opponents and referees at all times.

Improve – Provide a “Never Stop” atmosphere that contributes to an ongoing emphasis on IMPROVING skills and character.

Perform – Maintain 110% effort and attention during practice and games to develop fundamental skills and attitudes essential to successfully PERFORM, compete and have fun!

Communication

Effective communication is vital to our program. It is essential that we establish proper coach to player and coach to parent communication immediately. Coaches are always available to talk whenever anybody in the program needs to. Coaches will always be straightforward and respectful to both players and player's parents. In an effort to teach our players proper communication skills, we strongly recommend that all members of program follow the below procedures.

Varsity & JV Head Coaches

- Dave Olson
 - daveolsonhome@gmail.com
 - 612-619-6081
- Jared DeWolf
 - jdewolf@waconia.k12.mn.us
 - 612-840-0253

Procedure for Contacting Coaches

- Player talks to head coaches
- Meeting with player, parent and coaches

4 Main Areas for Contacting Coaches

- Playing Time
- Skills Being Taught
- Style of Coaching
- Competitive Level of Play

We want parents and players to have as much information as we can possibly provide. In order to do so, we will provide information in a variety of ways.

- Website (waconiaareaathletics.com)
- Emails
- Twitter - @waconialax
- Facebook –Group – “Waconia Lacrosse” – send request to join
- Phone Calls (only in an emergency)

Questions regarding payments or fees for Waconia Lacrosse, please contact Waconia Community Education at 952-442-0610

General Policies & Expectations

The Wildcat Athlete should be an individual who is proud to play for Waconia as well as someone that Waconia can be proud to have as a representative. The athlete must remember that he is representing the team and the school in everything he does and everywhere he goes. He must keep in mind the following policies:

- Each athlete is responsible for maintaining good grades and proper school behavior throughout the year, always showing respect for his fellow students as well as the teachers and staff at Waconia.
- Each athlete will honor the game by showing respect for all coaches, teammates, officials, opponents and fans, and will never taunt, ridicule or attempt to demean or embarrass anyone.
- Each athlete must attend school in order to participate in practice or an athletic contest that day, unless he has received an excused absence from the coach. If an athlete is not in attendance during the last two blocks of the day because of illness, he will not be allowed to participate in practice or an athletic content on that date.
- Each athlete is responsible for the uniform which is issued to him and must maintain these items in good condition. The athlete will be financially responsible for any loss or damage.
- Each athlete will wear the entire uniform and wear it properly when participating in an athletic contest.
- All athletes will work together to keep the sideline neat and clean at all times. The same rules apply when we visit another field.
- All athletes need to ride the bus to away games. If an athlete is not riding the bus home after the game. It needs to be pre-approved by the coaches beforehand.

At Waconia, each student-athlete has the responsibility to exercise leadership at all times in matter of conduct. Representing Waconia in interscholastic competition is a privilege and must be recognized as such by the student athlete. Along with this privilege, the student-athlete must make a commitment to his teammates and accept the responsibility of maintaining a healthy life style. Therefore, the use, possession or attempt to purchase tobacco products, alcohol or non-prescribed controlled substances is strictly prohibited for all student-athletes. This policy is enforced twelve months a year, whether in season or out of season, whether on campus or off campus.

***** Important Note *****

High School Lacrosse is a club sport (MBSLA) in Waconia. Therefore we are not privy to School District records regarding violations to District eligibility policies and rules. HOWEVER, players are EXPECTED to communicate any violations to the coaches and will be held to the same disciplinary actions as if Lacrosse were a MSHSL sanctioned sport.

Player Responsibilities & Expectations

- **Have respect for the other team, referees, coaches and yourself.** You represent Waconia Lacrosse. Win with class, lose with class.
- **Abide by the Drug and Alcohol policy** that was mentioned above.
- Practice is more important than games. The challenge for each player is to learn how to win by working with and maximizing the talents of the group. **Therefore, it is very important for all players to attend practices and games. Your team is depending on you! It is your responsibility to let the coach know as far in advance as possible if you will not be at a practice or a game.**
- **Players should strive to make the best use of their talents and energy.** Each player advances on his own efforts, spirit and team play. No player is given a permanent position. Position is gained and maintained by contributing to team success and improving your skills as the season progresses. The coaching staff may make changes in position assignments as needed to place the best team possible on the field or to help other players gain experience at different positions.
- **Players will be expected to continue their personal development outside of practice.** Several resources are available on the Waconia Lacrosse website (waconiaareaathletics.com) that provide individual/partner drills for skill development as well as increasing their understanding of the game.
- **Stop everything that you are doing when addressed by a coach...**and give them the courtesy of your undivided attention to learn what they have to say.
- **Learn to speak up, ask questions and seek to understand.** Don't be embarrassed to ask another player or coach if you don't understand something.
- **Support and encourage your teammates** both on and off the field, at practice and during games.

Parent Responsibilities & Expectations

- **Parents are expected to be good representatives** of the Waconia Lacrosse program as are their student players.
- During games, positive and **encouraging cheers are welcome**. Do not argue with coaches, officials or other spectators. Do not coach from the bleachers.
- **Support the coaches**. Contact the coaches or Community Education with problems, questions or concerns.
- **Let players and coach's focus on winning**. You, the parent, are there to provide support.
- **Recognize the coaches' commitment**. He has earned the right to make the decisions.
- **Let the coach...coach**. Avoid giving instructions to players during the game.
- **Don't put the athlete in the middle**. Don't create divided loyalties – it affects your son's performance.
- **Encourage your son to talk directly with the coach if there is a problem**. Avoid the urge to "fix it". Chances are your son might not think it is as big of deal as you do. They may just be "venting".
- **Observe a "cooling off" period**. Wait 24 hours before addressing coaches with problems. Right after a losing effort might not be the best time to talk about things.
- **Let your child tell you about the game**. Avoid giving your post game analysis unless asked. Ask your child open ended questions like: "What was the most/least enjoyable part of the game?" Or "What did you learn from the game?" "Any thoughts on what you would like to work on before the next game?"

Tell your child how proud you are of them no matter what!!

The Team Comes First

Personnel decisions in a team sport cannot be democratic in nature. Coaches will discuss every player's performance on a regular basis. When a final decision is made in regards to rank on a depth chart, it is always done with the team's best interests in mind. Each individual in our program has a right to question the coaching staff's decisions with regard to their own situation. You as a player must come and address the staff about your situation. This is not a job for your parents. However, once this discussion takes place and a decision has been made, you as a team member have two choices: 1) abide by the decision and act as a positive influence in the program. If you still disagree with the coaches' analysis of your skills, then your job is to prove in practice that you are deserving of a starting position. 2) If you simply cannot act in a positive manner, then you will be asked to leave the program.

Championship teams are not distracted by discontent, jealousy and rebellion. A great team will be reduced to mediocre amidst these types of problems.

At Waconia, we try to attain a championship status. All of our coaches and players are expected to live the following words. Read it carefully. It best describes the prevalent attitude amongst great championship teams.

THE TEAM COMES FIRST!!

Team Placement & Playing Time

Team placement and playing time are a result of the following factors and are at the discretion of the coaches:

- Attitude
- Effort
- Commitment
- Position
- Skill level & Lacrosse IQ

Team rosters are NOT static. Player development and conduct throughout the season according to the factors about will determine roster changes during the season. Also, a Junior Varsity player may be asked to dress for a Varsity game. Please remember that this is an honor and a privilege and there is no guarantee that they will get playing time on the field. JV players should be ready to take the field if necessary.

Varsity: The purpose of the Varsity team is to field the most competitive team possible. The majority of the roster typically consists of upper-classmen (11th & 12th graders). However, under-classmen (8th, 9th & 10th graders) that possesses both the skill and appropriate physical size may be invited to play on the Varsity team. Playing time in games is not guaranteed and may be limited.

Junior Varsity: The purpose of the JV Team is to develop the skills and Lacrosse IQ of younger and/or less experienced players. Players who attend practices, try hard and meet the “Player Expectations” will receive ample playing time. A Junior Varsity player may be asked to dress for a Varsity game. They need to remember that it is an honor and a privilege and there is not guarantee that they will get playing time on the field. JV players should be ready to take the field if necessary.

Bottom Line... Show that you CARE!

Waconia Lacrosse

This handbook has been developed to assist the parent/guardian and the athletes who plan to be a member of the Waconia Lacrosse program. We expect a great deal from our student/athletes and this handbook hopefully has communicated our expectations.

As a member of the Waconia Lacrosse program, I have read and understand the Lacrosse programs rules and regulations. My signature signifies that I will adhere to the regulations set forth in this handbook.

Student/Athlete Name: _____

Student/Athlete Signature: _____

Date: _____

As a parent/guardian of the above signed athlete, I have read and understand the Lacrosse programs rules and regulations set forth in this handbook.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Please sign and tear out this page and return to Coach Olson or Coach DeWolf