



# **ARCHER HIGH SCHOOL**

## **GIRLS LACROSSE**

### **Rules, Expectations and Strategies**

The rules and policies in this handbook are designed to give participants in the Archer Girls Lacrosse Program parameters and guidelines to success. Each student athlete is required to adhere to all rules contained herein. Please note this handbook is an integral part of the overall policy and procedure manual for Archer Athletics. However, it is not meant to replace or mitigate GHSA or the Gwinnett County Public School System's rules which are in effect at all times.

## Code of Conduct

It is expected that you will refrain from all illegal activity under Georgia State and Federal law in addition to any rules and regulations that are set by Archer High School.

We expect highly of each and every one of you. Always use good moral judgment at all times and adhere to the rules and regulations set forth by Archer High School, GHSA, and the Gwinnett County School System.

- Be on time and ALL the time!
- Use of profanity is prohibited during any AHS lacrosse function - meetings, games, practices, etc. A reprimand will include conditioning or loss of playtime on the field.
- The Archer Lacrosse program has no tolerance for alcohol and drug use. Any use of these products will cause a player to be dismissed from the team.
- Do not show a negative attitude towards any team member, coaching staff, referee, administrator, or teacher. A reprimand will include conditioning or loss of playtime on the field.
- All members will abide by the daily dress code for Archer High School. The dress code for practice will be loose fitting shorts or sweatpants (no spandex shorts may be worn without running shorts on top of them), a provided Archer pinnie and a short sleeve shirt under the pinnie (no sports bras may be worn under the pinnie alone), socks, proper shoes, and lacrosse gear.
- Our doors are always open for you. During practice and games we want you to focus on lacrosse.
- Never post anything of a negative nature on any social media platform that does not represent Gwinnett County Schools, Archer High School, or the Archer High School Lacrosse in a positive manner. Please do not do anything to compromise the integrity of any Archer High School or Archer High School Lacrosse social media platforms. Students are encouraged to tag AHS lacrosse platforms to share in personal news, but there is no guarantee for reposting.

- Anytime you are wearing Archer Lacrosse gear, you are representing the program and should present yourself as a role model for the school.
- The Archer Lacrosse program has a no bullying policy which includes negative comments to a person, on social media, or by rumors. This is an automatic dismissal from the team.
- Any behavior deemed a disruption to the success of our team will be cause for disciplinary actions - anything from a reprimand to dismissal from the team.
- Drama will not be tolerated on the team. A warning will be given first, followed by disciplinary actions that may result in extra conditioning, loss of field time, or removal from the team.

## **Academics**

The Archer Girls Lacrosse Program places a premium on academic success.

If you are counted absent from school, you are not allowed to participate in after school activities. Stay on top of your school work. You will have a busy schedule this semester. Stay on top of things. Students must be academically eligible to participate in extracurricular activities. They must pass 5 out of 6 classes the previous semester and have the proper number of credit hours towards graduation. Parents need to make sure they have access to the Parent Portal and that they are on top of their students' grades at all times.

- Maintain a good rapport with your teachers - no write ups!
- Report any difficulty you are having with a course to your coach immediately. We will do all we can to help you.
- Use the lag in practice times we have to go get extra help after school.
- Mandatory study hall will be required for any players who have a GPA below 3.0 in the time before games/practice.
- You must be in good academic standing to play and practice.

- It is your responsibility to talk with your teacher to make sure grades are entered in the gradebook. There **should not** be any NTI's. A well rounded athlete needs to balance their academics and sports successfully.

## **Study Hall**

Study hall requirements are determined on a semester by semester basis. All hours must be signed off and documented. Regardless of your academic situation, each student athlete will have their grades checked bi-weekly by the coach.

- In the event that there is a lag in time before practice or a game, all athletes will use the time as study hall time in the coach's room to ensure academic success. No student will leave school before games or practices. If a student is participating in work study or off campus classes, they are required to be at the school when the school day ends for practices/games and participate in study hall.

## **Practice**

Players must be in attendance at least four periods of the day to be counted present and be eligible to participate in games/practices. You must notify the head coach if you are too sick to attend by either email, text message, or in person. Sending word by another athlete is not acceptable.

- Practice should be hard. Games should be fun!
- No jewelry, no exceptions.
- No phones out at practice.
- Must attend all practice sessions. If you attended school, you are expected to be at practice.
- Unexcused absences will result in the loss of playing time.
- Athletes will report injuries or illnesses to trainer and coach immediately.
- Players should make all efforts not to schedule a doctor's appointment, a meeting with a teacher, or rehab workouts that interfere with a team meeting or practice.

Any conflicts should be reported to the coach ahead of time to avoid loss of playing time.

- You must be ON TIME for practice and games. All taping, treatments, bathroom breaks, etc. must be completed before the scheduled practice time. When you arrive on the practice field, you are ready to begin.
- You must come to practice and games prepared. At the start of practice all players should have equipment on and be ready.
- Each player is told the proper clothing for practice. A player that is not properly clothed for practice will not be able to practice and will be required to sit out, which will result in loss of field time during a game due to lack of participation during practice. Appropriate and modest clothing is a requirement at all times.
- The team is responsible for setting up goals and getting balls on/off the field each day.
- Friends and parents should not attend practice. It is a distraction to players. Players should always remember that practice/games time is not designated as a time to visit with friends or family outside the field of play. If necessary, coaches may hold closed practices. Parents please refrain from coaching their daughter on the sidelines.
- We will show the other teams at Archer respect and will not be a distraction during their practice time.
- Any cancellations of practice will be communicated through the after school announcements and the Team Snap app by the coach only. Students are expected to communicate any changes in the schedule to their parents. In the event that practice is canceled due to weather or field conditions, athletes will remain at the school for conditioning or film review.

## **Team Communication**

- The coaches' doors are open for you. Please come to see us before issues arise so we can prevent problems, instead of putting out fires.

- The coaches will be open and honest with you.
- We will be happy to speak with parents concerning their player's issues (academics, personal, etc.) but will not discuss playing time. We want the player to come talk to us about that. Playing time is earned and the best players are put on the field for the betterment of the team. Line-ups can change week-to-week pending on the teams we are playing, athletes academic standings, athletes participation in practice, and attitude. Line-ups are made by the coaching staff and athletes and parents do not know the background of the decisions. For this reason, we discuss playtime with athletes only.

## **Game Day**

- We expect you to act responsible and professionally throughout the season, but particularly on game day.
- Stay hydrated and fuel your body with a healthy lunch. Greasy, processed foods that will hinder your performance are strongly advised against.
- Healthy game day meals will be provided given the funds are available. All players are expected to attend as a form of team bonding. It is hard to please everyone, so please plan on attending even if you are not eating the meal provided.
- Stand on the sidelines with your gear on and ready to sub in.
- Respect for your coach, teammates, opponents, and officials will be practiced at all times. It is our goal to promote high ethical and sportsmanlike conduct. Any unethical or unsportsmanlike behavior will be handled accordingly. Cheer on your teammates for their successes.
- Please remember, just because your name is on the roster DOES NOT mean you will be on the field for game day. It is up to the coach which players will be played during the game. Once again, it is our goal to win each game and being part of the team doesn't necessarily mean automatic game time. Your spot for game day is earned by your attitude, grades, athletic ability, lacrosse IQ, being coachable,

attendance at practices, prior game records, and respect for your coaches, teachers, and teammates.

## **Required Equipment**

- Gear must be on prior to the start of practice. It is required that you bring the following to every practice and game: (player provided) lacrosse stick, goggles or helmet, fitted mouthpiece (cannot be white or clear), cleats, tennis shoes, socks, lacrosse pinnie, water bottle, and any required medical equipment (inhaler, epi pee, knee brace, etc.)
- Be prepared to practice and play in the rain, heat, and cold weather. Plan accordingly.
- You will not be able to practice or play if you do not have your equipment. We do not provide any equipment.

## **Locker Room - If Provided**

You will be expected to take pride in your school; you will maintain the facility so that it remains pristine. Anyone who refuses to maintain the locker room will have their locker revoked. No one is allowed inside the locker room other than girls lacrosse players.

Locks must be on all lockers.

- Do not leave the locker room messy.
- Responsibility for the locker room is up to each athlete but the captains (designated by the coach prior to the season) are to enforce players to maintain its cleanliness. If the locker room is unclean or messy, the entire team will clean.
- We want the locker room to be a special place for you; somewhere you can come to rest before games and just hang out.

## **Parents**

- Parents are encouraged to work with their daughters, but not in practices or games. During games, parents should be watching their daughters from the

stands. Mom and dad are her biggest fans. Parents are not to stand along the fence line at any time. Lacrosse rules state that all spectators are to sit in the homeside stands of the stadium.

- Coaches will not discuss playtime with a parent at any time. As stated above, it is at the coach's discretion who is on the field for each game, what position each player is playing, and the amount of play time each player receives. It could change week-to-week and players may be rotated between varsity and junior varsity at the coach's discretion.
- Parents, students, and fans should always display appropriate sportsmanship during all games. Loud, negative outbursts directed at players, coaches, or officials are displays of poor sportsmanship and disrespect. Parents should serve as a positive role model for school functions and should remain orderly. Failure to abide by this rule may result in your removal from the game.
- Our parents take responsibility for various jobs at home games. All parents of athletes are required to work four games during the athletic season. If parents do not sign up for a job on sign up genius, jobs will be assigned to them. For each home game we must fill the following positions: field set-up and take-down (2 people), stat book (1 person), concession stand (pending) (1 person), announcer (1 person), clock and scorekeeper (1 person), and video (1 person). Free admission to the game will be granted to the 7 volunteers for the game they are working if they are registered on sign-up genius 24 hours prior to the start of the game. If you sign up, you must show up or call someone to work in your place.
- It is important the parents volunteer to work on committees that the board sets. All help is greatly appreciated.



## **Team Travel**

- BE ON TIME!
- The coaching staff, not players, will decide on travel apparel as well as game day apparel 24 hours before a game. When you are on an opponent's campus all players must be dressed the same.
- We will go and return as a group. You may never return from a game with friends, boyfriends, parents, cousins, etc. All players are required to ride the team bus to and from all games. No exceptions! Make sure to plan accordingly! Team buses are provided to ALL away functions and you are expected to be on them.

## **Athletic Clearance Forms (Physicals)**

Players must submit a completed Archer High School Athletic Physical and Insurance Form before they can participate in any tryouts, conditioning, practice, or game. Players can obtain their physical during school sponsored physical nights or from their own physician. No player will be permitted to condition or participate until the form is completed and uploaded on Rank One. All information must be completed to the fullest extent.

## **Coaching Decisions**

Coaches make decisions based on what is best for the team and the overall program. No coach, player, or single individual is bigger than the program. Decisions about playing time are not always based on talent, but rather on how each player fills certain positions and how they work within the team concept. Players who have negative attitudes or who disrespect their coaches and/or teammates will find themselves on the bench or off the team no matter their skill level. Players are to work through their issues with their teammates first. If there is an issue that a coach might not be aware of, please have your student athlete speak directly with the head coach before or after practice.

## Other Sports/Activities

Archer High School lacrosse players are encouraged to participate in other sports and school activities during the fall and winter season. Multi-sport athletes are well rounded and maintain their physical conditioning. Those who participate in clubs, student government, and other organizations gain valuable experience, knowledge, and friendships. However, lacrosse players are expected to fully commit themselves to the lacrosse program during the lacrosse season, beginning with the first day of the lacrosse season practice. Failure to do so may result in loss of playing time, regardless of talent. It is expected that players attend all games or practices during the lacrosse season and club commitments, other sports, etc take a back seat during the season..

## Off-Season Workouts

Off season workouts are part of the player-parent commitment to Archer Lacrosse. They are a critical part of each individual's personal physical development. Speed, agility, and strength are critical in the game of lacrosse. Off season workouts are not mandatory but highly encouraged to keep each player in top physical shape for the lacrosse season and are scheduled in the fall.

## Registration

The lacrosse board sets the registration dues prior to the start of the season. All players are made aware of the financial expectations prior to trying out for the team. It is expected that all players pay in full prior to the first game. Archer Girls Lacrosse has a **NO REFUND** policy. Most of the costs for the season are in the start up costs before the first game, so there are no funds to refund players for any reason. Players are encouraged to make sure they are fully committed before trying out for the team and paying their player fees. If a player is dropped from the team by the staff for any reason, decides to quit the team for any reason, or becomes injured at any time after joining the team, no player fee will be refunded. It is also important to keep in mind that players are

responsible for purchasing their own equipment prior to tryouts and there is a possibility that a player may not make the team and be cut from tryouts or the team after purchasing their own equipment.

## **Closing**

This handbook is meant to aid you in your overall student athlete experience. The rules and regulations are designed to promote a healthy environment for you to develop as a person, student, and athlete. We, as a staff, want you to succeed in all aspects and we are here to help you along the way to the best of our ability.

## Rules Acknowledgement

The rules and policies in this handbook are designed to give participants in the Archer High School Lacrosse program parameters and guidelines to success. Each student athlete is required to adhere to all rules contained herein. Please note this handbook is an integral part of the overall policy and procedure manual for Archer Athletics. However, it is not meant to replace or mitigate GHSA or Gwinnett County public School rules which are in effect at all times.

By signing the below document means that you understand what the coaching staff needs and expects from you in order to be a member of the Archer High School Girls Lacrosse team.

\_\_\_\_\_ (Student-Athlete Name) \_\_\_\_\_ (Date)

\_\_\_\_\_ (Parent Name) \_\_\_\_\_ (Date)

\_\_\_\_\_ (Parent Name) \_\_\_\_\_ (Date)