



Worthington Kilbourne Lacrosse

COACHING STAFF

Head Coach - Brian Miller

(614) 429-7875

bmiller@cossmmedical.biz

Varsity Assistant - Mike Riffie

Defensive Coordinator – Kelly O'Brien

Offensive Coordinator - Sean Ryan

Varsity Assistant – Cameron Watson

Varsity Assistant - Ben Groff

Face-Off - Michael Roman

Goalies - Dane Jackson

JV Head Coach - Dane Jackson

JV Offensive Coordinator - Jayce Miller

JV Assistant Coach – Jeff Tabler

***WORTHINGTON KILBOURNE LACROSSE
PROGRAM MISSION STATEMENT***

We believe that the game of lacrosse provides a tremendous opportunity and platform for our student-athletes to develop healthy skills and habits that will stick with them for the rest of their lives. While our competitive goal is to win the state championship every year, our desire to develop young men of great character and leadership ability eclipses all competitive gains. We want our student-athletes to graduate from Worthington Kilbourne High School and move on from the program's lacrosse experience having both embraced a growth mindset and developed the ability to lead others. We want our student-athletes to become leaders in their future workplaces, within their families, and ultimately within their communities. We believe that we've developed a culture blueprint, set of standards, and support system to help cultivate this within each member of our program.

We take great pride in knowing that our alumni are able to return to our program at any point in the future and still feel at home in our locker room, on our practice/game field, and when surrounded by the fraternity of Worthington Kilbourne lacrosse players. Our hope is that our blueprint for excellence and program support system remains a resource for alumni as they move onto the next phase of their lives. Our hope is that our former players will return to the program and give back to the lacrosse community and/or program in any way they are able to. The importance of family cannot be understated, and our Worthington Kilbourne lacrosse family will grow stronger and prouder with each passing day.

TRANSITIONAL PURPOSE STATEMENT

Work in a collaborative manner to develop, mold, and shape the student-athletes of our program into men of great character, leadership ability, and of a growth mindset.

MAN UP PROGRAM

Our players understand and appreciate that they are afforded the ability to play this game of lacrosse because of the many sacrifices made by others and due to those who have come before them. While it is impossible to pay back all persons that have made this possible, our Man Up program does allow our players to pay it forward and help grow the game. Through this community service program, our players use lacrosse as a platform to volunteer their time to young people in and around the community in a positive and productive manner.

WORTHINGTON KILBOURNE LACROSSE CULTURE



What We Believe	How We Behave
<i>Family</i>	Family is our priority. Nothing should or will come before our personal family.
<i>Academics</i>	We are in school to succeed academically and obtain a valuable degree for our productive future growth.
<i>Service</i>	We function as a total person, not just for ourselves, but for others.
<i>Team</i>	We are a team. It is a privilege to be a part of it, not a right. They count on me and I hold myself accountable.

COMPETITIVE ETHOS

“Excellence is Not a Part Time Thing”

- We strive to be excellent in all aspects of our lives.

“Beat the Game”

- We understand that we must focus on only the things that we can control.
- We look to perfect the game every day, no matter the opponent.

“Win the Whistle”

- We understand that it’s all about the next play.
- We anticipate what’s happening next on the field and are more proactive than our opponent.

“48 Minutes of Chaos”

- We play an extremely aggressive style of lacrosse and put pressure on our opponent at all times.

“Count on Me”

- Our team can count on me to make the right play, and act in a manner that is most beneficial to our team.
- Our team can count on me to do the right thing on and off the field.

“Bring the Juice”

- Our team can count on me to bring a high level of positive energy to everything we do.

“Compete”

- We relentlessly work for what we want, on and off the field.

PLAYERS, PARENTS AND COACHES

We firmly believe that consistent communication between all three parties - players, parents and coaches - is an integral part of your child’s success on the athletic field and within our program. Players and parents can expect a weekly rundown from our coaching staff, via email, throughout the course of our spring season. This communication will provide everyone with important reminders, practice times and/or events for the week.

As coaches and parents, it is our responsibility to work in a collaborative manner to support both your child and all players of our lacrosse program. At the end of the day, we both want to see all individuals of our program find success both on and off the lacrosse field. We will work together to create tangible, measurable and realistic goals for your son to have success within our program. We have an open door policy with both players and parents, and will not hesitate to respond in an accommodating manner as described within our team rules and guidelines.

THE STUDENT-ATHLETE

The Worthington Kilbourne Lacrosse Program places an extremely high premium on performance and achievement within the classroom and in our community. We believe that excellence is not a part time thing. As defined within the name itself, our players are students first and athletes second. Family commitment aside, we expect our players to make education their top priority while at Worthington Kilbourne High School.

Academic Team Goals

All players within our lacrosse program will strive to not only meet the minimum requirements established within our school's athletic policy, but will be asked to set individual goals that rise above these minimums.

- Team GPA - 3.25
- All individuals should be above 2.50

Our players are fortunate to attend Worthington Kilbourne, where there is a top-notch academic support system available to them. If struggling in any content area, players will be expected to exhaust all opportunities available to them. These range from open dialogue and one-on-one help from their teachers, to Academic Intervention Assistants in Room 209, School Counselors, to approaching myself or another coach for help and/or support. Players will be asked to set tangible and measurable academic goals for themselves and will be expected to work toward these goals throughout the academic calendar year.

Expectations of Player Conduct

Our players must be keenly aware that their behavior, as a student-athlete within a successful athletic program, is viewed under a microscope. Individual players not only represent themselves and their families, but our entire lacrosse program. Representing our lacrosse program in a positive light is something that we, as coaches, and our players will take seriously. As head coach, Coach Miller will take ownership of this and will be communicating with building staff to closely monitor all disciplinary actions taken against our players. Worthington Kilbourne lacrosse players will be expected to become positive role models/leaders within the school building and community and will be held accountable for any actions taken that run counter to this.

LIFE AFTER WK LACROSSE

Our role as coaches is to prepare the young men of our program for what awaits them in life after high school. We want our players to leave the Worthington Kilbourne Lacrosse Program equipped with the proactive skills that will help them in whatever avenue they choose to go down; college, the armed forces, or the workforce.

College Opportunity

The growth of lacrosse in the recent decade has been tremendous. While there has never been more opportunity available for high school lacrosse players to play at the collegiate level, it has also never been nearly this competitive to do so. As a staff, we are willing to do everything we can to help our players reach their goal of playing collegiate lacrosse should this be something they would like to pursue. However, lacrosse should come near the end of the priority list when it comes to choosing one's college or university. Some things to consider:

Please remain mindful that a higher GPA and higher test scores (ACT, mainly) increase the number of colleges and universities that will show interest, and ultimately, that you can attend. All schools have academic admission minimums that must be adhered to, and these are not bent regardless of a given player's talent on the field. Academics are important and will often be the first thing inquired about by prospective coaches. Many scholarships and grants are given based on academic standing. Division I and II schools very rarely provide full scholarship for non-revenue athletics, Division III schools do not provide athletic scholarships at all.

Contacting College Coaches

Using non-lacrosse criteria, put together a broad list of colleges and universities. Please do not hesitate to reach out for some suggestions in this regard. Contact the head coach of the lacrosse program at each college or university. Include your GPA, year in school, jersey number, position and contact information. Although recent changes in NCAA rules forbid collegiate coaches from contacting high school players until September 1 of their Junior seasons, the recruiting process often starts long before this date. It pays to be proactive in this regard.

2021-2022 TEAM RULES AND REGULATIONS

Player Expectations

- All players within our program are expected to represent the Worthington Kilbourne Lacrosse Program, their high school, community, their families, and themselves in the best way(s) possible, and to the best of their abilities, at all times.
- All players within our program are committed to a competitive atmosphere that will push us to be successful on and off the field. By engaging in this culture, we are building a foundation for success after leaving the WK lacrosse program.
- All players within our program understand that we will collectively strive for perpetual progress and develop this consistency through the relentless execution of fundamental actions.
- All players within our program are expected to take accountability and ownership for their individual actions and the collective actions of the lacrosse team.
- All players within our program are expected to act as positive role-models and mentors for their fellow teammates and young people within our community.

- All players within our program are expected to respect their coaches, officials and teammates, accept positive instruction and constructive criticism in a mature manner, and do what is asked while on the field of play.

Player Attendance

- It is expected that players will be in attendance on a daily basis. If a player is not able to make practice for one of the excused reasons below, that player is to directly contact the head coach of the team he is on. If a player misses practice without this contact happening before practice, their absence is considered unexcused. Any unexcused absence will result in a loss of the next game. More than one will result in a conversation about possible expulsion from the team.
- All players are expected to be on time and present/ready to go 5 minutes before the stated start time.
- There will be individual consequences for absences and/or tardiness:
 - 1 practice missed = loss of next game quarter
 - 2 practice missed = loss of next game half
 - 3+ practice missed = loss of next game

Excused Absences

- Absent from school due to illness.
- Death in the family.
- Medical appointment that is unable to be rescheduled during a non-lacrosse time.
- After-school tutoring.
- Injury - Please see "Training Room and Staff" for further details.

Unexcused Absences

- Late or missed practice.
- Couldn't get a ride.
- After school detention.
- Projects due and/or tests the following day.
- Work - Please schedule work around one's lacrosse schedule during the spring season.

ATOD Policy

- Violations of the Worthington Kilbourne ATOD Policy will not be tolerated under any circumstance. Consequences for any players in violation of this policy will be administered according to the ATOD Policy.
- There will be additional consequences for violating the ATOD Policy, and these will be left to the discretion of the coaching staff. Expulsion from the team is a possible outcome for violation of this policy.

- **Spring ATOD Meeting Online: Mandatory completion for all players and parents who have not participated in a co-curricular activity during the current school year. See Coach Miller if you have a question.**

Anti-Hazing Policy

- As coaches, it is our number one priority to ensure the emotional and physical safety and well-being of all players within our program. There will be no tolerance regarding any form of hazing or bullying toward any member of our lacrosse program. Consequences for these actions will result in expulsion from the team.

Locker Room

- The locker room serves as our players' home away from home from late February through early June. Players are expected to treat the locker room as they would their own home. Mud, trash, tape, and/or destruction of any kind will not be tolerated. Failure to keep the locker room clean and habitable will carry team consequences.
- Players are required to lock up their belongings when not in the locker room. Worthington Kilbourne High School will not be held responsible for items stolen or lost in the locker room.

Training Room and Staff

- Our sports medicine staff works closely with and is an extension of our coaching staff. Their staff is an invaluable part of our program and will be treated with the utmost respect at all times.
- Likewise, the training room is an extension of our locker room and will be treated accordingly. The sports medicine staff sets the standard for behavior while in the training room.
- Boston Waltenberger is our trainer. Boston.Waltenberger@ohiohealth.com
- **Training Room Protocol and Expectations**
 - Report existing injuries before practice.
 - Fill out "Treatment Log" upon entering the training room.
 - Be self-motivated.
 - Continue treatment/rehab until discharged by the sports medicine staff.
 - Use the sports medicine staff as a resource to get you back onto the playing field.
- **Concussions**
 - Concussion protocol as determined by Ohio's Return-to-Play Law (2013) will be followed.
 - Any player exhibiting signs of a concussion will be immediately removed from the contest or practice and will not return to play in that same day.
 - The student-athlete will not return to practice or competition until cleared via written authorization from a physician or health care provider.

Social Media

- Players, coaches and parents are asked to proceed on social media with the understanding that everything done on social media (Facebook, Twitter, Instagram, etc.) is done on a public forum.
- Under no circumstances will players and/or parents post sensitive material regarding our lacrosse program. What happens in-house will stay in-house.
- Players interested in playing at the collegiate level need to be especially aware that college coaches will look for you on social media. Do not let one (or repeated) insensitive and/or inappropriate post(s) be the reason that a college chooses to pass on you as a prospective student-athlete.

Depth Chart

- At the Varsity level, our depth chart is not based on a player's age or grade level. The best players, as determined by the coaching staff and regardless of grade level, will play. Players will be evaluated on skill, conceptual understanding and consistency on a daily basis. The Junior Varsity team is a developmental squad.
- At the JV level, our goal is to develop our players to succeed at the varsity level.

Varsity Letters

- To earn a Varsity letter, a player must practice with and dress in all Varsity games for the entire season.
- Players may also earn a Varsity letter by making a significant contribution to the Varsity team after being called up from the Junior Varsity squad.

Team Selection

- **There will be two practice squads: Varsity and Junior Varsity**
 - Varsity and Junior Varsity rosters are fluid and are subject to change throughout the season.
 - There may be movement between the two teams given injury and needs at the varsity level.
- **Varsity Team Games**
 - The Varsity team may call up Junior Varsity players as needed throughout the season.
 - The Varsity team's travel roster may differ from the typical Varsity roster.
- **JV Team Games**
 - The JV game roster is limited to all non-senior players.
 - Select Varsity practice players will dress and play in Junior Varsity contests.

Playing Time and Other Concerns

- As a coaching staff, we believe it important to be able to have mature, open and honest conversations about playing time with our players. We request that the following protocol be followed if there are concerns about playing time, or any other important matter, for any member of our program.
 1. 24 Hour Rule - No discussion of playing time will take place immediately following a game.
 2. The player should directly contact the head coach of the team he is on. In accordance with our desire to develop the whole person, we believe this communication to be paramount in this process.
 3. If mutual understanding has not yet occurred, we are open to discussion with the player and his family. Playing time will not be discussed between coach and parent(s) without the presence of the player in question.
 4. All conversations of playing time will center around the player in question, in an attempt to set forth a plan of action for said player to have success within our program. The playing time of other players will not be discussed.

Final Forms

In order to be included on the Worthington Kilbourne Lacrosse Roster and to sign necessary participation forms, parents must set up a Final Forms account at www.worthington-oh-finalforms.com. When setting up your account, the website asks for the player's email address. DO NOT use the player's school-issued email address. You must supply a personal email address. Both parents and players will be asked to sign various forms in order to be able to participate. Players who have already set up a Final Forms account, must make sure that Lacrosse has been selected during account set up. Call the co-curricular office with any questions at 614-450-6425.

Physicals

A current physical must be on file with our training staff prior to the first day of practice in order to participate. There are no exceptions to this. Plan ahead!

Practice and Game Attire

- **Inside Practice Attire**
 - Blue/Black/White Shirt
 - Black Shorts (Player pack shorts on pre-game practices and game days)
 - Tennis Shoes
 - 2021-2022 team issued practice pinnie
 - Black WK Helmet
- **Outside Practice Attire**
 - Blue/Black/White Shirt
 - Black Shorts (Player pack shorts on pre-game practices and game days)
 - Grey Sweatpants/Sweatshirt (Until told otherwise by coaching staff)
 - Tennis Shoes and/or Cleats
 - 2021-2022 team issued practice pinnie
 - Black WK Helmet
- **Game Day Attire**
 - 2021-2022 team issued game shorts
 - White Game Jerseys = White shooting shirt from player pack (may wear white long sleeve or white hoodie if cold)
 - Black Game Jerseys = White shooting shirt from player pack (may wear black long sleeve or black hoodie if cold)
- **NEW IN 2022 - All players must wear a cup and wear the new shoulder pads that meet the NOCSAE ND200 and contain an SEI certification mark.**
- There will be individual consequences for not meeting these requirements, including the potential loss of playing time and/or being sent home from practice.
- No club gear will be tolerated at any team functions - this is Worthington Kilbourne Lacrosse.

Upon completion of the competitive season, school-issued game jerseys must be turned in immediately upon the request of the coaches.

“Excellence is Not a Part Time Thing” “Beat the Game” “Win the Whistle”

“48 Minutes of Chaos” “Count on Me” “Compete” “Bring the Juice”



INDIVIDUAL WORTHINGTON KILBOURNE PLAYER ATTRIBUTES BY POSITION

ATTACKMEN...

Act as quarterbacks of the offense, understanding everyone's role within the offensive system.

Are able to dodge the island and can score/feed in a variety of ways from this location.

Are selflessly always looking to distribute/feed the lacrosse ball.

Act as 'keepers of the clock' offensively and control the tempo of the offense.

Understand situations that arise within the game and are able to take control during big moments.

Ride like wild men.

Take ownership of their mistakes.

MIDFIELDERS...

Excel both offensively and defensively.

Are able to dodge the slot and consistently draw slides.

Are able to consistently score from 10-12 yards, both on the run and with time/space.

Dominate the game in between the attacking boxes.

Take ownership of their mistakes.

DEFENSEMEN...

Are direct and clear in their communication.

Understand that fundamental defensive footwork always trumps the takeaway check.

Understand their positioning on the field, take good approaches, and keep offensive players out of the paint.

Always focus on defending the body, but will throw hard checks and arrive on the gloves when appropriate.

Can handle the ball and are active participants in the clearing game.

Take ownership of their mistakes.

GOALIES...

Run the show defensively and in the clearing game.

Are direct and clear in their communication.

Demand excellence and communication from the defensemen and midfielders.

Make the saves they are supposed to make.

Take ownership of their mistakes.