



**ARCHER HIGH SCHOOL
GIRLS LACROSSE
INFORMATION**

For our team to be as successful, we must grow as a team. The Archer girls' lacrosse coaches are dedicated to instilling character, discipline, and work ethic in our players. If we do not have these characteristics we cannot succeed as a lacrosse team. It is up to you to make this commitment to your teammates, your coaches and to yourselves. Your commitment and passion will help develop our team unity and potential. We, as a team, need to have a structure and rules that will set the expectations for our team. These rules are clear and complete because it is important for you, as student athletes, to understand what is expected of you. Breaking team rules will result in appropriate actions and consequences at the coaches' discretion.

Read the following team rules thoroughly. You and your parent/guardian need to acknowledge that you have read and understand the team rules prior to tryouts to ensure you know what will be expected of you if you make the team. Although signing this form does not guarantee a spot on the team, it is stating that you are aware of expectations if you are to earn a spot on the team.

1. ACADEMICS. You are a student first. You must give 100% in your class work and not miss any academic requirements during the season. If you are struggling academically, and/or with academic time management, reach out to your teachers AND coaches before it becomes a problem and we can all help you figure out a plan to help you succeed. As a student athlete, you are expected to effectively manage your time such that academics do not interfere with lacrosse time. School time is school time. Lacrosse time is lacrosse time.

2. RESPECT. You must always show respect. This involves your coaches, teachers, parents, teammates, other teams, fans, and anyone in our community. You must always exemplify quality character in all situations. Talking back, using profanity, eye rolling, making inappropriate hand gestures, or disrespecting a coach will not be tolerated under any circumstance. You are expected to accept coaching, as it is meant to be constructive. If you disagree with a coach's decision, play calls, substitution decisions or any other aspect of their duties, you are not free to voice your opinion with other players during a game or practice, but instead should see the coach after practice and discuss your concerns in an appropriate and respectful manner. You will also never talk back to a referee or challenge a referee's call on the field. That includes your body language. If there is an issue with a referee's calls, your coaches will take care of it. Most importantly, respect each other and respect this team. Never engage in conduct that embarrasses the name on the front of your jersey by your conduct – both in person and on social media. If you'd be embarrassed if your coach found out, you shouldn't be doing it. If the coaches find out about any such conduct, there may be conditioning consequences, loss of play time, or dismissal from the team at the coaches' discretion. Any inappropriateness towards coaches, teammates, referees, opposing team players, or fans can be grounds for dismissal from the team or loss of playing time. If you are dismissed from the team during the season you will not receive a refund on fees.

3. SPORTSMANSHIP. We will display good sportsmanship, win or lose, before, during or after the game. Winning or losing does not define who we are, it is how we react to winning or losing that defines us. There will be zero tolerance for unsportsmanlike conduct on our field or on our

sideline at games/practices. If you encounter players from opposing teams behaving in an unsportsmanlike manner, you will NOT respond, and instead will inform your coach who can handle the situation. This rule also applies to our fans.

4. ATTENDANCE. By joining this team, you all have made a commitment to helping us grow and unite as one team. That cannot happen if we are not there every day. Absences hurt our team and we will hold every player accountable to their commitment. You can assume all absences are unexcused absences and will result in an ineligibility to start the following game and possible impact playing time. Excused absences for extraneous circumstances are at the discretion of the coach, and ALL absences should be communicated to your coach in advance. If you need extra help from a teacher, you will be expected to set up those meetings either before school, during lunch, or at any other time that does not conflict with practice. You are also expected to schedule any and all appointments throughout the season such that they do not conflict with practice time. If your parent(s) schedule appointments for you, YOU, the player, are responsible for ensuring that your parents know when you are unavailable. Communication with your coach is very important. We expect you as players to manage your time in order to be a part of the team and do your schoolwork so you will be on time for practice. If you have missed school due to illness, you cannot come to practice. In short, DO NOT miss any practices or games.

5. TARDINESS. You are expected to be on time to every practice, game, team meal and team meeting. Period. For the purposes of this program, “on time” means that your shoes are on, your hair is up, your jewelry is off, your equipment is on, you have already gone to the bathroom and you are 100% ready to play. If practice starts at 2:30, we expect every single player to be beginning their warm up at exactly 2:30 – not a minute later.

Detention. As student athletes, you are expected to be conscientious all season to ensure you are not engaging in behavior that could possibly lead to detention. For your first detention, you will be required to stay after practice for running. Any further detentions will require a conversation with the coaches and playing time penalties.

6. EQUIPMENT. You are required to come to every practice with all of your equipment. Any player that is missing a piece of equipment at a practice or a game will be required to sit out as a matter of safety. It is NOT your coach’s or the program’s responsibility to have extra equipment on hand in case yours goes missing. As student athletes, you are expected to be responsible for your gear and ensure you are ready to play at every practice/game. For clarification, the REQUIRED equipment that you should have with you every single day includes:

- Stick
- Goggles/Helmet
- Mouthguard (cannot be clear in color or white)
- Archer practice pinnie
- Appropriate footwear (cleats/turf shoes for the turf field and sneakers for any indoor training/track conditioning)
- Hair ties, or whatever you need to keep your hair back
- Any injury equipment you have discussed with a coach, trainer, or doctor

Game days:

Archer uniform (always bring both colors)

Dark spandex to wear under your kilt

In the event of cold weather and you decide to dress warmer, you must wear black long sleeves under your uniform and black leggings under your skirt

If the stringing on your stick breaks, the coaching staff can assist you with that.

Practice days:

Archer pinnie

Short sleeve t-shirt to wear under pinnie. You are not allowed to just wear a sports bra under your pinnie since we flip pinnies for practice. If you do not have a t-shirt under your pinnie, you will not be able to practice.

-Loose fitting shorts or warmup pants. No spandex shorts or Nike pros may be worn alone. They may be worn under running shorts only.

** Braces, wraps, and/or any other injury prevention/mitigation equipment that you should be wearing will be considered required equipment and, if forgotten, the coaches reserve the right to have the player sit out from practice and/or require you to see the trainer for approval to play. I repeat once again – NO JEWELRY AT PRACTICE OR GAMES. There will be conditioning consequences for jewelry at practice. This includes hair ties around the wrist and watches.

7. PRACTICES. We practice EVERYDAY after school. No exceptions. In the case of inclement weather, the coaches may hold practice inside or show film. All players are required to be in attendance. Make sure you always have cleats and tennis shoes in your bag.

8. COMMUNICATION WITH COACHES. As student athletes, we expect you to be working on your self-advocacy and accountability throughout the season. This means that you, the PLAYER, are 100% responsible for communications with the coach – including absences, tardiness, questions about coaching decisions, etc. We will not communicate with parents regarding any of this, especially coaching decisions. Instead, parents, please help coach your daughter regarding self-advocacy and responsible communications.

9. SEASON PREPAREDNESS. In addition to exceptional character, for our team to be successful, we must also be the most physically fit and skilled team on the field. This requires an enormous amount of preparation and accountability on behalf of each and every athlete, and we expect that every player will come to the season prepared to put in the work that is necessary for the entire team to be successful.

10. 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. The registration fee for the 2023 spring season is **\$635.00**. This includes the player pack, all season expenses, and all pre game meals/play-off meals from a local restaurant.

ACKNOWLEDGEMENT FORM FOR TRY-OUTS

All of the above rules are in conjunction with our program, which will demand that each of us pay a price in order to succeed. If you fully understand and agree to abide by these stated sacrifices, please sign here:

Player Name: _____ Date: _____

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____

What can you expect to be evaluated on during tryouts?

1. Stick Skills
-This will include a wall ball test. Please see below for a sample wall ball test to practice with.
2. Physical Fitness
-This will include 3 parts; an endurance test, a speed test and and a test on agility
3. Lacrosse IQ
-This includes on-field communication, field vision, play creation and other decision making
4. Intangibles
-This includes leadership, character, teamsmanship, tenacity, coachability, appropriate team interaction on and off the field and MENTAL TOUGHNESS. We reserve the right to contact school personnel for references. Remember don't let our perception of you be from inappropriate media, conflicts you have created, or moral qualities you display.

Sample Wall Ball Test:

Directions: All drills must be done in the order listed. All reps must be completed before moving to the next ball. You may use 5 balls maximum. If the ball is dropped/lost, move onto the next ball. If you drop the ball, that rep does not count. Do not start over at 0. Players must stand 5 yards from the wall. All overhand passing. We recommend completing with a partner who can help you keep count.

One cradle pass (dominate) 10

One cradle pass (non-dominate) 10

Quick stick (dominate) 10

Quick stick (non-dominate) 10

Alternate hands 10 switch hands everytime you catch the ball

Reverse catch (dominate) 5

Reverse catch (non-dominate) 5

Reverse throw (dominate) 5 Goalies: catch, throw, fake switch

Reverse throw (non-dominate) 5 Goalies: catch, throw, fake switch

One-hand (dominate) 5 hold you stick in the middle

Sample Endurance Test: timed 1 mile run or run for duration (8-10 mins)

Sample Speed Test: 300 yd sprints to the 25 yd line or similar activity

Sample Combined Speed/Endurance Test: 50 yard (sideline to sideline) + recovers

Please note that coaches reserve the right to make changes or modify any of the above