

WHS Player Expectations:

Being a student-athlete is a big part of growing up, as well as a fun and exciting part of your life. As coaches it is our job to ensure you grow and develop not just on the field, but off the field as well; whether that's in the classroom or just in daily life. Participating in athletics is a big responsibility and should be taken seriously in all that it encompasses. By playing in this program, you will be expected to uphold and maintain certain expectations and values as defined below:

- You are a STUDENT-athlete – your grades and academics come first
 - There will be 3-4 surprise grade checks during the season
 - To be eligible you must remain in good academic standing according to MSHSL standards. Failing to do so will result in an absence from all team functions until all grades meet this criteria
- Lacrosse is a privilege not a right – be grateful for the opportunity you have to play, and make your choices on and off the field good ones
- Treat everyone with respect – you may not be best friends with everyone but you will be expected to be courteous and respectful both on and off the field.
 - Situations will be addressed if they arise. This could lead to a change of responsibilities such as loss of captainship, a break from the team, etc. These decisions will be made at the discretion of the coaching staff
- Leave personal drama/issues off the field and outside of the team; the goal is to create a positive, consistent and competitive culture with everyone
- Hold yourself and your teammates accountable for their words and actions on and off the field:
 - Social Media is out there forever even if it is “deleted”. Be conscious and aware of what you say and do online
 - Your tone matters just as much as the words you say to someone, be aware of how you speak to others
 - Post-game field interaction: No team, ref, player or coach bashing while still in proximity of opponents or others – do it on your own time in privacy.
- Uphold the program philosophy & embody the core values of the program:
 - Honesty, Integrity, Humility, Discipline, Hard work, and Having fun
- Bring a positive attitude to practices and games
- Come prepared to all games and practices
 - Keep track of and have all necessary equipment, jerseys, etc.
 - Be prepared for all weather scenarios – umbrella, garbage bag for bags, extra masks, etc.
- Follow the guidelines for MSHSL substance, alcohol and tobacco use
 - Any infractions will be handled according to MSHSL and district policies
 - All infractions will be handled the same way regardless of team, age, skill level, etc. Additional consequences from coaching staff may occur as well.
- Be respectful and show quality sportsmanship to all coaches, players, officials, parents and visiting teams

WHS Player Expectations:

- Not doing so will result in disciplinary action from either the coaching staff or school administration
- “Control the controllables” – do not let your emotions cloud your judgment
 - There will always be tough calls and tough games, but you should focus on what you can control (effort, attitude and sportsmanship)
- Understand that you are subject to moving teams – the team you start on may not be the one you end on
 - If you have questions regarding your placement or playing time, discuss this with your head coach – do not discuss playing time, teams, etc. 24 hours before a game, wait until the following practice day to do so and do it in person
 - Captains are not able to be your proxy to discuss issues with coaches – come and talk to coaches yourself about questions or concerns regarding the items stated above
- **If you have questions or concerns, speak with your head coach first** – advocate for yourself and learn how to communicate effectively with authority figures
- Players are responsible for ensuring their equipment is legal and SEI certified prior to our first game (April 5th, 2024)
- If you will be absent from a game or practice for whatever reason, you must notify your head coach at least 24 hours prior to the game/event (48+ hrs. is preferred) – life happens, we understand sometimes this may not be possible, but it is much appreciated.
 - School comes first, followed by family events/activities (religion events, funerals, etc.), lacrosse – vacations or other sports during the season are not sufficient reasons to miss lacrosse.
 - Absence from a practice or game for any reason will result in you not starting the following game
 - Failure to tell a coach you will be missing practice will result in you not playing the first half

As coaches, we understand that you are busy and have lots of responsibilities which is why we expect you to have effective time management and good communication with the coaching staff. Being a student is demanding, however learning to prioritize your commitments is an important life skill. You chose to play, you chose to be here, make sure you are prepared for your commitment to the season and your team. Prioritize your commitment as a lacrosse player; mental health, school, family comes first. Lacrosse comes second.