

SLUH Lacrosse Program Handbook

Program Philosophy

Players and coaches should strive to:

“Be generous,...

to give and not count the cost,

to fight and not to heed the wounds,

to toil and not to seek for rest,

to labour and not to ask for reward...”

Definition of Commitments

These include off-season practice, including team camps, strength and conditioning, individual work and teammate-led work, practice, and games.

A Note about other Sports

Playing other sports in the offseason is essential to developing one’s athletic skill set, and it helps our program as much as it helps the athlete himself. All other SLUH athletic programs are highly encouraged, and the athlete is encouraged to look at lacrosse as equal in terms of commitment. In-Season SLUH athletes, e.g., football, basketball players, are not expected at any lacrosse commitments until their respective seasons are over.

SLUH lacrosse should take precedence over non-SLUH, non-lacrosse teams, such as an outside club team for another sport, and is generally not excused, specifically for in-season. However, cases may be made for student-athletes who are looking at playing sports at the collegiate level and have commitments to other non-SLUH, non-lacrosse teams.

In most cases, however, a varsity roster spot will not be available for players who cannot commit to all practices and games. On the JV and C-teams, however, it is at the discretion of the coaches; normally, this would mean reduced playing time.

A Note about Club Lacrosse

Club teams are encouraged. Any players interested in playing on a non-SLUH Club Lacrosse teams should discuss this with Coach Toussaint prior to committing to said non-SLUH club program. Coach Toussaint highly encourages players to think about playing lacrosse at the sanctioned college level. SLUH plans to bring its teams to at least one tournament each summer starting in 2020. However, club teams may also provide good opportunities to play in front of college coaches and are encouraged.

Donations

Donations of equipment are highly encouraged and welcomed. We want more students at SLUH to try this sport.

Off-Season Opportunities

Off-Season opportunities include 15 instruction days in the Fall, 15 instructions days in the Summer, strength and conditioning opportunities, captains' practice, and individual or group work. All of this is optional. **Players and families are encouraged to schedule vacation, other responsibilities, and student work around these commitments.** As well, multi-sport athletes are asked to give lacrosse off-season commitments serious consideration as it relates to the other sports and activities. At the same time, RandR is needed and encouraged, and we do not want players to burn out.

Loving this sport and striving to be good is an all-the-time thing. If the athlete is not interested in making some social sacrifices to work at his game, then there are other options available at the school.

Practice

- The C and JV teams will practice 3:30-5:30 M-F and the varsity will go 5-7pm. Practices on Saturdays will run 10 am-12:00 for Varsity players only.
- All lacrosse practices are mandatory, and all players should always communicate their absences themselves.

Excused Absences

Unplanned:

- Illnesses, family or medical emergencies.
- Last-Minute College Scholarship Interviews or Athletic Recruiting Trips

Planned and Communicated to Coaches:

- School, family, and religious commitments *that are communicated well in advance* are excused. Most, if not all, school responsibilities--retreats, for instance--can be taken in the off-season.
 - Examples include sibling graduation, immediate family weddings or Confirmations.

- This does not include going to a prom, or taking prom pictures. As stated, an athlete must make social sacrifices.

Unexcused Absences or Tardiness

- Absences related to school, family, or work, that are not communicated before or at the beginning of the season. Or absences that are avoidable, if the athlete had planned appropriately, such as school work, like having a big test, or failing a class and needing to spend extra time.
- College Visits. Seniors are encouraged to take trips outside of the season.
- Retreats during the season.
- Service hours during the season.
- Spring Break trips. On the varsity level, any family vacation during the season that results in an absence of practice or a game will most likely result in removal from the team. This is an extreme case, however, as those who try out should understand the commitment.

Consequences

Unexcused absences will result in loss of playing time, suspension and up to removal from the team, and/or conditioning. Conditioning will be handled unevenly—it is at the discretion of the coach on that particular day. This is reasonable: the coaching staff does not want to create a Byzantine penal code for absences and tardiness.

Communicating Conflicts

- All potential family, college, and school conflicts that were scheduled prior to the season must be communicated and discussed with respective coaches prior to the start of the regular season. Otherwise, they are unexcused.

Other Important Notes about Absences

- No player who is in school that day may ever miss a practice without first informing the head coach that he is going to miss.
- No player can come to school past 9:45am and be allowed to participate in sports activities.
- **IMPORTANT:** For any unexcused absence, parents are strongly discouraged from emailing/calling the coach to run interference for the player, either before or after the absence. For instance, “It was my fault—I forgot...” or “Jimmy was late because he was helping me with X, Y, and Z.”

Family Trips, Vacation Time, i.e., Spring Break

Much like fall sports, which cut short summer vacation, and winter sports, which practice over the holiday break, lacrosse teams will practice and play over spring break (to varying degrees). All unexcused absences impact playing time. Vacations during the season and spring break that force a player to miss practice or games are not excused.

Varsity players will have practice and play throughout Spring Break. Those who plan to try out for varsity must take this into consideration.

1) The varsity will have a break over Easter Weekend, from Thursday through Sunday. We will resume practice that Monday at 5pm.

2) The C and JV will handle Spring Break year-by-year and by the coaching staff. The JV team will travel on March 19-21 to Memphis, as well as to Columbia, Mo, on March 28th. Coaches will communicate the schedule at a later date.

Communication with Coaches:

One of our goals as coaches is to empower our student-athletes to handle themselves in tough situations. When players have questions or concerns regarding the team, we would like to hear from the player first. Coach Toussaint is 240-672-1741. After they have broached the topic, we are happy to talk with the parents second.

“Prepare the child for the path, not the path for the child.”

Injured Jr. Bills

Players report injuries to the coach before seeing the trainer (in person or on the phone). The trainer will assess the player's injury and begin any needed treatment. The trainer will communicate any need to see a doctor to the player, head coach, and parent. The trainer and doctor will have the final word on when a player may return to practice or a game after an injury.

If you are deemed “out,” you are expected to attend all team functions unless another arrangement is made between the player and the coaches.

Playing Time and Cuts

Coaches will determine playing time and spots on the team, and will do so by interpreting who illustrates the best of SLUH and its lacrosse program. This generally means those players who give the team the best opportunity to win, i.e., those with the strongest athletic ability and/or

skills, etc. However, our program success is not about winning. Success is also committing to the team through dedication, through playing hard, playing for others, playing with respect for teammates, coaches, officials, and other teams.

With that said, each player is individually evaluated and each player has equal opportunity to be seen, regardless of whether they are injured or playing another sport during the some or all of tryouts.

Coaches will consider conduct outside of lacrosse, both during the season and not. Egregious conduct violations at school, disciplinary issues, and academic difficulties can impact coaches' decisions, as a student-athlete must have his priorities set to be able to commit to the program.

Seniors and returning players are not guaranteed spots on the team.

Off-Season work helps the athletes improve and displays commitment but does not alone determine a spot. Inversely, those who have not committed in the off-season have hindered their development.

There are no cuts for the JV B team. On rare occasions, Sophomores may play on the JV B Team, especially if the athlete is new to the sport or it is a better athletic fit. Juniors are permitted to play JV, but must adhere to being a strong leader and role model.

Playing time: JV B and JV team players will play throughout the season.

Penalties for the Use of Alcohol and Other Illegal Drugs

First Violation:

As a result of a first violation, the student/athlete shall be suspended from interscholastic competition as a member of the St. Louis U. High athletic program for a certain number of contests in which he is a participant.

Violation	Length of Suspension
1st Violation	2 Contests
2nd Violation	4 Contests

If the violation occurs in-season, the process of implementing this suspension is as follows:

1. The student-athlete will continue to practice during the time of his athletic suspension, except when prohibited by suspension from school.
2. The suspension begins from the date it has been determined that the student-athlete was in violation of said policy. Written notification by the athletic director to the coach, student-athlete and his parent/guardian will state the beginning and ending date of the suspension.
3. A meeting with the athlete, parent/guardian, Assistant Principal and the athletic director will take place to discuss the student-athlete's behavior, and to explain the penalty for a second offense.
4. The student-athlete meets with his coach.
5. The student-athlete meets with the Assistant Principal and Counselor to implement the SLUH Assistance Program.

If a violation occurs out of season, the suspension from interscholastic competition will be applied in the next full sports season in which the athlete participates. However, the SLUH Assistance Program will be implemented immediately.

Second Violation

As a result of a second violation, the student-athlete shall be suspended from interscholastic competition as a member of the St. Louis University High School athletic program for a certain number of contests in the sport in which he is a participant. (See list on previous page). The suspension will be implemented as described in (1) through (5) above.

If a violation occurs out of a season, the suspension from interscholastic competition will be applied in the next full sports season which the student-athlete participates.

If the second violation occurs within 365 days of the first violation, the penalty will be immediate dismissal from the team and suspension from the athletic program for 365 days from the date of notification.

Third Violation

As a result of a third violation, the student-athlete will not be allowed to participate in the athletic program for the remainder of his enrollment at St. Louis University High School.

Being a Jr. Bill Lacrosse Parent

Please help support our team by:

1. Remembering that it is the player's responsibility to communicate absences, conflicts and concerns.
2. Watching games from the stands or a respectful distance from the team area of the sidelines during away games. Never be near or talk to players or coaches during a game. Never attempt to coach your child or other players from the sidelines or stands. Parents are not permitted to be on the field of play during games.
3. Being a positive spectator. In 25 years watching and playing sports I've never seen an official improve his officiating because of antagonistic behavior from players, coaches, or spectators. As a coaching staff, we promise to be mindful of this as well.

“The only real measurement of good sportsmanship is your behavior after a loss.”