

CHASKA HIGH SCHOOL BOYS LACROSSE



2022 PROGRAM HANDBOOK

PROGRAM VISION

Empower students to build character in a competitive lacrosse atmosphere

2022 MOTTO

COMPETE!!!

GUIDING PRINCIPLES

The team is only as strong as each individual's willingness to promote the well-being of the team.

Each individual must realize their own success comes through the success of the team.

That means each individual should...

Strive to be Humble

- Humility is not thinking less of yourself, but thinking of yourself less.

Seek Excellence

- We are what we repeatedly do. Excellence is not an act, but a habit.
- Excellence is not being the best, but doing your best.

Appreciate efforts of other and your time in the lacrosse program

- Appreciation makes what is excellent in others belong to us as well.
- Developing your best comes through appreciation and encouragement.
- Trade expectation for appreciation and the world changes instantly.

Be responsible and accountable

- Responsibility is accepting you are the cause and solution.
- Hold yourself accountable to develop a hunger for your dreams.

Be tenacious

- Tenacity is when someone just won't quit until they reach their goal.

COACH CONTRACT

As Chaska High School Boys Lacrosse Program coaches, we will...

- ...help each student-athlete enjoy their time with us and feel successful
- ...adhere to our program's purpose and guiding principles
- ...promote an atmosphere that values the importance of academic success
- ...communicate with all in a clear and positive manner
- ...help all student-athletes understand their role in the program
- ...strive to be consistent in our approach to all situations
- ...be discrete with information disclosed to us by students and parents
- ...adhere to our ROOTS principles
- ...be organized in everything we do to manage time efficiently
- ...serve as positive role models
- ...review our performance based on our student-athlete's experiences

The Chaska High School Boys Lacrosse Program coaching staff has read this contract and agrees to represent the program in a positive manner at all times.

Chuck Friedbauer 4/4/2022

Chuck Friedbauer Varsity Head Coach

Brady Van Eyll 4/4/2022

Brady Van Eyll JV Head Coach

Eugene Zevelev 4/4/2022

Eugene Zevelev Var. Offensive Coord.

Bennett Kerfeld 4/4/2022

Bennett Kerfeld JV Asst. Coach

Nick Roffers 4/4/2022

Nick Roffers Var. Defensive Coord.

Zach Crumpton 4/4/2022

Zach Crumpton JV Asst. Coach

CHASKA HIGH SCHOOL BOYS LACROSSE TEAM ABC's

ACADEMIC POLICY – every player is expected to maintain an acceptable academic standing per the MSHSL guidelines for eligibility. Furthermore, players are expected to value their academics and will work with coaches to establish that mentality.

ATTENDANCE POLICY – the program will be most successful if players are present at all practices and games. **If a player expects to miss any practice or game, he is responsible for communicating that with a coach prior to that event. An absence for any reason is UNEXCUSED if not communicated to a coach ahead of that absence.** Two unexcused absences will result in that player missing the next game. A third unexcused absence will result in that player being suspended from further games until the player and coaching staff can discuss the situation together.

- Excused Absence – Appointment at request of teacher; Doctor appt; specific situation at coach discretion.
- Unexcused absence – Work, Driver's Ed, Practice Tardiness, Other School Activity without previous agreement by coach; **Failure to communicate any absence to coaching staff.**

BALLS – Each player will collect errant balls around the practice field at the end of practice. Any balls collected by coaches after practice will result in additional conditioning.

CAPTAINS EXPECTATIONS – All captains are expected to lead by example, run practice dynamic warm-ups, pre-game routines, support direction provided by the coaching staff, address team member disputes and provide input on the team's strengths and areas for improvement.

CAPTAIN APPLICATION PROCESS – Captains for this year were voted by the 2021 program. The coaching staff reserves the right to add or subtract captains prior to the first game. Interested players will be interviewed by the coaching staff for approval, after which they will present a short speech to the team. After all interested players have had a chance to present, all team players will vote on the nominees. Those with the most votes will be the captains. Captain announcement will be made no later than April 13.

CLEATS – Cleats are not allowed in any of the gyms inside Chaska High School or any other visiting school. Additionally, players will make a concerted effort to clean off cleats prior to entering any schools.

CONDITIONING – Players are expected to enter the season in proper lacrosse shape. Conditioning tests may occur throughout the season to gauge a player's shape and provide feedback on areas of improvement.

DISPUTE POLICY – To address any dispute or conflict, the team member and/or parent will adhere to the following steps until achieving resolution:

1. Team member discuss issue with captain(s).
2. Team member discuss issue with coaching staff.
3. Team member and parent discuss with Varsity Head Coach.
4. Team member, parent and Varsity Head Coach meet with A.D.

EQUIPMENT – Players are expected to care for their gear properly, including washing their practice and game uniforms throughout the season. All players will be provided a set of home and away uniform jerseys and shorts to be worn on the respective games. Mandatory equipment to be used during games are the team helmet, colored mouthguard, shoulder pads not altered from manufactured condition, elbow pads (optional for goalies), gloves without holes, lacrosse stick meeting NFHS rules, proactive cup, team shooting shirt and cleats.

GAME DAY APPAREL – all players are required to wear the team sweatshirt and pants at school the day of the game unless climate conditions suggest otherwise, on the bus for an away game and to the school if they go home before a home game.

HALFTIME ROUTINE – Once the first half ends, players will gather at a designated location. The allotted ten minutes will be used as follows:

10:00 - 8:00 Coaches Only/Players Only

8:00 - 4:00 Coaches address team

4:00 - 1:00 Player warm-up

1:00 - 0:00 Sideline huddle

Any player needing trainer assistance or other concerns should notify a manager or member of the coaching staff.

HELMET EXPECTATIONS – Any player actively involved with passing, catching, or shooting a lacrosse ball must wear their helmet. This pertains to practice, pre-game, wall-ball or simply standing nearby others involved in these activities.

INJURY POLICY – Team members are expected to communicate all injuries to coaches. Any team members not able to suit up for a practice or game are expected to attend all practices, team events or games unless given prior consent by the coaching staff. Any player in attendance but not able to suit up for a game must wear their jersey or season team apparel on sideline.

LETTERING POLICY – To earn a varsity letter, a player must dress for greater than 50% of varsity games, be named to the section playoff roster, consistently attend all practices, games and team events, remain academically eligible, meet all MSHSL guidelines for eligibility or be awarded a letter based on the discretion of the head coach.

LOCKER ROOM - The team will be assigned a locker room to use but will not be assigned lockers due to COVID-19 requirements. Players are encouraged to dress at home or use the locker room to dress quickly and then bring all gear to the practice or game field.

MENTOR PROGRAM – During the course of the season, small groups (4-5 players) will be formed to provide a younger player(s) a resource of an older player(s) to go to. The groups will be expected to make a brief presentation to the entire team on a wide range of topics.

PARENT EXPECTATIONS – Parents are asked to trust their coaches and children to work together toward the common good; support their children, team, coaches and program in a positive manner and seek to eliminate distractions by encouraging a dedication to schoolwork, proper nutrition and appropriate rest.

POST-GAME ROUTINE - Immediately following the game, all players will gather with our goalie by his crease. The team leads a cheer for the other team, line up single file at the middle of the field to congratulate the other team and officials.

Team huddle – Following the handshakes, the team will gather at the bench for a brief time to allow the coaches to address any final thoughts on the game or upcoming events. Players will then pick up their belongings and be excused to the locker room or bus.

PRE-GAME ROUTINE - For home games, all players are expected to meet by Door 45 fully dressed 45 minutes prior to game time. Location TBD for away games.

- 45:00 Position group discussion with coach
- 30:00 Team discussion with coaches
- 20:00 Dynamics on field
- 16:00 Passing Drill; Warmup Goalie
- 12:00 Off – Shooting; Def – GB's/Passing
- 8:00 Transition Drill
- 3:00 To the bench
- 1:00 Bench Huddle
- 0:00 Lineup for Intros/National Anthem

All defensive players should wear their practice pennie over their uniform. The team will decide its introduction routine.

ROOTS – Chaska Lacrosse specifically adheres to this acronym: Refuse to bend the **RULES** to win; Treat my **OPPONENT** with respect – he is a gift to bring out my best; Show respect to **OFFICIALS** even when we disagree; Treat **OTHERS** how I would like to be treated; Commit to my **TEAMMATES** and never do anything to embarrass them; Honor my **SELF** by living to the best of standards even if others do not

SCHOOL ATTENDANCE – students must be in attendance at school all day to be able to attend a practice or game unless proper notification is provided to the coaching staff.

SEASON AWARDS – The program will announce the following awards to all teams: **ROOTS**, Scholar Athlete(s), Coach Appreciation, Most Improved, MVP, #RipSquad and Hoover

TEAM TRAINERS – Appointments to see a team trainer before practice and games must be made by the individual player.

2022 AREAS OF FOCUS

ATTACK/MIDDIE

Dodges to create offensive opportunities, not necessarily an instant shot
Understands the offense, primarily how to use/set picks & off-ball play
Always has a plan

DEFENSIVE MIDDIE

Understands the defensive set
Knows 90% of his role is body position
Understands how to clear the ball.

GOALIE

Is the Team Leader in communication, including slides
Knows how to clear the ball
Has a resilient mindset

LSM

Communicates well with teammates
Understands slide concepts
Is a Ground Ball machine

DEFENSEMAN

Communicates well with teammates
Understands slide concepts
Uses proper body position and footwork before stick work

PLAYERS CONTRACT

Participation in the Chaska High School Boys lacrosse program is a privilege designed to contribute to the physical, mental and emotional well-being of all. Therefore, I will make my best effort to meet the following guidelines:

I will honor the sport of lacrosse by respecting our ROOTS principles.

I will take full responsibility for my actions on and off the lacrosse field

I will be fully dressed at the designated time for all team events and will arrive with a motivated mentality to provide my very best effort every time. I understand failure to be on time without notification to a coach will result in additional tasks before, during or after the team event.

I will communicate respectfully with my teammates and seek to motivate through my own example.

I will respect my coaches and their decisions. I will bring all questions or concerns to my coaches for a face-to-face, respectful discussion.

I understand MSHSL academic eligibility, will commit to doing my best in the classroom and actively take advantage of the resources available to me.

I will adhere to the District 112 Eligibility Policy and MSHSL Bylaws

I will adhere to this contract, team guidelines and the Definition of a Chaska High School Lacrosse player.

Print student's name

Date

Student's signature

Parent Signature