

Cougar Expectations and Attendance

To All Players- Parents please pass this along to your son if this is not his email address. All players need to read this and sign the bottom and return to me at the next practice. Captains will be responsible for taking attendance, field clean up, warm –ups and team representation. I will mark each day's book with all the notifications, excused absences and noted information. The Captains will have the book and roster and record all information.

Practice for next week will be at Sunridge Park at 3:15 till dark around 5:30 pm. Down at the baseball field, if that is taken please go right away to Bob Miller. We will go Monday, Tuesday, Thursday and Saturday next week and move towards 5 days a week by next month. Coach Proctor and Coach Griggs will be there as well. I will be there a little late on Monday, I have a lacrosse meeting at 3:30 at Miller. In addition, I will not be at practice on Saturday as I will be in Florida at a lacrosse Tournament. Coach Griggs and Coach Proctor will handle those practices.

Attendance will be taken at every practice from now on and practice is mandatory. We will keep track of absences and tardiness. This will greatly affect playtime in tournaments and games as we move forward. Players sometimes tend to take lacrosse more lightly than other school sports. Although this is not a sanctioned high school sport, we play it as if it is and follow school rules. Practice should be taken as serious as football, wrestling or basketball. Last year we were very soft on attendance, injuries sit outs, and tardiness. I intend to change that this year. The coaches are all unpaid volunteers and our time is just as important. We all have families and our time with them is equally as valuable as the time you spend with your family. We make our schedule around practice time and you should to whenever possible. I know that is not always possible, so I have outlined the procedures below.

I just want to explain my philosophy and my expectations. Please email me in the future with any planned absences or times you may be late. There are certain absences that will be excused and others that do not qualify. I just call them unlucky absences. Only players emails or texts count, not your Parents. You are in High school now and the consequences are yours alone.

Tardiness

- If a player is going to be late ½ hour or less and notifies me by email or text up to the day before when and why (make up test, dentist, tutor, band etc...). They will be excused, no punishment. Just warm up and short run. If they let me know in advance but come later than ½ hour to 45 min. They will run 1 Mile about (5 min) to warm up plus regular warm ups.
- If a player is late (not dressed and ready at start time) and did not notify me of it the day before (unlucky) lateness, or car ran out of gas, dog stole his cleats etc... You will run 1 mile and 100 up-downs and do warm ups. If this is repetitive it will start counting as (unlucky absences) for each occurrence. 5 miles 100 up-downs.

Absences:

Playing another in season sport is not an absence, I do need to know up front what sport you are playing and what days they have practice, the time and when games are. We have always played two sports and have managed to make at least one or two lacrosse practices a week when possible. So please inform me of your sport and the details, and we will work that out on a case by case basis. I support multi sport athletes 100%. An excused absence does not count against playtime.

One Time Excused Absences: These are in advance notice by email. Telling me at practice does not count, my memory is bad. These will result in a 1 mile run for each absence. Ex: if you are sick and miss three days you will do warm ups and then 3 miles, 1 for each miss (Get better as quick as you can). If you are sick for week, which does happen- it is excused and you will not be penalized play time- However, you will need to rebuild your endurance after that long away, so you will run and condition heavy for a few days to a week when you get back. Then you will be all caught up and ready to play.

- If you are sick and are home from school, please notify me as soon as you can prior to practice.

Cougar Expectations and Attendance

- Testing (ACT, SAT) not drivers tests.
- If you are going out of town for lacrosse or if you have an in town, lacrosse event you excused if I am notified in advance.
- If you have a school function (JV Quiz, concert, something mandatory by the school) Injuries- if you are injured (unable to play, a cast etc..) –These are excused absences, but you still need to come to practice and stay on the side line.
- If a player gets hurt at practice, they will be taken care of depending on the injury. If it is mild, we may just have them sit out for a day or 2. After that he should see a doctor, a player will need a doctor’s release to return after missing 3 days. When you return from an injury or from multiple days out you will have to return to in shape condition. This is not a punishment, but you will probably think it is. Lacrosse is a running sport with the best conditioned athletes. A 5-mile run should be a cake walk for an in season player. We will condition you and get you in shape before you return to regular practice.
- Other absences may exist for many serious reasons- if I am notified in advance you will not be punished or miss play time. You will however have to run 1 mile for each missed day. To stay in shape.

Unlucky Absences:

This is any absence you have without emailing me in advance. 100 up-downs and 5 mile run (30 Minutes), plus whatever we are doing as a team. For Each occurrence. **You will lose playtime for these.**

Social absences do not count as excused even if you tell us in advance- This includes, skiing, snowboarding, trips to Disney, friends b-day party, and family trips etc...This is not punishment, everyone has family events to go to that are important and we understand. It is simply about conditioning, a player who misses loses the opportunity to get in better shape- I just don’t want you to miss opportunities. As long as this is not consistent or frequent, you will not lose playtime. Fortunately, you will get to do 100 up-downs and run 5 miles (30 minutes) for each absence.

Weight Training- We have a deal at Fitness 19 on Eastern and I will be having off field day weight training there. If we get to use the GYM at Coronado, maybe we will move there. As of now Fitness 19 is our best option. Call me if there is a problem getting set up with the deal. We will move to 6 days as the season approaches with certain days dedicated to strength and conditioning. Communication will save most of you a lot of running, up-downs and sit-ups. I just needed to set the standards for this year and no one can say they did not know. Practices will be not be long as long as we get everything done and we do not fool around.

Field Cleaning after Practice:

The same number of balls we start practice with need to be returned- 1 mile for each lost ball.

No water bottles (Trash) left behind- lets be clean and green- 1 mile for each bottle left on the field

Cages- need to be broken down and dropped off to whoever is keeping them.

A Complete ball hunt by all, with effort, needs to be done every day. If you are seen slacking you will be called out.

We will have 4 Captains this year- 2 offense and 2 defense. Being a Captain is a privilege but it is also a responsibility. You will get to practice early and leave last. Take attendance and run the warm ups. You need to have high grades and be a role model on and off the field for your teammates. If you are interested, in becoming, a captain please let me know and I will add your name to the ballot after we discuss it. **Offense-** Mid Field and Attack, **Defense-** LSM, Defense and Goalie. One of the four will act as Team Captain. Each Division will also have 1 Junior Captain that can be an Underclassman.

Player Name_____

Parent Name_____

Player Signature_____

Parent Signature_____

Date_____

Date_____