

Armstrong Varsity Ladies' Lacrosse



Spring 2010 Player / Parent Meeting

CONTACT INFORMATION:

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JV Coach – Amy Odland
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Captains – Kara Ryan (12) and Samantha Gilbert (11)

See separate listing for all Board Members.

TEAM WEBSITE:

www.armstrongladieslax.com

Check the web site daily. The answers to all your questions will be there.
Get into the habit of checking your emails for “short notice changes”.

RULES:

Minnesota State High School League Girls Lacrosse:

- 58 teams are approved by their respective school boards to play at the Varsity level.
- When you register for a varsity sport, you sign a form acknowledging all of the MSHSL rules (See below for some selected highlights from that MSHSL form)
- All of the rules apply to everyone on the team.

- Please take the time to review the entire advisory.
- **Everyone will be held accountable for these simple rules with the understanding of the additional team penalty for breaking Rule 20.**

MSHSL Student Code of Responsibilities

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

- 1. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.*
- 2. I will be fully responsible for my own actions and the consequences of my actions*
- 3. I will respect the property of others.*
- 4. I will respect and obey the rules of my school and the laws of my community, state and country.*

A student (player) **ejected** from a contest shall be ineligible for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition, for the first ejection. All **subsequent ejections** shall result in ineligibility for **four (4)** regularly scheduled games/meets.

RULE 20. MOOD-ALTERING CHEMICALS

- A. **Bylaw:** *During the calendar year, regardless of the quantity, a student shall not: (1) use or possess a beverage containing alcohol; (2) use or possess tobacco; or, (3) use or consume, have in possession, buy, sell, or giveaway any other controlled substance.*

This includes activities in foreign countries where the behavior is legal

1. The bylaw applies continuously from the first signing of the student Eligibility Brochure.
2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by her/his doctor.

B. **Penalty:**

>**First Violation:** After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.

>**Second Violation:** After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.

>**Third and Subsequent Violations:** After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, and then the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.

>Accumulative Penalties: Penalties shall be accumulative beginning with the student's first participation in a League activity and continuing through the student's high school career.

>Denial Disqualification: A student shall be disqualified from all inter-scholastic athletics for nine (9) additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule is allowed to participate and then is subsequently found guilty of the violation.

*****Armstrong Ladies' Lacrosse Rule 20 Amendment*****

Our season is too short, our roster is too small, and my expectations have been clear from "day 1" of coaching this team. Everyone has had their "warning" and their "2nd chance" already. Nobody lives in a vacuum and hasn't seen the effects that breaking rule 20 has on a team. No one person is bigger than the team.

You break rule 20 during the season, you will play on the team one level below the one you are currently assigned to for the rest of the season.

Spring Break Reminder

*If you travel to a country where it is legal to drink at your age, and you do...**you will still be in violation of MSHSL and team rules.** Use your head! Everyday we are asked to make decisions. Get into the habit of THINKING FIRST and then making the right decision.*

Armstrong Ladies Lax High School Rules & Regulations:

We will abide by all rules in place that govern Varsity sports at Armstrong High School. Including: Community Service provisions for eligibility, captaincy and hazing.

ATTENDANCE:

- **Academic progress and class attendance will be monitored throughout the season.** As a member of the Armstrong Ladies' Lacrosse Team you will be a visible representative for your school in the community. You will always try to be a positive example of today's female athlete and student.
- **Attendance at Practice and Games** - Captains will take daily attendance and keep a log for the coaches. If you must miss a practice/game – call (or email) one of the coaches during the day, before noon and let them know. Do not call or tell the Captains.
- **Excused absences** - Illness / Injury / Required academic tutoring / Religion / Family issues. NOT a job. Plan ahead.
- **Unexcused absences** - If **no phone call** is received and pretty much everything else not in the excused list.
- **Be on time** - Plan ahead. Leave with plenty of time to drive safely to practice or home games. 15 mins early is a good target!
- **If you are injured** - **Tell a coach** first and **THEN** see the trainer for treatment. Plan on attending practice if at all possible, even just to watch and listen.
- **You will be held accountable for your team involvement. Your effort is monitored all the time. By your team mates, your coaches and most importantly, you.**

Unexcused Absence Penalties:

1st Offense - Diminished status for 1 game.

Example - Captain to player. Starter to reserve. Varsity reserve to J/V RESERVE (I won't penalize a j/v starter by benching them for your actions).

2nd Offense – Diminished status PLUS community service.

My choice – C/S must be served before regaining previous position on the team.

3rd Offense – If we get to this point, we will sit down and recheck the personal goals of the player. A determination will then be made as to the continued participation by the player and at what level, if any.

GAMES:

Home games- Be at the stadium 1 hour before your game's scheduled start time.

Away games – EVERYONE will ride the bus to and from away games. We are a team. We travel as a team. Be at the flag pole door 10 minutes before the bus is scheduled to leave. Dress for the weather and bring all of your equipment and a snack.

EQUIPMENT:

➤ **MANDATORY EVERYDAY:**

- ✓ Approved eye protection - Your eye protection **MUST** be on the list of approved models. Look on www.uslacrosse.org for that list. Approx cost \$40-\$60
- ✓ Lacrosse stick - Make sure you get a **woman's stick** & pocket. Ask an experienced player for some insight if needed. Approx cost \$80-\$200
- ✓ Mouth guard a plastic/rubber molded mouth guard in any color **OTHER** than white or clear. 2 tones are OK. Buy a couple (keep a spare)
- ✓ cleats
- ✓ running shoes
- ✓ shorts, t-shirt, socks
- ✓ water
- ✓ headband / hair tie

➤ **OPTIONAL: But strongly suggested!!!**

Sweatshirt, sweatpants, hat, gloves. (Hope for the best, prepare for the worst.)

IMPORTANT HINT: It always looks warmer than it really is. Wind and clouds will drop the “feels like” temp a lot. It's easy to take clothing off, not easy to stay warm when you only have a t-shirt and shorts. Trust me on this!

****If you come to practice, tryout or game and don't have the proper equipment, you cannot practice / play. This will be considered an unexcused absence from practice / game. Do NOT plan on borrowing someone else's equipment! Have your own!***

TEAMS:

Varsity

- 1 Varsity Team
- No returning player is assured of a spot on the Varsity team.
- The Varsity roster is small in order to maximize the playing time of those on that team.

- Varsity playing time will not be equal. The players determine their own playing time by their ability to perform and contribute to the success of the team during practices and games.
- A Varsity player will possess the following:
 - ✓ LAX skills: Two handed play (Cradling, passing, catching, shooting, ground ball pick-ups from both sides)
 - ✓ Knowledge of the game rules
 - ✓ Knowledge of team tactics
 - ✓ LAX experience and aptitude
 - ✓ Physical fitness
 - ✓ Positive attitude and a desire to work hard and improve as a member of the team

Junior Varsity

- The JV team roster is open to any player who wants to improve on all the above traits and skills.
- Equal participation in games will not be promised, but will be one of the goals for the JV coach.
- A JV player who excels in practice and JV games MAY have the opportunity to get “pulled up” and placed on the Varsity roster for the State Tournament.

SCHEDULE:

- **Captain’s Practices – optional, but highly recommended**
 - ✓ March 17, 18 & 19 @ Crystal Community Center gym, 3:00 – 4:30 p.m. each day. Wear tennis shoes only!
 - ✓ March 22, 23, 24, 25 @ Plymouth Dome, 6:00 – 7:30 p.m. each day. Wear cleats.
 - ✓
- **Try-outs – Start on Monday, March 29! Times and location vary, please read carefully.**
 - ✓ Monday, 3/29/10, 1:30 – 3:00 p.m., Plymouth Dome
 - ✓ Tuesday, 3/30/10, 10:00 a.m. – Noon, Plymouth Dome
 - ✓ Wednesday, 3/31/10, 1:30 – 3:00 p.m., Plymouth Dome
 - ✓ Thursday, 4/1/10, 10:00 a.m. – Noon, Plymouth Dome
 - ✓ Friday, 4/2/10, 1:30 – 3:00 p.m., Plymouth Dome
 - Saturday and Sunday – Off**
 - ✓ Monday, 4/5/10, 4:30 – 6:00 p.m., Plymouth Dome
 - ✓ Tuesday, 4/6/10, 2:30 – 4:30 p.m., AHS Stadium
 - ✓ Wednesday, 4/7/10, 3:00 – 4:30 p.m., Plymouth Dome
 - ✓ Thursday, 4/8/10, 2:30 – 4:30 p.m., AHS Stadium
 - ✓ Friday, 4/9/10, 2:30 – 4:30 p.m., AHS Stadium
 - ✓ Saturday, 4/10/10 – Scrimmages, 7:30 a.m. – 1:00 p.m., AHS Stadium
 - ✓ Sunday, 4/11/10 – All Player Pasta Feed, 5:00 p.m. – 7:00 p.m., Davannis
 - ✓ Monday, 4/12/10 – First Regular Season Game
- **Practices during the season:**
 - ✓ Will include, but are not limited to, strength training, cardiovascular training, speed & agility training, LAX skills training, LAX team tactics, and scrimmages.
 - ✓ Check website for the remaining practice schedule

INDIVIDUAL AWARDS:

- **Lettering**
 - ✓ A player who has been named to the Varsity team and who plays in at least $\frac{3}{4}$ of the scheduled halves in a season will be awarded an “A” athletic letter.
 - ✓ A J/V player who is “called up” and added to our team’s MSHSL State Tournament roster will be awarded an “A” athletic letter if they play in a game.
 - ✓ A senior player who has contributed to the program in practice and games for 4 years will be awarded an “A” athletic letter.
- **Captain**
 - ✓ A diligent student in the classroom who is also a motivated and talented lacrosse player.
 - ✓ A player that has participated successfully on the Varsity team and shown personal traits that inspire others to work hard, commitment to the overall good of the program, and the maturity to lead by positive example.
 - ✓ Chosen by the coaches at the end of the season.
- **All Classic Lake Conference Team**
 - ✓ An All Conference team is chosen by the 5 Classic Lake Conference coaches at the end of the regular season.
- **All State Teams**
 - ✓ 3 teams will be named - 1st, 2nd, and Honorable Mention
 - ✓ Chosen by the MSHSL-GL coaches at the end of the regular season.
- **MN All Star Team**
 - ✓ Depends on the team’s finish at the end of the season
 - 1 or 2 players (Offense & Defense) will participate in the MSHSL Laxtravaganza at the end of the season.
- **All American and Academic All American**
 - ✓ Chosen by US Lacrosse
 - ✓ Juniors and Seniors only
 - ✓ Players meeting the criteria will have their names submitted by the head coach
 - ✓ Nomination Criteria is found on the US Lacrosse website

WEB SITES OF INTEREST:

- www.mshsl.org – Minnesota Sports High School League
- www.classiclake.org - All Classic Lake Conference sports schedules, notifications and calendar
- www.westsidelax.com - Regional coverage of lacrosse; Girls and boys
- www.eteamz.com/nsla - MN club lacrosse site
- www.uslacrosse.org - The national governing body for lacrosse in the United States. Rules, equipment (eye protection), camps...you name it...you’ll find it here
- www.laxpower.com - An extensive site for lacrosse around the country, at ALL levels
- www.e-lacrosse.com - Has many videos of game action. GREAT training aid!
- www.northstarlacrosse.com - Local Hopkins lacrosse equipment provider
- www.eteamz.com/lacrosseconnections - Local “off-season” leagues and camps