

Mt Carmel High School
Men's Lacrosse Player/Parent
Handbook
2012 Season

Varsity
Junior Varsity

Head Coach: Mike Dasch

Asst. Head Coach : Anthony Jensen

*Special thanks to the SKLZ Athletic Company for donating all new training equipment!
(www.SKLZ.com)*

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*Winning is all about the Attitude, so is losing.
(Unknown)*

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Team's Web Site

<http://www.mchsboyslacrosse.com>

*“Winning isn't everything, but the will to win is everything.”
(Vice Lombardi)*

Team Philosophy

These five characteristics will be upheld at all times by all players, parents, and coaches.

1. **Integrity** - Doing the right thing and making the right choices, even when no one is watching. Honesty and trust.
2. **Respect** - Courteous of other people's feelings; to look upon highly of; to think very much of.
3. **Unity**- To bring together so as to form a whole. To join and act together in a common purpose or endeavor.
4. **Discipline**-Training to improve strength or self-control; the trait of being well-behaved; train by instruction and practice.
5. **Fun**- Activities that are enjoyable or amusing.

They form the backbone of the Mt Carmel Men's Lacrosse Program.

Coaches Goal

Teach the boys how to play the game right, improving FUNdamentals, teamwork, and enforcing the five characters above. The coaches will be able to play, as well as teach, several basic field positions, both offensive and defensive. We will give every player equal opportunity for playing time according to skill level.

Most importantly, to end the season with no injuries and that every player walks away having had a great experience. We are not only teaching them how to be great Lacrosse players, but also helping them become men.

To accomplish these goals, all players must perform to their very ability at all times.

"A quitter never wins and a winner never quits"
(Napoleon Hill)

MCHS Men's Lacrosse Schedule

March

- March 3 – Away – San Dieguito Academy - V 11:00 AM
- March 7 – Away – Point Loma, - V 4:30
- March 9 – Away – Valley Center - JV 5:30 / V 7:00
- March 13 – Away – Canyon Crest Academy – JV 3:00 / V 4:30
- March 16 – TBD
- March 20 – Away- Westview – JV 5:45 / V 7:30
- March 23 – Home - Rancho Bernardo – JV 6:00 / V 7:30
- March 27 – Home – Poway – JV 6:00 / V 7:30
- March 30 – Away – Del Norte – JV 5:30 / V 7:00

April

- April 3 – Home – Westview – JV 3:00 / V 4:30
- April 11 – Home – Maranatha Christian – V 4:00
- April 13 – Away – Helix – JV 5:00 / V 7:00
- April 17 – Away – Rancho Bernardo - JV 5:00 / V 7:00
- April 20 – Away – Poway – JV 5:00 / V 7:00
- April 24 – Home – Del Norte – JV 5:00 / V 7:30
- April 27 - TBD

May

- May 2 – Home – Canyon Crest Academy – JV 3:30 / V 5:30
- May 4 – Home – Valley Center – JV 6:00 / V 7:30
- May 7 – Away - Maranatha Christian – V 4:30

V games = 17

JV games = 14

Directions will be posted on the team's web site.

Change/Cancellations: Should a change or cancellation of a game be necessary, one of the coaches or committee member will do their best to contact you as soon as we learn of the cancellation or change.

*“Winning isn't always finishing first. Sometimes winning is just finishing.”
(Manuel Diotte)*

Practice Schedule

Our practices will be held Monday thru Saturday at Sun Devil Stadium, rain or shine.

Weekday practices will cycle between 6:00-7:30 PM and 7:30-9:00 PM weekly.

- First week: 7:00-9:00 PM
- Second week: 5:00-7:00 PM
- Third week: 7:00-9:00 PM
- Fourth week: 5:00-7:00 PM
- And soon on.

Saturdays practice:

- JV/V 8:00-1000 AM (Starts 25 Feb 2012)

Meeting with Coach Anthony, 18 February 2012. Place and Time TBD.

First day of practice, 20 February 2012.

Practice will be hard, come ready to play!

As the team rules state below, all players will be dressed, bags lined up and ready to play by the beginning of practice.

Cancellations: Should a cancellation of a practice be necessary, one of the coaches or committee member will do their best to contact you as soon as we learn of the cancellation or change.


“A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals.”
(Larry Bird)

Tryouts

First Two Weeks:

- We will start the season in full pads. Please plan accordingly
- Please be prepared for all level of play.
- The Junior Varsity and Varsity will be chosen following practice on Friday, March 2nd.
- There is always room for improvement and movement throughout the teams.

Categories Being Judged

 Player Score Card 			
Name:		Position:	
Category	PTS	Category	PTS
Self Confidence		Passing Speed	
Field Presence		Catching	
Coaching Ability		Ground Balls	
Communication		Shooting Speed	
Mental Toughness		Shooting Accuracy	
Work Ethic		Defensive Skills	
Decision Making		Field Sense	
Team Personality		Checking	
Technical Understanding		ATTITUDE	
Being able to Handle Pressure		Endurance	
Physical Strength		Hand/Eye Coordination	
Agility		Stick Skills	
Speed		Off Hand Stick Skills	
Varsity		Junior Varsity	

Each player will be given a rating in each category with 1 = poor and 5 = excellent.

Any ties will be decided by the following: Coaching Ability, Work Ethic, Field Sense, Technical Understanding, Execution, Speed, Passing Accuracy and Defensive Skill.

Do not wait to strike till the iron is hot; but make it hot by striking.
(William B. Sprague)

Mt Carmel High School Men's Lacrosse Rules

Attendance:

- Up to six missed practices – Status will be reviewed by coaches.
- A note is required at the start of practice the following day for a valid excused absence.

Dress Code

- On game days, athletes will wear a red collar shirt, khaki pants/shorts and belt, or their lacrosse jerseys and denim/khaki pants/shorts to class.

Drugs, Alcohol and Tobacco

- Being caught by a coach during a lacrosse event of any kind will result in immediate expulsion from the team and will be reported to the Athletic Director and High School Principle.

Practice

- Practice will start promptly on time.
- Players should be at each practice 10-15 minutes prior to start time.
- Players should be dressed and waiting for instructions by the beginning of practice.
- If a student is continually late, game time will be revoked as reviewed by the coaches.

Game Rules

- As specified prior to the game, athletes are responsible to report to the bus or locker room ready for play.
- Players will not make comments (verbal or gesture) to officials. Any comments will be referred to a team captain or the head coach.
- All players will respect the opposing team, fans, grounds, and facilities at all times

Travel

- Players are to follow all rules of the bus.
- When exiting the bus, ensure it is clean and all garbage has been removed.

Grades

- Grades will be checked weekly to ensure eligibility, GPA 2.0.
- Keeping your grades up are they most important part of playing on this team.
- If a player falls below the 2.0 GPA, he will not be allowed to participate in game situations and possibly practice until his grades have improved.

“Regardless of how you feel inside, always try to look like a winner. Even if you are behind, a sustained look of control and confidence can give you a mental edge that results in victory.”
(Arthur Ashe)

Rules and Regulations of the Game

Personal Fouls

The penalty for a personal foul is a **one to three minute** suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

- **SLASHING:** Occurs when a player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.
- **TRIPPING:** Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.
- **CROSS CHECKING:** Occurs when a player uses the handle of his crosse to make contact with an opponent.
- **UNSPORTSMANLIKE CONDUCT:** Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
- **UNNECESSARY ROUGHNESS:** Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
- **ILLEGAL CROSSE:** Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if the crosse was altered to gain an advantage.
- **ILLEGAL BODY CHECKING:** Occurs when any of the following actions take place:
 - a. Body checking an opponent who is not in possession of the ball or within five yards of a loose ball;
 - b. Avoidable body check of an opponent after he has passed or shot the ball;
 - c. Body checking an opponent from the rear or at or below the waist;
 - d. Body checking an opponent above the shoulders. A body check must be below the shoulders and above the waist and both hands of the player applying the body check must remain in contact with his crosse.
- **ILLEGAL GLOVES:** Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.

*Talent wins games, but teamwork and intelligence wins championships.
(Michael Jordan)*

Rules and Regulations of the Game

Technical Fouls

The penalty for a technical foul is a **thirty second** suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

- **HOLDING:** Occurs when a player impedes the movement of an opponent or an opponent's crosse.
- **INTERFERENCE:** Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the players, or both players are within five yards of a loose ball.
- **OFF SIDES:** Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.
- **PUSHING:** Occurs when a player thrusts or shoves a player from behind.
- **SCREENING:** Occurs illegally when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.
- **STALLING:** Occurs when a team intentionally holds the ball without conducting normal offensive play, with the intent of running times off the clock.
- **WARDING OFF:** Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

*Leadership: The art of getting someone else to do something you want done because he wants to do it.
(Dwight D. Eisenhower)*

Players Contract

Please return this letter with the appropriate information filled in by no later than beginning of practice **Monday, February 27, 2012 to Coach Dasch or Anthony.**

I have read and understand the Team Rules and the Basic Rules and Regulations of the Game . Should a question arise in the future, as a player I will talk to either my Captain or Coach.

Player signature

Player Name – print

Date

Parent signature

Parent Name – print

Date

As a parent I would like to get more involved with the Team. Please contact me in the future to discuss:

(H) _____

(W) _____

email: _____

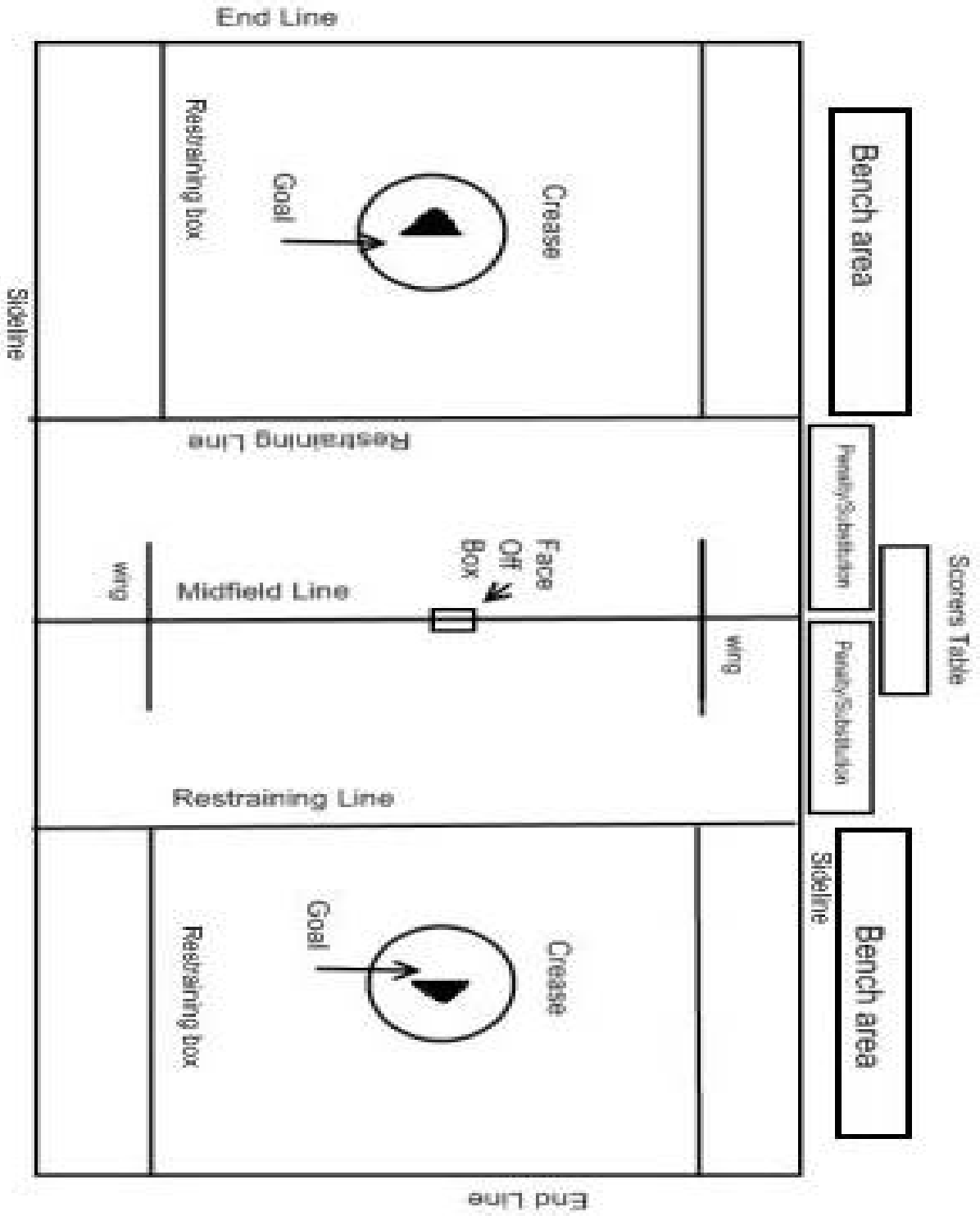
If you would like to volunteer please look over the available positions shown on our registration package or contact Paul Glidden for further information.

Required Equipment

- Helmet, stick, gloves, elbow pads, shoulder pads (must cover chest and back), colored mouthpieces.
- Practice shorts.
- Reversible top (team provided).
- Personal water bottle or jug (preferred) with nametag. Should be on the field at all times.
- Mouthpiece must be colored (not clear), attached or unattached.
- Weather appropriate clothing, plan accordingly.
- Gear bag or back pack – with name tag.
- Cleats-grass/turf. Defenders generally prefer high tops while offense prefers low tops.
- Protective Gear- It will be necessary for each player to be outfitted with a protective cup, regardless of the position they are playing.

*“While one person hesitates because he feels inferior,
the other is busy making mistakes and becoming superior.”*
(Henry C. Link)

Field Layout



Lingo to Learn

Sitting in the crowd with a bunch of veteran lacrosse fans, you may hear some terms that sound odd or confusing. Players, fans and coaches like to yell stuff at each other during the course of a game, and sometimes this can sound like a foreign language if you don't know what the words mean. Let's go through the basics of lacrosse lingo:

The Cage: The goal.

Wheels: The ability to, or act of running very fast.

The Hole: The area directly in front of the defending team's goal; roughly a 10 x 10 yard square.

Fast Break: When the offense has a numbers advantage of players rushing towards the defending team's goal, normally resulting in a scoring chance.

Clear: When the defense attempts to advance the ball out of their half and into the offensive half of the field.

Rip it: To take an especially hard shot.

Man-up: When a team has a man advantage as a result of a penalty committed by the opponents.

Man-down: When a team has a man disadvantage as a result of a penalty committed by the opponents.

Assist: A pass to a teammate who then immediately scores a goal.

Yard Sale: Knocking a player's stick to the ground with a check.

Knowing all the lacrosse-specific lingo definitely makes watching a game much easier, and also helps you be a more involved fan of the game. When you're able to sling the slang with the savviest of fans you'll find yourself really wrapped up in the action and maybe even teaching other fans how to be a lax rat like you.

*“Coming together is a beginning.
Keeping together is progress. Working together is success.”
(Henry Ford)*