



NORTH SHORE LACROSSE CLUB PARENT GUIDE 2015 - 2016

TABLE OF CONTENTS

A. Organizational Background

1. Mission Statement
2. Core Values
3. Role of the Board of Directors
4. Purpose of the Manual

B. Board of Directors

C. Coaching Staff

D. Team Rules and Expectations

1. General
2. Players Participating on Other Teams
3. Hazing
4. Attendance
5. Player Dress Code
6. Alcohol and/or Drugs
7. Out of Town Trips
8. Discipline Involving Practice and Games
9. Resolutions of Disputes or Problems

E. Team Operations

1. Weekly Practice Schedule
2. District Game, Tournament and Travel Schedule
3. Committees
4. Communications





Mission Statement

The mission of the North Shore Lacrosse Club is to enrich the lives of student-athletes through promotion of the sport of lacrosse while also growing the game in Louisiana, specifically in St Tammany and surrounding parishes.

Our goal is to provide athletes with a chance to play and to be instrumental in the growth of lacrosse in Louisiana. We also are committed to improving students academically, athletically and personally through the development of character and good sportsmanship.

We are committed to providing a sports environment that encourages sportsmanship and fair play while stressing the importance of team work. We will field competitive teams with the goal of providing a team for any eligible player. Our coaches will be expected to exemplify the values that are



important to our parents and the surrounding community.

Core Values

We believe in:

- Developing young athletes to their fullest potential.
- Teaching and learning “The Lessons of the Game:”
 - Self discipline
 - Hard work and dedication
 - Sacrificing individuality for the betterment of the team
 - Respect for the game
- Having fun as part of the experience.

Purpose of the Manual

The purpose of this manual is to provide players and parents with insight and information about the North Shore Lacrosse club and how the club operates. For instance, information will be provided on job descriptions, committee formation, communication between board members, parents, players, and coaches, etc. This handbook is distributed to the parents and players in order to help them see the scope and vision of the North Shore Lacrosse Club. By disseminating this information, the parents and players should have a clearer understanding of the structure of the lacrosse club, parent and player conduct and expectations. This handbook **is not** intended to be a vehicle so rigid that the board cannot be flexible when addressing specific issues as they relate to the operation of the North Shore Lacrosse Club. This handbook does not replace the existing bylaws under which the North Shore Lacrosse Club is governed.



Role of the Board of Directors

The role of the Board of Directors of North Shore Lacrosse is to provide structure and leadership to the North Shore Lacrosse Club. The Board of Directors will support and reinforce the objectives of North Shore Lacrosse Club and will provide the direction and structure necessary to comply with applicable lacrosse rules and regulations. The board is composed of elected volunteers and will meet throughout the year.

BOARD OF DIRECTORS, ELECTED/APPOINTED POSITIONS

(ELECTED – ONE YEAR TERM*)

PRESIDENT (*2Year)

TREASURER

DIRECTOR OF FUNDRAISING

SECRETARY

REGISTRAR (Not a Board Member)

VARSITY/JUNIOR VARSITY PARENT REP (Appointed By Board)

U13/U15 PARENT REP (Appointed By Board)

VARSITY HEAD COACH (Concurrent with Holding Position)

For more information and position descriptions see the By-laws.

Coaching Staff: (for individual bio's see
<http://nslax.com/about-the-spartans/coaches/>

Master Coach

Chris Condon



Varsity

Chris Condon - Head Coach

Paul Ballard - Assistant Coach

Bill Simpkins - Assistant Coach

JV

Paul Ballard - Head Coach

Chris Condon - Assistant Coach

U15

Chris Oos - Head Coach

Mark Burvant - Assistant Coach

U13

John Collins - Head Coach

John Holincheck - Assistant Coach

U11

Michael Donohue - Head Coach



TEAM RULES AND EXPECTATIONS

General

Coaches Goal:

The coaches will teach several basic field positions, both offensive and defensive. We will give every player equal opportunity for playing time according to skill level. For more information on playing time see below.

Team Make-up:

Ability to “play up” or “play down” will be dependent on the rules of the conference, individual games and coaches’ decision. Current rules do not allow High School seniors to play in Junior Varsity games. In some conferences, U15 eligible freshmen are not allowed to play in U15 games. Player safety is the foremost consideration.

Varsity:

The Varsity team will be comprised of the student athletes that show great on field skill, determination, team work and communication skills. All attempts will be made to provide playing time to all varsity players during the season. However, playing time is not guaranteed in any individual game, nor should equal playing time be expected. The coaches will meet and choose these players at the end of week 1 of official practice. If the performance or eligibility rules indicate that a particular player is better suited for a junior varsity role then he will be accepted on the junior varsity squad.

Junior Varsity:

As much playing time as possible will be afforded to all Junior Varsity players regardless of skill level. However, playing time is not guaranteed in



any individual game, nor should equal playing time be expected. These players are being groomed for varsity play through intense competition. Some players may be asked to join the varsity mid season, while others will get more attention on the Junior Varsity squad. This team will be made up of the future Varsity squad.

U15:

As much playing time as possible will be afforded to all U15 players regardless of skill level. However, equal playing time should not be expected. Although the emphasis is on fun and playing time, these players are being groomed for junior varsity and eventually varsity play through intense competition.

U13:

As much playing time as possible will be afforded to all U13 players in each game regardless of skill level. However, equal playing time should not be expected. Although the emphasis is on fun and playing time, these players are being groomed for future teams.

U11:

As much playing time as possible will be afforded to all U11 players regardless of skill level. Playing time will be as equivalent as possible, taking into account practice attendance. Although the emphasis is on fun and playing time, these players are being groomed for junior varsity and eventually varsity play through intense competition.

***All players have the opportunity to AND ARE EXPECTED TO continually advance in their position based on ability, on and off the field.**

To accomplish these goals, all players must perform to the best of their ability at all times. To understand what is required to be a great player, several rules of conduct for the entire team are outlined below.



The team, coaches and parents represent the North Shore Lacrosse Club at all times and groups are often judged by the actions of a few. Team and program unity is of paramount importance and the Board of Directors is entrusted with the preservation of the unity.

Appropriate behavior and conduct is learned and practiced and continually being evaluated. Breaches in this behavior and code of conduct will be addressed on an individual basis with the discipline being in accordance with the offense. The Board of Directors and Coaching Staff reserve the right to implement the discipline in these cases. Appeals to disciplinary decisions must be made to the Board in writing within 48 hours of the decision. Upon any such appeal, the Board may modify or overturn the disciplinary action or remedy instituted by the coaches by a majority vote of all Board members. The Head Coach and the parent of the disciplined team member, if applicable, will be excused from the vote on the appeal.

All players must conform to the North Shore Lacrosse Club Code of Conduct contained below.

Medical Policy

1. All players must complete the LHSA medical physical evaluation yearly or equivalent evaluation. No player will be permitted to practice until the Registrar has received this evaluation.
2. There will be medical support for all home games. The support team may consist of parent volunteer physicians, nurses, and physical therapists.
3. No player receiving a closed head injury will be allowed to return to practice or league play without clearance from a physician.
4. Players sidelined for injury will be asked to remove their helmets and will not return to the game until cleared by the medical team member, moderator, or coach.



5. Players will provide the Registrar with one or more emergency contact numbers in case they are injured.
6. The medical team will provide Acetaminophen or Ibuprofen for players with an injury.
7. Players missing practice or games for medical reasons are responsible for notifying the coaches. Players will be excused for medical reasons by the coaches if they are notified in a timely fashion.

US Lacrosse Membership

All North Shore Lacrosse Club players are obligated to maintain active membership in US Lacrosse. US Lacrosse membership is good for one calendar year from date of activation. No member will be allowed to take the field until their US Lacrosse # has been turned in to the Registrar and their status verified. Players must turn in a copy of their US Lacrosse membership to the Registrar and keep a copy of their membership with them for all practices, games, camps and any other lacrosse function. (<http://www.uslacrosse.org/membership>)

Hazing

Hazing will not be tolerated as this does not fit into the North Shore Lacrosse Club culture or display behavior conducive to team unity. Demeaning or disfiguring actions will be dealt with on an individual basis or group basis depending on the numbers involved. Examples of such actions are shaving of heads and other initiation activities and are all banned.



Attendance

All players are expected to communicate an absence from a team function (practice, game, trip, etc.) directly to the REGISTRAR. This communication should be prior to the anticipated absence. Communication through another player or others often times fails to be delivered to the head coach properly and the absence then becomes unexcused. Therefore, communication should be between the player and the REGISTRAR, who will communicate with the Head Coach.

The North Shore coaching staff expects **ALL** players to attend **ALL** team functions, respectively. When conflicts occur, or are anticipated, it is **ESSENTIAL** that communication among players, parents and coaches take place well ahead of the conflict. Three (3) **UNEXCUSED** absences from any combination of games, practices, or team functions will result in a two week game suspension. (**NOTE:** An unexcused absence is defined as any **UNAPPROVED ABSENCE** from a planned team activity in which no **PRIOR APPROVAL** was given by the player by the coach.)

Player Dress Code

North Shore Lacrosse players represent a proud tradition associated with the Club. Therefore, their appearance should reflect their pride and unity. Players' uniforms should always be clean and without tears. The team will travel in coat and tie to overnight away games or as directed by the Head Coach. The team captains are expected to help the coaching staff with communication and enforcement. All players will be expected to conform to the protective uniform set. This includes: a helmet, arm and shoulder pads, gloves, mouth guards, and protective cup (all are to be furnished by the player).



Alcohol and/or Drugs

North Shore Lacrosse Club has a clear and unequivocal policy on team member substance abuse.

This policy will be supported and enforced by the North Shore Lacrosse Club Coaches, Parents and the Board of Directors.

- Being caught under the influence or in possession of drugs or alcohol by a coach during a lacrosse event of any kind will result in indefinite suspension from the team and possible expulsion from the team and will be reported to the parents.
- If any athlete is reprimanded by a school official or local law enforcement agency they will be suspended for no less than one game.

Out of Town Trips

The North Shore Lacrosse Board of Directors has established the following policies:

No player is to participate in a trip, whether traveling by bus or car, without parental permission and/or supervision. If a parent will not accompany the player on the trip, the parent must insure that another adult will accept supervision of the player (usually done by coaching staff).

If a team bus is used, all players must ride on the team bus. Otherwise, players are responsible for their own transportation to games.

The coach will be responsible for establishing an evening curfew. Parents and captains may assist the coaches in the enforcement of the curfew. Parents may NOT exempt their son from the curfew without prior consent of the coach. Coaches may establish other schedules for team meetings, meals, practices, etc. Players who violate curfew, team policies regarding appropriate behavior and conduct shall be disciplined by the head coach with the support of the Board of Directors of the North Shore Lacrosse Club.



Discipline Involving Practices and Games

Discipline during practice is mandatory if a team is to effectively use and benefit from the practice time. Distracting activities should be avoided. This includes talking, shooting balls after the whistle, and inattentiveness. Proper equipment should be worn at all times. Bench and team discipline is imperative during games. This begins in the pre-game by arriving on time with the appropriate uniform and equipment. During the game, team and individual discipline is extremely important. Excessive penalties, retaliations, and unsportsmanlike conduct penalties detract from the overall team effort, spirit, and momentum and also reflect poorly on the program. Players will not make comments (verbal or gesture) to officials. Any comments will be reported to a team captain or the head coach. All players will respect the fans, grounds, and facilities of other schools.

Disrespectful attitudes and conduct toward fellow teammates, opposing players, coaching staff, fans and officials will not be tolerated. The Head Coach will deal with unacceptable behavior accordingly. Possible consequences are game suspensions, indefinite suspension from the team and possible expulsion from the team

Resolutions of Disputes or Problems

Since the primary purpose of the North Shore Lacrosse Club program is the development of young athletes with good character and judgment, the provision of opportunities to learn and play lacrosse and to learn good sportsmanship in team play, our methods of problem resolution should be models of good practice. **Therefore, when player's present problems to parents or parents perceive a potential problem affecting their athlete, the first step should be to encourage the player to discuss the problem with the coach or other team representative.** He should be counseled as to how to do this most effectively.



In return, the North Shore Coaching Staff will follow an open-door policy, ensuring that all players know when and how coaches will be available for private discussions of concerns. Players should be counseled regarding the appropriate timing and preparation for such discussions, and how to present their concerns in an assertive but gentlemanly fashion. **If a player approaches a parent with a concern, the parent shall refer the player to the coach.** If the player, having spoken to the coach, requests his parents' involvement, the parent should speak to the team coordinator and explain the concern of the player and parent, including the steps already taken.

IN ALL CASES, THE PROCESS SHOULD ENCOURAGE THE PLAYER TO PRESENT ANY CONCERNS TO THE COACH. THE TEAM COORDINATOR MAY SPEAK TO THE COACH, BOARD MEMBER OR CLUB PRESIDENT REGARDING THE ISSUES. IF THE PARENT REQUESTS THAT THE COACH BE NOTIFIED OF SPECIFIC CONCERNS, THE COORDINATOR SHALL DO SO. PARENTS WHO WISH TO DISCUSS THE PROBLEM FURTHER MAY SPEAK TO THE CLUB PRESIDENT. UNDER NO CIRCUMSTANCES IS A PARENT AUTHORIZED TO RAISE A COMPLAINT OR QUESTION TO THE COACH DIRECTLY. THIS IS TO ENSURE THAT UNDUE PRESSURES ARE NOT PLACED ON THE COACHES. PARENTS ARE TO COMMUNICATE WITH THE COORDINATOR OR CLUB PRESIDENT. THE PLAYERS MAY COMMUNICATE ONLY WITH THE COACHES, COORDINATORS, OR CLUB PRESIDENT.

There is a 24-hour rule in effect for all players and parents of the North Shore Lacrosse Club. This means that any questioning about playing time or decisions made during a game cannot be addressed to the coaches for a 24-hour time period. This includes emails, texts, phone calls and face-to-face conversations. Please be courteous and respectful to the coaching staff and players and obey this rule



TEAM OPERATIONS

Weekly Practice Schedule

Practice schedule will be communicated in the Fall. Mandatory practices typically begin in November; the team may organize informal practices over the course of the summer and early fall off-season. All players are expected to continue to work on conditioning and stick skills outside of organized practices.

District Game, Tournament and Travel Schedule

North Shore Lacrosse Club will play district/conference games as set by the annual conference scheduling meeting. Non-district/non-conference games will be scheduled as availability permits.

Committees

From time to time, the Board of Directors may appoint special committees to organize certain activities as deemed appropriate. The committees shall operate as long as the Board deems necessary. All committees shall be created or disbanded with a majority vote of the Board.

Current Committees that are in operation are:

- Concessions
- Team Pictures
- Fundraising
- Website/Communications
- Field Administration (Coordinate with Head Coach)
- Banquet Committee
- Equipment/Uniform Management Committee
- Apparel Committee – responsible for all Team logo apparel for purchase
- Scorekeeping/Statistics



First Aid
Coaches' Tent and Team Snacks
Bayou Bash

Communications

The primary method of communication for the upcoming season between Team Coordinators and the parents of players will be electronic. **Appropriate Email Addresses must be secured from all players and parents.** We also encourage players to additionally “spread the word” at school as they see their fellow teammates. The website (www.nslax.com), Facebook page ([North Shore Lacrosse League](#)) and Twitter ([@norshorelax](#)) will be additional methods of communication.