

# **CHASKA HIGH SCHOOL BOYS LACROSSE**



**2020 PROGRAM HANDBOOK**

## **PROGRAM VISION**

Empower students to build character in a competitive lacrosse atmosphere

## **2020 MOTTO**

**TBD First Week of Season**

## **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 3/30/2020*

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Chuck Friedbauer-Varsity Head Coach

*Eugene Zevelev 3/30/2020*

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Eugene Zevelev – Var. Asst. Coach

*Gabe Friedbauer 3/30/2020*

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Gabe Friedbauer – Var. Asst. Coach

*Tyler Lidke 3/30/2020*

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Tyler Lidke – JV Asst. Coach

*Grant Herschberger 3/30/2020*

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Grant Herschberger-JV Head Coach

*Tony Brunelle 3/30/2020*

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Tony Brunelle - JV Asst. Coach

## **CHASKA HIGH SCHOOL BOYS LACROSSE TEAM GUIDELINES**

**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. Representing that statement, every player with a D or F standing in a class must attend the Academic Hour (3:00pm-4:00pm) in Coach Lidke's room B231 unless exception is provided by the coaching staff. Parents and players must discuss reasons for exception with Varsity Coach Chuck Friedbauer or JV Coach Grant Herschberger.

**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 Sporting Event without previous agreement by coach; **Failure to communicate any absence to coaching staff.**

**AWAY GAMES** – All players must ride the team bus to and from all away games when a bus is provided unless a parent provides a written note, email or text to their son's respective head coach.

**BALLS** – Each player will collect errant balls around the practice field, both during and after 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 will be selected by the current players during the first week of the season. Interested players must complete application and deliver to Coach Friedbauer on Monday, March 31. They 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 on Monday April 6.

**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, team shooting shirt, team socks and cleats. Protective cups are suggested but not required.

**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.

**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**

Post-game handshake – Immediately following the game, all players will gather with our goalie by his crease. The team will lead a cheer for the other team, line up single file at the middle of the field, remove their helmets and gloves and shake the hands of the opposing players and coaches. They will also proceed to shake the hands of the officials present.

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**

All players are expected to meet in locker room with coaching staff 60 minutes prior to game time.

- 60:00 Position group discussion with coach
- 45:00 Dress
- 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. During the national anthem, all players and coaches will line up on the sideline, face the flag and either sing respectfully or remain silent.

**ROOOTS** – 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: ROOOTS, 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.

## **2020 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  
Gives maximum effort always

### **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

**By Definition, a Chaska Lacrosse team member...**  
**...is someone who...**                      **...is not someone who...**

CONTROLS HIS OWN ATTITUDE AND EFFORT	BLAMES OTHERS WHEN THINGS GO WRONG
PLAYS LACROSSE TO HAVE FUN	PLAYS LACROSSE TO WIN AT ALL COSTS
KNOWS ONE OF BEST OUTCOMES OF PLAYING LACROSSE IS RELATIONSHIPS HE'LL MAKE	SEEKS TO MAKE HIMSELF FEEL BETTER BY PUTTING OTHERS DOWN
IS ON TIME FOR EVERYTHING	BELIEVES TARDINESS IS ACCEPTABLE
USES TWO HANDS ON ALL GROUNDBALLS	SCOOPS ONE-HANDED BECAUSE "NO ONE WAS AROUND"
VALUES THE IMPORTANCE OF BODY POSITION OVER BODY/STICK CHECKING	SETTLES FOR THE BODY CHECK OR ONE-HANDED STICK CHECK
WEARS HIS MOUTHGUARD AT ALL TIMES ON FIELD	"FISHHOOKS" HIS MOUTHGUARD
FEELS COMFORTABLE ASKING A QUESTION RESPECTFULLY OF A COACH OR OFFICIAL	IS AFRAID TO ASK A QUESTION
UNDERSTANDS MAKING MISTAKES IS THE KEY TO IMPROVEMENT	BELIEVES MISTAKES ARE THE SAME AS FAILURES
ENCOURAGES A TEAMMATE WHO MAKES A MISTAKE	TEASES A TEAMMATE WHO MAKES A MISTAKE
COMMITTS TO THE "RIDE" WITH PASSION	WATCHES HIS TEAMMATES RIDE, EVEN IF ITS ON THE OTHER SIDE OF THE FIELD
KNOWS HIS PRACTICE PERFORMANCE WILL DETERMINE HOW HE PLAYS IN A GAME	BELIEVES PRACTICE IS SOCIAL TIME
RUNS TO CATCH OR MAKE A PASS	CATCHES/PASSES FLAT-FOOTED
CELEBRATES GOALS WITH TEAMMATES	WATCHES TEAMMATES CELEBRATE A GOAL
MAKES EYE CONTACT WITH EVERYONE IN A HUDDLE	STARES AT THE GROUND OR INTO THE STANDS DURING THE HUDDLE
ANTICIPATES BAD PASSES	GOES "PALMS UP"
GIVES HIS BEST EFFORT ALWAYS	EXPECTS PERFECTION

## **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 ROOOTS 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.

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Print student's name

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Date

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Student's signature

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Parent Signature