**Keystone Lacrosse Player Guide/Agreement 2018**

*Coach Jennifer Maiden - Remind: text @katlax at 81010 E-mail: themaidens2000@gmail.com*

My goal, as your coach, is to pass my love of the game onto each and every one of you. I will arrive on time and be prepared to work with you all to the best of my abilities. We will hold you to the highest standards both on and off the field. I will push you to be great and expect you to work hard to achieve greatness on and off the field. I want you to always have fun and we never want to see you get hurt.

On Field Non-Negotiable Rules:

● Every ground ball must be scooped with two hands on our stick, immediate one push up if ground ball is scooped one handed

● Feet must always be moving whenever we throw and catch, feet planted when setting a pick

● No one handed checks

● Stick is always in the "Ready/Triple Threat Position"

● No spinning your stick

● No swearing

● We must always use our voice to communicate to our teammate when we want the ball by saying, "Yea!" "Help!" "One More!" or the player's name whom has the ball in order to demand his attention.

Program Rules:

1. Always have fun, work hard, and play the game with sportsmanship.

2. Respect the **R.O.O.T.S** of the game, **R**ules, **O**pponents, **O**fficials, **T**eammates, and **S**elf/**S**pectators. Any player found to be participating or suspected to be participating in any inappropriate, degrading, or hurtful "cheers" while at a Keystone Lacrosse event will be subject to disciplinary actions.

3. Players MUST inform coaches if they are sick or have been injured, no matter the degree of injury. Amanda McMahan is the trainer for Keystone High School and should be seen at your earliest convenience. She is able to expedite getting an appointment with the Cleveland Clinic if necessary. There is a free service supplied by Keystone High School.

4. Celebrate with your team or don’t celebrate at all. No showboating!

5. Any player involved in any sort of altercation in which any member becomes angry and needs to cool down, then the other member may enact the 24-hour rule and say, “Give it 24 hours and we’ll talk tomorrow about this.” If an altercation is serious enough to where it needs to be reported to Gina Gibson, our AD, then it gives coach time to communicate with her on that specific instance.

6. Keystone Lacrosse has an open-door policy. I am willing to meet with players regarding questions about themselves. If I feel that the parent/guardian needs to be in present I will cease the conversation and request the attendance of said parent/guardian.

7. Uniform will consist of a clean and unwrinkled jersey, current year team shooter shirt, shorts, socks: black, white, or purple, compression tights and/or long sleeve shirts: black or white. Facial hair must be kept neat and tidy. Long hair needs to be pulled back. If you get a significant hair cut do not forget to adjust helmet as necessary for proper fit. Legal eye black consists of a solid finger swipe under each eye, sticker type must be solid black, no design or letters.

8. Students that are *unexcused late* to school will not be able to participate in practice or scrimmage/game for that day (Keystone Highs School athletic rule). All players are expected to be at practice and all scrimmages/games. If there is any reason you cannot attend a team function (including games, practices, weight training, fundraisers, arriving for bus on time, wall ball, film sessions, study hall, etc.) you must contact your coach as soon as possible. (If not in person, then do so by Remind or email). Absences may result in decreased playing time. If injured, athletes are still required to attend practice and games to support their teammates and so they do not miss any information (See handbook for full guidelines.).

9. The Keystone High School discipline policies will be enforced. This includes but, is not limited to chemical/alcohol/tobacco violations as well as hazing. All incidents will be handled by the involved player, coach, athletic director, and principal. Parents will be informed of the behavior and decision. Remember, you are not only representing yourself, but your team, coaching staff, program, and school. You are expected to be a role model and a leader. Leaders who violate these rules will lose leadership for an entire calendar year.

10. Any player found to be posting anything degrading or inappropriate of any form on any type of social media will face penalties based on the severity of the posting. Penalties range from loss of playing time to suspension from playing Keystone Lacrosse. We can’t take social media away from you but, we put rules in place to deter you from making poor choices in what you post for the entire world to see, including college recruiters and admissions.

11. At practices players must wear mouth guards; show up on time; being late will result in consequences determined at coaches’ discretion; continued tardiness will result in reduction of playing time (See handbook for full guidelines.).

12. Lettering criteria, a player must appear in at least 50% of the games/scrimmages, attend 75% of practices and team functions, and uphold the team’s academic standards of a 2.0 or higher G.P.A.. All jerseys, game film, and equipment must be returned to the coaches prior to the season ending banquet. Other factors could include attitude, character, and dedication. If a player is deficient in any areas, it may disqualify them from earning a letter by coach’s discretion.

13. Lacrosse Legacy Award (optional), a player must achieve all lettering criteria stated above and the following: 3 hours of community service (do not double dip), uphold a 3.0 (2.99 is not 3.0) or higher G.P.A. and complete written component.

Pay to Participate Fee/Fundraising:

For Keystone Lacrosse to become a successful program, it takes a TEAM.  A team of dedicated coaches, a team of hardworking student athletes, a team of support staff working behind the scenes, and finally but, most importantly, a team of committed parents.  **As a parent/ of one of our student athletes you are responsible to pay the Pay to Participate fee by the first scrimmage/game.**If the fee is not paid the player will not play until such payment is made.  Checks may be made out to Keystone Lacrosse or cash is accepted and I will supply a receipt.  We are a club team and we are not able to use the pay program offered by the school. If you need to pay with credit card you may stop into Z-Graphics 11343 LaGrange Road, Elyria OH 44035 and pay via that method there.

We will be offering at least two fundraisers that will include: Spirit wear and Summer camp for youth lacrosse.  Some additional possibilities would be Team Sponsorship Packet Opportunities, Car Wash, Chipotle Night, Dine to Donate, Calendar Raffle, March Madness, Concessions and/or Candy Bars.  Any help with fundraising or fundraising ideas would be most appreciated. We are not in any way financially supported by the school, we pay for our own referees, field and custodial time for home games, busses, uniforms, equipment not covered by the grant (long poles, extra helmets, goals and nets, balls, etc.), helmet decals, and much more.

Keystone Lacrosse **cannot** operate without the cooperation of, and contributions from, our families. Lacrosse is an equipment heavy sport. Fundraising is vital to the continued growth of Keystone Lacrosse in the community.

**Please sign and return the bottom portion: ------------------------------------------------------------------**

*I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read and understood all the above rules and I pledge to follow them with the best of my ability. I also understand that failure to follow the above said rules may lead to suspension or, ultimately, expulsion from Keystone Lacrosse Club.*

**Note: Players are required to pay the Pay to Participate fee by the first scrimmage/game. If the fee is not paid the player will not play until such payment is made.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Payment amount due

Player Signature MM/DD/YYYY $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date payment is due:

Parent/Guardian Signature MM/DD/YYYY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_