



MT CARMEL HIGH SCHOOL
SUNDEVILS

LACROSSE
ALL IN...NO EXCUSES!!!

Handbook 2020

TEAM MOTTO: ALL IN...NO EXCUSES

Table of Contents

Team Motto	3
Program Contacts	4
Mission Statement	5
Program Schedule	6
Team Rules	7
Required Equipment	8
Game Rules and Regulations	9-10
Lax Lingo	11
Players Code of Conduct	12
Parents/Guardians Code of Conduct	13
Players Contract	14

Team Motto

ALL IN...No Excuses!

ALL IN. What does that mean?

You are committed to this lacrosse team like you are committed to your family and to the things that mean the most to you. You will put aside the things that will make you fail and/or damage the team.

Lacrosse has to be more than just something you do during springtime. You are in it for your team, not for yourselves. We all have to take care of each other and have a burning desire not to let your teammates down.

Program Contacts

Athletic Director, Greg Lanthier,
glanthier@powayusd.com, ext. 3109

AD's Assistant, Emily Comstock,
ecomstock@powayusd.com, ext. 3110

Athletic Trainer, Diane Lawrance,
dlawrance@powayusd.com , ext. 3154

(Mt Carmel High School phone number: (858) 484-1180)

Our lacrosse coaching staff and Booster Committee members contacts information can be found via the team website.

Team Website = www.mchsblax.com

MISSION STATEMENT MT CARMEL BOY'S LACROSSE

All members of the Mt Carmel Boy's Lacrosse Program will embrace the values articulated in the team Mission Statement and subscribe to the principles of its Team Standards.

Mission Statement

The primary goal of the Mt Carmel Boy's Lacrosse Program is to develop student-athletes of character and integrity who will serve as positive members of the school community and the greater society. We believe that the following five characteristics for all players, parents and coaches will best augment the team's mission.

1. **Integrity** – Do the right thing and make the right choice, even when no one is watching. Be honest and truthful.
2. **Respect** – **Respect** is a way of treating or thinking about something or someone. Listen, congratulate encourage, be helpful, follow rules, say thank you, etc.
3. **Unity** – Bring together to form a whole. **Unity** is created when people care about their **team's** goal and when people care about their teammates.
4. **Discipline** – Train to improve strength or self-control through instruction and practice. Be well behaved, obey rules or a code of conduct.
5. **Fun** -Enjoy your activities.

The Mt Carmel High School Boy's Lacrosse program has a strong foundation built on the values of family, community, and positive attitudes. All members of the program will strive to uphold this tradition through hard work, professionalism, and loyalty.

Family: We believe in relationships that are grounded in honesty, trust, and respect. As student-athletes, we will meet our responsibilities with integrity, persistence and confidence. Through the bonds we create, we will hold ourselves, our teammates, our classmates, and the entire High School in the highest regard.

Community: As visible members, we have an opportunity to strengthen our community through active participation and service. In giving of ourselves, we can enrich the lives of others around us. Through this process, we might also know the reciprocal benefits of engaging in a diverse world.

Attitude: Regardless of the challenges faced, we embrace a commitment to always put forth our best effort. Our attitude will be defined by our strength of character and our constant pursuit of excellence on the field, in the classroom, and within the community. The pride and confidence we derive from our team activities will not deter us from recognizing the great privilege we have been presented as student-athletes at Mt Carmel.

Program Schedule

California Interscholastic Federation (CIF) San Diego 2020 spring season opens Saturday, February 15 and concludes with playoffs scheduled through May.

Mt Carmel Boys Lacrosse program will begin with Tryouts February 15 and 17, 2020. Practices and games are scheduled Mondays through Saturdays all season long .

Practices generally take place at Sundevils Stadium. Saturday practices are TBD. Weekday practices will alternate each week between 4:30 PM – 7:15 PM and 6:30PM – 9:00 PM. First 30 minutes of practice will consist of endurance training, weights, or Wall Ball. Detailed schedule on team website.

JV and Varsity games are normally scheduled same day but not always. Coaches and Booster Committee members will provide advance notification for changes and cancellations.

Please check our website for the most up-to-date schedule.

<https://www.mchsblax.com/2020-season.html>

Team Rules

Drugs, Alcohol, and Tobacco

- I will adhere to the ***Sundevils Zero-Tolerance Policy “ZTP”*** regarding drug, tobacco of any type (cigarettes/E-Cig), and alcohol use. If a player is caught or any proof of the player using drugs, tobacco or alcohol will result in immediate expulsion from the team and will be reported to the school administration.

Attendance

- ***Player’s and players only are responsible for communicating missed practices, games, meetings and etc.*** It is always ok for the parent to follow up.
- Several missed events will require player status review by coaches.

Attitude

- Disrespect, bullying, and/or etc. will NOT be tolerated. Any player that shows disrespect to a coach, referee, teacher or another player will be suspended 1 game. If a player continues to be disrespectful, they will be removed from the team! Same guidelines for bullying. ***Player’s Code of Conduct applies.***

Dress Code

- Full program uniform required for games. All players MUST be uniformed, including helmets (white).
- Game day school attire will consist of jeans or khaki pants/shorts and clean uniform shirt or red collard shirt.

Practice

- Player’s will be fully prepared to step onto the FIELD.
- Remain clear of other team events at Sundevils stadium.

Games

- Report on time with all equipment ready to play.
- Respect the game by respecting opposing team, fans, and facilities.
- Avoid comments and gestures to game officials.

Travel

- Follow all rules of the bus.
- All players must use PUSD provided transportation. Any deviations must be pre-approved by the Athletic Director and coaching staff.

Grades

- **Must maintain a 2.0 GPA to be eligible to play.**
- **Blue cards** will be collected every Wednesday. Players will not participate in practice or games until their blue card is turned in to their prospective coach!
- Failure to turn in the Blue Card will result in conditioning.
- ***Boys Lacrosse Policy: Any Player with a GPA under a 2.7 will be required to attend tutorials during or after school.***

Required Equipment

All player are required to have the following:

- Lacrosse stick with bottom end cover (spare recommended).
- Helmet (white), gloves, arm/elbow pads, shoulder pads.
- Colored mouthpiece (not clear).
- Protective cup.
- Cleats for grass/turf.
- Gear bag.
- Positive attitude!

Game Rules and Regulations

PERSONAL FOUL penalties include *one to three minutes'* suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected.

- **SLASH:** Player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.
- **TRIP:** Player obstructs an opponent at or below the waist with the crosse, hands, arms, feet or legs.
- **CROSS CHECK:** Player uses the handle of his crosse to contact an opponent.
- **UNSPORTSMANLIKE CONDUCT:** Player or coach commits an act considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
- **UNNECESSARY ROUGHNESS:** Player strikes an opponent with his stick or body using excessive or violent force.
- **ILLEGAL BODY CHECK:** Occurs when any of the following take place:
 - a. Opponent is not in possession of the ball or within five yards of a loose ball
 - b. After the opponent passed or shot the ball
 - c. From the rear or at or below the waist
 - d. Above the shoulders.

A legal body check is below the shoulders and above the waist when both hands of the player applying the body check remain in contact with his crosse.

- **ILLEGAL CROSSE:** A crosse may be illegal if the pocket is too deep or altered to gain an advantage.
- **ILLEGAL GLOVES:** A glove may be illegal if the fingers or palms are cut out or altered to compromise its protective features.

Game Rules and Regulations

TECHNICAL FOUL penalties include a *thirty second* suspension from play if a team is in possession of the ball when the foul is committed, or possession of the ball given to the team that was fouled if there was no possession when the foul was committed.

- **HOLD:** Player impedes the movement of an opponent or his crosse.
- **INTERFERENCE:** Player impedes in any manner with the free movement of an opponent, except when the 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:** 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.
- **PUSH:** Player thrusts or shoves a player from behind.
- **SCREEN:** Offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man He is defending.
- **STALL:** Team intentionally holds the ball without conducting normal offensive play with the intent of running time off the clock.
- **WARD:** Player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponents stick check.

Lax Lingo

Lacrosse has developed terms unique to the sport. Here is some basic lacrosse lingo.

Assist = Pass to teammate who immediately scores a goal

Box = Sideline substitution area

Cage = Goal

Clear = Defense attempts to advance the ball out of their half of the field into the offensive half

Hole/Island = Area directly in front of the defending team's goal; roughly 10 x 10 yards

Fast Break = Offense has numbers of players advantage rushing toward the defending team's goal eager for a scoring opportunity

Man-up/down = Team has a number of players advantage/disadvantage from a penalty. Related term is Extra Man Offense (EMO).

Ride = Attempt by offensive players to hinder or prevent defensive players from moving the ball out of their defensive zone

Rip it = Hard shot

Top shelf = Shot at the upper part of the goal

Wheels = Running fast

Yard sale = Knocking a player's stick to the ground with a check

GB = Ground balls.

2020 PLAYERS CODE OF CONDUCT
Sundevils Lacrosse

1. I will adhere to the Sundevils Zero-Tolerance Policy “ZTP” regarding drugs, tobacco (E-Cig) and alcohol use. If I am caught using (any means) or under the influence of alcohol, tobacco, or drugs (to include cigarettes/E-Cig) other than those prescribed specifically to me by a doctor, I may be sent home immediately and/or removed from the Sundevils lacrosse program. I will inform the coach of any prescription drugs that I may be using and will have a permission slip from my Medical Provider.
2. I will always follow the Sundevils team rules (outlined above) and the basic rules of Fair Play. I will respect the rules of the game, the officials and their decisions. I understand this includes both playing and on the bench. I will maintain my self-control at all times.
3. I will respect all my teammates and my competitors at all times.
4. I understand that foul language towards anyone; teammates, coaches, officials, opponents or spectators; will not be tolerated.
5. I will not be critical of teammates and will never discuss my teammate's abilities except to encourage good team play.
6. I will always listen to my coach's instructions and make the utmost attempt to integrate said instructions into my game/practice.
7. Lacrosse is a team sport. I understand that I am on a team and I will be a team player I understand that hot-dogging will not be tolerated.
8. On game day, I will be on the field at least 45 minutes prior to game time. I will be fully dressed and ready to play at least 30 minutes prior to game time. I understand that this period is necessary to warm up and to discuss team strategies and game plans. If I require more time to dress, I will come earlier.
9. On practice day, I will be on the field at least 15 minutes prior to practice start time and will be dressed and ready to participate.
10. I will be in attendance to participate in every game and every practice except for illness, injury or school events. If I must miss a game or practice, I will contact the coach as soon as possible. School activities shall take precedence over Lacrosse.
11. I understand that I am responsible for my own equipment; I must ensure that all necessary equipment is in my possession and that it is complete, safe, and in good condition at all times. I will wear all the required protective equipment.
12. I understand that I represent the game of lacrosse, the Sundevils and my team. I will conduct myself in a dignified manner at all times, especially on “the road”.

2019 PARENT/GUARDIAN CODE OF CONDUCT
Sundevils Lacrosse

1. I will encourage my child to play by the rules of lacrosse and to resolve conflicts without resorting to hostility or violence.
2. I will praise my child for trying hard and competing fairly and thus make my child feel like a winner every time.
3. I will respect and show appreciation to the coaches who give their time to my child.
4. I will show respect for my team's opponents, because without them there would be no game. I will cheer all good plays.
5. I will never ridicule or yell at my child, or any other players, coaches or officials. I will not resort to booing opponents for any reason.
6. I will respect all officials and their decisions. This is because I understand that all officials do their utmost to be impartial, provide a safe and suitable playing framework and see that the game is well played.
7. I will not question the official's bias or judgment in public.
8. I will not use profanity, nor will I harass any players, coaches, officials or other spectators.
9. I will remember that my child plays lacrosse for his/her enjoyment and not mine.
10. I will ensure that my child has read and understands the Player Code of Conduct.
11. I will not force my child to participate in lacrosse.
12. I will ensure that my child has a permission slip from his/her medical provider for use or possession of any prescribed medicine and that a copy of the slip has been provided to my child's coach.
13. I will fully support the Sundevils Zero-Tolerance Policy "ZTP" and coaches regarding drug, tobacco and alcohol use.

Players Contract

Please return with appropriate information filled in no later than **Friday, February 21, 2020**

I have read and totally understand the Team Motto, Team Rules, Game Rules and Regulations, Player Code of Conduct and Parents/Guardian Code of Conduct. Should any questions arise I will talk to either my Captain or Coach.

Player Name – PRINT _____
Player Signature _____
Date

Parent Name – PRINT _____
Parent Signature _____
Date

Please add the following email addresses to the program email group:

Name _____
Email address

Name _____
Email address

Mt Carmel Boys Lacrosse is always looking for volunteers to assist the program.