

Hard Knox Lacrosse



Handbook 2022

This Lacrosse Handbook is a guide for the North Hardin/Fort Knox Lacrosse program. The lacrosse program follows all guidelines stated in the Commonwealth Lacrosse League By-Laws. The purpose of this handbook is to outline guidelines specific to this sport and to reinforce key portions of the program.

MEMBERSHIP IN THE LACROSSE PROGRAM

It is a privilege to be a member of the Hard Knox lacrosse team. Every member of the program (players, managers, coaches, and trainers) is expected to earn this privilege every day of the season. **Violations of team rules and regulations may result in decreased playing time and/or removal from the team.**

PHILOSOPHY

The Lacrosse Program exists in order to provide a unique opportunity for students to extend their physical, social and moral education while participating in this Nation's oldest sport. In short, the lacrosse program is intended to make participating student-athletes better people. The program strives to develop respect for one's self and for others, a greater sense of responsibility, athletic skills, and pride in its participants.

COMMANDMENTS

Respect – Respect the game, coaches, teammates, officials, players, parents, and yourself.

Work Hard – Give 100% on and off the field in practices and in games. Never give up and have pride in what you do.

Responsibility – Be accountable as a member of this team and as a representative of this team.

Have Fun – Lacrosse is a fantastic game. Enjoy the moment and never take it too seriously.

ATTENDANCE

Our first official practice is on **February 15, 2022** from 4:30-6:00 pm at North Middle School. Athletes are expected to be completely equipped and ready to start the team warm-up when the scheduled practice begins. Failure to arrive at practice on time may result in decreased playing time and/or extra conditioning. For players who have jobs, please coordinate your lacrosse commitment with your work schedule. Please avoid missing games or practices because of a work conflict if at all possible.

Coaches will determine excused absences on a case-by-case basis. Players who are unable to play due to injury or illness are required to be in attendance at practice, health permitting.

Coaches will not accept excuses unless the **player** discusses it with the **head coach** prior to the practice or games they will miss. Coach Doebling – (719) 596-9821, Coach Collins – (253) 666-2774 or Coach Williamson – (801) 688-8225. Players must inform Coaches of potential conflicts before practice or a game. If a player's absence is unexcused, it may result in decreased playing time and/or extra conditioning. It is the player's responsibility to find out anything they may have missed with their absence. If there are drills, plays or team philosophies implemented, these players must work with their teammates to catch up.

PRACTICE TIMES

In order to allow for practices to be held during daylight hours, practice times have been set initially from 4:30-6:00pm. Once Daylight Savings Time is implemented, we will shift practices to 5:00-6:30pm. Practice time on the field is the most essential element to team success. Athletes are expected to use their time away from practices to complete their homework and other responsibilities. Athletes need time to cool down and take care of team and personal equipment after practice, so although practice is over at 6:30 or 7:00, they may not be ready to leave right away. During practices on the days prior to a game, Extra Man Offense and Man Down Defense personnel may need to stay a few minutes after practice to work specifically on these scenarios. Players will know ahead of time if they are on these teams.

SPRING BREAK

Hardin County and Fort Knox school district's spring break is from Saturday, April 2 to Sunday, April 10. There are no games or practices currently scheduled during spring break week. This does not mean you can afford to take a week off from lacrosse. You will need to continue to condition in the form of running as well as getting in stick work. We have an away game on March 31st and a home game on April 13th. This is to facilitate spring break vacations without anyone having to miss a game. Everyone will be expected to be back at practice on April 11th. Players with conflicts shall make the head coach aware as soon as possible.

GRADES

It is required by CLL that all athletes maintain a passing grade in 5 of 7 classes during the semester or the equivalent percentage in order to remain eligible for competition. I do not have access to any of our athlete's grades, so it is up to each parent or player to ensure you meet this requirement. There is no system in place to check grades during the season. Each lacrosse player should make it his personal goal to maintain at least a 2.5 GPA. Our coaches will continue to reinforce this goal throughout the season. If you are having trouble with your studies let your coaches know so they can assist you as best they can.

CONFLICTS

Since one of our goals is to promote and develop a greater sense of responsibility in our student athletes, any issue that should arise during the season needs first be addressed by the player discussing it with the head coach. If the issue is not resolved satisfactorily, then it may become appropriate for a parent to bring the issue to the head coach. However, a parent should not approach a head coach with an issue that the player has not brought forward to the head coach first. Playing time is not a topic usually discussed with the head coach. If a player is getting less playing time it is usually because of lack of skill progression or due to unexcused absences.

EQUIPMENT & ATTIRE

All equipment and appropriate attire is required for every practice and game. Practice dress code consists of the player's equipment (helmet, gloves, stick, shoulder pads, elbow pads, athletic cup and mouth guard) as well as appropriate shorts, cleats and jersey. Dress code for games includes the player's issued uniform. We have limited amounts of gear to loan out during the season for those who cannot afford to buy or want to try out before purchasing. We have helmets to issue to each player, so that will be one expense that is not required. This season all shoulder pads must meet new safety guidelines, so the team is purchasing a set for each player to utilize. FUNDRAISING \$\$ IS HOW WE CAN PAY FOR THIS.

Required equipment includes: Lacrosse helmet, stick, gloves, elbow pads, shoulder pads, cleats or turf shoes and running shoes, mouthpiece, practice jersey, game uniform (jersey, game shorts and team shirt under jersey) and athletic cup (now required). The team has a reversible uniform jersey. If any part of these uniforms is lost and not returned at season's end, the player is responsible for replacing or paying for the loss.

BREAKDOWN OF TEAMS

All players will dress for all games. This season we are playing Varsity level games. We got game experience last season, so this will be a Varsity team in 2022. Our goal for every game is to play the best lacrosse we can play and compete to win every time out. All playing time is earned and is based on skill, attitude, team commitment, effort, desire to learn and improve, being on time and work ethic. These all directly influence playing time opportunities. All players are encouraged to ask how they can improve and how they can best contribute to the success of the team. The quickest way to playing time is through skill improvement and knowledge of the game.

We may have a Junior Varsity Tournament at season's end in May so new players can have an event to get more playing time. When this is known, we will coordinate participation.

PLAYER PHYSICAL BENCHMARKS

These benchmarks are provided to determine athletic baseline at the start of the season.

- **40 Yard Sprint**

- Exceeds < 5.4 sec
 - Good 5.5-5.8 sec
 - Average 5.9-6.6 sec
 - Does not meet >6.7 sec

- **1 Mile Run**

- Exceeds < 7:30 min
 - Good 7:31-8:20 min
 - Average 8:22-9:12 min
 - Does not meet > 9:15 min

- **Sit Ups**

- Exceeds > 50/min
 - Good 45-49/min

Average 40-44/min
Does not meet < 40/min

- **Pull Ups**

Exceeds > 10
Good 6-9
Average 4-5
Does not meet < 4

An athlete's scores on this fitness test will not be used to determine their placement on the team, however athletes should strive to always improve their fitness levels in order to improve their overall skills. An athlete's hustle and overall energy are always factors which evaluators consider.

OFFENSE

Offensive philosophy varies from season to season and is based on the overall ability of the team. This season is no different and the offensive sets we run are player dependent. Offensive formations to be familiar with are the following: 2-2-2, 2-3-1, 3-1-2 & 1-4-1 (man up).

DEFENSE

Defensive philosophy is predicated on the opponent and overall ability of the team. The primary defense we run when even strength is the man to man. Occasionally we may utilize a zone defense as the game situation dictates. In a man down situation, we will utilize a zone scheme of five on a dice when one man down, box when two men down and a triangle if ever three men down. The goalie provides direction to the defense and is an extra player on the clear.