

DVRHS Girls' Lacrosse

Dedication, determination, and commitment are vital to our team and our program.

“To get what we've never had, we must do things we've never done.”

Coaching Philosophy:

My goal is to teach young women to love and to respect the game of lacrosse. Through hard work and determination they will achieve success. My hope is to have each member of our team give their personal best at all times and in turn know they are an essential and a contributing member of our program.

Honoring the Game:

Honor the Game is a phrase that comes from the Native Americans who originated the game of lacrosse and believed that the game should always be played with honor. The phrase continues to be used throughout the lacrosse community today. It is intended to bring parents, players, and coaches together in sharing a mission of “doing the right thing.” Coaches use Honor the Game as a quick way to teach their team to honor their opponent, have good sportsmanship, give 100% on and off the field, care about one another, do the right thing, and care about their community.

Annual theme:

2010-“Got your back”-Players learn to be reliable, trustworthy, hardworking, purpose driven teammates!

Team Expectations

1. Athletes need to be dressed and prepared to begin practice on time! Missed practice time (unexcused) will result in equal time that needs to be made up by that player in the form of conditioning after regularly scheduled practice.

It is the athlete's responsibility to listen to announcements and check weekly practice schedules for any time changes. Our practice schedule in March will vary depending on gym space, field conditions and the weather. We will have Saturday practice and or games regularly throughout the season. As soon as we are consistently outside then practice will normally be from 3-5:00 PM on M-W- F and from 3:30-5:30 PM T-TH.

2. Athletes are expected to attend all practices and games. (see attendance policy)

- Unexcused absences will result in loss of playing time until the time is made up.

- Continuous absenteeism whether excused or not will result in loss of playing time.

3. It is important that you are prepared for practice and are dressed properly. Your workout clothes, sneakers and cleats, goggles, water bottle, mouth guard, etc. are necessary for practice. We expect you to be dressed appropriately for the weather.

4. Drugs, Alcohol, and Banned Substances- You have read and signed our disciplinary code. It applies in school, at home and in the community.

5. Un-sportsmanship like conduct will not be tolerated! Removal from the practice field or game will occur if the behavior does not subside with a warning. Parents will be contacted if this behavior is ongoing. This behavior consists of disrespecting coaches, officials, opposing teams, teammates, equipment and/or the athlete herself.

6. Injury - If you are injured, you must inform a coach immediately. Please don't let any injury go unnoticed. We have a trainer on duty and we do not want to aggravate an injury, no matter how small. If you need to go to the trainer, check in with a coach FIRST.

7. You will be issued uniforms-home and away jerseys, a skirt, and a jacket/pants traveling clothes. These become your responsibility! Any lost, torn or damaged garment will be fined according to the replacement cost of the item.

8. Issues and concerns should be addressed quickly. Do not let problems fester! Talk to your coaches or captains as soon as you can- we want to help! We will try to work with each of you as individuals, both to meet your needs and the teams' needs.

9. At away games, players may go home with their parent(s) only! A parent's signature is required to release the athlete after the game. Do not ask to go home with anyone who is not your parent.

10. All athletes are required to stay for both the Varsity and JV games.

11. Cell phones will NOT be used during practice time with the team.

12. Players will strive to do their best in both practices and in games.

2. Attendance

- 1.**A player is expected to attend each practice. She should be on time and stay for the duration of the practice time.
- 2.**Excused absences are school field trips, academic remediation and/or extra academic help and family emergencies. They require no make up time as long as advance notice is given to coach from the player. Advance notice is prior to the start of that day's practice.
- 3.**Excused absences that require half of the time missed to be made up are doctor's appointments, driving classes and college visits, as long as advance notice is given to a coach from the player.
- 4.**Illness will be made up at the coaches' discretion. Player needs to notify Coach prior to absence.
- 5.**Unexcused absences require 100% practice time to be made up before game time is given to the player.
- 6.**All injured players will be expected to be at practice or working in the training room unless another arrangement have been discussed between the coach, player and parent.