

Grayson High School



TEAM RULES, EXPECTATIONS, and CODE OF CONDUCT

VARSITY & JR. VARSITY LACROSSE

The Grayson High School Athletic Department provides a variety of experiences to aid in the development of favorable habits and attitudes in students to prepare them for adult life. A student who elects to participate in the Grayson Lacrosse Program is voluntarily making a choice to commit to the program. We are continually striving for excellence and want our lacrosse program to reflect this commitment. It is a privilege to participate in lacrosse and this privilege is extended to all, provided that students are willing to assume certain responsibilities. A student must be a credit to oneself, the school and the community. It is expected that all athletes will meet better than minimum standards of conduct and follow all team rules.

Any student wishing to represent Grayson High School in Varsity or Junior Varsity Lacrosse must also meet academic eligibility requirements as defined by the Gwinnett County School System, the Georgia High School Association and GHS. It is extremely important that each player understands that he is "Student Athlete" and his performance in the classroom is just as critical to his performance on the field.

The following outlines general team rules and expectations for participating in varsity or junior varsity boys' lacrosse. Please read carefully. As a commitment to the program and agreement to the outlined rules, players and parents will be asked to acknowledge by signing the last page document and returning this form to the head coach.

I. Academic & General Responsibilities

Grayson High School follows standards and rules established by both the Gwinnett County School System and the Georgia High School Association. **Any student wishing to represent Grayson High School must meet eligibility all requirements as defined by the School.**

The following regulations apply to all GHS students in grades 9-12 who participate in extracurricular activities.

1. A student must be present in school at least half of the school day (3 periods) to be eligible to participate in an activity/sport for that day. This includes being present at least 3 periods on Friday preceding a Saturday event.
2. Students who are suspended ISS or OSS may not participate in any school activity, including practice, until the day after the suspension ends.
3. All students must be "On Track" for graduation at the beginning of each school year to remain eligible:
4. All students must have an up-to-date completed physical form on file **BEFORE** they can practice or tryout for a team. Additionally, all students must submit a concussion form to Coach Schwab during tryouts in order to be eligible to make the team, regardless of whether one was submitted for another sport or not. All physicals are good for one year from the date the physical was conducted.
5. All students must obey training rules at all times, especially the general rules of the non-use of alcohol, tobacco, and unauthorized drugs, as well as all local, state, and federal laws.
6. Non-school teams (i.e., AAU, Club teams) do not take precedence over a GHS team that is in season, including games and practices.
7. Student-athletes are expected at all times to represent Grayson High School with dignity, sportsmanship, and class. Severe exhibits of unsportsmanship will result in a period of suspension as determined by the Head Coach and/or the Athletic Director.
8. Student-athletes are expected to treat our facilities, including equipment, with care and respect. Student-athletes will be expected to pay for any damage to our facilities and/or equipment.

II. Attendance & Playing Time

It is expected that all players will be at each and every practice/team function and **on time**. Attendance at all practices is mandatory. Unexcused absences and tardiness or leaving practice early will result in impacted playing time. Schedule practice times may vary. Expect to practice everyday during the week. Varsity players should expect to practice on some Saturdays. JV may practice on a few Saturdays.

An email or text message must be sent to the designated coach or coaches and a reason why if not attending practice. If you are aware of a date in the future you will not be at practice or a game please email your designated coach with a description of what the date is and why.

Any absence without prior notice, regardless of the reason, will be deemed “unexcused”. When absences are unavoidable, contact needs to be made *directly* with one of the coaches well ahead of time; giving the message through another player or third party is unacceptable.

Non-school teams (i.e., AAU, Club teams) do not take precedence over a GHS team that is in season, including games and practices. Grayson’s coaches will work with the player as much as possible but there is no guarantee. Grayson’s teams **MUST** take priority.

Players are well aware of their practice days and locations. Appointments or other activities should not be scheduled during these times.

We understand the need for some players to work, but it is not an excuse to miss practice or games. The schedules are published well ahead of time we only ask a few hours of you per day. You should schedule work hours around practices and games.

Having too much schoolwork is not an excuse for missing practice. Teachers do not assign projects without plenty of notice, and we will not encourage nor suffer players’ procrastination.

Injured players are expected to be at every practice, just as a healthy player would, unless a physician mandates a player miss practice and this is shown via written communication from that physician or the coach has released the player from practice. A note from home will not suffice. Injured players should be on time.

You should have all equipment on and be ready to start practice on time. Late arrival disrupts practice and is unfair to your teammates and coaches. Tardiness will result in lost playing time.

This is a High School sport, not Recreation League. Playing time is EARNED. Not everyone is going to play every game. Playing time will vary. If a player has a question about his playing time or any other issue, it is the responsibility of the player to first discuss the issue with the coaches, we encourage all players to discuss with the coaches ways they can improve and should seek their position coach first.

No discussions about other team members playing time will be accepted.

Coaches will not discuss playing time before or after a game, schedule time with your coach before or after practice.

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III. Player Conduct

Alcohol, tobacco or drug use at any time or place will not be tolerated and is grounds for disciplinary action up to dismissal from the team. Any player using illegal drugs, dangerous intoxicants or performance enhancing drugs may be expelled from the team on his first offense.

At games you are expected to show the highest standard of sportsmanship. Neither opponents nor officials will be taunted or harassed in any way. No one other than a coach should say anything to the referees during a game. "Trash talking" to opponents on or off the field will not be tolerated.

You are expected to support sportsmanship in lacrosse both on and off the field. Please remind supporters to show respect at our lacrosse games as well.

Abusive language, disobeying coaches, theft, dishonesty, unsafe behavior and fighting are not acceptable at any time and will be disciplined.

Roughhousing and goofing off disrupt practice and such behavior will be disciplined (running laps, push-ups, up-downs, etc.).

Players are responsible for their own trash and are expected to keep the fields clean. (This includes the high school playing and practice fields, our opponent's fields and / or alternate practice facilities).

Any student who quits a sport cannot tryout for another sport until that sport has completed its season.

Hazing will not be tolerated in any program regardless of the person's willingness to participate.

Fighting is not a part of lacrosse and will not be tolerated. In addition to serving a GHSA mandated two game suspension, any player ejected from a game for fighting shall owe the coaches 100 sprints, 100 pushups, & 100 sit-ups for a season's first offense due within one week of the offense. A second offense will add to that 100 hills and a team suspension for one additional game. A third offense may result in dismissal from the team.

Officials don't always get things right, we know this. At no point it is OK to yell at, argue with, insult, talk back to, mutter under your breath regarding, or swear toward the officials. If the officials do not penalize you for that behavior, the coaches will by taking away playing time.

At the end of every game, we take off our right glove and shake hands with the players and coaches of the other team regardless of the game's outcome.

Coaches should be treated with the same respect expected to be given to game officials. Grayson has a reputation around the state with coaches and officials as being a rough (sometimes read "cheap-hitting"), foul-language, cry-baby type of team. That reputation ends now. We need to keep in mind that we represent a school and not our selves. Things we wouldn't get away with saying or doing in the classroom with a teacher will not be tolerated on the playing or practice fields.

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IV. Parent Conduct

Nothing would be possible without your support; we completely understand and appreciate that. Please volunteer for a committee. For each parent that does not volunteer, there is another parent who has to make up for the lost manpower.

THIS IS NOT REC BALL. Playing time is not guaranteed and will not be equal among players. There may be freshmen starting varsity over seniors. There may be juniors on JV. One person might play an entire game while another does not get any playing time during the game. It is our job as the coaching staff of a varsity school sport to put on the field the most competitive team possible.

We ask that you follow the 24 hour rule when contacting the staff, meaning that you wait 24 hours after the 'moment in question' so there is time to allow the emotion to diffuse. Any playing time questions will not be entertained until the player has asked the question to the coach and met with them first. We encourage players to ask question as to how they need to improve.

If a player has a question about playing time, he should:

First see his position coach and ask him what needs to be done to increase playing time.

If those needs are addressed and there is still a question of playing time, he should see the head coach and ask him

If that is still not sufficient, a player and parent together can address the coaches before or after (not during) practice. Please don't ask the coaching staff through emails or phone calls what your son needs to improve.

At no point should the school be contacted about playing time. The Athletic Director and Principal will not entertain calls or emails about your child's playing time and will direct you to the coaches.

V. Dress Code

During practice and games all players are expected to be in proper, uniform, athletic attire and be properly equipped. This includes reversible pinnies for practice.

On game days, **all** team members will dress as stipulated by the captains and coaches. Our season starts in the early spring when it can get COLD. It ends in the late spring when it can get HOT. As such, you should always be prepared for the weather. Check the weather reports before packing each day/night for practices and games. Not having the proper attire is not an acceptable excuse to not participate.

VI. Equipment / Uniforms

All team equipment signed out to a player will be returned at the end of the season in good condition and CLEAN. The date and time will be announced. Failure to return equipment will result in:

- a) Seniors – your name will be given to administration and a hold will be placed on your grades, preventing graduation until return of the equipment.
- b) Underclassmen – your name will be given to administration and you will not be allowed to participate with the team the following year. You will not receive report cards, schedules, or be able to attend Homecoming, Prom, etc. until the equipment is returned or replaced.
- c) Loss or destruction of equipment will result in compensation to the team of replacement cost.

Players are required to have a mouthpiece that is not clear or white in color. The coaching staff does not have extras at games or practices – it is up to you to keep a spare mouthpiece or two. They are to be worn anytime during practice in which there may be contact.

Have a backup stick ready to go in case of emergencies. Don't show up to practice and start asking if someone can restring a stick for practice that night.

Uniforms are the property GHS and your responsibility to keep clean during the season. Normal wear and tear is expected, but you will be charged for any significant damage to the uniform. At the end of the season, uniforms must be clean when returned to Coach Schwab (pinnies are yours).

VII. Travel

Transportation to/from games will be provided by GCPS buses (as available). Any deviation from this must be arranged with the coaches well before game day and will only be allowed on an emergency, as-needed basis. Students are not allowed to transport themselves to or from away games.

Players will meet at the specified time and place ready to load on the bus. They will follow all rules of the bus and act courteously and respectfully during transit. Players will not leave trash or food on the bus. Players will be expected to take everything off the bus they get on with.

2015 Season

There is scheduled to be a Varsity Trip to Charlotte, NC that will be leaving with a team of no more than 35 players via provided transportation on the morning of Friday, 3/13/15, which is a scheduled day off of school. We will be playing a team that night, spending that night in a hotel, playing another team Saturday afternoon, then returning to the school Saturday evening.

All meals during the trip will be provided. Players will sleep four to a room. This is not a family vacation; players will travel everywhere with the team on the bus, stay with the team in the hotel, and return with the team. If this is not possible, that player will not be included in this trip.

Parents are welcome to drive themselves, stay in separate rooms, and come to the games – but this is a TEAM trip and will not be intruded upon by individual family wants.

It may not seem fair to JV players and parents this year – but we are sincerely hoping to continue a tradition of an abbreviated out-of-state trip over a long weekend (and not spring break) every year.

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VIII. Off-Season Work

Players are encouraged to seek off-season opportunities to maintain and improve their lacrosse skills. Many organizations offer camps designed to test and improve upon the best of the best players. Coaches will seek out information to share with the teams about available camps and showcases, players are encouraged to seek additional opportunities.

In addition to camps, there are local off-season leagues and travel teams available. These are also excellent places to improve skills and hone the talents needed to be essential members of a Varsity team.

While camps and leagues are highly encouraged, they are not to take precedence over a position on the GHS lacrosse team.

Those players interested in playing lacrosse at the next level are encouraged to talk to the coach and research for help and ideas.

IX. Conditioning & Tryouts

Conditioning will begin in November for all potential players. It will run for an hour and a half after school. If you are participating in another sport, you are expected to be doing your training and conditioning with that team. If not, you should plan to attend conditioning sessions with the lacrosse team. Conditioning is a vital part of preparing for the lacrosse season to get speed and strength up to par so that once we can begin practicing with sticks we do not need to be worried about recapturing these rudimentary athletic skills.

2015 Season

Tryouts will be January 26-28 for varsity and until at least January 29 for JV (possibly longer if weather is an issue). If a potential player knows he will not be able to be at tryouts, he may request an early evaluation by the coaching staff. Any player expressing interest in joining the team after tryouts are concluded will be entertained solely if there is a dire need at a specific position at which the interested player would play.

X. Official Practice Dates, Times

2015 Season

We will practice at the HS Practice Field daily 5:30pm to 7:30 for JV's and 6:30-8:30pm for Varsity, plus the occasional Saturday practice or even rarer Sunday practice (times may change).

If a player will be late or out for any reason (including absences from school), it is imperative one of the coaches be contacted BEFORE practice time so we can make any necessary adjustments to the practice schedule. Your absence from practice makes it difficult to work consistent lines and work on new plays. That being said, we know there are other legitimate reasons to miss practice which *do not* include:

- Homework/Project completion – you are given time by teachers to complete assignments and waiting until the last minute is your fault. HOWEVER, required fine arts performances FOR GRADES are excused.
- Vacations – you have the practice and game schedule now. If you want to play, you need to schedule your social life around lacrosse.
- “I don’t have a ride” – there are plenty of players who can drive or can find you a ride if you let us know soon enough.
- Evening non-holy day or specific-event religious services. The entire season from the first practice until the state championship is 16 weeks. If you feel that you wouldn’t miss a game on a certain night, then you shouldn’t miss a practice on that night either.
- If there is some sort of other academic trip that you know about, please let the coaching staff know as soon as possible so that we may plan around your absence (ex. Student Council retreat).

Tardies to or unexcused absences from practice will result in game suspensions and/or dismissal from the team.

All athletes must arrive to practices on time and with sufficient time to be dressed and ready to begin by the designated practice time.

Weather may force the cancellation of games and/or practice, or require practice to be moved into the gym or to Bay Creek Park. The best way to stay on top of changes is for parents and players to sign up for the appropriate remind-101 to receive text and/or email alerts

XI. Varsity Letters & Awards

In order to earn an award, a student must remain on the squad (in the activity he is participating) until the entire schedule has been completed and/or until he/she has been released by the coach.

The achievement of a Varsity letter not a right, but rather the result of a personal responsibility to act and behave all season in a "Varsity Manner," meaning, an above average commitment to the team, to the sport, to hard work, and to improvement. A letter can be earned by any Varsity player from any grade level.

A Junior Varsity player may be asked to dress out for a varsity game. They need to remember that it is an honor and a privilege and there is no guarantee that they will get playing time on the field. JV players should be ready to take the field if necessary.

Participation in interscholastic athletic competitions is a privilege extended to the students by the Board of Education. Students participating in Georgia High School Association (GHSA) extracurricular athletic activities act as representatives of Gwinnett County Public Schools (GCPS). All students are expected to conduct themselves in such a manner as to meet the highest standards of GCPS at all times.

XII. Code of Conduct

The Code of Conduct is designed to establish high expectations and standards for all students participating in GHSA sanctioned athletic activities. All students, parents, and coaches understand that the top priority is academic achievement. The Code of Conduct establishes high expectations regarding behavior and consistent consequences when violations occur.

The Code of Conduct goes into effect on the first day a student joins a GCPS high school athletic team. The Code remains in effect for the entire calendar year, including time when school is not in session.

An offense occurring in the sport's off season will result in a consequence to be served the beginning of the following season.

The offenses and consequences listed below are in addition to (not in lieu of) any school or criminal consequences associated with the student misconduct.

All consequences listed in this Code of Conduct are minimum standards. The coach has the discretion to set consequences over and above the minimum standards.

XIII. Code of Conduct Consequences

For the following violations, the coaching staff must have valid evidence and/or verification of the violation as defined in the following:

1. Self-admitted involvement by the student
2. Witnessed student involvement by the sponsor, coach , or any staff member
3. Parent admission of their student's involvement in tobacco, alcohol or other drugs
4. Verified by official police report given to the school
5. Evidence of violations through investigation by school officials
6. Documented evidence via social media outlets

If the offense occurs at school or on school property (at any time), off school grounds, at a school-sponsored activity, function, or event or en route to and from school, the student will be subject to the actions described in the Student Conduct Behavior Code (Policy JCD) and the following consequences for extracurricular activities.

Violations include:

Tobacco (any type) & Alcohol, Other Drugs (Possession and/or Use)/Misdemeanor Criminal Law Violations, Hazing, Unexcused Absences/Tardies

Consequences:

In addition to any applicable school penalty, additional consequences for GHS Men's Lacrosse include possible suspension from athletic extracurricular competition as determined by coaching staff to be appropriate from single game suspension up to dismissal from team, beginning with the first violation.

Grayson High School



TEAM RULES, EXPECTATIONS, and CODE OF CONDUCT

Acceptance of Team Policies

Please sign, date, and return to the coach.

I have read and understood the Grayson High School Lacrosse Varsity/Junior Varsity Team Rules and Expectations and agree to abide by the policies as put forth within it. I understand that I am a part of a team and will endeavor to conduct myself as such.

Student Name – _____
print Student Name

Signature

DATE: _____

I have reviewed the Grayson High School Lacrosse Varsity/Junior Varsity Team Rules and Expectations with my student and understand the policies as put forth within it. I will support the coaches and my student as well as the team throughout the season.

Parent Name – _____
print Parent Name

Signature

DATE: _____