

2018

B O B C A T L A C R O S S E



Coaching Staff

Varsity Coach – Jon Giordano

Varsity Assistant Coach – Steve Carnes

Junior Varsity Coach – Neil Rodman

OUR FOCUS

Our main focus is to represent South Windsor with class and pride. We do this through the quality of our academic performance, play, sportsmanship, and behavior. We accomplish great things through a focus on hard work, commitment, and team attitude. By making these three concepts our shared mantra, we take to the field with a shared approach. We prepare for success by outworking our opponents, caring about what we do, and putting the team concept above the individual needs. This can only be accomplished with the full cooperation of the students, parents, school administrators, and the coaching staff. The Rules and Regulations that follow will be enforced and adhered to at all times.

COACHING OBJECTIVES

- 1) To promote the development of players physically, psychologically & socially
- 2) To create a positive learning environment that challenges each player to reach their potential.
- 3) To promote personal and cooperative skills, habits and attitudes that will help players to be successful academically and in their everyday lives.
- 4) To compete in the CCC and CIAC post season tournaments.

CORE VALUES

The core values of a team or organization are those values that we hold firm, forming the foundation from which we perform and conduct ourselves. There are all sorts of behaviors, attitudes and characteristics that have value, but some of them are so primary to our daily routines that we refer to them as CORE VALUES. These values guide the business we conduct. In an ever changing world and society CORE VALUES remain constant. These are values by which we abide, by which we lead our lives. CORE VALUES help to articulate what we stand for and what we strive to uphold.

CORE VALUES dictate how we interact with and treat others. They govern our personal relationships. They guide us on how to teach, as well as how and when to reward. They identify the boundaries of our existence giving shape and meaning to our actions and behaviors. CORE VALUES are the basic elements of how we go about our daily routines. CORE VALUES guide (or should guide) us in making decisions daily by establishing the non-negotiable benchmarks or expectations and performance that give meaning to our existence.

Caring: Players care about their experience in the program, and that of those around them. This means we encourage student athletes to “pick-up” players who have had a bad day, or challenge players around them who may not be working as hard as they are capable. Being caring means that players value their teammates and help them perform their best.

Commitment: We show that we value commitment to our team in many ways. Each and every player on this team has a role. Understanding, accepting your role and fulfilling it to the best of your ability demonstrates commitment to your team. Encouraging motivating your teammates to master their roles is an indication of a level of commitment to our team and our CORE VALUES. Any time you work on individual skills like wall ball, shooting, long passing, or working your stance in goal, you are demonstrating a level of commitment that you are part of something bigger than you. You are showing an acceptance that in order for us to be the best we can be you will have to continually improve and challenge yourself.

Collaboration: Players demonstrate their ability to work well with others. Players maintain positive interactions with teammates, coaches, faculty, and peers which lead to productive working relationships.

ACADEMIC, PARTICIPATION, & DISCIPLINE POLICIES

- 1) All Students athletes shall uphold the academic requirements set forth by the CIAC and South Windsor High School.
- 2) The Coaching Staff may review all progress report cards issued by South Windsor High School and have a private meeting to review and discuss players' academic progress.
- 3) Failure to meet the standards that are set shall result in the loss of playing time or dismissal from the team.
- 4) Student athletes may be disciplined for inappropriate conduct on school grounds, at any school sponsored event, or off school grounds, which includes SOCIAL MEDIA. The following disciplinary policy will be enforced:
 - 1st incident**- one game suspension from the next scheduled game, but may result in dismissal from the team.
 - 2nd incident**- one week suspension from all games and team activities, but may result in dismissal from the team.
 - 3rd incident**- dismissal from the team.

HAZING POLICY

HAZING and or INITIATION RITUAS will not be tolerated by the coaching staff. Any incident of hazing will be reported to the associate principal in charge of athletics, athletic director, and/or South Windsor police department. Any violation/incident will result in immediate suspension from the team until a complete investigation is conducted pertaining to the incident.

PLAYING TIME

The coaching staff will have complete and absolute discretion on playing time.

PRACTICE

- 1) Players are expected to attend all scheduled practices. Any player, who misses the practice preceding a game, with an unexcused absence, will result in disciplinary action from the coaching staff. Players shall be fully dressed and on the field 20 minutes before the start of practice to complete pre-practice routine. Failure to comply, without prior approval from the coaching staff, will result in disciplinary action.
- 2) During practice time players are expected to give 100% at all times. Complete attention shall be given to the coaching staff at all times during practice
- 3) No "Horseplay" will be permitted during practice time (on or off the field). Examples of horseplay include, but are not limited to the following:
 - talking while the coaching staff is talking
 - random shooting of balls not included in drills
 - Play fighting "locker boxing"Anyone who violates this rule will face disciplinary action.
- 4) Players shall be responsible for maintaining a clean locker room environment. Equipment and apparel shall be removed and cleaned on a regular basis, or anytime the coaching staff requests. Failure to keep a clean locker room or individual locker stall shall result in the player being removed from the locker room.

GAME DAY

- 1) On Game day players shall wear either a shirt and tie with khakis, team polo, or jersey to school.
- 2) Use of profanity towards the coaching staff, officials, opposing players, school administration, teammates, and fans will not be tolerated. Immediate disciplinary action will be taken against the offending player.
- 3) At home games, players shall be responsible for preparing the field which includes, but not limited to, placing cones out, unrolling team mats, setting up scorer's table and chairs, setting up the game clock, and ensuring team water jugs and bottles are filled and on the bench. Following home games, players shall meet briefly with coaches, then collect all game balls before visiting with their families. Before players leave the field all players shall help in breaking down the field before returning to the school.

AWAY GAMES

- 1) Players shall dress for away games according to coaching staff's instructions.
- 2) Coaches, School Administration, and Managers will be the only people to travel on the team bus. If **alternative transportation** arrangement needs to be made, prior notice needs to be given to the coaching staff, and permission must be granted from the athletic director prior to game day.

COMPLAINT PROCEDURE

- 1) **If any player has a question about the lacrosse program the player shall request a meeting with the appropriate coach.**
- 2) **If the complaint is unresolved with the appropriate coach, the player should request a meeting with the HEAD COACH.**
- 3) **If the issue is unresolved in the player/coach meetings, a parent may request a meeting with the coaching staff.**
- 4) **If the issue of the complaint is still unresolved after step three, the matter will be discussed with the athletic director and coaching staff.**
- 5) **If the issue of the complaint is still unresolved after the first four steps, the matter will be discussed with the associate principal responsible for athletics, athletic director, and coaching staff.**

SUBSTANCE ABUSE

When a student athlete is found to use or possess tobacco products, distribute, sell, and/or possess drugs, drug paraphernalia, and/or alcohol, the students shall face consequences in accordance with the progressive disciplinary process. These consequences relate solely to participation in athletics, and school discipline may otherwise be imposed if the students conduct so warrants. Please refer to the SWHS student handbook for

By signing this contract I am stating that I have read the rules and regulations contract completely and understand the following:

- 1) Disciplinary actions will occur when team rules & SWHS rules are violated.
- 2) That once I sign this contract, I become part of the South Windsor High School Lacrosse Program.
- 3) That once I become a part of this PROGRAM I will be held accountable for my actions, on the field, in the classroom, at home, on social media & in society.
- 4) That I have read and completely understand the rule pertaining to the SWHS student athletes.
- 5) That I will follow all of the rules pertaining to student athletes in the SWHS student handbook.

STUDENT ATHLETE _____ DATE _____

PARENT _____ DATE _____

Please print and sign this signature page and the signature page from the SWHS Athletics Handbook and return it to Coach Giordano by March 26th 2018