



2022 San Clemente Boys Lacrosse Handbook

Dear SCHS Lacrosse Parents, Guardians and Players:

Welcome to the 2022 San Clemente High School Boy's Lacrosse Program!

The SCHS Boy's Lacrosse program continues to grow thanks to the efforts of our coaches, players, and parents. This year has been crazy, but it makes the little things in life seem so much more important. Keeping this valuable lacrosse program going for our student athletes continues to be a challenge that will require all of us to pull together, volunteer our time, raise funds and support our program.

Our lacrosse program is almost entirely self-funded and we will again have to raise the money needed to support the coaching and equipment needs we anticipate for the Varsity and JV teams this school year. In order for our program to be a success, your participation is paramount. Some details of this commitment are outlined here in the Parent/Player Handbook, and others will be provided to everyone as we move forward.

Lacrosse is the fastest growing high school sport in California, and we welcome you to the 2022 season as we continue this sport's great tradition at San Clemente High School.

Sincerely,

SCHS Boy's Lacrosse Booster Club Board

The Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.



SAN CLEMENTE HIGH SCHOOL LACROSSE PHILOSOPHY

Most sports today are being coached according to a professional model. In a professional model winning is the top priority, and all decisions are based on what is most likely to produce a win. High school athletics should be coached according to a developmental model. A model that instills in the student/athletes values and ideals that will help them to become better human beings, more successful, and contributors to society. Such values include patience, self-control, self-discipline, courage, benevolence, politeness, honesty, humility, and sincerity.

Lacrosse is filled with many life-learning experiences that, if approached and handled in the right way, can be beneficial to the mental, physical and emotional development of all the young men involved. A good lacrosse coach can teach young men the true meaning of discipline, dedication, perseverance, commitment, accountability and competition, just to name a few. As much as we are competitors and love to win, we believe that regardless of the win/loss record, every young man stands to become a better man by the lessons he will learn in our program. The high school lacrosse experience can be a powerful learning experience in a young man's life. The measure of a successful program should not be the win/loss column. The type of young man a program produces is the true measure of its success. A successful program turns out quality young men year in and year out. It is our goal for each player that they learn the importance of the following qualities for their character development.

Honorable

We are all **responsible for our own actions**. The choices we make serve as a direct reflection on our character. The student/athletes in our program will be held to a higher standard than other students and must make choices with that in mind. Honesty, integrity and fidelity are all part of being an honorable person. Leading a daily life with honor in mind will make for a person who has positive self-worth and a good attitude. An honorable player will make good choices in and out of the classroom. These are the types of people we want to represent our school on the athletic field.

Reliable

"A chain is only as strong as its weakest link." This statement epitomizes the ideal of teamwork. In a team situation we all have a certain amount of **accountability to one another**. In order to achieve a common goal all members of the team must be headed in the same direction. Everyone must complete his task. If one member fails then the entire group may suffer. The team relies on each player to **maintain eligibility, attend practice, learn and execute his assignments** in order for the team to be successful.

Committed

As a team member, each player needs to make a full commitment to the team. An individual in this lacrosse program will be asked to give a large amount of time and energy to the sport. A more committed lacrosse player is less likely to make mistakes or give up when the game is on the line. A **lack of commitment** will ultimately lessen the team's success.

Respectful

Respect is something that is seriously lacking in our society. It is important that student/athletes respect their parents, teachers, coaches and peers. When people respect one another it is easier to achieve a common goal. A lack of respect for others often stems from a lack of respect for oneself. The player needs to be nurtured into realizing his own self-worth before he can begin to understand how to respect others. At the same time these young men must learn to **respect the game of lacrosse** for what it has to offer them.

Team Oriented

The greatest part of high school lacrosse is that every member of the team can make major contributions to the cause. Coaches must let all players know how valuable and important they are to the team. Each player must **accept his role** and do what is **best for the team**, even if it does not fit exactly into his own agenda. This can be one of the hardest, but also the most rewarding aspects about being on a team.



Team Policies and Procedures

When making decisions about team policy, we ask three questions:

1. Will it make you a better person?
2. Will it make you a better student?
3. Will it make you a better athlete?

What We Expect From You:

1. To have respect for others and to be respectful in all your dealings.
2. To remain eligible and graduate from high school.
3. To give a maximum effort in all things you are asked to do.
4. To practice to the best of your ability and learn your assignments.
5. To be honest in all your dealings.
6. To be loyal to your school, lacrosse program, and families.
7. To perform to your full potential both in practice and in games.
8. To be prompt to all meetings and practices. Remember on time is late.
9. To display courage.
10. To be a part of something great and to be a championship young man.

What You Can Expect From Your Coaching Staff:

1. To be loyal to you in all areas.
2. To be honest.
3. To provide the leadership and training necessary to achieve our goals.
4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after you graduate.
6. To make all decisions predicated on what is best for the team, and then what is best for the individual.
7. To do everything within our power to improve our program and make this the best place to go to school and to play lacrosse.
8. To help you mature and become a better person.
9. To help you reach your goals.
10. To be able to help you with any problems you might have, personal or otherwise. Our door is always open.

How Playing Time is Earned:

The following section will explain how our coaching staff determines starting positions and playing time.

1. Knowledge of the assignment - We cannot and will not play people who do not know their assignments. Position coaches will spend extra time with any player who asks for extra help. Everyone can and should know their assignments.
2. Effort - Effort wins games! A maximum effort is demanded of all players. Anything less is not acceptable. A player can make up for physical shortcomings through his effort on the practice field and during games.
3. Physical and Mental Toughness - We will discover during Fall, Winter and spring practice who has a strong



desire to be physically and mentally tough. Lacrosse is a skilled and contact sport and must be played with mental and physical toughness. Not everyone is physically and mentally tough enough to play lacrosse.

4. Contribution to Our Team – Lacrosse is a true team sport - everyone can be an equal contributor regardless of his role. The individual who motivates his teammates to do better, and is always enthusiastic and ready, will make a greater contribution than one who does not possess these qualities. Attitude is a quality in a player that is invaluable. Everyone can be a team player.
5. Talent - If the above four criteria are equal, then the young man who has the most talent will start. However, talent will not enter our evaluation until we look closely at the first four criteria.

Our coaching staff will determine the best lacrosse players, according to the above criteria. These evaluations will determine who our starters will be, as well as how other players fall on the depth chart. In closing remember that our starters will be determined by their own performance, effort and ability.

Athletic Clearance

Each student must complete the Athletic Clearance/Physical forms. This paperwork includes all of the information required by school district for our students to participate in athletic programs at SCHS. Please turn in your athletic clearance packet to SCHS Athletic Department. Participation in lacrosse practice and games will not be allowed until all necessary paperwork is completed and turned in and athletic clearance is given by SCHS.

Forms are attached and also available to download and print off the school website:

<https://www.sanclementeathletics.com/page/show/2500600-athletic-clearance>

Those students already participating in a fall sport (Football, Cross Country, etc.) **do not** need to file an additional athletic clearance packet. Inform the counseling office that you will be playing lacrosse also.

Off –Season Guidelines

Players are expected to attend practices during the off-season according to the schedule determined by the coach. Players unable to attend practice due to another sport or other commitment should inform the coach for an excused absence.

Team Participation

The Head Coach will continually review player performance in an effort to place players on the appropriate level team (Varsity or JV) according to their lacrosse skill level. The Head Coach reserves the right to set the Varsity and JV rosters based on each player's skill level and participation. The Head Coach also reserves the right to cut players based on attitude, performance, attendance and program size in an effort to maintain the proper player coach ratio desired by the program.

Uniforms

It is the student's responsibility to see that his uniform remains in good condition. Students and/or parents are financially responsible for any damage caused to the uniform due to negligence or misuse. Students will keep uniforms during lacrosse season. Students will return uniforms at the end of lacrosse season at a time to be determined by Head Coach Brendan Finnerty.

Failure to return borrowed equipment or uniforms will result in an indebted notice generated by SCHS against the student's account.



In Season Guidelines

Lacrosse is a spring season sport. Games are played from late February through the end of April with the CIF playoffs beginning in early May. **We will have practices and games played during the CUSD Spring Break time period. Depending on the year this will include our Varsity spring break trip.** The coach will make every effort to schedule some free days for the players during this time period but these days are not guaranteed until the season schedule is finalized.

1. Players need to be dressed first, set up goals, and warm up for the game. Bags should be lined up neatly as a group.
2. Be at all lacrosse events and **ON TIME** meaning early. There will be consequences for lateness or missing practices/games. Team sprints will be enforced for every player not ready by specified start time and/or their playtime reduced for games. Each situation will be discussed and dealt with on a case-by-case basis.
3. Attendance will be taken every practice.
4. Consequences for missing practice (Repeat offenders penalties will be increased):
 - a. Unexcused absence for practice = sit 2 quarters
 - b. Being late = sit 1/2 quarter (Late is defined as not being ready when attendance is taken)
 - c. Missing practice with advanced notice = penalty is at coach's discretion
5. If you're too sick not to practice the day before a game, you're too sick to play in the game.
6. Injuries will be considered on case-by-case scenario, but likely if you are too injured to practice the day before a game, you are too injured to play in the game. Know the difference between being hurt vs. being injured.
7. You must attend school in order to attend practices and games.
8. Schoolwork is not an excuse to miss practice. As a student athlete, prioritize your time accordingly.
9. School related events such as band, choir, or a school sanctioned club, etc. are excused **ONLY** if notified in advance. Informing the coach of an event at the end of the practice the day before, or texting the day of, is not acceptable. You will most likely know all of your school related events by now, so tell me **NOW**. If you have an option of attending an event that does not affect your grade, choose lacrosse. Regardless, missing an excused practice does not guarantee that your position / playing time will remain the same. If we go over team concepts, it is your responsibility to find out what you missed. You may contact either your team captain for review of team concepts when absent.
10. Players will **dress properly** for workouts, practices, and games.

Parents: If you have a lacrosse related topic that you feel needs to be discussed with the coaching staff, it must be communicated through your player first.

Game Day:

All of the work we have done is for these forty-eight minutes. We are only guaranteed this time for 18 games this season. We expect to win, but more importantly, we expect to play to the best of our ability. Your actions and effort on these days is a direct reflection of our program. When the day is over let's be very proud of what we have done.

Game Day Dress:

Prior to game days, the Captains will decide what the team's dress code will be for that day. It is important we come together as a program to look like a team on game! Any non-compliance will result in the athlete's not dressing for the game.



Game Policies

Pre-Game Policies:

1. You are preparing to represent your community, school, and family; do everything possible to best prepare yourself for the game.
2. We will travel to away games in our game day clothes.
3. Get any needs from the trainer early; do not wait until the last second.
4. Make sure you have all of your gear before leaving for the game.
5. Be polite to the bus driver and keep the talking to a minimum before departure.
6. There should be minimal talking once the bus departs from school.
7. After arriving at the game site, check and make sure you have all your gear before unloading.
8. Upon unloading from the bus, go directly to the designated area of the field by the coaches.
9. Stay in designated field area. Get ready mentally!
10. When any coach is addressing the team, there will be complete silence.
11. Prior to pregame warm up check your uniform: jersey should be tucked in, and chinstraps fastened.
12. Our pre-game warm-up is important. Take great pride in it. The warm-up is used to get physically and mentally ready to play a game.
13. After pre-game warm-up, go directly to the area designated by the coaches and take care of any pregame needs.
14. Keep noise down for final pre-game briefing from our coaches.

The Game:

1. Be polite to game officials. Address them as "Sir."
2. Never lose your poise.
3. Do not talk to your opponents in a derogatory manner, or you will be removed from the game.
4. Encourage your teammates and help them up.
5. Never come off the field unless someone comes in.
6. Never go on the field unless cleared by a coach.
7. Always play with enthusiasm.
8. Play with intelligent skill and physicality.
9. Always have your headgear on while on the sidelines.
10. Always sprint on and off the field.
11. Keep in the game mentally at all times.
12. Stay behind the restraining lines while on the sidelines.
13. Do not fight on the field. Be a man and show restraint.
14. No one is worth a major penalty. Maintain your poise at all times.

Half-time Policies:

1. Go directly to the area designated by the coaches.
2. Keep silent when any coach is addressing the team - absolutely no talking.
3. Upon leaving the coaches meeting, check your gear and uniform.
4. Warm up for the second half of the game by playing catch with a teammate.



Post-Game Policies: (May Change due to Covid)

1. Shake hands with opponents and be complimentary.
2. Do not ever embarrass the school or program by making derogatory remarks.
3. Check to make sure that you have all gear before heading to the bus.
4. Upon arriving at SCHS, make sure you have all your gear before you leave the bus.
5. Thank the bus driver as you unload.
6. Help injured players off of the bus.
7. Report all injuries to trainer and follow his orders and treatment.
8. If you have been told by a coach or trainer to have the doctor look at you before you go home, and then make sure you see the doctor.

District Drug/Alcohol Policy

Any athlete found to be under the influence of drugs/alcohol at a school event will incur a 10 week suspension FROM THEIR SPORT along with other necessary school disciplinary action.

Lettering Policy:

At the conclusion of the lacrosse season each year, the Varsity Lacrosse Coaching Staff conducts a staff meeting for the sole purpose of determining the Varsity Lettermen recipients. The staff discusses each player on an individual basis regarding his contribution to the lacrosse team. The player's individual position coach gives a short synopsis of each player's playing time and his contribution to the team during the course of the past season. On the basis of this meeting, it will be subjectively determined whether the playing time and contribution to the team deserves the recognition of a Varsity letter.

The athlete must also fulfill all of the following requirements to letter:

1. Finish the season on a positive note, adhering at all times to the SCHS Athletic Code.
2. The athlete must maintain the academic standards established for athletic eligibility by the C.I.F.
3. The athlete must be in good standing with administration in regards to on-campus conduct.

Rule Modification Policy:

The San Clemente Head Lacrosse Coach reserves the right to modify or suspend these criteria to cover special cases submitted to him for consideration by the coaching staff. The Head Coach reserves the right to establish the requirements for all lacrosse letters and special awards.

Player Safety:

The coaching staff condemns any act by a player to deliberately injure an opponent or teammate during a game or practice. The techniques taught to you by the coaching staff are designed to minimize the risk of injury to you and your opponent.

The protective equipment you wear should not be abused. It is for your protection and should not be used in any



manner as a weapon against an opponent or teammate. Of particular importance is the lacrosse helmet. When used properly, it protects you. When used improperly it can become a dangerous weapon to you and to your opponent. **The helmet should never be used to deliberately strike or hurt an opponent or teammate.**

The following are some specific rules that relate to the conduct and safety. It is important for you to know these rules and adhere strictly to them. Unethical conduct and acts of poor sportsmanship, whether within the rules or not, will not be tolerated by the coaching staff. Play the game hard, with enthusiasm and with intensity, but play it within the spirit and letter of these rules. Win with character!

1. No player shall strike an opponent with his fist, or deliver a blow with extended forearm, elbow, or kick or knee an opponent.
2. There shall be no late hitting or slashing on an opponent after the ball becomes dead.
3. No player shall deliberately use his helmet to butt or ram an opponent.
4. No player shall intentionally strike an opponent with the crown or top of his helmet.

The coaching staff reserves the right to levy further disciplinary actions if necessary.

Minor Infractions

Most minor infractions will be handled during practice time. If infractions become disruptive the coaching staff will ask for a meeting with the player and his parents. If the player continues with his negative behavior, he may be removed from the team.

Attendance:

A player must notify Coach Finnerty **before** missing any practice. The only excused absences from practice will be an academic commitment that is **ABSOLUTELY UNAVOIDABLE**, **player illness** (including being absent from that school day), or **family emergency**. All others will be considered unexcused absences. If a player misses practice without notifying the Head Coach, he will be charged with an unexcused absence. At the best of our abilities, Doctor's appointment will be planned around lacrosse practices, training, and meetings. A Doctor's note will be provided if you miss practice for a Doctor's appointment. **Parents and Players will ONLY contact Coach Finnerty through Team Pages or email.**

A player will be required to sit out one half of the next lacrosse game for an unexcused absence. A second unexcused absence will result in a full game suspension. A third unexcused absence will result in the player's potential removal from the team. A player with an excused absence will result in makeup conditioning the following day. A second excused absence will render a player ill prepared for participation on game night and will therefore not be allowed to play that week.

The Head Coach and coaching staff reserve the right to consider extenuating circumstances when deciding on game participation.

Chain of Command:

If a player has a concern, he should first address the problem with his position coach or with Coach Finnerty. This should be accomplished in a timely manner. Being able to communicate effectively with adults is part of becoming a successful young man. If after meeting with a coach the player is still unhappy, then a parent meeting will be scheduled with Coach



Finnerty. As a general rule, we encourage the player meeting before meeting with parents. If you, as a parent, have concerns, please talk to your son first. He should have a good handle on the situation and will be able to offer valuable insight.

If after a parent meeting, concerns still exist, then the next step is to contact Mr. Hamro our Athletic Director.

Lacrosse is a game of high emotion and physicality. It is likely that during the season all parties involved - players, parents, and/or coaches will be upset by something. When you find yourself in this position it is a good idea to hold off for 48 hours in order to evaluate the situation. If after 48 hours you are still upset, then it is time to talk. Most situations will have resolved themselves after adhering to the 48 hour policy.

If we ALL work as a team, we will have a great season. Players, parents and coaches will have a memorable season if we have the same primary goal – *to develop championship young men*. When coaches are hard on players it is because they care about them. They are trying to help them improve. If your son never has stories of a coach being hard on him, then you definitely have a problem.

Thank you in advance for your efforts and for the sacrifices your family will make for Patriot Lacrosse. It is our pleasure to have this opportunity to work with your sons!



2022 SAN CLEMENTE BOYS LACROSSE Parent & Player Acknowledgement

We, the undersigned, have read the entire contents of the San Clemente Lacrosse Parent/Player Handbook and agree to the standards of the San Clemente Lacrosse Program.

Player Name: _____

Parent/Guardian Signature Date

Student Signature Date

Please contact Coach Finn if you have any questions concerning this handbook.

Thank you,

Brendan Finnerty
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