



Beckman Boys Lacrosse In Season Guidelines

Players need to

-get dressed **first**, get the goals out, then hang out or throw around. Bags need to be neatly lined up

-be at all lacrosse events and be **ON TIME** (early). Get a reliable way to be at practice on time (early). There will be consequence for lateness or missing altogether: team sprints for every player that is not ready by the start time, reduction in playing time in upcoming game(s). I understand emergencies do happen. Each situation will be discussed and dealt with on a case-by-case basis.

-wear the Patriots reversible pinnie, Beckman shorts and t-shirt to every practice. **NO EXCEPTIONS.** All gear must be worn properly at all times, including mouth-guard

Attendance will be taken every practice. Players will need to line up by position at the beginning of every practice.

Consequences for missing practice (Repeat offenders penalties will be increased):

Unexcused absence for practice = sit 2 quarters.

Being late = sit 1/2 quarter. (Late is defined as not being ready when attendance is taken).

Missing practice w/ advanced notice = sit 1 quarter.

-If you're too sick to practice the day before a game, you're too sick to play in the game.

Injuries will be considered on case by case scenario, but it is likely that 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.

-You must attend school in order to attend practices and games.

-Schoolwork is not an excuse to miss practice. Prioritize your time accordingly.

-School related events such as band, choir, or a school sanctioned club, etc. are excused **ONLY** if notified in advance. Telling me you have an event at the end of the practice the day before, or texting me 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 you need to know during the practice that you missed.

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.

