

Lake Oswego High School Lacrosse

- 2009 -



We are proud to carry on the tradition of boys' lacrosse in 2009. We enter our eleventh year with increased expectations for play on the field and for actions off it. We hope to build upon the terrific success in 2008 through team commitment, determination, and hard work. This year, we will focus all our efforts toward reaching the 2009 state championship game.

It is important to understand the sport of lacrosse has a unique and diverse 350+ year history that demands the respect and admiration of each participant. In return, we will be rewarded with lessons in courage, trust, respect, and cooperation. And, in passing through our many years of play, as stewards of the game, we will be expected to give back in appreciation.

This year, our team goals will strive for excellence, athletically and academically. Our team dedication, on every level, from coaches to players, will lead to a higher level of performance on the field. Our efforts will earn the respect of opponents and efforts on and off the field will earn the admiration and trust of peers and the Lake Oswego community we represent. Our victories, may not always be reflected by the scoreboard, yet will be the result of dedication to commitment, determination and hard work.

Practice

The coaching staff will address all elements of lacrosse – skills, tactics and strategies. Individual skills (the basics), team play, offense (formations and plays) and defense (communication and positioning), as well as specialty situations (face-offs, clears, rides, man up, man down, etc.). There will be daily on field instruction through drills and scrimmage combined with additional instruction through whiteboard and film sessions. The goal of this coaching staff is to have all members of the team on the same page and at the highest level of preparation come game time. They will answer all questions, as many times as we need to, until each and every facet of their responsibilities on the field are understood. They realize and understand that making mistakes is part of the learning process with the purpose of practice being to refine skills through attention, repetition and practice, thereby eliminating those mistakes. The key being - the more times they deal with a situation in practice, the better they should respond during a game.

Our scheduled practice will be two hours in duration. There will be an added opportunity for individualized instruction with a coach up to a half hour prior to the start of our daily practice for anyone interested. This time can also be used for basic skills or to review previously discussed material. Players are encouraged to take advantage of this extra time to work on individual aspects of their game (weak-hand, shooting, face-offs, etc.).

Practices

The first practice will begin at 7:00 Monday February 23 in the stands of the LOHS stadium to cover coaches remarks and pre-season plans and will end at 9:30. Please be arrive at 6:45).

Thereafter, Varsity practices are scheduled to be held Monday through Friday, 7:30-9:30 (unless otherwise communicated to players in advance), on the LOHS stadium turf field, beginning March 2.

JV practices are scheduled to be held Monday through Friday, 7:00-9:00 (unless otherwise communicated to players in advance), on the LOJHS grass field, beginning March 2.

*** Arrival at the balance of practices should be 20 minutes in advance of start in order to gear-up, handle questions and be ready to go at the designated time, unless otherwise communicated by coaches.

Games

All Varsity home games are played on the Lake Oswego High School turf field. JV games will be played on the turf field in advance of varsity games and are scheduled for the turf field, as well. Please understand changes occur for various reasons and therefore games may be played at LOJHS grass fields, again with prior notice.

2009 Varsity & JV Schedules available at www.lolacrosse.com. Please note that schedules are not considered firm until 1/1/09.

Transportation

Contests away from LOHS; except West Linn, Riverdale and Lakeridge require players to ride the team bus TO games. Transportation home is the responsibility of the player, so carpooling is important to set-up early.

*** **Information regarding practices and game times or locations are available on the LO Lacrosse website - www.lolacrosse.com. When in doubt, always consult the website for the most up-to-date information regarding games.**

Lettering

In order for a player to obtain a varsity letter for boy's lacrosse, the player must play in a minimum of four varsity quarters over the course of the season. A quarter is defined as a minimum of a single play within a game.

Web-Based Information

Registration and availability of required forms to participate are now available at the community school website - www.losdcommunityschool.org/. Please note that registration must be done on this website and requires the participant be signed up with a username and password in advance – register to register, if you will.

As well, www.ohsla.com has statewide lacrosse information relating to all high schools including league schedules, team rosters and divisions standings. Players, parents and friends can also use the site to find directions to fields for any away game or, again, visit www.lolacrosse.com. www.walax.com and blog.bigfootlacrosse.com have general information about all of the different lacrosse events around the Pacific Northwest, from colleges to club teams, indoor and summer leagues, and high school summer camps.

Behavior

All of us are ambassadors of the sport of lacrosse. Coaches and players have a responsibility to show the proper respect to the game. Our competitiveness and sportsmanship will demonstrate to our opponents, friends, and family why lacrosse is such a great sport. Sportsmanship, as always, will be held to a high standard of good conduct as stated in our Mission. We strive to be humble in victory and gracious in defeat. The Lake Oswego boys' lacrosse team will not be judged based on the numbers on the scoreboard, but by our character and actions on and off the field. The coaching staff will not tolerate foul language, trash talking, or a bad attitude either during a game or at practice.

Inappropriate Conduct

The lacrosse program follows the Lake Oswego School administrative policies on any violations if inappropriate conduct issues. Inappropriate conduct will not be tolerated and any violations of school policy will result in suspension from play. The lacrosse coaches reserve the right to enact playtime penalties as they relate to the lacrosse team's code of conduct.

Grades & Academic Performance

All athletes are students first and are expected to do satisfactory academic work. An athlete must have passed (5) five classes at the close of the preceding semester and be enrolled in (5) five classes during the current semester to participate. (OSAA Rule). For more information, please contact LO District Community School or the OSAA – www.osaa.org.

Attendance Policy

Attendance is mandatory for all scheduled practices and games, communication being key. In the event you cannot make a practice or game, players need to communicate directly with one of the coaches. Unexcused absences will result in a minimum one game suspension. This includes cases where injuries prevent attendance. Having another player inform one of the coaches about your absence is considered unexcused.

- Illness – If you go home or stay home sick and are missing a practice or game, you need to contact a coach either by phone, voicemail, or in person.
- Travel – if you are going out of town, you must remind a coach at a practice before you are absent that you will be gone.
- Appointments (doctor or school related) – if you have a scheduled appointment you need to remind us the day before you will be gone.
- Injury – if you sustain an injury that requires you to miss any practice or game time, you need to discuss your situation with the coaching staff the next day. You are not automatically excused from practice participation.
- Academic related disciplines/suspensions from Lake Oswego School will affect your lacrosse eligibility and, likely, your relationship with the team.

Important: if you miss the practice the day before a game, whether it is excused or not, you will not play in that game. There are no exceptions to this rule and no excuses will be accepted.

Injury

We encourage players to help us identify any injuries sustained during a practice or a game, thus ensuring that you receive proper medical attention and/or rest. If you have an injury that requires an ER or MD visit, we request a doctor's note stating your condition and recommendations as to your advised return to play.

Each day, the coaches will fill out and injury report form, which is submitted to the Athletic Director. We will have a stocked medical kit present at all practices and games. If you need to be taped up for practice or a game, please notify Coach Lamb so we can take care of it prior to practice or pre-game. Your emergency contact phone numbers (parents) are kept in a basic first aid folder at every practice and game. The lacrosse coaching staff is certified in CPR and basic first aid.

The coaching staff must clear any player leaving the practice or game field with head issues (i.e. stinger, bell rung, headaches, or vision impairment) before returning to the field. The player will need to pass a concussion examination prior to resuming any type of physical contact. The coaching staff and/or trainer will conduct this examination.

We will not hesitate to call 9-1-1 and ask for trained medical staff assistance to be sent to the field with any injury that goes beyond basic first aid.

Miscellaneous Athletic Related Information

OSAA Coaching restrictions - In effect Aug 18th 2008 – Feb 22nd 2009

RULE 52(C) Practice Limitation Rule, TEAM SPORTS LIMITATION

The rule of 2 states that we as a lacrosse coaching staff may work with only 2 players per day for 2 hours.

The entire coaching staff is treated as one coach.

In other words if Coach Lamb works with 2 players for 2 hours, another coach IS NOT ALLOWED to work with 2 different players that day.

This rule applies during the school year in the off-season. Does not apply to youth lacrosse.

Rule 52(F) CONDITIONING

Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running and/or exercises. Conditioning does not allow for the use of individualized and specific sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, batting cages, charging sleds, goals, lacrosse sticks and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.

ATHLETICS (Updated 6-14-05)

ELIGIBILITY

Students desiring to participate on any athletic team at any level must meet the criteria established by the Oregon School Activities Association and the Lake Oswego High School Athletic Department. Athletes are required to have a current physical on file. All in-coming 9th and 11th graders are required to have new physicals according to the Oregon State Legislature and the OSAA.

OSAA ELIGIBILITY REQUIREMENTS:

Preamble: Without regulation of the eligibility of transfer students, athletes could easily be induced to transfer schools, exclusively for athletic motives. Moreover, students and their families--with or without outside influence--could permit athletic interests to become dominant factors in educational decisions. In either of these instances, athletics would be in an improper and abusive perspective. Schools believe rules to deter such situations are warranted. Therefore, the transfer rules exist to:

- A) Emphasize the primary importance of academics in educational decision making
- B) Prevent the recruiting of student athletes
- C) Prevent "school jumping" by students for athletic reasons
- D) Minimize the influence of athletics upon family decisions regarding school attendance
- E) Protect and maintain equitable opportunity for students whose families are legitimate residents of a school district
- F) Maintain an equitable standard for interscholastic competition between public schools which are restricted by legally established boundaries and private schools
- G) Provide common ground for interscholastic athletic competition between schools.

Lacrosse Coaching Philosophy

Players

What can the coaches expect from the players? The coaches expect the dedication of each player to give a total effort for every practice and every game. The player should seek improvement everyday through the course of the season. Each player should covet hard work, commitment, character, communication, and a positive attitude.

Coaches

What can the player expect from the coaches? Honesty and intense loyalty as well as hard work, combined with fun. We hope to make the high school lacrosse experience one that is unforgettable and ultimately fulfilling. Your playing time is earned through your actions - physical ability as well as focus and dedication at practice and during games; open communication with teammates and coaches is strongly encouraged.

Coaches will:

- Be reasonable in demanding your players' time, energy and enthusiasm remembering they are young men who have other interests in and out of school.
- Teach your players that the rules of the game are mutual agreements that no one should break or evade.
- Play each player within the competitive nature of each contest with the goal of all players getting quality playing time each game.
- Remember team members play for fun and enjoyment. The coach should foster an environment that provides this type of atmosphere.
- Good management practice dictates that you never ridicule or criticize a player or parent in front of their peers.
- The length and complexity of drills should be governed by the age, skill, and maturity of the players.
- Develop respect by the players for their opposition and game officials.
- Ensure you obtain the advice of a physician to determine when an injured player should return to practice and play.
- Seek to earn players respect, remembering to be generous with praise and apply appropriate corrective criticism equally when deserved.
- Keep informed about coaching principles and advances in the game to help players grow both mentally, physically and skillfully.

For 2009, specific coaching staff and contact information is available on the LO Lacrosse website - www.lolacrosse.com .

Parents

What does the coaching staff expect of parents? Parents are the players psychological support link – they ensure their player has unconditional support and a strong foundation at home mentally and physically. Coaches are employed to coach the team and officials are contracted to enforce the rules of the game

Issues concerning the team or a particular player's experience on the team should be addressed by the player with the coaches first. The coaching staff is committed to an open door policy of communication with each player. If the issue is unresolved, parents may initiate a face-to-face meeting with the board to voice their concern. The board will involve one or all of the coaching staff in determining a resolution. If the issue continues to remain unresolved, we strongly encourage a formal meeting with all parties including the Athletic Director, coaching staff, and parents. Our goal is to make any mediation a win-win proposition.

What can the parents expect from the coaching staff? Honesty combined with a sincere desire to make the player's lacrosse experience as enjoyable as possible. A quick response to all communications and inquiries, whether by phone or email. We will adhere to all of the policies and procedures of the Lake Oswego School District, the Oregon High School Lacrosse Association and the OSAA. We want your son's experience with Lake Oswego lacrosse to be a long-lasting and positive one.

The Practice Rule. If parents would like to discuss a player's "lacrosse" situation, they must attend practice before a formal meeting happens. This is needed so they see what coaches see. That done, both parents and coaches have a basis for discussion. We request that initial complaints go to the board first. If the board deems it a relevant "On the Field" issue, that is when the head coach will become involved. This is done to ensure everyone's time is used according to necessity and seeks to mediate issues as fairly and expeditiously as possible.

If everyone does their job the very best they can, we all will have a great experience every game.

Captains

What is expected of our team captains? They are the primary on-campus representative of Lake Oswego Boy's Lacrosse, especially with the coaching staff being off-campus. The captains main responsibility is to act as liaison between coaches and players. They will be selected based on their ability to be mature, responsible, of strong character and positive examples for their teammates, Lake Oswego High School, and to making our varsity lacrosse program a positive experience for all members of the team and the community.

Captains Responsibilities:

The captains are the focal point for team contact before the season begins. They will be responsible for contacting the incoming freshman and any new students interested in playing lacrosse. They will be in charge of contacting players and assisting in organizing any throw-arounds or "captains practices" during the off-season. They will also be the lead in organizing any off-season teams to play in tournaments or indoor lacrosse in the fall and winter months.

During the season, the captains are responsible for getting practice started on time. They will lead and pre-practice sessions as well as the warm-up run and stretch both at the start of practice and in pre-game. They have to help the team stay organized by reminding teammates to have uniforms, gear, etc. for game days, especially on our road trips. If we end up carpooling to a game or different practice facility, captain's need to make sure the underclassmen have transportation.

The captains should know their teammates as well as the playbook. What are each player's strengths and weaknesses? How can we make a teammate a better lacrosse player? Most of all, a team captain should be the leader of the team. The players around them will follow their lead, whether positive or negative. The captain's should be the first to congratulate teammates on the good plays and be the first to offer encouragement on the bad ones. We win games or lose games as a team.

Varsity Lacrosse Personal Fouls

The penalty for a personal foul is a **one to three minute** suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

- **SLASHING:** occurs when a player's crosse (stick) contacts an opponent in any area other than the stick or gloved hand on the crosse.
- **CROSS CHECKING:** occurs when a player uses the handle of his crosse to make contact with an opponent.
- **TRIPPING:** occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet, or legs.
- **UNSPORTSMANLIKE CONDUCT:** occurs when any player or coach commits an act, which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
- **UNNECESSARY ROUGHNESS:** occurs when a player strikes an opponent with his stick or body, using excessive force or violence.
- **ILLEGAL BODY CHECKING:** occurs when any of the following actions takes place:
 - Body checking of an opponent who is not in possession of the ball or within five yards of a loose ball.
 - Avoidable body check of an opponent after he has passed or shot the ball.
 - Body checking of an opponent from the rear or at or below the waist.
 - Body checking of an opponent by a player in which contact is made above the shoulders of the opponent.

Legal Body Check: a body check must be below the neck, and both hands of the player applying the body check must remain in contact with his crosse.

- **ILLEGAL CROSSE:** occurs when a player uses a crosse that does not conform to the required specifications. A crosse may be found illegal if the pocket is too deep or if the crosse was altered to gain advantage.
- **ILLEGAL GLOVES:** occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.

Varsity Lacrosse Technical Fouls

The penalty for a technical foul is a **30-second** suspension if a team is in possession of the ball when the foul is committed, or possession of the ball goes to the team that was fouled if there was no possession when the foul was committed.

- **OFFSIDES:** occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.
- **INTERFERENCE:** occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or if both players are within five yards of a loose ball.
- **PUSHING:** occurs when a player thrusts or shoves another player from behind.
- **WARDING OFF:** occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.
- **HOLDING:** occurs when a player impedes the movement of an opponent or opponent's crosse.
- **ILLEGAL SCREENING:** occurs illegally when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.
- **STALLING:** occurs when a team intentionally holds the ball without conducting normal offensive play, with the intent of running time off the game clock.

Varsity Lacrosse Rules

Varsity lacrosse is a contact game played by 10 players: one goalkeeper, three defensemen, three midfielders, and three attackmen. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

- Each team must keep at least four players, including the goalie, in its defensive half of the field and three players in its offensive half. Three players (middies) may roam the entire field.

- High school games are 48 minutes long, with 12-minute quarters. Each team is given a two-minute break between the first and second quarters, and the third and fourth quarters. Half time is 10 minutes long.
- Teams change sides between periods. Each team is permitted two time-outs each half. The team winning the coin toss chooses the end of the field it wants to defend first.
- Varsity lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can release; the other players must wait until one player has gained possession of the ball or the ball has crossed the box line.
- Center face-offs are also used after a goal and at the start of each quarter.
- Players may run with the ball in the crosse, pass and catch the ball. Only the goalkeeper may touch the ball with his hands.
- A player may gain possession of the ball by dislodging it from an opponent's crosse with a stick check, which includes the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball.
- Body checking is permitted if the opponent has the ball. However, all contact must occur from the front or side, above the waist and below the shoulders. An opponent's crosse may also be stick-checked if it is within five yards of a loose ball or in the air.
- If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession of the ball. If the ball goes out of bounds after an unsuccessful shot on goal, the player nearest to the ball, when and where it goes out of bounds, is awarded possession.
- An attacking player cannot enter the crease around the goal, but may reach in with his stick to scoop a loose ball.
- 20-second rule applies to clearing the defensive half of the field with the ball with an additional 10-seconds to enter the offensive (box) zone with the ball.