



Thank you for your interest in Belvidere Lacrosse. We are excited to begin our second year of varsity lacrosse. Below is what we expect from the Belvidere Lacrosse program as well as what we expect from players on the Belvidere Lacrosse Team.

Mission Statement: To promote the game of lacrosse to students of Belvidere and Belvidere North High School in a safe, fun environment. We hope to develop skills, fitness and sportsmanship in each individual while learning to use teamwork to become a winning team on the field.

Code of Conduct:

- Since the Belvidere Lacrosse team is made up of students from both Belvidere and Belvidere North High Schools, the coaches will follow the policies regarding eligibility and suspension set forth from the athlete's school. In cases where there may be discrepancies in policies between the two schools, the coaches may elect to follow the more strict of the two policies for any athlete.
- In addition to following the schools policies regarding eligibility and suspension, the coaches may impose additional penalties for athletes breaking some of the rules set forth below or other conduct violations.

Academics:

- Academics for the Belvidere Lacrosse athletes are a priority. Players are expected to work hard at school to remain eligible. The athlete's school policy regarding eligibility will be strictly followed.

Respect:

- Belvidere Lacrosse athletes will be expected to respect personal and public property at all times. This includes in school, on school grounds, on the field, on a bus or at an arena.
- Belvidere Lacrosse athletes will be expected to be respectful of all others including students, other players, referees, fans, parents, as well as the opposing team. We will respect those that we compete against as well as respect the game of lacrosse.
- Swearing will not be tolerated. Coaches will impose extra team conditioning for each instance an athlete is caught swearing.
- We ask that you represent Belvidere Lacrosse by being a positive role model at all times.

Practice:

- The first day of Practice will be February 27th at 5:30 pm in the Belvidere High School football stadium (brick building just west of football field – attached to football stadium).
- Until the weather permits, we will be practicing indoors at Belvidere High School from 7:30 – 9: 30 pm.
- Regular practice time will be 4:30 pm to 6:30 pm Monday through Friday outdoors at Belvidere High School.
- Saturday practices may be scheduled at the coach's discretion.
- Players are expected to have clean tennis shoes and cleats every day, to accommodate indoor and outdoor practice.
- Practice may be scheduled at Belvidere North if conditions dictate.
- Practices may be rescheduled at a different time/place based on weather, or may be shortened or canceled if necessary. The coaches will do their best to relay this information in a timely manner to the players.
- **There will be no bus from Belvidere North to BHS provided for practices.**

Equipment:

- Players will be provided full equipment.
- Players may purchase and use any of their own equipment (except helmets) as long as the equipment meets the safety requirements for high school lacrosse.
- Players are highly encouraged to purchase their own sticks and lacrosse balls for practice on their own.

Attendance:

- Players are expected to attend every practice, team meeting and game.
- Students who may have regular conflicts with practice or games because of jobs or other school activities are asked to not try out for the team.
- Players are to notify coaches as soon as possible if they are to miss a team function.
- Players must attend 4 full periods on the day of an athletic contest or practice in which they are participating in, unless they have an excused absence.
- Any athlete who is serving an out-of-school suspension will be prohibited from participating in any competition or practice during the suspension period.
- Players will be expected to have all the equipment and clothing necessary to participate (INCLUDING MOUTH GUARD). Players missing equipment may be asked to sit out of practice. This will be considered an unexcused absence.
- Please be aware, the coaches do not consider "Senior Skip Day" a valid excuse for missing school and practice.

Excused absences:

- Excused absences may be granted for such things as medical emergency, family emergency, academic/scholastic requirements. We ask if possible please do not schedule items such as dentist or doctor appointments over practice or game times.
- A player with 5 or more excused absences over the course of the season may be subject to missing a portion of one game or all of one or more games, based on the coach's discretion.

Unexcused Absences:

- One unexcused/missed practice in one week – player will not play in 1st half of next game.
- Two unexcused/missed practices in one week – player will not play in next game.
- Three or more unexcused absences in one week will result in missing more than one game, at the coach's discretion.

Tardy:

- Players late to practice may incur additional conditioning. If a player is continually tardy to practice, it may be considered an unexcused absence, at the coach's discretion.

Injuries:

- All injuries are to be reported to the coaches immediately.
- Players are expected to report to the trainer as directed and/or receive medical clearance from an injury if so asked.
- Injured players are expected to come to practice (if possible) and help with team functions (set up field, retrieve balls, etc.)

Transportation:

- Players will be expected to travel on the team bus to and from all contests unless a form (signed by the Athletic Office, coach AND parent or guardian) has been turned into the coaches **PRIOR** to the date of the contest.
- Forms can be found in the Athletic Office, at http://www.district100.com/District/Transportation%20Documents/Request_for_Alternate_Transportation.pdf or in the FORMS section of the Belvidere Lacrosse website, www.belviderelacrosse.com.
- Players failing to follow this policy could be **REMOVED FROM THE TEAM**, at the discretion of the district.
- The bus for game day departures will leave from Belvidere High School only. All players are expected to find transportation to the pickup location and be ready to board the bus (WITH ALL OF THEIR EQUIPMENT) **PRIOR** to the departure time.

Team News:

- The team website www.belviderelacrosse.com, will be used to communicate important information about the team and schedule. Players and family are encouraged to regularly check this website for up to date information.
- Athletes and parents are encouraged to friend "Belvidere Lacrosse" on Facebook. Daily news about the team, practices, games, and the like will be posted to keep everyone up to date.
- Follow Belvidere Lacrosse on Twitter @belvilax or twitter.com/belvilax.

Coaches Contact Information:

- The contact information for the head coach and assistant coach are provided below.
- Players are asked to use that contact information only for contacting coaches regarding missing practice, games or in an emergency.
- Please check the Facebook page and website **BEFORE** contacting the coaches to ask if there has been a change in schedule or practice plans.

Questions and Answers:

How many players will make the team?

We are expecting to keep 30-35 players for the upcoming season. That number could change based on the turn out for tryouts.

How will you determine who will make the team? I have never played before.

Players will be chosen based on athleticism, stick skills, dedication and effort. We plan to test those trying out, in various timed runs as well as evaluating stick skills after a number of practices where prospective players will be taught skills and be allowed to practice them.

Is the team co-ed?

No. This is a boys high school lacrosse team. Girls lacrosse is a much different sport and plays by different rules. Girls are welcome to try out and will be kept or cut from the team based on the criteria mention above.

Where will our home games be played?

Games will be played at both Belvidere High School and Belvidere North High School. Please check the schedule.

Head Coach: Bob White

Cell: 815-298-4491

Email: lax@belviderelacrosse.com

Assistant Coach: Adam Lewis

Cell: 815-871-6576

Email: ajlewi@hotmail.com