

# Parent Handbook 2012-2013 Season



**“Victory is much more meaningful when it comes not just from the efforts of one person, but from the joint achievements of many. The euphoria is lasting when all participants lead with their hearts, winning not just for themselves but for one another. Success is sweetest when it's shared.”**

**--Howard Shultz, CEO of Starbucks**

*The Board enthusiastically supports Coach Scheifflee's ongoing development and improvement of the AHS Men's Lacrosse Program. The new policies being implemented during the 2012-13 school year – specifically those requiring all players not participating in other sports to continue to play as a team in the coach's endorsed off-season programs – will help drive our program to the next level . The championship programs in Georgia have similar policies and this change in our program will make the AHS team even more competitive.*

*We are also pleased that Coach Scheifflee will continue to implement the Academic Integrity Policy to ensure that our boys work hard in the classroom and that the program will strengthen its ties with Hal's Drive Thru to further the boys' commitment to being good citizens of the community. With its focus on strong academics, elite athletics and strong community service, the AHS lacrosse program sets the bar high for all athletic programs at AHS.*

*This document has been prepared by the coaching staff and booster board as a resource for parents and players who are interested in learning more about Raider Lacrosse. Parents of athletes who play on any Raider team are encouraged to learn more about our program by not only reading the parent handbook but also making suggestions for future additions. It is our goal to provide the most up to date and thorough information about our program and to help all players and parents become knowledgeable about the program and its teams. For your reference the handbook is divided into nine specific sections where topics are organized using a question and answer format.*

THE GAME OF LACROSSE

**Page 3**

PLAYER INFORMATION

**Page 4**

COACHES

**Page 9**

TEAM INFORMATION

**Page 11**

OFF SEASON TEAMS, CLINICS, AND TRAINING OPPORTUNITIES

**Page 13**

A YEAR IN RAIDER LACROSSE

**Page 17**

BOOSTER CLUB

**Page 19**

TEAM COMMUNICATIONS

**Page 20**

TEAM PRACTICES AND GAME SCHEDULING

**Page 21**

COLLEGE LACROSSE AND RECRUITING

**Page 23**

ACADEMIC INTEGRITY POLICY

**Page 27**

## **THE GAME OF LACROSSE:**

### **How can I learn more about the game of lacrosse and the rules?**

The best way to learn about lacrosse and keep updated on the rules is to become a supporting member of US Lacrosse. As a member you will have access to online rules clinics and seminars and access to unlimited lacrosse resources. You can also sign up to receive a rules manual which is published annually and distributed to requesting members.

<http://www.uslacrosse.org/>

## **PLAYER INFORMATION:**

### **What equipment must be provided by each athlete?**

Athletes are required to provide their own equipment which includes: Team Helmet, Mouth Guard, Shoulder Pads, Arms Pads, Gloves, Athletic Supporter, Cleats, Running Shoes, and a minimum of two lacrosse sticks. All gloves and arm pads should be predominantly black and or white. Maroon and grey accents are acceptable but base colors should remain white and black. Players are not to purchase and or wear gloves of a non-school color. (example: Carolina Blue)

Team purchased equipment may be available at a discounted rate through the booster club.

Special Note: The team helmet is mandatory for all JV and Varsity players. Our team has a specific make, model and color scheme, and all helmets must be consistent. A team order will be placed at the beginning of each school year for those who wish to purchase the team helmet at a discounted price. Style and color variations are not appropriate and athletes will not be able to participate without the team approved helmet. Team helmet styles are updated every 9<sup>th</sup> season with an update occurring this year during the 2012-2013 season.

### **Can my athlete earn a Varsity position during the JV season?**

Yes, an athlete may be moved to Varsity at any point during the season at the recommendation of the JV/Varsity coach. If a JV athlete is moved up prior to Spring Break it is the programs expectation that the athlete attend the mandatory Spring Break trip regardless of prior vacation planning.

### **Can my athlete be demoted to the JV team during the season?**

Yes, it is at the discretion of the coaches as to where and when players may be moved from rosters. A student who was removed from the Varsity roster would be provided a series of interventions prior to his release from the Varsity team. A player may be removed for not fulfilling their team responsibilities.

### **Can my athlete play another Varsity/JV sport during the lacrosse season?**

No, an athlete may not play another sport during the lacrosse season. Practice and competitions overlap and all players are expected to give their dedication to lacrosse.

### **Can my athlete play another club sport or recreational sport during the lacrosse season?**

It is not encouraged and preferred that athletes give their fullest attention to **family, school and lacrosse only**. However, if an athlete chooses to participate in another sport outside of lacrosse during the spring semester it must not interfere with lacrosse responsibilities. An athlete who cannot make a commitment to making lacrosse their priority may be removed from the roster without refund.

**If my student is in band, orchestra, chorus, drama etc., can they still participate in JV/Varsity lacrosse?**

Yes, it is possible to participate in classes which require out of school participation for a grade. Please discuss individual needs and schedules with your coach well in advance. The coaches will make every available attempt to schedule lacrosse game around spring concert schedules and drama performances but these types of events remain the priority as they are academically related.

**What happens if my athlete misses a scheduled team event including but not limited to practice, games, morale events, philanthropic events and fundraisers?**

This will be handled on a case by case basis and the coach will clearly communicate with the athlete what actions will be taken. All athletes are expected to make a commitment to making lacrosse their priority during the spring semester. Athletes and parents should make every effort not to schedule anything during the spring semester including but not limited to: family vacations, long holiday weekends, SAT/ACT prep courses, SAT/ACT testing. When scheduling these types of events be sure to check and determine if it will conflict with a scheduled lacrosse event, check with your coach if you are unsure. Athletes with excessive absences for any reason may be removed from the roster without refund.

**What happens if my athlete receives ISS or OSS during the school year?**

Please refer to the Player Contract for specific guidelines about ISS and OSS punishment.

**Where can I purchase quality lacrosse gear locally?**

The best prices and widest selection of lacrosse equipment can be found on the internet. Lax.com, Laxworld.com, and Laxzilla.com are a few online retailers that provide the best equipment at the most reasonable prices. Below is a list of local vendors:

Lax World is the most established lacrosse equipment provider in the country with two stores in the Atlanta area. <http://www.laxworld.com/>

Breakaway Lacrosse is another local venue that specializes in lacrosse equipment. <http://www.breakawaylacrosse.com/georgia.html>

All local sporting good stores maintain a small inventory of lacrosse equipment as does Play it Again Sports.

### **At what age can my son begin playing lacrosse?**

It is the belief of the coaching staff that lacrosse needs to be implemented into the elementary physical education curriculum. Raider Lacrosse provides an elementary lacrosse camp during the summer and youth leagues can be found at all local parks.

### **Where can my son begin playing lacrosse locally and how do I contact them?**

Local parks and recreation departments offer lacrosse opportunities throughout the year. Newtown Park, Northpark and Webb Bridge Park offer clinics and youth leagues which generally open up during the late winter months prior to the spring. Contact your Parks and Recreation department for more information.

Our middle school feeder program is also the preferred avenue for athletes to learn the game. Regardless of skill level all 6-8<sup>th</sup> grade students should plan on attending and participating in all lacrosse events scheduled throughout the season. See our team's website for additional information about our middle school feeder lacrosse program.

### **What will happen if my child is injured during a practice or a game?**

The coaches will immediately assess the severity of the injury and act accordingly. Coaches have medical insurance and emergency contact information at all times including practice and team events as well as away games. Parents will be immediately contacted and medical personnel will be summoned if needed. AHS employs a trainer for all home events and Coach Z is present during all away games (Varsity).

### **What actions may result in denial of my athlete's participation in practice or a game?**

This situation may arise throughout the season and is reserved to be handled at the coach's discretion. Discipline issues on the field and in the classroom, skipping team events and or being late are just a few situations which will result in loss of play time. The FCS Parent/Student Athletic Handbook may be referenced for more serious violations as well as the GHSA athletic guidelines. The coaches always reserve the right to withhold a student's participation for any reason deemed appropriate within reason as is in accordance with the team's player contract.

### **What should I do if I'm concerned about my athlete's playtime?**

In most situations the coach has communicated with a student about why they have lost playtime. It is the responsibility of the student athlete, not the parent, to approach the coach if they are concerned about playtime. Most often, the athlete simply needs to make some sort of improvement in their play. It is the belief of the Varsity staff that the best players will play; lines are adjusted prior to each game based on the weeks practice performance where each player is assessed.

### **What are some things I can do as a parent to make my athlete's season more enjoyable?**

Encouragement is the best way to keep your athlete positive and excited about lacrosse. Remind your athlete to practice daily outside of team practices. Team practices are meant to develop the team, little self improvement can be accomplished at practice so it is vital that all athletes work on their personal skills at home daily. It is vitally important to keep all lacrosse conversations open ended and positive to maintain a healthy team environment. Please also remember to support the coaches and the decisions they make as those decisions are not meant to inhibit a single player but to support and strengthen the entire team. Any issues that relate directly to a coach or a decision a coach has made should be directed to Coach Scheifflee.

### **What are the requirements to earn a varsity letter?**

An athlete earns a Varsity letter if their name appears on the Varsity roster at any point during the season. However, a player that is removed from the Varsity roster during the season will not receive a letter. JV players may be moved to Varsity at any point during the season, even during playoffs, thus earning a letter. Varsity letters will not be awarded to students who are removed from the roster prior to the end of the season, regardless of reason.

### **What are the requirements for a Scholar Athlete award?**

The coaching staff and board fully endorse and support all academics as they relate to graduation required classes and electives. Academics always come before lacrosse but athletes should remember their commitment to lacrosse when managing their study time as well as when meeting with teachers for extra help etc. Contact your coach with any conflicts.

Scholar athletes are those students who participate in lacrosse from the beginning to the end of the season and maintain a GPA of 90% or greater. Scholar Athlete Patches are only awarded to Varsity players but JV players are recognized for their academic achievements by receiving a certificate at the banquet.

### **What are the requirements for academic eligibility during the fall semester?**

Students must pass 5 of 6 classes during the fall semester in order to be eligible to play lacrosse in the spring.

*\*\*see academic integrity policy at the end of this document for in season academic expectations.*

### **Why aren't individual awards distributed at the banquet?**

We have moved away from individual award recognition like the traditional MVP because these types of awards are not conducive to the team concepts which we are trying to develop. Individual awards are distributed annually by the state coach's board, providing non-biased recognition to athletes who have truly risen to the top competitive level of their game.

**What is the "Raider Man" award?**

The Raider Man is the only award given to players at the end of the year banquet. After each season the coaches determine one player from each team who best represents what it means to be a Raider Lacrosse player. This award is not based on lacrosse skill or play time but rather what a well rounded Alpharetta Raider Lacrosse player should be.

A Raider Man is:        **an academic, a leader on the field and in the classroom, respectful and respected, trustworthy, kind to others, well versed in the game of lacrosse, active in the schools community and someone who takes an active role in making Alpharetta lacrosse better.**

**Who is eligible to help coach at the annual youth summer camp?**

Rising seniors are invited to assist the staff each summer during our youth summer camp, interested players should contact Coach Scheifflee directly. Community service hours are awarded upon request.

## **COACHES:**

### **How are coaches chosen?**

All coaches are first interviewed by Coach Scheifflee and then participate in a board interview. If after this series of interviews it is agreed upon that the coach should join the staff they meet with our Athletic Director and begin the community coaches process which includes coaches training through the GHSA as well as a criminal background check processed with Fulton County Schools.

### **How do we address issues we may have with an individual coach?**

Paper documentation is required in order to address coaching issues. Please contact Coach Scheifflee directly with any concerns you may have about a specific coach at any level. Once this conversation begins the issues will be addressed in private and anonymously with the coach who will be given an opportunity to change behavior. If this process is conducted on numerous occasions the board and head coach will act in removing the coach from staff.

### **Why don't JV and Varsity coaches coach during the off season, during fall ball as an example?**

The GHSA prevents coaches at the Varsity/JV levels from coaching teams of high school athletes during the off season. We are however allowed to coach during the summer months.

### **What is the Philosophy of the coaching staff?**

As a staff we look to provide our athletes with the most positive and rewarding athletic experience we can. We provide an exemplary program that involves highly qualified coaches with extensive backgrounds in their fields teaching each athlete not only what it takes to become successful on the field but also in life. At the Varsity level athletes are expected to excel and develop on a day to day basis, only the top players will play. Varsity practice is meant to develop team concepts not individual skills. Athletes who do not practice on their own at home simply cannot excel in the sport. The JV team is a developmental team that is designed to produce Varsity athletes. Likewise, JV practices are developed to assist in the building of the team, not the individual. Individuals who dedicate themselves to the sport and practice on their own will be recognized and rewarded by the coaching staff.

## **What are the coach's expectations for each athlete?**

Our expectations are simple:

### **-Family, school, lacrosse.**

-Commit to making lacrosse your priority.

*This simply means when an athlete manages their time properly they are considerate of lacrosse as their spring commitment and are able to fulfill their commitments to family and school while maintaining attendance at lacrosse events. The coaches are always willing and able to listen to individual players and will work with families as long as requests are reasonable, within the guidelines of the player contract and communicated within a reasonable amount of time. .*

-Respect each other, your coaches, teachers and parents.

-Behave in the classroom, on the field and in your personal lives.

-Be present and on time to all team events, "on time is late, early is on time."

-Always have a can do, positive attitude in everything you do.

-Practice on your own daily.

-No excuses.

## ***What are parents saying about Raider Lacrosse coaching?***

*-The coaching that our boys receive has always been great. They learn a lot and truly grow in their knowledge of the game as the season progresses. The coaches also treat the boys with a lot of respect.*

## **TEAM INFORMATION:**

### **How and when are captains picked?**

Captains are chosen annually by the coaches after a specific athlete exhibits traits which we believe are those that are required of a leader. The coaches look for these traits based on each team's specific needs. This process looks to expose traits that are often overlooked by peers and provide leadership opportunities to those who are truly willing and able to provide leadership on and off the field.

### **When is the annual alumni game?**

The annual alumni game is held each year during the Memorial Day Holiday. The alumni game is a family event for the entire Raider Lacrosse community. Jr. Raider, JV and Varsity games are held annually.

### **What do registration fees cover?**

Registration fees cover all expenses that are necessary to run and operate Raider Lacrosse. A majority of funds go directly toward providing the best athletic experience to each child. The annual budget is made available at a booster club meeting in the fall and is approved by those in attendance at this meeting which include board members, coaches and parents.

### **How are teams decided each spring?**

All athletes participate in tryouts which look to determine who plays on which team based on their experience, physical abilities and what is personally best for their growth as an athlete. It is not the coaching staff's prerogative to award varsity positions to athletes whose parents volunteer or remain active within the booster club.

On behalf of the coaching staff I would like to outline our expectations for our athletes and overall outlook for the season. In conversations with our coaches, we are truly excited about a year with new initiatives and ideas which will strengthen our program's future while obtaining our annual team goals. It is imperative for our program that we take a progressive approach in preparing our athletes for practice and competition this year. With our current 9<sup>th</sup> and 10<sup>th</sup> grade classes our future looks brighter than ever and we hope to develop and maintain a momentum within our program that will see these boys through graduation. Our philosophy and expectations for the season will be simple: the development and continued use of fundamental skills and game-time practices that are tailored to the specific skills of our individual athletes in order to best provide for our overall team success.

Based on the projected numbers of athletes trying out for this year's team we will have to make some tough decisions when determining rosters. It is the annual expectation of the

entire coaching staff that **all athletes be able to catch and throw equitably with both hands**, a very fundamental skill that was a focus during last year's tryouts. Athletes who lack this skill will certainly be considered for our JV team with the hope and intention that they will develop this skill throughout the year. Overall athletic improvement will also be a considering factor when choosing teams in the spring. We have provided our athletes with ample opportunities to improve their pre-season athleticism and lacrosse fundamental skill and will consider this once tryouts begin. Third, attitude and determination will be a foundational character trait that will be required of each athlete when choosing rosters for our program. With a good attitude, team growth, confidence and success become inevitable.

***What are parents saying about Raider Lacrosse?***

*- No team sport at Alpharetta High School could compare to the lacrosse team coaches/board in the communication/information arena.*

*-We feel like the Lacrosse Program is unique. We feel that our son was welcomed into this sport by all the coaches, who really strived to get to know him on a personal level and put personal investment in his success on team. He really enjoys the team bonding and events put together by Coach Z- a man who truly invests his time to his players. We are fortunate to have a great group of Mentors/Coaches associated with this team whether it's Fall Ball, team bonding, or regular season.*

## **OFF SEASON TEAMS, CLINICS, AND TRAINING OPPORTUNITIES:**

**What are some options to play at the club level locally and how do I find out about these opportunities?**

The Alpharetta Raiders have a team expectation that our athletes play together throughout the year as often as possible. As such, please be reminded that it is the intention of the coaching staff and the board that all players participate on Alpharetta teams both during the summer months as well as during the fall ball season. This will assure consistency in coaching and practice as well as an opportunity for our athletes to participate together throughout the school year. Lambert High School has won two state titles in the past two years because of their ability to stay together and play together during the off season. **Athletes may participate with other teams concurrently and encouraged to do so as long as they continually participate in Alpharetta's teams and that they don't interfere with our team schedule of events. Travel teams are not an excuse to miss an Alpharetta team event, commit to making the Raiders your priority.**

As for the local travel teams, each team is run differently and offers different resources and opportunities to players. Choosing a club and or travel team is really about what is best for the individual player and which team will be most convenient for the family. Our website hosts links to local club and travel teams and emails will frequently be distributed with invitations to tryout for these teams. There are so many travel teams diluting the talent in the Atlanta area that there is really not one choice that is better than another and one can never be assured that they will receive the best coaching or experience from any one team.

Our Raider lacrosse teams during the off season will look at giving each athlete a travel type experience using our coaches while still maintaining a reasonable and economically friendly registration cost.

**What off-season drills should my son do to improve his lacrosse abilities?**

The "wall drill" is absolutely the best thing any lacrosse player can do to improve his abilities, regardless of talent level. This drill can be done individually with one stick, a ball and a wall. Our athletes are encouraged on a daily basis to develop their personal skills through wall ball exercises; it is apparent on a day to day basis who dedicates themselves daily and who hangs up their gloves after practice. Wall ball drills can be viewed via You Tube as well as found with a simple Google search. Members of the coaching staff are always happy to demonstrate the wide range of exercises that can be accomplished.

**What summer camps should my son consider attending?**

Our team website offers camp links and clinics to a number of nationally recognized camps. The best way to decide on which camp to choose is to talk to other lacrosse

families about the experiences they have had at the camps they have attended. It is also suggested to attend position specific camps where the instruction is geared toward your athlete's individual position. Throughout the year camp information will also be sent via team distribution list.

### **What other summer opportunities are provided to athletes?**

A summer travel team is hosted by AHS to attend a number of local tournaments each season. This team is open to all JV/Varsity athletes via invitation at the end of the regular season. Athletes are also encouraged to attend camps and clinics on their own throughout the summer. Coach Z runs strength and conditioning programs throughout the summer which include cross training opportunities. Contact Coach Scheifflee or Coach Z for more information or refer to our team website.

### **Why do our athletes participate in yoga sessions and why may some of these sessions be scheduled on game day?**

Yoga provides a cross training opportunity for our athletes and is essential for flexibility, muscle repair and overall physical fitness. Throughout the season athletes participate in yoga not only to improve their performance but also to serve as a stretching activity prior to games. If yoga sessions are held on game day they have been adapted to burn fewer calories while preparing the athletes body for competition. All yoga sessions are taught by a certified instructor at Lifetime fitness.

### **What is fall ball and how are teams chosen?**

Fall ball is an opportunity for all lacrosse players to practice and play during the fall season. Teams are not chosen, rather, it is suggested that athletes sign up for a specific league and or team based on the age and grade level. We strive to provide coaches to each fall ball team that at the very least has some knowledge of the game. Our team fall ball league will be announced in mid August with games beginning in early September.

### **What is the Turkey Shootout and how are teams chosen?**

This is a winter tournament hosted by GA TECH lacrosse. We have been participating in this annual event for some time. It has become team tradition that all seniors participate in the Turkey shootout and then choose junior class members to fill in remaining roster spots. A JV tournament is also hosted for 9<sup>th</sup> and 10<sup>th</sup> graders with the roster being first come first served.

### **Why does the team workout at Lifetime fitness?**

Currently the majority of our athletes maintain membership at Lifetime fitness for all physical training including but not limited to speed and agility and strength training. The

current state of Alpharetta's gym does not provide a safe, clean or time sensitive environment to successfully train student athletes and has very limited equipment. Lifetime fitness provides access to cross training opportunities such as Yoga, pool workouts and recovery options for athletes on a day to day basis throughout the entire year. All student athletes are invited to participate in team training events at Lifetime, middle school through high school students, and are **highly encouraged** to participate in all out of season opportunities.

Once rosters are determined in the spring all JV and Varsity athletes should maintain membership at Lifetime throughout the spring season as we will continue our strength training throughout the entire year. In season strength training sessions are mandatory and considered as important as daily practice. Our workouts will generally be held at least twice weekly during season and occur before school. Lifetime offers deep discounts to our athletes for not only monthly membership but also participation in team fitness training, contact Coach Z directly for membership information. Please begin preparing now and communicating with the coaches about your membership options for the 2013 season. Financial hardship questions should be direct to a board member and or Coach Scheifflee.

### **What are the benefits of working out at Lifetime fitness?**

Our pre-season program offered through Coach Z at Lifetime fitness provides a detailed educational approach to training, strength building, agility and overall health and well-being. Athletes who participate in our pre-season program are provided individualized workouts based on a physical pre-test. This test is then administered two more times prior to the season to outline an athlete's progress and overall program commitment. Our program far surpasses anything else offered through AHS athletics and allows our athletes a competitive edge that keeps us consistently amongst the elite teams in the state.

All athletes who do not participate in a fall or winter sport are expected to participate in weekly Lifetime workouts beginning in September through the Iron Lax Challenge.

### **What can my athlete do if he is not a member of Lifetime fitness?**

Athletes have two choices when determining their pre-season workout regiment. Everyone trying out for our 2013 teams must have fulfilled one of the following options:

1. Participation in a GHSA sanctioned fall or winter sport at AHS. (Cross-Country, Football, Wrestling, Swimming)

or

2. Participation in our Lifetime Fitness Program (The Annual Iron Lax Challenge)  
*Athletes unable to participate for financial reasons should contact a board member and or Coach Scheifflee for alternatives.*

Athletes who are not members of Lifetime but would like to find out more should contact Coach Zumwalt. Please ask about AHS Athlete discounts available only to our athletes.

***What are parents saying about Raider Lacrosse out of season training at Lifetime?***

*-Personal training tips for off-season training are helpful, put together by Coach Z, a man who truly invests his time to his players. We are fortunate to have a great group of Mentors/Coaches associated with this team.*

*-I thought the fall morning workouts at Lifetime were great. It would be great if the JV team could be encouraged to come at least for pre-season.....the Lifetime program is a fabulous way to start their (athletes) school day!*

**Who should I contact if I have questions about Lifetime workouts?**

Coach Andrew Zumwalt serves not only as the team's trainer but also our speed, agility and strength training coach. Coach Z is an employee of Lifetime and should be contacted directly with training specific questions.

***What are parents saying about Raider Lacrosse out of season training?***

*-We do a very good job of attempting to physically prepare the boys for the lacrosse season with off-season and in-season conditioning. If the boys aren't ready then it is their own fault.*

## **A YEAR IN RAIDER LACROSSE:**

Our official GHSA season runs annually from February through mid May. However, it is our intent to prepare the best possible athletes by offering a selection of out of season opportunities (as mentioned above) for athletes who want to focus solely on the game of lacrosse. What then does a year as an Alpharetta Raider look like and how much does it cost? Prices are estimations and subject to change, season to season.

### **May-July**

All high school Raiders in grades 10-12 may be invited to play on the team's summer travel team. A first round of invitations will be offered first to Varsity players, remaining spaces will then go out to JV players interested in participating based on coach recommendation. Our summer team will be coached by the high school's staff; Coach Scheifflee included, and affords an opportunity to begin planning and preparation for the next seasonal year. Our summer team will practice weekly late May- late July and participate in a number of tournaments as well as local, officiated games weekly against local high school teams. We will keep the summer schedule as condensed as possible to afford everyone ample family vacation time.

It is the expectation of the coaches and the board that players participate in our teams' summer program and not local select travel teams. We do however encourage individual travel to camps and clinics as a way to get individually recruited\*. See recruitment section of this document.

Summer training opportunities will also be provided annually at Lifetime fitness.

**(full program cost including Lifetime, \$650)**

*This fee does not include travel costs associated with tournaments.*

### **August**

The beginning of the school year is a transitional time in which we prepare for our annual events such as fall ball and the annual Iron Lax Challenge. A series of informational meetings will be held during the first weeks of school in order to distribute information about upcoming events.

### **September**

Our annual Iron Lax Challenge beings at Lifetime fitness and runs through December as our teams preferred workout option. All athletes who do not participate in fall or Winter GHSA sanctioned athletics through AHS should plan on participating. Special pricing is available and we receive deep discounted group pricing through Lifetime, contact Coach Z with questions. **(\$250 plus discounted monthly membership)**

***A note from Lifetime Management:** It is the policy of Lifetime Fitness to charge additional fees for any service rendered beyond our standard membership fee. Our membership fee does not include private or group training by members of our staff. Group fitness fees are added to standard memberships as an additional service for members who wish to be trained. The group fitness fees prevent any member of our staff from accepting fee for personal benefit. This policy is in place for any group, large or small, regardless of the trainer or their affiliation or employment with an outside group or organization. We have provided the Alpharetta High School Athletic community with a significant discount in group fitness fees as a sign of our appreciation and continued support for its programs.*

*Lifetime General Manager  
855 North Point Parkway  
Alpharetta, GA 30005*

Fall Ball League lacrosse begins in early September as well. This is the continuation of our summer program into a fall series of local games played against local high school teams. All AHS raiders are expected to play on our AHS Fall Ball teams. Individual recruiting camps and clinics should be attended by college bound athletes, for more information see the recruiting section of this document. **(\$190)**

**October**

- Continuation of Fall Ball as well as the Iron Lax Challenge
- SPECIAL EVENT: Pumpkin Carving Competition

**November**

- Continuation of Fall Ball as well as the Iron Lax Challenge
- We also participate annually in the GA TECH Turkey Shootout 7 vs. 7 tournament at both the JV and Varsity levels. **(\$90)**
- SPECIAL EVENT: Turkey Pallooza

**December**

- Indoor Lacrosse **(\$150)**
- Continuation of the Iron Lax Challenge

**January**

- Final month of the Iron Lax Challenge
- Athletes begin participation in "Stick Camp Clinic" hosted at AHS weekly in preparation for tryouts.

**February-May**

- GHSAA lacrosse season

**(new players and 9<sup>th</sup> graders must purchase their team helmet \$133)  
(\$250 registration fee, \$150 booster club fee)  
(Spring Break trip for Varsity only, \$175)**

**There is no additional fee assessed for participating in workouts at Lifetime beyond normal monthly membership.**

*NOTE: all prices and fees are subject to change annually, these are an estimation based on current 2013 season costs*

## **BOOSTER CLUB:**

### **How are Booster Club meetings scheduled and are they scheduled in advance?**

Booster club meetings are generally scheduled on an as needed basis. Meetings are scheduled in advance with dates and times communicated via team email as well as on the website.

### **Can anyone attend booster club meetings?**

Yes, we encourage every parent to attend all booster club meetings. This is the best way to stay current on all team happenings as well as directly ask board members and coaches' questions. Parents of all students, middle through high school are asked to attend meetings.

### **What happens at booster club meetings?**

Adoption of bylaws, election of team officers, adoption of annual budget, coach's question and answers etc. occur during booster club meetings. These meetings are of utmost importance to our program and its success.

### **How do I become an active volunteer within the program?**

If you would like to volunteer please contact a member of the board. We have positions to accommodate and work with all personal and professional schedules.

### **How are board members elected?**

Board members are elected annually at a booster club meeting by parents whose children are involved in the program as outlined by Parliamentary Procedure. Booster club members serve as parent advisors to the coaches and most decisions are discussed and approved by the coaches and board members to ensure the best experience for our families and players. Board members are not involved in coaching decisions as they pertain to the play of the game or the daily operation of our teams during the spring season.

## **COMMUNICATIONS:**

**Parents and players are always encouraged to contact Coach Scheifflee directly with concerns, comments and or clarifying questions. Parents may also reach out to any board member for a detailed explanation of anything lacrosse related.**

### **What is the parent/coach liaison?**

The parent/coach liaison is a resource to parents who are not comfortable approaching a coach with a specific question. While the head coaches always encourage direct communication as the preferred form of parent questioning, the parent liaison is in place in the event that this type of communication is not desirable or appropriate. Contact the parent coach liaison with your question, concern or comment in order to remain anonymous.

### ***What are parents saying about Raider Lacrosse parent/coach liaison?***

*-We always think it is a good idea to have a team liaison. Someone, other than team-parents/board members, who parents/players can trust to convey concerns to coaches (without bugging coaches). Takes pressure off everyone.*

### **If I have a concern who should I contact?**

You are encouraged to contact your child's coach directly via email. If this is not desirable, contact a member of the board or the parent/coach liaison.

### **How do I make sure I am listed on the group email distribution list?**

Contact Coach Scheifflee via email with a list of email addresses you wish to be contacted at.

### ***What are parents saying about Raider Lacrosse communication?***

*-The communication the parents receive from the lacrosse program is very good. We stay informed and are always offered the opportunity to attend Booster club meetings.*

## **TEAM PRACTICES AND GAME SCHEDULING:**

### **How will I know when and where practice, games and team events are?**

All information can be found on the team website and is updated daily. Weekly communication is also submitted by each team's coach through mass distribution email. As always, your coach is available via email to answer any questions.

### **Why do we practice off site at Old Milton High School?**

AHS simply does not have enough space to accommodate the eight teams that are fielded in the spring between soccer and lacrosse.

### **How do I get my child to Old Milton High School?**

It is the parents' responsibility to provide transportation to and from Old Milton HS. Parent carpools are available and organized by parents each year.

### **Who sets the schedule?**

The head coach sets the JV/Varsity schedule annually based on home availability, past schedules as well as the GHSA dictated area assignments which change on a year to year basis.

### **Why are Varsity athletes required to participate in Spring Break activities?**

The coaching staff has deemed it necessary to keep the team actively engaged throughout the holiday in order to keep the pace of the season and finish our regular season with momentum. In the past, this momentum has been lost when boys travel on their own over the break often coming back from vacation ready to end the season and school year. Spring break also serves as a bonding time for teammates and an opportunity to do something together which cannot be accomplished during the regular season.

The Spring Break trip is reserved for Varsity players only and is something that should be considered by all players and parents trying out for the team. This is an annual event and all Varsity athletes are required to participate as spring break falls within the normal GHSA approved spring season dates.

### **How is the destination for Spring Break decided?**

Spring break is an athletic opportunity for the varsity boys to compete against teams outside of our local area. Destinations are chosen by the coaches based on the following criteria. First, teams that we will be facing need to be teams that will present a challenge and these teams tend to be at the top competitive level within their areas. Secondly, we

look for opportunities to visit locations that other teams throughout the nation may be visiting at the same time, as was the case during the 2010 Dallas trip where we played Bellevue from Washington State. Our final determining factor is a destination that will provide some sort of entertainment to the boys while not engaged in athletic competition.

***What are parents saying about Raider Lacrosse scheduling?***

*-We have always played a very competitive schedule. Our program plays a schedule commensurate with our abilities and that schedule ensures that both our players and the AHS lacrosse program receives the recognition they deserve.*

## **\COLLEGE LACROSSE AND RECRUITING:**

### **How should I inform the coaches of my intention to play college lacrosse?**

At the beginning of each school year it is your responsibility to email Coach Scheifflee with the following information:

Full Legal Name:

Parents Name:

Home Address:

Home Phone:

Email:

Graduation Year:

US Lacrosse Number:

You name will be placed on the annual recruiting list and provided to camps/clinics/tournaments/coaches upon request.

### **How can I receive invitations and nominations to college recruiting showcases and tournaments throughout the school year?**

Once your name is placed on the annual recruiting list Coach Scheifflee will make nominations to appropriate camps/clinics/tournaments etc. However, if there is a specific event you would like to attend, please email Coach Scheifflee directly with the events information to ensure your recommendation.

### **Is there a website(s) that highlights high school and/or college lacrosse?**

Laxpower is the most current and up to date website listing all programs participating at all levels. NCAA and the clearinghouse are also valuable resources as you begin the program. As you begin researching programs check out individual program websites for a more in depth look into their program.

### **How do I find out more about college lacrosse programs?**

Here are the levels of play:

**NCAA Division 1** - The highest level of lacrosse. Division 1 has major programs as well as lesser known ones. D1 schools will offer scholarships but very few FULL Scholarships. Division 1 teams can offer 12.69 scholarships so they split them among players asking players first to use their FASA money if they qualify.

**NCAA Division 2** - Some lesser known schools however, there are 10.8 scholarships available again to be split.

**NCAA Division 3 - *No Scholarships.*** However, there are some top notch academic programs in D3 and this is the biggest opportunity for a wide variety of talent from teams that can top D2 programs to start ups. Lacrosse can help you tip the scales and get in if recruited. No cost to play.

**MCLA D1 and 2** - Club ball. No scholarships. Players pay fees and practices vary by team. A wide variety of teams to play for at club level including UGA, GT, Auburn, USC, Georgia Southern, KSU.

**For D1,2 and 3** - expect to have a regimented schedule for fall ball including regular workouts , a roughly 18 day mini season and captain's practices outside of the regular season of about 3 - 4 days a week.

**How do I make a highlight film and is one necessary in order to be recruited to play in college?**

Game film is important but it does not have to be a highlight tape. Game tape works if it is good quality and there is enough footage of you performing although it is not necessary unless requested. Game footage can be borrowed from Coach Scheifflee at any point during the year.

**Where is college lacrosse played in the Southeast?**

Below can be found all Division schools hosting lacrosse programs as listed on the NCAA website. Remember, the NCAA has a different idea of what is considered "the south." A number of local colleges and universities host club teams many of which are highly organized and successful. For more information on these teams visit the South East Lacrosse Conference website. <http://mcla.us/SELC/>

NCAA D1 University of Delaware, Duke University, Jacksonville University, University of North Carolina, Presbyterian College, University of Virginia, Virginia Military Institute

NCAA D2 Belmont Abbey College, Catawba College, Florida Southern College, Lees-McRae College, Limestone College, Mars Hill College, Pfeiffer College, Presbyterian College, Queens University of Charlotte, Rollins College, St. Andrews Presbyterian College, Saint Leo University, Wingate University

NCAA D3 Adrian College, Albion College, Birmingham Southern College, Christopher Newport University, Guilford College, Hampden-Sydney College, Hendrix College, Lynchburg College, University of Mary Washington, Marymount College, Randolph College, Roanoke College, Shenandoah University, Virginia Wesleyan College, Washington and Lee.

### **How can I learn more about college lacrosse programs?**

Coaches like to bring recruits on campus the fall of their Senior year. Use these visits to stay overnight and really see if the school is a fit as well as the program itself.

### **How do I contact college lacrosse coaches?**

You should provide your HS coaches with a list of colleges and ask them to contact programs on your behalf.

### **How can my son get recognized by college scouts?**

Most recruiting starts during the summer months immediately following the junior year. Coaches travel to tournaments regularly. Ideally, if you do your homework you can reach out to coaches before the summer and align with their schedule. Also, throughout the season opportunities will arise to participate in college recruiting tournaments, clinics etc.

### **When should my son start the college recruitment process?**

Many colleges find Atlanta to be a good area for college level talent. While there are very few players from Atlanta being recruited at top tier Division 1 programs, there are a lot of great options for student athletes. Junior year is the perfect time to start focusing on whether you want to play in college and if so, to get ready for the recruiting cycle. To begin with, you must do your homework.

Start with:

- 1) Go to CollegeBoards.com and use the tools to estimate the kind of financial aid you may be able to qualify for. Be honest about what you can afford.
- 2) Talk with your coach about what level of play is reasonable based on your projected play level.
- 3) Research what kind of school you want to be at: Big, Small, Northern etc?
- 4) Be honest about what regions of the country make sense as to where you would like to go to school
- 5) If you know what you want to study, do homework on schools that have that major

If you are looking at D1 and D2 schools, please go to the NCAA website and get listed on the NCAA clearinghouse. This is not required for D3 schools.

If you are a push academically, most coaches will try and get you to apply early decision if they want you.

### **What assistance can the high school coaches provide in the college recruitment process?**

Ideally, work with the coaches your Jr. year and lay out your plans. Then, let the coaches call on your behalf and talk to the college coaches.

**Which is easier to get; a lacrosse scholarship or an academic scholarship?**

Academic scholarships as the number of lacrosse scholarships are limited. When you apply - look for every available academic scholarship...there are more of those than athletic ones.

## ACADEMIC INTEGRITY POLICY

# **Academic Integrity Policy** **2013**

It is the continued goal of this year's program to produce respectful young men and leaders within the schools community. Our academic performance is directly related to the concept of developing Scholar Athletes, those who strive for excellence both on and off the field. Raider lacrosse players during the 2013 season will develop a reputation in the school as well rounded young men who are respectful leaders within their classrooms and hold academics to the highest of standards.

*All athletes in the Raider lacrosse program will be held academically accountable this season for their performance within the classroom. Effective immediately, all athletes will be expected and accountable to **maintain passing grades in all their classes**. Grades will be checked via Teacher Access Center every other week throughout the semester. Athletes who are found to be failing any class with a 69%\* or less regardless of the reason will be immediately placed on probation until their grade has recovered to passing or better and evidence of such is visible on Home Access Center.*

*Individual student schedules will not determine special treatment and all athletes will be held to these standards, no exception will be made for students with more rigorous class schedules.*

**Athletes will be placed on a three strike system whereas if they are placed on probation three separate times throughout the spring semester they will be removed from the roster without refund.**

***All families must maintain Home Access Center accounts and are responsible for their athlete's grades. See the front office with proper photo identification to receive your access.***

\*ATHLETES ENROLLED IN AP CLASSES MUST MAINTAIN A PASSING GRADE OF 70% OR BETTER THROUGHOUT THE SEMESTER. AP points are not accessed until the completion of the course and will not be factored into a student's grade during weekly grade checks.

***What does probation entail?*** Athletes with a 69% or less in any one class may be placed on probation until their grade recovers to at least 70%. Athletes will not be permitted to attend any team events including but not limited to games, practices, team dinners, etc.

***What about attendance, will missing practices and team event impact my athletes team placement and or standing with the program?*** Athletes on probation for academics will not be held accountable for their attendance during the period of their probation; rather, these athletes will be encouraged to use this extra time to improve their grades. Once the grade has been improved, athletes will return to their lacrosse responsibilities without penalty. Athletes should attend as many help sessions and RISE sessions as possible while on probation and should document their attendance, their teachers are encouraged to contact Coach Scheifflee directly.

*Students should work with their teachers to prevent themselves from being placed on the probation list from the beginning of the semester. Students should begin attending extra help sessions in the morning and during their lunch periods on a daily basis if needed..*

***When will grades be checked?*** Grades will be checked every other week beginning the week prior to tryouts. Students failing any one class at the beginning of tryouts week will not be allowed to tryout and lose their privilege to play lacrosse. Grades will again be checked the week after practices begin and then again every other week for the remainder of the season.

***How does an athlete get removed from the probation list?*** The athlete must work with his teacher to earn a grade of 70% or better. Once this has been accomplished it is the responsibility of the athlete and their course teacher to contact Coach Scheifflee to inform him of the grade correction.

Parents and players must remain informed of student progress by using Home Access Center on a daily basis. If you do not have Home Access Center, please obtain your login and password at the Front Office with proper photo identification.