



**AHS Men's Lacrosse
Parent & Player Handbook
2014-2015 Season**

"Creating a Culture of Success!"



PURPOSE

This document has been prepared by the coaching staff and Booster Club Board as a resource for parents and players who are interested in learning more about Raider Lacrosse. Whether you are new to the program, a four year senior, or still in middle school this document has been developed to answer all your questions about our program as well as to update you on all current policies, procedures, and expectations. 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 multiple specific sections where topics are organized using a question and answer format. Please take a few moments to review this document as it is your responsibility to understand its contents.

“Winning is not a ‘sometime thing’...it’s an all-the-time thing!”

--Vince Lombardi

“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

Thank You,

The Alpharetta High School Men’s Lacrosse Coaching Staff:

- Coach Ritch
- Coach Jacobs
- Coach Feehan
- Coach Marco Antinarella
- Coach Nick Antinarella
- Coach Roane
- Coach Lentz
- Coach Zumwalt



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PROGRAM VISION & MISSION

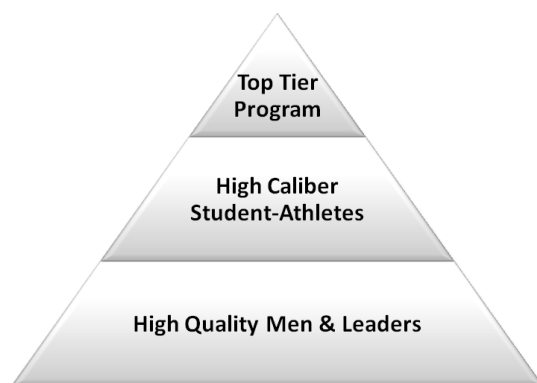
Everything we do for AHS Lacrosse must be intentional in helping us achieve our VISION and MISSION.

VISION

Alpharetta Men's Lacrosse is intentional about developing quality young men and student-athletes and being known for consistently competing at the highest levels of competitive lacrosse in Georgia - including region and state championships.

MISSION

"The Raider Way" is a commitment to a culture of excellence and success by the community, school, coaches, Board, boosters, and families for developing the following:



HIGH QUALITY MEN & LEADERS	HIGH CALIBER STUDENT-ATHLETES	TOP TIER PROGRAM
<ul style="list-style-type: none"> ✓ Character & Morality ✓ Respect & Humility ✓ Strong Relationships ✓ Positive Attitude ✓ Leadership & Mentoring ✓ Community Service 	<ul style="list-style-type: none"> ✓ Academic Integrity ✓ Lacrosse Skills & Lacrosse IQ ✓ Teamwork ✓ Discipline & Accountability ✓ Strength & Conditioning ✓ Intensity & Competitiveness ✓ Year-Round Commitment 	<ul style="list-style-type: none"> ✓ Year Round Program ✓ Culture of Success ✓ Integrated Feeder System ✓ Strong, Positive Coaching ✓ Booster & School Support ✓ Continuous Fundraising ✓ Highest Reputation



2014-2015 LEADERSHIP CONTACT INFORMATION

2014-2015 AHS LACROSSE BOOSTER CLUB – EXECUTIVE BOARD			
Co-President (2 nd Term)	Blake Batley	bbatley@webindustries.com; bbatley5@gmail.com	(678) 595-3317
Co-President (1 st Term)	Stephen Duncan	jstephen.duncan@siemens.com	(678) 977-5752
Treasurer	Tim Agnew	tagnew@smith-howard.com	(404) 444-7822
Secretary / VP Communications	Marianne Lynch	marianne.lynch@bellsouth.net	(678) 923-8998
VP Special Events	Cathy Finnerty	scfinnerty@yahoo.com	(678) 665-2448
VP Fundraising	Charlie Feehan	cfeehan@comcast.net	(678) 575-1130
VP Game Day Operations	Rhonda Agnew	trtjagn1@bellsouth.net	(404) 444-7823
Jr. Raiders Liaisons	Traci Webb, Patty Melton	thewebbs2014@outlook.com; pkmelt@comcast.net	
AHS SCHOOL & COACHES			
AHS Athletics Director	Mike Scheifflee	scheifflee@fultonschools.org	(678) 982-5451
AHS Men's Director of Lacrosse & Head Coach	Fred Ritch	Fred_ritch@yahoo.com	(404) 889-0408
AHS Fulton County Coach & Rep (Varsity)	Kevin Jacobs	jacobsk1@fultonschools.org	
AHS Fulton County Coach & Rep (JV)	Denise Feehan	feehand@fultonschools.org; dfeehan@comcast.net	(678) 641-0968
ALPHARETTA LACROSSE CLUB			
President	Charlie Feehan	cfeehan@comcast.net	(678) 575-1130
Treasurer	Tim Agnew	tagnew@smith-howard.com	(404) 444-7822

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 athletes. 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.



PARENT VOLUNTEERING

In order to compete at the highest levels and to achieve our VISION & MISSION, parent involvement and volunteering is expected from all families. NOW IS THE TIME TO GRAB one or several items listed below if you are interested in volunteering to help manage a key element of the program. WE NEED YOUR HELP in order for Alpharetta Lacrosse to continue to be successful. Achieving our Vision & Mission requires a lot of effort by people dedicated to our program.

- 100% family volunteer involvement is expected
- *"It takes a village..."*
- This means more than simply bringing water to a game and more than helping with one event.
- We ask all families to please sign-up for committee selections during two key annual events: Fall Booster Club Meeting, and the Spring Season Kick-Off & Pot-Luck.
- There are many different types of volunteer opportunities which can leverage your personal interests and skill-sets.
- Assignments will be made if committees and events are under-staffed and/or if particular families are seen as unwilling to step-up and help the program.
- *"Can't I just write a check?"* YES...but it will be painful. 😊

Contact the Board Member in charge of a function you're interested-in assisting-with on the following page to secure your committee selection. We have positions to accommodate and work with all personal and professional schedules.



VOLUNTEER OPPORTUNITIES & COMMITTEES

Communications:

Marianne Lynch
marianne.lynch@bellsouth.net
(678) 923-8998

1. Registration Coordination and Administration (*with FC/AHS Rep*)
2. Maintain all Forms, Reports, Records
3. Master Database / Contact Information / Email Distribution Lists
4. Website
5. Promotion, Publicity, News, Media-Relations
6. Team Weekly Communications
7. School Morning Announcements

Special Events:

Cathy Finnerty
scfinnerty@yahoo.com
(678) 665-2448

1. Beginning-of-Season Kick-Off / Pot-luck
2. SELC, Legacy Cup, Other In-Season Tournaments
3. Summer Camp
4. Alumni Game
5. Spring Break
6. End-of-Season Banquet

Fundraising & Philanthropy:

Charlie Feehan
cfeehan@comcast.net
(678) 575-1130

1. Organization and Promotion of all Fundraising and Community Service Events
2. UGA Camps and Clinics
3. Poker Tournament
4. Other Sales & Promotions (*raffle tickets, community discount cards, etc.*)
5. Service Projects & Philanthropy
6. Other Fund-Raising and Charitable Events

Game-Day Operations:

Rhonda Agnew
trtjagn1@bellsouth.net
(404) 444-7823

1. On-Field Stats & Books
2. Tower, Announcer, Clock, ScoreBoard
3. Drinks
4. Food / Meals / Team Dinners
5. Photography
6. Transportation Coordination
7. Special Games Coordination & Promotion
 - a. Sr. Player Recognition Night
 - b. Jr. Raider Player Recognition Night
 - c. Other Spirit Nights (*Sr's, Pink-Out, Black-Out, Grandparents, etc.*)
8. Game Day Set-Up and Clean-Up
 - a. Signage / Banners / Shields
 - b. Field
 - c. Gate and Concessions Coordination
9. Spirit & Branding (*procure and manage*)
 - a. Uniforms & Helmets
 - b. Player Packs
 - c. Gear Bags
 - d. Spirit Wear
 - e. Spirit Items (*roster cards, cow bells, buttons, banners, senior shields, signage, etc.*)

Jr. Raider Liaisons:

Traci Webb
tracimwebb@yahoo.com

1. Program and Coaching Integration Initiatives
2. Ball-Boy Program
3. High School / Jr. Raider Player-Mentor Program
4. Jr. Raider Night Coordination (half-time mini games, on-field recognition, etc.)
5. Communication of HS Activities, Initiatives, Programs to Jr. Raider Families



FUNDRAISING

Never a popular subject but yet a very necessary element of a successful program. Registration fees cover all expenses that are necessary to run and operate Raider Lacrosse. The AHS Men's Lacrosse program can see total expenditures range anywhere from \$65,000-\$95,000 per year – depending on the level of improvement initiatives approved and being implemented during any given season. 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.

A majority of expenses go directly toward providing the best athletic experience to each player and ensuring we have the programs, coaching, infrastructure, and support in place to compete at the highest levels of lacrosse in Georgia. With typically 50-55 players per season (JV + Varsity) the total expenditures could require an average of \$1500+ per athlete in fees to cover our expenses. Not what we want.

Therefore, to off-set expenses and to keep our player fees as low as possible, multiple fundraising campaigns are run throughout the year. In order to compete at the highest levels and to achieve our Vision and Mission, this Fundraising effort is vital to our program. 100% involvement and participation is expected from all families. With each campaign, incentives are offered to help lower player fees even further. Our Treasurer and VP of Fundraising help us keep track of families that are involved and helping with fundraising campaigns and those that are not. If we do not meet our fundraising goals in any given season, we risk having to increase player fees and/or we risk having to cut deep into key programs, coaching, training, etc. due to budget shortfalls. Families that deliberately elect to NOT participate and/or assist in fundraising campaigns may be assessed by the Booster Club in the event of budget shortfalls.

Again, please understand that as a program we expect 100% family participation with our fundraising efforts to help raise the funds needed to ensure a competitive program and a culture of success. We always welcome volunteers, ideas, and assistance in these key areas! Important points include:

- \$15,000 - \$25,000 Needed Each Year to Help Meet Expense Budget and to Offset Player Fees
- Key Driver for Capital Improvements and Major Program Initiatives (i.e. uniforms, lax wall, coaching salaries, technology, etc.)
- Key Principles
 - Offer Something of Value
 - Engage the Players
- Three Core Campaigns
 - UGA Camp
 - Poker Tournament
 - Sales Campaign (ex. Community Discount Card)



A YEAR IN LACROSSE

Even though it is a Spring sport, the AHS Lacrosse program operates as a year round endeavor in order to remain competitive in the region and state, as well as to create a culture of success. A typical year will look like the following (w/current season actual dates) – and runs on a similar school calendar cycle:

#	2014-2015 Year-Round Master Schedule of Events	DATES
1	Fall Booster Meeting	Aug. 26, 2014
2	Fall Ball Practices	Aug. 24, 2014
3	Fall Ball Games Begin	Oct. 14, 2014
4	Fall Strength & Conditioning (10 weeks)	Oct. 15, 2014
5	Fall Tournament or Playoffs	Nov. 2-9, 2014
6	Fall Community Service Project	TBD
7	Fall Fund Raising Campaign (Poker, Craigslist, Craigslist)	Nov. 1 & Dec. 5, 2014
8	Fall Team-Building Activities (Pumpkin, Turkey-Palooza)	Oct. 25 & Nov. 22, 2014
9	2015 Summer Info Announced, Commitments Required	Nov. 1 & Dec. 1, 2014
10	Winter Strength & Conditioning	Dec. 1-18, 2014 & Jan. 5-15, 2015
11	UGA Camp Fundraiser / Team Clinic	Jan. 10, 2015
12	Spring Registration Deadline	Jan. 12, 2015
13	Spring Tryouts	Jan. 26-28, 2015
14	Spring Practices & Workouts Begin	Jan. 28, 2015
15	Spring Kick-Off (<i>Pot-Luck & Booster Meeting</i>)	Feb. 3, 2015 (6PM)
16	Spring Games Begin	Feb. 20, 2015
17	Retreats / Team Bonding (Sr's, JV, etc.)	TBD
18	Spring Community Service Project	TBD
19	Spring Fundraising Campaign	TBD
20	Spring Break Event/Tournament (Varsity only)	Apr. 9-11, 2015
21	SELC Tournament	Apr. 29, 2015
22	Spring Season Playoffs	May 5-16, 2015
23	End-of-Season Banquet	May 17, 2015
24	End-of-Season Booster Meeting (<i>elect new Board members</i>)	May 19, 2015
25	Alumni Game	May 25, 2015
26	Summer Travel / Club Season Begins	May 30, 2015
27	Jr. Raider (Elementary & Middle) Summer Camp	TBD (June & July)



PARENT & PLAYER FAQ

The following is a collection the most frequently asked questions (with answers) we typically hear from families each year. If you do not see an answer to your question, please feel free to contact the coaches and/or the Booster Club Board.

1. 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/>

2. 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.

3. 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 6-8th 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.

4. 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. Cardinal Red and Grey/Silver accents are acceptable but base colors should remain white and black. Players are not to purchase and or wear gloves of a non-school colors. (example: Carolina Blue)

Team purchased equipment may be available at a discounted rate through the booster club (gloves, etc.).

Team Helmet Special Note: The team helmet is mandatory for all JV and Varsity players and must be purchased by the athlete. 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 need 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 usually updated every 3-4 seasons with the next update occurring for the 2016 Spring season.



5. How are teams decided each Spring?

All athletes participate in tryouts which look to determine who plays on which team (Varsity or JV) based on each athlete's experience, physical abilities, work-ethic, attitude, and what is personally best for the growth of each athlete.

Try-outs are typically conducted at the end of January and always in accordance with GHSA rules. Typically try-outs will last for three days (after school in the AHS stadium). Partial roster selections and/or potential cuts may take place throughout the three-day process – with final official rosters being posted to the website on the evening of the last day of try-outs. Call-backs, additional individual assessments may be requested of certain athletes in order for the coaches to make the most informed decision regarding roster placement. Based on the projected numbers of athletes trying out each year, the coaches may likely have to make some tough decisions when determining rosters. While never pleasant, cuts may have to happen and will be handled in order to preserve and student's dignity and self-confidence. These decisions are always in the spirit of what is best for the athlete as well as the program.

The goal is (and has always been), that the most-skilled athletes regardless of high school class are selected for Varsity in order to put the best team on the field - giving our program the greatest opportunity for success each season. The JV roster is made up of potential future Varsity players – where the coaches would like to see these athletes develop and mature in order to compete at the Varsity level. Once placed on a roster, it is up to each athlete to earn his place on the field each week.

It is the annual expectation of the entire coaching staff that all athletes be able to catch and throw on the run equitably with both hands, a very fundamental skill required of all high-school level athletes. 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. Additionally, 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 becomes inevitable.

The coaches are truly excited about the possibilities each new year brings – with respect to 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 each year. We are always looking at the 7-8th grade feeder system to develop our talent pipeline, and we look to our 9th and 10th grade classes to be the bright future of the program. We try to develop and maintain a momentum within our program that will see these boys participate all the way through their senior year. Our philosophy and expectations for each season is 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.

Finally, it is not (nor ever will be) the coaching staff's prerogative to award Varsity positions to athletes whose parents volunteer or remain active within the Booster Club.



6. What are the expectations for each athlete?

Our expectations are simple (in this order): FAMILY. SCHOOL. LACROSSE. Work hard and make Lacrosse your extra-curricular priority. Strive to give lacrosse 110% - every day!

This simply means that an athlete manages his time properly. He is committed to the team and the program. He is considerate of lacrosse as his Spring commitment and is able to fulfill his commitments to family and school while maintaining an emphasis on lacrosse. The coaches are always willing and able to listen to the needs of individual players and will work with an athlete on family and academic issues, 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.
- Give lacrosse and your team 110%. There is no "I" in team. No excuses. "ALL-IN."

7. Can an 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 coaches. 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.

8. Can an 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.

9. Can I 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.

10. What if I'm concerned about playing time?

In most situations the coach will communicate with a player about playing time. It is the responsibility of the athlete, not the parent, to request a meeting with the coach if you are concerned about playing time – and only during non-game or non-practice hours. Most often, the athlete simply needs to make improvements in skills or attitude. It is the belief of the coaching staff that the best players will play; lines are adjusted prior to each game based on the practice performance of each player.

11. 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 an off the field.



12. 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 Ritch, Jacobs, or Feehan.

13. 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 our Strength and Conditioning Coach is present during all away games (Varsity).

14. What are the requirements for academic eligibility during the Fall semester to play in the Spring?

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 for in season academic expectations.**

15. 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.

16. 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.

17. 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.



18. 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.

19. 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.

20. 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.

21. Are Varsity Letterman Jackets and/or Varsity Letters provided by the program?

No. These must be purchased by you and are available online and through several local retail outlets. The program will provide the varsity pin and/or any patches that are won during the season at the end-of-season banquet.

22. 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.

23. 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 community and someone who takes an active role in making Alpharetta lacrosse better.***

24. Who is eligible to help coach at the annual youth Summer camp?

Rising seniors and Varsity athletes are invited to assist the staff each Summer during our youth Summer camp, interested players should contact Coach Ritch, Jacobs, or Feehan directly. Community service hours are awarded upon request.



25. *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.

26. *If I have a concern who should I contact?*

Parents and players are always encouraged to contact Coach Ritch, Jacobs, or Feehan 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. 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.

27. *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.

28. *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.

29. *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.

30. *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.

31. *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.



ACADEMIC INTEGRITY POLICY

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 will manage/balance their time, activities, obligations, and assignments appropriately in order to 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. All athletes will be expected and accountable to maintain passing grades in all 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 the coaching staff 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 privileged 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 the coaches to inform them 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.



PRACTICE & GAMES SCHEDULING

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.

All information can be found on the team website and is updated weekly. 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.

While we will make every attempt to practice after school on AHS property, please understand that AHS simply does not have enough space to accommodate the eight teams that are fielded in the Spring between men's and women's soccer and lacrosse. Therefore, the lacrosse teams must practice occasionally off-site at 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.

VARSITY SPRING BREAK

The coaching staff has deemed it necessary to keep the Varsity team actively engaged throughout the Spring Break 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. The Spring Break event 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 (NOT OPTIONAL) to participate as Spring Break falls within the normal GHSA approved Spring season dates. The Varsity Spring Break event also serves as a bonding time for teammates and an opportunity to do something together which cannot be accomplished during the regular season.

Spring Break is an athletic opportunity for the Varsity boys to stay sharp during the break, and compete against teams outside of our local area. The team will travel and stay together for a portion of the Spring Break week. 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.

There is an extra cost for the Spring Break trip – paid separately, NOT part of Spring player fees. The Board and Coaches work very hard to plan a very economical event and to ensure it a very reasonable expense for the positive value and return it creates for the athletes and for the program.



COACHING

How are coaches chosen?

All coaches are first interviewed by the Director of Lacrosse / Head Coach, the Fulton County Rep / School Head Coaches, as well as the Board Interviews. If after this series of interviews it is agreed upon that the coach should join the staff they meet with the AHS Athletic Director and begin the community coaches process which includes coaches training through the GHSA, criminal background check processed with Fulton County Schools, US Lacrosse training, and Positive Coaching Alliance training.

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 Ritch, Jacobs, or Feehan 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?

GHSA rules prevent coaches at the Varsity/JV levels from coaching teams of high school athletes during the off season. Spring coaches 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 different coaching roles?

The AHS lacrosse program employs a common coaching system utilized by most of the top lacrosse programs in the state of Georgia - comprised of a combination of the following roles:

1. Director of Lacrosse / Head Community Coach
2. Fulton County Representative / Head School Coach
3. Community and School Assistant Coaches (Varsity & JV)
4. Strength & Conditioning Coach

For role clarity regarding the "HEAD" coaching positions, please see the following page.



COACHING POSITIONS / ROLE CLARITY

Director of Lacrosse & Head Community Coach:

1. Fulfillment of Program-Level Goals (community, reputation, excellence, competitiveness)
2. Support for Board, School, County, State, and Community
3. Year-Round Program Development
4. Coaching: Head for Varsity, Assistant for JV, Fall Youth Coach (Jr.'s), and Dir. of coaching for Summer club/travel ball
5. Assistant Coaching Staff Management (recruiting, dev., hiring, firing)
6. Schedule Development
7. Purpose-Driven Practices (plans, film, scouting, X's & O's, plays, etc.)
8. Skills Development (wall-ball, fundamentals, LAX IQ, positional techniques, plays, clinics, etc.)
9. Athletic Development (strength & conditioning programs, etc.)
10. Program and Coaching Integration (Youth -> Jr. Raiders -> JV -> Varsity)
11. Communicate & Enforce the Standards & Expectations (on & off field):
 - a. Players, Coaches, Parents, Boosters, and Community
 - b. Academic
 - c. Sportsmanlike Conduct, Positive Attitude and Environment
 - d. Teamwork, Discipline, Intensity, Focus, Competitiveness, Toughness
12. Development of Culture & Character-Building Initiatives (on & off field):
 - a. Community Involvement, Service, & Giving
 - b. Relationship-Building & Team-Bonding
 - c. Leadership & Mentoring
 - d. Winning, Success, Pride
 - e. Accountability, Respect, Humility, Selflessness
13. Reports to the Booster Club Board with dotted line to School AD
14. Funded by Booster Club plus Assist. Coaching Stipend from Fulton County

Fulton County Rep. / School Head Coach:

1. ADMINISTRATION & COORDINATION: Partnership with School, Boosters, Board, and Dir. of Lacrosse
 - a. Support for All Program-Level Goals
 - b. Administration, Reporting, and Registration Coordination w/Board Secretary/VP Communications & School
 - c. Financial Coordination and Reporting with Board Treasurer, AD, County, and School Book-Keeping
 - d. Scheduling Coordination with Director of Lacrosse and Board Members
2. SCHEDULING: Field, Facilities, and Resources for all Events (games, practices, camps, etc.)
3. PRESENCE: Physical Presence at all Practices, Games, and Lacrosse-Related Events
4. FACILITIES ACCESS: Practice and Game-Day Field & Facilities Set-Up, Take-Down, Lock-Up
5. TRANSPORTATION: Away Game Transportation Scheduling and Coordination
6. TRAINERS: Recruiting and Management of Team Trainers
7. EQUIPMENT & SUPPLIES: Procure, Manage, and Secure as Needed (balls, nets, goals, cones, uniforms, etc.)
8. ACADEMIC REPORTING: Student-Athlete Academic and Attendance Verification and Reporting
9. DISCIPLINE: Enforcement of Academic, Attendance, and Disciplinary Standards for Student-Athletes
10. PROMOTION: In-School Promotion of Lacrosse Events (Home Games, Fundraisers, Special Games, Announcements, etc.)
11. Reports to School AD
12. Funded by Fulton County Stipend



POSITIVE COACHING ALLIANCE

Beginning fall 2014, Alpharetta Men's Lacrosse has partnered with the Positive Coaching Alliance to help support, reinforce, and equip our coaches, parents, athletes, and volunteers in achieving our Vision and Mission.

The Positive Coaching Alliance (PCA) is a national non-profit and is THE STANDARD for developing "Better Athletes, Better People" by working to provide all youth and high school athletes a positive, character-building youth sports experience. Since its 1998 launch at Stanford University by Founder and CEO Jim Thompson, PCA has impacted more than 5 million youth athletes. PCA reaches youth and high school sport leaders, coaches, athletes, parents, and officials through partnerships with schools and youth sports organizations, nationwide that comprise live workshops, online courses, books, and e-communications, providing free Tips and Tools.

At the center of PCA's work are three models:

- Training "Double-Goal Coaches[®]", who strive to coach to win, while also helping athletes pursue the more-important goal of life lessons through sports;
- Equipping "Second-Goal Parents[®]", who concentrate on life lessons, while letting coaches and athletes focus on competing; and
- Developing "Triple-Impact Competitors[®]", who strive to impact sport on three levels by improving oneself, teammates and the game as a whole.

PCA's allies include a National Advisory Board of top athletes, coaches, academicians and business leaders; prominent national youth sports organizations; and corporations and foundations that support PCA's work as they expand their roster of local PCA Chapters across the U.S.

For Spring 2015, all AHS Men's Lacrosse coaches will be required to attend PCA training classes and become certified "Double-Goal Coaches[®]". PCA programs will be made available to all coaches in the Raider Lacrosse System – Men, Women, Boys, and Girls. And AHS Lacrosse will now have access to a robust set of tools for coaches, athletes, and parents in order help build a positive environment and a culture of success.



YEAR-ROUND COMMITMENT

The Alpharetta Raiders lacrosse program has 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. As an example, past state championship programs such as Milton, Lambert, Centennial, Roswell and others continue to win because of their ability to stay together and play together during the off season. Athletes may participate with other teams concurrently as long as they continually participate in Alpharetta's teams and that other off-season team commitments 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.

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. A summer travel team is hosted by AHS and the Alpharetta Lacrosse Club to attend a number of local and regional tournaments each season. This team is open to all JV/Varsity athletes via invitation at the end of the regular season.

What off-season drills should I focus on to improve my 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 YouTube 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. Coach Z runs strength and conditioning programs throughout the summer which include cross training opportunities. Contact Coach Ritch, Jacobs, Feehan or Coach Z for more information or refer to our team website.

What Summer camps should I 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. Athletes are also encouraged to attend camps and clinics on their own throughout the summer.

What is the Turkey Shootout and how are teams chosen?

The Turkey Shoot-Out is a Winter lacrosse 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 9th and 10th graders with the roster being first come first served.



What is Fall-Ball and how are teams chosen?

Fall ball is an opportunity for all lacrosse players to practice, play, and keep their skills sharp during the Fall off-season – in anticipation for Spring lacrosse. All athletes NOT participating in an AHS Fall sport are **STRONGLY ENCOURAGED** to participate in Raider Fall-Ball. Keeping our athletes playing and working together, getting plenty of practice and playing-time, and sharpening lacrosse skills is vital to the overall success of our program.

- Depending on the numbers, Alpharetta will field a minimum of 2 teams (possibly 3) - open to all current 9th through 12th graders.
- Practices are typically 1-2 days per week, with potential “Captains’ Practices” called and facilitated by only the players.
- There are no try-outs. Team placement is purely based on numbers, positional needs to balance the teams, this past 2014 Spring placement, and player safety considerations. Teams are not chosen, rather, athletes sign up and teams and rosters are established by volunteer coaches during the season and in accordance with the rules for the specific league in which we participate.
- Placement in Fall or Summer lacrosse has no bearing on Spring season try-outs.
- Volunteer coaches are utilized as GHSA regulations prohibit Coach Ritch or any of the Spring team coaches from coaching the high school fall program. Many of these coaches are former players, former JR. Raiders Coaches, and/or have been part of the program for a number of years. Coach Ritch will work with our fall coaches to share practice structures, routines, and approaches to ensure consistency with the Spring program.



STRENGTH & CONDITIONING

Why is Strength & Conditioning training required (during Spring and in the off-seasons)?

Team conditioning is an important element to the program to ensure strength, agility, fitness, and competitiveness leading into each of the lacrosse seasons – Fall, Winter, Spring, and Summer. It is a general rule that none of our athletes is strong enough or fast enough to compete at the highest levels of lacrosse in Georgia without Strength & Conditioning training.

Workouts are typically held at the new AHS weight room after school. Each Strength & Conditioning session (Fall, Winter, and Spring) usually runs for a duration of 10 weeks – 3-4 days a week – and focuses on a different element of fitness depending on the season. Individual assessments are performed on each athlete at the beginning of each session and a personal development plan is designed to maximize each athlete's results. Workouts are held as a team and are facilitated and supervised by Coach Z, certified personal training and the AHS lacrosse Strength & Conditioning Coach.

If you plan to try-out for Spring lacrosse, you are VERY STRONGLY encouraged to participate in each team-based Lacrosse Strength & Conditioning program – unless you are playing a sport that season (i.e. Fall=Football, Winter=Wrestling or Swimming, etc.). Student-Athletes NOT participating in Strength & Conditioning must notify the coaches of your plans to play another season sport. Other specialized and independent training programs are encouraged but should not conflict-with or be used in place-of the team-based training sessions.

There is an additional fee for Strength & Conditioning training which is used to pay for facilities and personal trainer supervision. If you plan to try-out for Spring, the coaches will look forward to seeing you in the weight room.

Why do we occasionally require yoga sessions, and why schedule these on game days?

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 certified instructors.

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.



TYPICAL FEES

The following outlines estimated ranges of potential fees for each lacrosse season based on recent history:

SEASON & COMPONENTS	ESTIMATED RANGE
FALL	
Fall-Ball Registration / Player Fees (uniform included)	\$200 - \$250
Fall Strength & Conditioning	\$100 - \$150
WINTER	
Winter Strength & Conditioning	\$100 - \$150
SPRING	
Spring Registration / Player Fees (uniform included)	\$200 - \$300
Mandatory Booster Club Membership Dues	\$250 - \$300
Player Pack	\$50 - \$150 <i>(depending if returning or new)</i>
Spring Strength & Conditioning	\$100 - \$150
Team Helmet	\$175 <i>(every 3-4 years)</i>
Spring Break Event (Varsity Only)	\$175 - \$300 <i>(depending on location)</i>
End-of-Season Banquet (For other family members / non-athletes)	\$50
SUMMER	
Summer Registration / Player Fees (uniform included)	\$650 - \$750
Summer Travel & Expenses	Managed Per Family



COLLEGE LACROSSE & 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 coaches with the following information:

Full Name | Parents Name | Home Address | Home Phone | Email | Grad. Year | US Lacrosse #

Your name will be placed on the annual team recruiting list and provided to camps, clinics, tournaments, showcases, and coaches upon request. If there is a specific college recruiting event you would like to attend, please email your high school coaches directly with the events information to ensure your recommendation.

How do I find out more about college lacrosse programs? Is there a website(s) resource I should use?

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.

- **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.

When should we start the college recruitment process?

Many colleges and universities find Atlanta to be a good area for college level lacrosse talent. While there are certainly some players from Atlanta being recruited at top-tier Division 1 programs, there are a lot of great options for student athletes from Atlanta at D2, D3 and Club programs. Sophomore and 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. Discuss your college lacrosse goals and objectives with your high school coaches in order to develop a recruiting and exposure game plan that makes the most sense for your abilities and your goals. Your high school coaches can advise and support you in the following areas to help maximize your exposure and possibilities:

- Tournaments, Camps, and Showcases
- Resume and Game-Film
- Emailing / Contacting Coaches
- College Visits
- Setting Realistic Expectations
- Available Scholarships
- Academic Requirements
- Additional Resources



REGISTRATION CHECKLIST & KEY DATES

All athletes and families must complete 100% of the following (including returning players) in order to try out for Spring lacrosse. Any prospective athlete with incomplete information in any of these areas will not be allowed to try out for lacrosse.

STEP 1	Complete the AHS Lacrosse online player registration. http://laxteams.net/ahsraiderlax/page.html?page=3008
STEP 2	Download, complete, and sign all standard and required AHS and Fulton County Athlete paperwork. http://s3.amazonaws.com/vnn-aws-sites/4412/files/2014/10/2014_2015-Athletics-Participation-Form.pdf <ul style="list-style-type: none"> • Release of Liability for Bus Transportation/Designated Driver 1 • Student Participation Application 2 • Verification of Insurance (Please include a copy of your insurance card) 3 • Student/Parent Concussion Form 4 • Receipt Acknowledgement for Athlete/Parent Handbook for GHSA Sports 5 • Pre-participation Physical Evaluation 6-8 • Pre-Participation Physical Evaluation Clearance Form 9-10
STEP 3	Print, sign, and date the Player and Parent Contracts on pages 28 and 29 of the Lacrosse Handbook below.
STEP 4	Turn in the forms (Step#2) and signed/printed contracts (Step#3) to Coach Jacob's, Room #4310 by January 12.
STEP 5	Pay dues and player fees at the February 3rd Spring Kick-off.

IMPORTANT DATES

Dec. 1, 2014 – Jan. 12, 2015:	Spring Registration Period All completed forms due to Coach Jacob's room #4310 by 2:00 PM on 1/12/15 Prospective players will not be allowed to tryout if all forms have not been submitted
January 26-28, 2015:	Tryouts 6:00-8:00 PM, AHS Stadium Turf Field
January 28, 2015:	Final Rosters Announced
January 29-30, 2015:	First Practices Varsity Practice = Thurs 6-8PM in AHS Stadium. Friday 4-6PM in AHS Stadium JV Practice = Thurs 4-6PM on practice field. Friday 4-6PM in AHS Stadium
February 3, 2015:	Spring Season Kick-off, Player/Parent Meet and Greet, Potluck 6:00 PM at AHS Cafeteria Payments Due Uniforms Distributed



PLAYER CONTRACT

Lacrosse is a demanding sport that requires time, energy and mental focus from the players, parents and coaches. In accordance with the Academic Integrity Policy, students who are failing any spring classes prior to tryouts will be considered ineligible to tryout. Normal spring eligibility will be followed in accordance with school policy. The coaches have committed their time to helping each player to become the best you can be. Your coaches and fellow players expect your complete commitment to the team. This means each player in the program will:

- Demonstrate teamwork and strive to achieve team unity.
- Be on-time and dressed appropriately for all practices and games (team issue practice pinnie, travel wear, etc.).
- Show respect to the coaches, parents, fellow players, opponents and referees.
- Athletes will refer to all coaches as, "Coach _last name_."
- When coaches are talking all athletes are listening.
- Maintain good sportsmanlike conduct and a positive attitude at all times.
- Be enthusiastic, willing to learn and accept constructive criticism.
- Be willing to practice on your own.
- Give 110% effort at all times. NO EXCUSES.
- Support and represent Alpharetta Lacrosse programs (AHS, ALC, AJRL) in a positive way in the community.
- Discuss concerns with coaches in a 1:1 setting away from games and practices.
- Balance school, family, spiritual, and other commitments to ensure lacrosse is a priority.

As a student-athlete, I understand and agree to the following:

- Drug and/or alcohol use, and/or criminal activity will not be tolerated. Discipline actions for unlawful acts will be based on those outlined in the Student/Parent Handbook for GHSA Sanctioned Interscholastic Activities.
- If I am late or fail to attend a mandatory team event, I will lose playtime, regardless of excuse.
- If I am consistently late or consistently miss team events, I will be removed from the team without refund.
- If I receive ISS, I will lose playtime at the coaches' discretion.
- If I receive OSS, will be removed from the team without refund.
- If I receive notification of behavior issues from a teacher, I will lose playtime at the coaches' discretion.
- I am responsible to manage my time making school, family and lacrosse my top priorities.
- I will check my email and team website daily, as this is our main form of communication.
- If I make Varsity, I am required to travel with the team during spring break, and I will be expected to attend mandatory practices on FCS scheduled days off and teacher work days.
- I will not yell, swear-at, or criticize other team-mates, coaches, referees, other teams, spectators, etc. Fighting, cursing, unsportsmanlike conduct, childish behavior, and/or negative and disruptive behavior will not be tolerated and may result in me being asked to leave or even potentially removed from the program permanently.

I, _____ (Student-Athlete), have read the above Handbook and Player Contract and will uphold the standards set out by the coaching staff in order to create and support a successful lacrosse season. I understand that each of these expectations is an essential aspect in creating a positive environment for our athletes and no exceptions will be made.

Student-Athlete Signature: _____ Date: _____



PARENT CONTRACT

PARENT CODE OF CONDUCT

Thank you for the opportunity to develop this unique coach/player/parent/program relationship with your family. Field time, whether in practice or a game, is our time. It is important that all parents respect the time commitment that the coaches, fellow players and their parents have made to the success of the program. For this reason, we ask all parents to:

- Support the coaches, Board members, and volunteers in creating a solid foundation for success.
- Maintain a positive attitude at all times.
- Set the example by showing respect to coaches, parents, fellow players, opponents and referees.
- Give a reasonable amount of time and effort to volunteering and fundraising initiatives in order to help the program be successful.
- Never criticize your child and never criticize someone else's child.
- Refrain from coaching from the sidelines during practices or games.
- Support and represent Alpharetta Lacrosse programs (AHS, ALC, AJRL) in a positive way in the community.
- Discuss concerns with coaches in a 1:1 setting away from games and practices.
- Parents will never criticize or berate opposing players, coaches, or the referees. We will treat our opponents as we wish to be treated. We realize referees sometimes make mistakes.
- Understand that negative and/or disruptive behavior will not be tolerated and may result in you and/or your child being asked to leave or even potentially removed from the program permanently.

I, _____ (Parent/Guardian), have read the above Handbook, Player Contract, and Parent Code of Conduct and will help uphold the standards set out by the coaching staff in order to create and support a successful lacrosse season. I understand that each of these expectations is an essential aspect in creating a positive environment for our athletes and our program.

Parent/Guardian Signature: _____ Date: _____

RELEASE OF LIABILITY:

As a participant, and/or Parent/Guardian of a participant in an Alpharetta High School Men's Lacrosse (AHS), Alpharetta Lacrosse Club (ALC), and/or Alpharetta Jr. Raiders Lacrosse (AJRL) team, activity, program, camp, or clinic, I recognize and acknowledge that there are certain risks of physical injury associated with the sport of lacrosse. I agree to assume the full risk and liability for any injuries (including death), damage, or loss which I or my minor child may sustain as a result of participating in any and all activities connected-to or associated-with these events. I agree to waive and relinquish any and all claims I or my child may have against any and all members, supporters, sponsors, volunteers, staff, Officers, Board of Directors, team mates, and Coaches of AHS, ALC, and/or AJRL as a result of participating in any and all activities connected-to or associated-with these organizations. I further agree and represent that the athlete has been examined by a physician within the last 12 months and is physically fit and able to participate in lacrosse activities. In the event of emergency, I give permission to have my child treated by a physician if necessary. I have read and agree to this release of liability as written above; and I understand that this is a binding agreement into which I am entering.

ACCEPTED & AGREED:

Parent/Guardian Signature: _____ Date: _____