

Worthington

Middle School Lacrosse Program

2015 Spring Season



Information and Procedures

2015 Coaching Staff

Joe Campbell, Head Coach



Head Coach Joe Campbell enters his 4th year as the head coach for the Middle School program. Campbell, a 2002 Thomas Worthington High School graduate, attended the University of Vermont where he earned a Bachelor of Arts degree and played Attack on the Varsity lacrosse program, achieving America East Academic Honor Roll in 2003 and 2004. Campbell is currently employed at The Ohio State University as a Research Associate and Lecturer for the School of Environment and Natural Resources. He can be reached by phone at 614-634-6363 or email worthingtonmslax@gmail.com

Neal Gallucci, Assistant Coach



Assistant Coach Neal Gallucci enters his second year coaching with the Middle School program. Gallucci, a 2006 Thomas Worthington High School graduate, attended The Ohio State University and participated in the Club Lacrosse program for all four years at the University. Gallucci previously was the Head Coach for St. Michaels Trojans 5/6 youth program prior to coaching with the Worthington Program. Gallucci is currently employed at The State of Ohio – Office of the Ohio Inspector General as a Computer Forensic Analyst.

John Gifford, Assistant Coach



Assistant Coach John Gifford enters his first year as a full time coach with the Middle School program. Gifford assisted the team in strength and conditioning activities for the program in the past. Gifford graduated from Thomas Worthington High School in 2002, and earned a degree in Physical Education at The Ohio State University in 2007. Gifford played one year of Varsity football at Ohio Northern University, previously coached for the Kilbourne Middle School Football team, and has taught Physical Education at the Oakstone Academy (Westerville) for 7 years.

Team Website (still in progress): www.twhsboyslax.com and click on “Middle School (7/8)” tab

Coaching Conduct Policies and Practices

Our Coaching Philosophy: We will coach the way we want our players to play at all times; that is disciplined, positive, and focused on the fundamentals of lacrosse and teamwork. Above all else, we will focus on two primary goals with the players: 1) to help them become better lacrosse players and student athletes; and 2) to help them have disciplined, organized fun

The Worthington Lacrosse Middle School program emphasizes that all coaches who participate on the coaching staff are individuals who have excellent leadership, teaching and organizational skills and knowledge and experience with the game of Lacrosse. All coaches are subject to rules, guidelines, and standards established by the State of Ohio, Department of Education, Worthington Schools, and the Ohio Middle School Lacrosse Association. The following is a summary list of certifications, guidelines, practices, and qualifications for Worthington Lacrosse coaches.

Qualifications/Certifications: All coaches who have continuous interaction with the players, paid or unpaid, are required to obtain their Pupil Activity Permits issued by the Ohio Department of Education (ODE). In order to obtain a Coaching Permit with ODE, coaches must complete the following courses and obtain the following certifications:

- Contact the Worthington Schools to confirm the acceptance as a coach or activity director for the Lacrosse program; the superintendent or his or her electronically signs the applications
- Complete the National Federation of State High School Associations fundamentals of coaching class. (This is a one-time training required of all coaches; the district must verify completion).
- Have a current, valid certificate of an approved cardio-pulmonary resuscitation (CPR) training course. The district must verify completion.
- Pass a background check conducted by the Federal Bureau of Investigation.
- Complete one of the training programs below on first aid for coaches. (Note that having a medical license (M.D., D.O, D.C., R.N., EMT, A.T.C.) fulfills the first aid training requirement.)

All coaches who have continuous interaction with the players, paid or unpaid, are required to take and pass the concussion training courses established by the Ohio Concussion Law.

All coaches are subject to removal at the discretion of the Head Coach and Athletic Director, for not meeting these above requirements or engaging in conduct that would disqualify any of the above certifications or background checks.

Coaching Conduct Policy: All coaches, paid or unpaid, who engage in continuous or non-continuous interaction with players/coaches/parents who participate in the Worthington Lacrosse Program, Opponent players/coaches/parents/administrators, game officials and/or administrators, are required to conduct themselves in a professional manner at all times outlined below:

Appearance: All Coaches are required to dress in appropriate coaching attire during lacrosse games, practices, scrimmages, and fundraising events.

Language/Demeanor: At no time during a Worthington Lacrosse event (i.e. Games, Scrimmages, Practices, and Fundraisers) or during any interaction with a Worthington/Opponent Lacrosse player, parents, administrator, or coach is inappropriate language or demeanor permissible. Inappropriate language/demeanor is defined below:

- Promotes hatred; violence; harassment; racism; sexual, religious intolerance, or organizations with such views.
- Involves the harassment of sexual orientation.
- Insulting or demeaning to any player/coach/parent.
- Indicative of deficient athleticism, skill, or intelligence and is specifically directed towards and Worthington/Opponent player.

All coaches are subject to removal at the discretion of the Head Coach and Athletic Director for not meeting these above requirements or engaging in conduct that would defy the above guidelines.

Playing Time: Playing time for Worthington Lacrosse Middle School players is at the discretion of the Worthington Lacrosse Coaching Staff. Each player is expected to earn their playing time. Playing time is based on three factors:

1. Attendance and working hard at practice to get better.
2. Overall team spirit and positive attitude.
3. What the team needs at certain positions (for example, the middle position demands more players in games than attackmen).

Our program will have an **“A” team**, which focuses more upon winning, composed of players who show an above level skill set and who show that they are capable at competing at the highest level in middle school; and a **“B” team**, which focuses more on trying to get everyone playing time, for players that are still learning the game and are developing as players. However, we work to strike a balance between the two because we want to make sure all players are becoming better lacrosse players and having fun. These teams are chosen daily during practice and every player has the opportunity to move up or down. If you have any issues or questions as to what team your son is on, please first ask your sons and if you still have questions you can always contact me.

Due to the amount of players who participate in the Worthington Lacrosse Middle School Program, players will be able to choose their own numbers based on the below criterion: The number selection process will be broken out into three groups. Once the first group is finished and the numbers are assigned, the next group will be able to pick their numbers. Below are the three groups: Group 1: Returning 8th Graders; Group 2: First year 8th Graders; Group 3: All 7th Graders. Players will be able to choose a First number choice and a Secondary number choice. If conflict occurs over a number selection, the Worthington Lacrosse coaching staff will enact a tiebreaker competition at their discretion.

Player Conduct Policies and Practices

All players who participate in the Worthington Lacrosse Middle School program are required to abide by and follow all Federal, State, City, and Municipality rules and law. All players are also required to follow all policies, procedures, rules, and practices established by the State of Ohio, - Department of Education, Worthington School District and the specific middle school in which the player attends. The following is a summary list that is specific to the Worthington Lacrosse Middle School program.

School and Grades: The Worthington Lacrosse Middle School program believes that school and grades are the most important part of being a student athlete. The Worthington Lacrosse Middle School program asks that parents maintain responsibility for your son's school work and grades. Missing practices and/or lacrosse events in order to attend to academic activities is an acceptable excuse. Immediate prior notification for missing practices and games is appreciated (via email), but not required. Worthington Lacrosse Middle School coaches have the ability to review student grades. Behavioral issues in school directly affect the team and any player that gets in trouble in the classroom may also receive disciplinary action from the coaching staff.

Following the Rules: Any player who commits any of the following may be subject to disciplinary action at the discretion of the Head Coach and/or School Administrator:

- Repetitively missing lacrosse events without excuse including practices and games. Excuse is defined as notification of non-attendance by the player or guardian for the reason of: religious events, school events, family events, personal events (I.e. medical appointments).
- Repetitively missing and/or not wearing the required equipment established by the Ohio Middle School Lacrosse Association.
- Repetitive lacrosse infractions which occur during games and practices. (I.e. slashes, cross-checks, illegal body checks).
- Failure to wear appropriate attire or assigned attire before, during, or after lacrosse events.

Disciplinary action may include physical conditioning exercises, reduction of playing time, quarterly/half game suspensions, full game suspensions, multi-game suspensions, suspensions without the opportunity to practice, and removal from the team for the remainder of the season. Any conduct that occurs during normal school hours, during non-lacrosse related school sanctioned events, or non-school sanctioned events may be subject to the below guidelines as well. All suspensions and/or disciplinary actions may not carry over into the preceding year without a meeting between the Athletic Director, School Principle, Head Coach, Parent, Player, and/or Assigned Guidance Counselor.

The following are a list of actions that may lead to permanent, indefinite, temporary suspension from the Worthington Lacrosse Middle School program. Any player who engages in an act of physical violence with a teammate, opposing player, team/opposing coach, lacrosse

administrator, or team/opposing parent may be disciplined by team at the discretion of the Head Coach and/or Athletic Director. Physical violence is defined as the intention use of physical force with the potential for causing physical death, disability, injury, or harm. Physical Violence may include illegal body contact and/or penalties during the state of play of Lacrosse during Worthington Middle School lacrosse sanctioned events.

Any player who engages in an act of verbal abuse a teammate, opposing player, team/opposing coach, lacrosse administrator, or team/opposing parent may be suspended from the team at the discretion of the Head Coach and/or Athletic Director. Verbal abuse is defined as a negative defining statement told to a victim or about the victim. This includes any language/demeanor that:

- Promotes hatred; violence; harassment; racism; sexual, religious intolerance
- Involves the harassment of sexual orientation.
- Indicative of deficient athleticism, skill, intelligence and is specifically directed towards a Worthington/Opposing player.

Wall Ball Stick Test: The Worthington Lacrosse Middle School Program requires a stick test (see form attached). Players will need to pass this stick test prior to participation in contact drills March 2. Open Gym is a great time to work on those skills.

Parent/Guardian Conduct Policy and Practices

All parents/guardians of players who participate in the Worthington Lacrosse Middle School program are required to abide by and follow all Federal, State, City, and Municipality rules and laws at Worthington Lacrosse Middle School sanctioned events. All parents/guardians of players are also required to follow all policies, procedures, rules, and practices established by the State of Ohio, - Department of Education, Worthington School District and the specific middle school in which the player attends at Worthington Lacrosse Middle School sanctioned events. The following is a summary list of additional guidelines and practices that are specific to the Worthington Lacrosse Middle School program.

Behavioral Guidelines: All parents/guardians who attend a Worthington Middle School Lacrosse sanctioned event (I.e., Games, Practices, Fundraisers) are expected to behave in a manner that is not negative towards the program and/or distracting to the ongoing event.

Respect the officials and their authority during the course of an ongoing event or before/after the event. This includes yelling at or in an aggressive manner towards an official in regards to a call he/she made or he/she did not make.

Respect the opposing team and its players during the course of an ongoing event or before/after the event. This includes harassing or targeting negative language or demeanor towards an opposing player or coach.

Confronting a Worthington Lacrosse Middle School coach directly or indirectly (i.e. yelling from the sidelines) during the course of an event regarding the coach's tactics, decisions, line-up, and/or substituting practices is strictly prohibited. Please discuss issues or concerns with coaches via email or during an agreed upon time and place.

Things to Consider: Academics and grades come before lacrosse. Please make sure that players for whom you are responsible maintain their academic eligibility by: making sure grades, class work, and homework come before lacrosse. We suggest that students should not wait until the night before due to finish their class assignments. We challenge and encourage students to get A's and B's instead of C's and D's. If your child is having problems, please contact the coaches as soon as possible so we can assist you with making arrangements to get your son back on the right path.

Attendance and being on time for practices are important. We ask that players be properly dressed for practices; shorts (but please no "Game Shorts" at practice), cleats, helmet, shoulder pads, elbow pads, gloves, chest protector (if applicable), cup, and lacrosse stick.

A player's lacrosse stick is a vital piece of equipment in the game of lacrosse. Players are responsible for taking care of and maintaining their lacrosse sticks during the course of the season. We ask that parents/guardians assist players in making sure their lacrosse stick is usable during the course of the season.

If an issue persists on the team that a parent/guardian has a problem with, we ask that the parent/guardian address the situation with the coaching staff and give them an opportunity to correct it. Please do not let issues boil up over time.

A player's health is vital to their performance in the game of lacrosse. We ask that parents/guardians assist in making sure that players get: a proper amount of sleep, eat a good, balanced breakfast, eat healthy foods before lacrosse events, and abstaining from alcohol, illegal drugs, tobacco, excessive soda pop (12 oz. per day maximum, none is better), and drinking at least 8 glasses of water per day.

If transportation and getting to or from practice is an issue, please consider a carpooling system with other families, or please let the coaching staff know in advance so we can possibly help.

Season Information

Equipment: Players are responsible for providing their own gloves, arm pads, and Lacrosse stick. The program can provide shoulder pads and helmets to players if needed. If a player is unable to purchase the equipment necessary, then the Worthington Lacrosse Middle School Program can work to arrange borrowed equipment for the season. Boys using Worthington Youth Booster (WYB) equipment are welcome to use it through the end of indoor/open gym (late February). However, at the last Open Gym session (Feb 22) that equipment will be returned back to WYB. The program will collect helmets, etc. that belong to the Middle School program from last year's 8th grade class prior to the start of the season.

Paperwork and Fees:

1. *Emergency Medical Release* - Up to date Emergency Medical Release information is required to be submitted online through the Worthington portal. Medical releases will be printed by the school office and provided to the coaching staff. This form would have been completed during the back to school registration process, but please verify to make sure all information is current.
2. *Physicals* - A current physical is required to be on file, if your son participated in a fall and/or winter school sponsored sport their physical form should already be on file (please make sure to check that it has not expired, needs to be dated no later than May 20 to cover the entire spring season). Physicals are current for only one year from the date signed by the physician.
3. *Alcohol, Tobacco, and Drug Policies Form* - if a player didn't participate in fall or winter sport
4. *Lacrosse Waiver / Liability Form* - required for all participants regardless if they have played another sport.
5. *Concussion Form* - Required of all players regardless if they have played another sport.

All forms are to be turned into the schools by February 23. Failure to do so will result in the player being prohibited from practice until forms are turned in.

Fees paid to school online:

Participation Fee: The participation fee to play a sport is \$125 even if you played a fall and/or winter sport. Families approved for free or reduced lunches/fees may receive a discount on the athletics participation fees (pay \$62.50 for reduced and \$0.00 for free).

Insurance Fee: \$10 insurance fee. Participation and Insurance Fees will be paid online www.mypaymentsplus.com. The \$10 insurance fee is required of all players. No checks this year.

Fees paid to lacrosse program: Game Shorts and Shirt Fee: \$45 for all players. These are the only clothing items required for all players. Players are expected to wear the game shirt to school the day of lacrosse games and shorts during all games. Checks are to be made out to: **TWHS Boys Lacrosse Parents Club**.

Practice: Practices start Monday February 23th from 5:30pm-until dark (likely between 6:15 p.m. and 6:30 p.m.) at the TWHS flats. There will be no bus transportation to practices. Parents are responsible for getting their son to the TWHS Flats by 5:30 pm. The first week of practice is no contact and will be geared more towards conditioning. Please make sure that the boys are prepared for both indoor and outdoor activities (most days will be outdoors unless weather is an issue). Items that the boys should bring to practice are: running shoes, shorts, sweats, and sweatshirt. Please prepare for the cold weather. March 3rd will be the beginning for practice in full lacrosse equipment. All kids should have cleats, as well as their own stick, gloves and elbow pads. The Worthington Lacrosse Middle School Program will provide all players with a helmet and shoulder pads (if they need any other equipment please let the coaching staff know so arrangements can be made).

Games: The game schedule is attached. Home games will be held at Worthingway Middle School. Kilbourne Middle School students will be provided bus transportation to home games on school days (not Saturdays). Bus transportation will be provided for away games. Every player is expected to stay for the duration of both games (“A” and “B” game) and will ride back home on the bus.

Tournament: The tournament is a great opportunity for all of the boys. Due to the anticipated numbers this year, efforts will be made to try to get our “B” team entered into the tournament playing field. The tournament is May 17 and 18 at Dublin Scioto High School.

Volunteers: The Worthington Lacrosse Middle School program will need several parent volunteers to help with the following activities: parent liaisons, organize stats table, game day subs, and the tournament. Please see the Volunteer Registration Form if interested.

Spirit Wear: Optional spirit wear (i.e. hooded sweatshirts) will be made available through BSNsports. Our program will be working with the Thomas Worthington High School program and spirit wear and more information will be provided in the future.

Fundraiser: The Worthington Lacrosse Middle School Program will be having one fundraising opportunity this year. With the school district continuing to make budget cuts, our fundraising efforts have allowed us to keep our equipment up-to-date and certified. This also allows us to purchase items that can assist in the betterment of the program.

Champps Breakfast Fundraiser: March 7th. This event will be conducted similar to the last four years, which has been a great success. Please contact Anita Schonhiutt at mac1dad3@aol.com

Important Dates:

January 11: Open gym starts, 5:30 to 7:30 p.m. at KMS

February 23: Official practice season starts, 5:30 p.m. to dark at TWHS Flats

March 7: Champps Breakfast fundraiser, 7 a.m. to 10:15 a.m.

March 30-April 3: Spring Break (non-mandatory practices)

May 16 and 17: OMSLA Tournament

Scrimmage and Game Schedule Attached

Summer Lacrosse:

- Cranbrook LaxJam (Tournament)
 - Sunday May 31, 2015
 - This Worthington Lacrosse Middle School program will be taking a team up to Cranbrook, Michigan to play in the annual tournament. Last year, our program had great fun and success in the tournament.
 - The team will consist of any Kilbourne or Worthingway Lacrosse player, 7th or 8th grade, who wants to participate in the tournament. If necessary, advanced rising 7th graders will be brought up to participate.
 - There will be no charge for the tournament, except board and travel expenses.
- Dennison Lacrosse Academy (Camp)
- (For 8th graders only) The TWHS JV and Varsity Teams will attend the Notre Dame Team Camp from July 24-26. Incoming freshman (current 8th graders) will be included with the JV team.
- Shootout For Soldiers will be held at TWHS on July 10-11. This event is a 24 hour fundraising lacrosse marathon for all ages, youth, MS, HS, and adult. A Middle School team will be organized to compete in this event.

2015 Middle School Lacrosse Schedule

Date		Away Team	Home Team	Location	Time
Mon Mar 23 (S)		Olentangy Hyatts A/B	Worthington Cardinals A/B	Thomas Worthington High School - Flats	5:30 PM
Thu Mar 26 (S)		Pickerington A	Worthington Cardinals A	Thomas Worthington High School - Flats	5:30 PM
Thu Mar 26 (S)		Pickerington B	Worthington Cardinals B	Thomas Worthington High School - Flats	6:30 PM
Thu Apr 9		Big Walnut A	Worthington Cardinals A	Worthingway Middle School	5:30 PM
Thu Apr 9		Big Walnut B	Worthington Cardinals B	Worthingway Middle School	6:30 PM
Mon Apr 13		Hilliard Heritage A	Worthington Cardinals	Worthingway Middle School	6:00 PM
Thu Apr 16	@	Worthington Cardinals A	Grizzell MS A	Dublin Grizzell Middle School	6:00 PM
Sat Apr 18 (S)		Inter-Squad Scrimmage		Thomas Worthington High School - Flats	10:00 AM
Mon Apr 20	@	Worthington Cardinals A	Sells MS A	Dublin Sells Middle School	5:30 PM
Mon Apr 20	@	Worthington Cardinals B	Sells MS B	Dublin Sells Middle School	6:45 PM
Thu Apr 23	@	Worthington Cardinals A	Hilliard Memorial MS A	Hilliard Memorial Middle School	6:00 PM
Thu Apr 23	@	Worthington Cardinals B	Hilliard Memorial MS B	Hilliard Memorial Middle School	7:15 PM
Sat Apr 25		Delaware A	Worthington Cardinals A	Worthingway Middle School	10:00 AM
Sat Apr 25		Delaware B	Worthington Cardinals B	Worthingway Middle School	11:15 AM
Mon Apr 27	@	Worthington Cardinals A	Karrer MS A	Dublin Karrer Middle School	5:30 PM
Mon Apr 27	@	Worthington Cardinals B	Karrer MS B	Dublin Karrer Middle School	6:30 PM
Thu Apr 30		Dublin Davis MS A	Worthington Cardinals A	Worthingway Middle School	6:00 PM
Mon May 4		Upper Arlington Jones A	Worthington Cardinals A	Worthingway Middle School	5:30 PM
Mon May 4		Upper Arlington Jones B	Worthington Cardinals B	Worthingway Middle School	6:45 PM
Thu May 7	@	Worthington Cardinals A	Worthington Wolves A	Worthington McCord Middle School	5:30 PM
Thu May 7	@	Worthington Cardinals B	Worthington Wolves B	Worthington McCord Middle School	6:45 PM
Mon May 11		Upper Arlington Hastings A	Worthington Cardinals A	Worthingway Middle School	5:30 PM
Mon May 11		Upper Arlington Hastings B	Worthington Cardinals B	Worthingway Middle School	6:45 PM
May 17 and 18	@	OMSLA Tournament		Dublin Scioto High School	TBD
Sun May 31	@	Cranbrook Lax Jam Tournament		Bloomfield Hills, Michigan	TBD



Middle School Wall Ball Test

Player Name: _____

1. Find a flat brick or concrete wall at least 10 feet high, the longer the better
2. Every drill that you do- do it with both hands
3. Always wear gloves when you are performing your routine- you play with gloves so why not practice with gloves
4. Stand 5-7 yards away from the wall
5. Perform this routine at least 4-5 times per week
6. Each routine should be at least 20 minutes in length- if you finish all drills in less than 20 minutes, repeat drills starting with the drill that challenged you the most
7. Listening to music always helps me work harder, so crank up the tunes

→This form is **due at the last Open Gym Session on February 22**

One Cradle*	15 Right	15 Left
Switch Hands	15 R	15 L
Quick Stick	10 R	10 L
One Hand	10 R	10 L
Pulls	10 R	10 L
Switch	10 back/forth	
Bad Pass	10 R	10 L

* Players are required to complete the “One Cradle” pass/catch test in order to participate in contact drills after March 3.

Date:	Time:	Timer: