



**Nationwide®**  
On Your Side

# Parent Handbook

HIGH SCHOOL BOYS



## » DEAR LACROSSE PARENT:

High school lacrosse is about having fun, learning the sport and developing relationships that often last a lifetime. As parents, part of your role is to make sure that your child is enjoying his lacrosse experience even as he progresses to higher levels of play. Be positive about your son's participation — winning is not everything. You and your son will participate in many games over the years, and the friendships and great experiences will certainly stay with both of you much longer than the wins and losses on the field.

### GUIDING PRINCIPLES FOR BOYS' LACROSSE:

- Respect your coaches, teammates, opponents, officials and the fans
- Compete with heart, honor and hustle
- Honor the traditions of the game and respect the ancestors of the sport
- Have fun, be passionate and adhere to the spirit of the game both on and off the field

**This season, as a parent and player, pledge to COMPETE with CLASS and HONOR the GAME.**



- Honor the history of men's lacrosse and commit to maintaining the core values of the game's culture.
- Recognize the value of safe and fair play by teaching, enforcing and playing by the letter and spirit of the game.
- Do your very best to make the sport fun for every participant.

## » SAFETY IN LACROSSE

Your son's membership dues help provide resources to fuel the work of the US Lacrosse Sports Science and Safety Committee, a diverse group of professionals in the sports medicine field that studies injuries and health in lacrosse. The committee has published several studies and position papers, all available at [uslacrosse.org/safety](http://uslacrosse.org/safety).

**CONCUSSIONS:** Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. Concussions are a very hot topic in sports medicine. Learn more about playing safe, signs, symptoms and recovery at [uslacrosse.org/concussionawareness](http://uslacrosse.org/concussionawareness).

## » TIME MANAGEMENT

Getting the most of his school lacrosse experience can be easier with proper time management. Here are some recommendations:

### 1) Help your athlete plan and set priorities.

Before the season, help your child map out the time needed to handle the demands of homework and sports, so he has a better sense of how much time he has for other activities. Encourage your child to set a "to do list" and a "don't do list."

*Note: If you are interested in playing at the NCAA Division I or II level, you should register with the NCAA clearinghouse ([www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)) sometime in the summer before or the fall of your senior year of high school. For more information on the recruiting process, please visit [www.lacrosse recruits.com](http://www.lacrosse recruits.com), the official recruiting tool of US Lacrosse.*

### 2) Don't allow shortcuts in sleep and nutrition.

Many high school athletes try to manage their heavy workload by sleeping less and eating on the run. Student-athletes need more sleep and better diets, so make sure they have healthy snacks like citrus fruits, strawberries, whole grain breads and cereals, almonds and cashews. Avoid energy drinks, which are high in carbohydrates and caffeine and can have adverse effects on performance.

**3) Build in "down time."** Just like muscles grow when they have rest between weight lifting sessions, your athlete needs down time to relax. Encourage your athlete to take time to do nothing or practice the art of napping. Naps of up to 30 minutes can recharge your athlete for the rest of the day.

**4) Give your athlete a break.** Your student-athlete will likely get tired and cranky at times and may procrastinate. That is normal, so don't overreact and make a big problem out of what may be a transition thing.

**5) Don't panic if there is a crash.** Sometimes, despite all preventative measures, the combination of athletics, academics, and extracurricular activities overwhelm high school students. This is not unusual. Most often, improving time management, reassessing priorities and teaching self-advocacy is the answer.

## » BEYOND HIGH SCHOOL—RECRUITING

Does your child love playing high school lacrosse? Does he dream of playing in college? With proper planning, that dream can become a reality. There are hundreds of opportunities to continue playing in college, from high-level NCAA programs to Men's Collegiate Lacrosse Association (MCLA) club programs to junior-college schools. The key is finding the right fit for your child.

## 4 STEPS TO GET STARTED

As much as you want to be involved, your child should lead the college search process. College coaches want to work with mature students that can handle responsibility. Your child, with your assistance, should go through these next four steps if he is serious about playing lacrosse in college.

**1) EXPLORE YOUR OPTIONS.** How much of a commitment do you want to make in college? At the higher levels, there is more of a time commitment involved. Decide what you want out of your college experience, and talk to your coaches to get an honest assessment of the level you can play in college.

**2) CONTACT THE COACHES.** Based on your research, create a list of schools you are interested in and contact the coaches directly. Send an introductory letter with your academic record information and your lacrosse background. It's never too early to start this process, but your sophomore year of high school is a good time to start. Definitely start no later than your junior year if you want to keep more options open. (Note that NCAA Division I and II coaches are not allowed to return phone calls to you until the summer before your senior year of high school).

**3) VISIT THE SCHOOLS.** Narrow the list of schools you are considering and go visit the colleges. Schedule a meeting with the coach (don't just show up on campus), and see if there are opportunities to watch a game or practice or meet some players.

**4) GET FEEDBACK.** Don't be afraid to ask the college coaches some tough questions. Are they really interested in you? How do they see you fitting into their program? How many players are they bringing in at your position?

## 5 RECRUITING MYTHS

**1) Lacrosse scholarships will pay your college tuition.** For the very best players, a scholarship can help pay for college (full rides are rare), but there are far more NCAA athletes receiving no athletic aid than those that do.

**2) My grades aren't important. A coach can get me into school.** Your child's academic record is one of the first things most college coaches will want to see. Many students are weeded out of the recruiting process right from the start due to their grades or test scores.

**3) If I go to a high-profile recruiting event, coaches will see me.** Coaches do spend time looking at players they know nothing about at larger events, but many events have gotten so big, it's like finding a needle in a haystack. It's important for your child to be proactive and let coaches know where he will be playing.

**4) I need to play in lacrosse events all year.** It's almost unanimous among college coaches that they prefer to recruit multi-sport athletes over those that concentrate solely on lacrosse.

**5) I received a recruiting letter. They must really like me.** A recruiting letter is just the beginning of a process. Don't put too much stock in the letter.

## » THE ROLE OF PARENTS

You are equally as important to your child's positive lacrosse experience as the coach of the team. Some tips to help:

- 1. Be supportive of your child** by giving encouragement and showing an interest in his team.
- 2. Attend games whenever possible.** If you cannot attend, ask about your child's experience.
- 3. Be a positive role model** by displaying good sportsmanship at all times to coaches, officials and opponents. "Honoring the game" is an important part of US Lacrosse.
- 4. Let your child set his own goals.** Be your child's "home field advantage" by giving him your unconditional support regardless of how well he performs.
- 5. Let the coach coach.** Refrain from giving your child advice when he is playing. Also, let the coach know when he is doing a good job.
- 6. Respect the decisions of the officials.** They are the authority on the field.
- 7. Read the rulebook.**
- 8. Get to know who is in charge.** Meet with the leadership of the program, whether it is school-sponsored or recreational, to discuss topics such as cost, practice and game scheduling, insurance coverage, emergency procedures, etc.
- 9. Get involved —** coach or assist, keep score, run the clock, line the fields, manage the equipment, raise funds, coordinate social events, develop an online picture book, help manage the team website, or volunteer in some other way.
- 10. Enjoy the game.** Remember, lacrosse is played for FUN.





## PERSONAL FOULS

The penalty for a personal foul results in a one to three minute suspension from play and possession to the team that was fouled. Players with a total of five minutes in personal fouls are disqualified from the game, though this is a very rare occurrence in lacrosse.



**SLASHING:** When a player's stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.



**TRIPPING:** When a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.



**CROSS CHECKING:** When a player uses the handle of his crosse between his hands to make contact with an opponent.



### UNSPORTSMANLIKE

**CONDUCT:** When any player or coach acts in a way deemed by an official as unsportsmanlike conduct, including taunting, arguing or obscene language or gestures.



**UNNECESSARY ROUGHNESS:** When a player strikes an opponent with his stick or body using excessive or violent force.



### ILLEGAL BODY CHECKING:

A. Body checking an opponent who is not in possession of the ball or within five yards of a loose ball  
B. Avoidable body check of an opponent after he has passed or shot the ball

C. Body checking an opponent from the rear or at or below the waist  
D. Blocking of an opponent with the head or initiating contact with the head against an opponent, initiating contact directly to an opponents head or initiating contact to an opponent's body that then follows through to the head. A one to three minute non-releasable penalty shall be assessed  
E. Body checking an opponent who has any part of his body other than his feet on the ground.  
F. If a player who is about to be body-checked turns his back, jumps or moves in such a manner to make what started out to be a legal body check appear illegal, no foul is committed by the player applying the body check.

## COMMON TECHNICAL FOULS

The penalty for technical fouls shall either be a 30 second time serving foul (if the team fouled had possession of the ball at the time the foul was committed) or awarding the ball to the offended team (if the team fouled did not have possession of the ball).



**CREASE VIOLATION:** When an offensive player deliberately, through his own momentum, enters the opponent's goal-crease or a defensive player, including the goalkeeper, with the ball in his possession, enters from the surrounding playing field into his own crease.



**HOLDING:** Illegally impedes the movement of an opponent with the ball.



**INTERFERENCE:** When a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.



**OFFSIDES:** When a team does not have at least four players on its defensive side of the midline line or at least three players on its offensive side of the midline line.



**PUSHING:** When a player thrusts or shoves a player from behind, with or without the ball, unless a player turns, making a legal push appear to be illegal, in which case no foul is committed



**WARDING OFF:** When a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick or body.

*Nationwide is the official full-line insurance partner of US Lacrosse and can help you "Raise Your Game™" with a wide array of coverage options.*