

# LACEY TOWNSHIP HIGH SCHOOL

## GIRLS LACROSSE

### *2023 Policies and Procedures*

**Varsity- Coach Liz Law**

**JV- Coach Becky Buist**

**Freshman- Coach Samantha Fernandez**

**Coach Stephanie Law, Coach Miklosey, Coach Frank Ritacco**

For a program to grow the athlete participating must:

- Be committed to this program 100%
- Have a positive attitude
- Be a **TEAM** player at all times
- Have the dedication it takes to excel
- Be a responsible athlete
- To be well trained and conditioned (before & during season)
- NO PLAYER is guaranteed playing time.

#### **Covid-19**

\*In these unprecedented circumstances of Covid-19, all are encouraged to be flexible and understanding. Rules and guidelines in accordance with NJSIAA will be followed when an athlete is exposed to and/or contract Covid-19. An athlete must inform a Coach immediately of any related events due to Covid-19. The health and safety of our players, parents, opponents and coaching staff are of the utmost importance. When informed by an athlete of an absence due to Covid-19, not feeling well precautions and/or rescheduled events due to these times may be excused with documentation. Such events will be discussed with the student-athlete and said athlete will be clearly informed of cleared status at that time for practices.

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#### General Information

1. All weekday practices during school begin at 2:15 at the field unless otherwise specified, please arrive on time and come prepared/dressed ready for practice.
2. There will be a practice held before scrimmages and games, NO MATTER what day of the week the practice is on including weekends.
3. On poor weather days practice will be held in the gym, during our slotted time.
4. You may not reenter the school after practice or a game without your coach.
5. Whenever school is canceled, practices may be held virtually, please check with your coaches about practice schedules. There will be practice and games over all long weekends, *including Memorial Day*. There will also be practice and games over *Spring Break*. **You are expected to be at all practices and games.** Just refer to monthly schedules given to you. **\*Monthly schedules are subject to change.**
6. You are not permitted to hang in the hallways before practice. You must be under supervision at all times.
7. For any reason you will be late or miss a practice you must inform a coach in person. **If absent from school you must e-mail the head coach and your coach, and return to practice the next day with a doctor's note for illness.** If late due to extra help/stretch you will need a note/email from your teacher with time, date and signature.
8. Players are responsible to remember to bring equipment back and forth to games and practices.
9. In all matters concerning academics and athletics, academic concerns will be given top priority.
10. Always follow the ideals of sportsmanship, ethical conduct, and fair play.
11. Establish a working relationship with all your fellow teammates.
12. Act respectfully toward teammates, captains and coaches at all times.
13. The coaching staff has the right to remove any player from the team who has an unexcused absence (Coach's Discretion).
14. Only the coach or speaking captain may question an official before, during, or after any contest.
15. Follow all team rules and all instructions given by the captains.
16. Before scheduling a vacation remember that you are in lacrosse season and you ALREADY made a COMMITMENT to your coaches, your team, and yourself.
17. No player is guaranteed playing time. All playing time is per the coach's discretion.

Any and all violations of the discipline policy as found in the LTHS student handbook or team rules that occur at any time during any season that impacts the current lacrosse season will affect a player's ability to receive any captainship, awards, and honors.

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#### **Social Media:**

*Student-athletes are asked to use discretion when participating in social networking avenues. For good or for bad, you are always "on the clock" when it comes to representing Lacey Township High School and the Lacrosse program.*

*Student-athletes are representatives of Lacey Township High School and are in the public eye. Assume anything you post on your personal account could be read by Lacey Township High School staff, teammates, classmates, opposing teams, recruits, parents or other family members, media members, a current employer, future employers or coaches, and even the local police.*

#### **What is social media?**

- *Social media connects people in various corners of the world, helping to build relationships through social interaction using highly accessible communication techniques*
- *Examples include; Twitter, SnapChat, Facebook, YouTube, Vimeo, Instagram, Tumblr, LinkedIn, MySpace, Flickr, TickTock, Foursquare and blogs*

#### **Best practices**

- *Remember that the Internet is permanent*
- *Avoid posting offensive or inappropriate language, pictures, videos or comments*
- *Ensure content posted on these sites does not depict inappropriate or illegal activities*
- *Don't post anything you wouldn't say in a public forum when representing Lacey Township High School*
- *Be in the right state of mind when you make a post - don't post when you're angry, upset, or your judgment is impaired in any way*
- *Check your privacy settings. Students should ensure that they are utilizing the strongest security settings, and that student-athletes have "protected tweets" on Twitter, wherein only approved followers will be able to view tweets*
- *Understand that anything posted online is available to anyone in the world - any content placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online, even if you limit access to your page*

***Similar to comments made in person, the Lacey Township High School Lacrosse Program will not tolerate disrespectful comments and behavior online, such as:***

- *Derogatory language or remarks that may harm teammates or coaches; other Lacey Twp. HS student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect our opponents.*
- *Incriminating photos or statements depicting violence or any other inappropriate behaviors.*

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***Any student-athlete that violates the social media policy set forth will be subject to disciplinary action.***

#### **Eligibility**

1. To be **eligible** for athletic competition for spring sports (second semester - February thru June) a student has passed the equivalent of 15 credits required by the state of New Jersey for graduation at the close of the preceding semester. These requirements are determined by the NJSIAA not Lacey High School.
2. You must clear all fines with the front office to be able to play.
3. You must have a physical for the current season, contact the LTHS nurses office with questions regarding Physicals.
4. **Outside employment or activities that interfere with practices or games will not be allowed.**
5. Any unexcused absence will result in a full or partial game suspension, if not already released from the team. This includes any unexcused practice whether the day before a game or any other practice during the week.
6. If you miss practice the day before a game due to detention or any other unexcused reason you will be unable to play in the game. You will be expected to dress in your uniform and sit on the bench during the game.
7. If you are late to school but sign in before 8:15 am, you may participate that day, after 8:15am you must receive permission from the administration in writing if you have a reason for them to excuse you.(funeral, doc, driver license)
8. MOST IMPORTANT: 2 unexcused absences can = removal from the team; 1 unexcused absence from a game can = removal from the team
9. If you are able to participate in an athletic program after school you must be dressed and participate in your gym class each day. You are not only a reflection of the team in the hallways but also in ALL of your classes including gym. If you do not dress for gym class you will not participate in lacrosse that day even if it means missing playing time in a game. This counts as an unexcused practice.
10. If you miss a game due to an unexcused absence, you cannot be eligible for ANY AWARDS at the end of the season.

#### **Medical Procedures**

1. You are to notify your coach immediately if you become injured or are experiencing pain and must go to the trainer after.
2. You are to notify your coach before and after seeing the trainer.
3. Being taped before practice will not be accepted as a reason for continual lateness.

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4. Whenever you go to a doctor, you must return with a note clearly stating that you are completely cleared to participate not partially.
5. Stated again you may not participate AT ALL if you do not have an updated physical cleared through the nurse's office for this season. **This is a STATE LAW.**

#### **Safety Measures**

1. You are to notify your coach immediately if you become aware of unsafe field conditions.
2. Goggles and colored mouthpiece are mandatory for all practices and games.
3. No jewelry is to be worn during practices, scrimmages, or games.
4. No cleats are to be worn in the school at any time.
5. No inappropriate behavior or language will be tolerated in the locker room.

#### **Team Management**

1. The use of tobacco, alcohol, or drugs will not be tolerated. (Refer to your drug/alcohol/tobacco policy form.)
2. Any practice time missed due to detention will be made up after practice.
3. Players are prohibited from wearing any practice clothes displaying improper messages.
4. The rules and regulations of Lacey Township High School are in effect at all times governing the behavior of the girl's lacrosse team. Violators are subject to administrative disciplinary action as well as team disciplinary action.

#### **Security**

1. You must use a lock on your locker at all times.
2. Never leave anything of value in your locker-leave it at home.
3. Your car is not a safe substitute for a school locker.
4. Never leave books or possessions outside your locker
5. Make sure that your Chromebook is locked up at all times.
6. You are financially responsible for all school equipment issued to you. Take proper care of all of the equipment.
7. The use of a large gym bag to organize and keep track of your equipment is recommended.
8. You are not to be in the locker room when it is unsupervised.
9. You are to never touch the coach's keys under any circumstances.

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#### Away Game Policy

1. Players are expected to travel on the bus as a team always.
2. Only in extreme circumstances may an athlete leave with a parent. **The parent must have a written consent 24 hours prior to the game.** An athlete may only leave with their guardian (not other students' parents) while the coach sees the parent picking them up in person. This is a school rule not just a team rule.
3. Players will never be released to anyone other than their parents or guardians.

#### Contact Information:

Varsity Coach Law- [llaw@laceyschools.org](mailto:llaw@laceyschools.org)

JV Coach Buist- [rbuist@laceyschools.org](mailto:rbuist@laceyschools.org)

Freshman- [sfernandez@laceyschools.org](mailto:sfernandez@laceyschools.org)

Coach Miklosey- [lmiklosey@laceyschools.org](mailto:lmiklosey@laceyschools.org)

Coach Law- [slaw@laceyschools.org](mailto:slaw@laceyschools.org)

Coach Frank Ritacco- [fritacco@laceyschools.org](mailto:fritacco@laceyschools.org)

***Finally, no set rules and regulations can be all encompassing. When a situation arises that is not covered under these rules and regulations, the head coach reserves the right to make a decision based upon the situation's overall impact upon the integrity of the girls lacrosse program at Lacey Township High School.***

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*I have read and understood the policies and procedures to be a member of the girls lacrosse team at Lacey High School. By signing the lines below I will be held to these rules and regulations and understand that being a part of this program is a privilege not a right.*

**Parent's Signature**\_\_\_\_\_

**Athlete's Signature**\_\_\_\_\_

**Date:** \_\_\_\_\_

**Athlete's Printed Name**\_\_\_\_\_