

1. **Coaches**

* **Tip Kress**- Head Varsity Coach
* **Conrad Scoville**- Assistant Coach
* **Josiah Stewart**- Assistant Coach
* **Connor Doyle**- Assistant Coach

1. **Program Goals**
   1. Create a culture of excellence
   2. Compete at a high level at both games and practice
   3. Win our conference and a state championship
   4. **Have fun!**
2. **Program Philosophy**
   1. “The C”
      1. “C”edarburg- What/who we represent, what we play for
      2. Actions, behavior, and mentality will represent “The C”
      3. Everything we do/say must be for the good of “The C”
   2. We intend to shape players into *Triple Impact Competitors*, meaning they look to achieve success in 3 specific ways:
3. Self-Mastery- working hard to make themselves better
4. Becoming leaders who make those around them better
   1. See Squads below
5. Compete by a code of “Honoring the Game” which makes the game itself better
6. We intend to create a foundation of life skills for our players to use not only for the next 4 years, but for the next 40+ years (‘WIN FOREVER’)
7. **Cultivating Excellence through Competition**
   1. Squads
      1. 4 Captains, each manage a squad of 5 players
         1. Promote competition, leadership, and accountability
         2. Captains will model the behavior they expect from their squad
         3. Captains will make sure their squads are prepared for the season (review sessions)
   2. Helmet award decals (Paws)
      1. Goals, assists, team wins, man-up goals, penalty kills, weekly attendance, etc.
   3. The Game Bone
      1. Acknowledging the hard work guys put in during a game, regardless of the game’s outcome
8. **Important Dates**
   1. Preseason Lifting + Testing (**3/10**- *Mandatory*)
   2. Team Picture Day: **April 7**
   3. Practice: **7-9pm Monday - Friday**
      1. Coaches will try provide weekly practice plans for players to review and study
      2. First day of practice - **Monday March 17**
   4. Lifting + Film sessions
      1. We lift ***as a team*** - *no exceptions*
         1. Lift days will likely be Tuesdays and Thursdays 6:00-6:30pm
      2. We will try to have film sessions on those days from 6:30-7:00pm
   5. Spring Break - March 24 - 28
   6. Senior Dinner (4/12)
   7. Youth Night (4/25)
   8. Senior Night (5/5)
9. **Game Schedule - See Team Website**
   1. April 2 @ MUHS - First Regular Season Game
   2. May 19 @ WNS - Last Regular Season Game
   3. \*\*\*Postseason - May 27 - June 14 (State championship)
10. **Team Structure and Goals**
    1. Varsity team only
       1. Playing time will be based on preparation, execution, and attendance
11. **Expectations of Players**
    1. Above all, players will abide by everything in the CHS [**Extracurricular Code**](https://cdn1.sportngin.com/attachments/document/c33a-1743257/CHS_Extracurricular_Code_2023.pdf?_gl=1*1xktkru*_ga*MTA0NDgxMzcwMS4xNjc1OTcyMjU5*_ga_PQ25JN9PJ8*MTcwODk5OTQ5OC43LjAuMTcwODk5OTQ5OC4wLjAuMA..#_ga=2.230349468.1657402952.1708991784-1548653528.1708479138).
    2. *Playing time is optional, practice is not*
       1. Attendance will be taken at every practice, game, and lifting
       2. Missed practices and/or lifting days (excused or unexcused) will be determining factors that could result in a loss of playing time during games
       3. Players are responsible for communicating their own absences to coaches and squad leaders, preferably via email
          1. Players should *not* rely on their friends or teammates to communicate their verbal absences to coaches or squad leaders
    3. Players should study strategy materials and practice plans they have been provided
    4. Lacrosse is a Cut Sport
       1. We **will not** cut someone based solely on their talent
       2. We **will** cut someone if we feel their **attitude, behavior, and** **effort** are detrimental to the team or team culture, regardless of their talent level
    5. Academic Eligibility
       1. Players are **student**-athletes. School work **always** comes first
       2. Lacrosse is a reward for working hard in the classroom
    6. No Hazing
       1. Hazing or any type of initiation where a player is negatively impacted physically, emotionally, mentally, etc. will result in immediate dismissal from the team
    7. POSITIVE Initiation is OK
       1. Team building activities that help build a positive team/program culture
          1. EX: Squads have been tasked with coming up with a victory ritual
    8. Players will keep each other accountable for the cleanup of fields at practices and games.
    9. Athletes cannot practice unless they’re cleared by the Athletics office. [**Registration**](https://drive.google.com/file/d/1OH9J1HngD2yq3mKKfHKree1Fp54TirAX/view)includes completing the custom forms in Skyward, uploading a physical form and/or alternate year card, and adding the appropriate $100 sport fee(s) in Skyward Fee Management (to then pay in RevTrak)
12. **Expectations of Coaches**
    1. Coaches will not be friends with players, but will be friendly to them
    2. Coaches will model the behavior they expect from their players
    3. Coaches will communicate announcements, changes to practice or game schedules, and other announcements via email, GroupMe, the CHS lax website, and social media (as needed)
    4. Coaches will abide by the rules stated in the CHS Coaches Handbook
    5. Coaches will represent “The C”
13. **Parents Expectations**
    1. Parents will abide by the rules stated in the CHS Parent Communication Expectation document.
    2. Parents should communicate to coaches via email. Contact information posted on the team website.
    3. Parents will represent “The C”
14. **Volunteering Opportunities for Parents**
    1. Home Game Duties
       1. PA System
       2. Penalty Table
       3. Scoreboard/Clock
       4. End Zone Netting Setup
    2. Game Statistics and Score Reporting
    3. General Team Administration
       1. Weekly Email Communication
       2. Social Media
       3. Event Planning and Management
          1. Senior Night (5/5)
          2. Senior Dinner (4/12)
          3. Youth Night (4/25)
          4. End of Year Banquet (TBD)
15. **Fundraising**
    1. Looking to raise $2500 (half of 2nd end zone net system cost)
       1. Girls program will pay the other half ($2500)
16. **Transportation**
    1. Buses have been reserved for all Varsity away games
    2. Departure times will be put on the team page
17. **CHS Boys Lacrosse Website + Social Media (Instagram & FB) + GroupMe (group texts)**
    1. Our **Instagram** (@chsboyslax) and **Facebook** (Cedarburg High School Boys Lacrosse) will be used to communicate weekly schedules (games, practices, lifting) and other events throughout the season (e.g. Senior night, youth night, etc.)
       1. All parents and players should follow these
    2. **GroupMe-** All players should be set up in GroupMe for group texting and announcements
       1. Players should reach out to their squad leaders if they need to be set up in GroupMe
18. **HUDL.com**
    1. Stream live home games
    2. Link on team site
19. **Apparel (Master Printwear site)**
    1. Store link is posted on the team site.
    2. **ALL NEW PLAYERS** are required to order Cedarburg Lacrosse warmups and uniform shorts
       1. **All apparel orders are due by March 9.**
       2. See team site for the links to what should be ordered
20. **Boathouse Jackets**
    1. If anyone needs one, let me know. The order minimum is 6 jackets, which we might be able to achieve if the girls’ team puts in an order too this spring
21. **Helmets**
    1. Order via Burghardts (2 week turnaround)
    2. Find a graduating senior or player not returning to buy from (second hand)
22. **Jerseys**
    1. Must be returned at the end of the year
    2. Should be worn on game days to school by players
23. **Care for the Whole Body:**
    1. We expect all players to care for their body/mind in ways that will help them best perform on the field, in the classroom and elsewhere in life:
       1. Eat & sleep well
       2. Hydrate (jug life!) – Drink water during school, and during and after practice
       3. Alcohol, tobacco & vaping, illegal drugs – we have a zero-tolerance policy for the use of these substances, and any player choosing to use these items will face the consequences as laid out in school’s code of conduct. In addition, the Lacrosse program’s penalties for use of these substances may be more stiff than those doled out by school.
       4. Mental health/self-awareness – we know that each player has a lot on their plate. Academic, Athletic, Family and other commitments make for a busy, and sometimes stressful, high school-experience. We want every player and parent to know that we, as coaches and a program, are here to support you. If there is ever anything we can do in that regard, please, let us know.