**Cedarburg Boys Lacrosse Team**

*Program Goals, Philosophies, and Procedures*

| **Head Coach:** | Tip Kress | **email:** | tkress@cedarburg.k12.wi.us |
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| **PROGRAM PHILOSOPHIES** | **PROGRAM VISION** | **PROGRAM GOALS** |
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| “The C”* “C”edarburg- What/who we represent, what we play for
	+ Actions, behavior, and mentality will represent “The C”
	+ Everything we do/say must be for the good of “The C”

Success will not be measured merely by a score of a game or a win-loss record.We intend to shape players into Triple Impact competitors, meaning they look to achieve success in 3 specific ways:1. Self-mastery- working hard to make themselves better
2. Becoming leaders who make those around them better
3. Compete by a code of “Honoring the Game” which makes the game itself better
 | 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. We intend on building a culture of excellence whereby players and coaches hold themselves to a high standard of play, values, and dedication to growth in order to achieve success year after year. | * Win a state championship
* Win our conference
* Create a culture of excellence
* Compete at a high level at both games and practice
* Have fun!
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| **TEAM PHILOSOPHIES** |
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| *VARSITY* | *JV1* | *COACHING STAFF* |
| Varsity teams are intended to compete at the highest level. Coaches of varsity teams will select players who can compete/contribute at the varsity level.It is the coach’s prerogative during games to play the players they feel will give our team the best chance to win. Equal playing time in games is less of a priority than at the JV level, but there may be some games where we have an opportunity to give everyone equal playing time.When considering underclass students for the varsity level, player readiness and development should be considered along with the potential for team success. Coaches will strive to find a role for each player that will allow that player to maximize their overall contribution to the team’s success.Varsity players should be leaders on and off the field, and demonstrate an effort and attitude befitting a Triple Impact Competitor. | Junior Varsity will place a greater emphasis on ensuring adequate playing time for all student-athletes. Winning is still a goal, but developing the skills and knowledge student-athletes will need to be successful at the varsity level is also a goal. Playing time/participation may not be equal among players for each event, but most student-athletes should play in most of the competitive events. At the JV level, promoting skills and positive attitudes is critically important. Coaches will strive to find a role for each player that will allow that player to maximize their overall contribution to the team’s success. Coaches may also see that a player’s long-term success in the program would benefit from more playing time and game experience at the JV level.There may be opportunities for JV players to move up to varsity during the year due to injuries or a talent need.JV players should be leaders on and off the field, and demonstrate an effort and attitude befitting a Triple Impact Competitor. | Our coaching staff will strive to be examples of leadership, resilience, and maturity. We will get the most out of our players by filling their “emotional tanks”. We will work hard to create opportunities for each player to excel in their own way, thus giving them a sense of purpose, belonging, and reason to buy into the overall mission of the team and program while simultaneously contributing to the overall success of their team.Finally, coaches *will not* be friends *with* players, but *will* be friendly *to* them.“The C”* Coaches will exemplify the behavior and attitude they expect from their players on and off the field to represent “The C”
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| **TEAM SELECTION** |
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| The four criteria below are the main areas upon which decisions are made when selecting team members. |
| *Skills & Talent* | *Attitude & Work Ethic* | *Growth Potential* | *Team & Program Needs* |

| **PLAYER RESPONSIBILITIES** | **PARENT RESPONSIBILITIES** | **COACH RESPONSIBILITIES** |
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| Players must ensure they remain academically eligible. Lacrosse is the reward for getting good grades.Players are responsible for their own attitude and effort.Players are responsible for communicating their absences to the coaching staff via email.Players are responsible for being dressed and ready to begin practices promptly at 7pm, and when warm-ups begin (typically an hour before the start of a game)Players are responsible for their own equipment and uniforms. Uniforms belong to the school, but players are responsible for keeping track of them and returning them at the end of the season. Players should also be washing their own uniforms so they’re clean before every contest.Players should plan to bring their own water bottles to games and practices.Players should dress for practices and games to account for the weather conditions and for the field (or gym). Always have access to athletic shoes that can be used inside the gym/fieldhouse, just in case.Players should communicate with coaches directly with any questions about performance, playing time, hazing, or other issues that they feel impacts them or others on the team. | Parents are responsible for demonstrating sportsmanship and behavior that is communicated in the [Parent Communications Expectations document](https://cdn1.sportngin.com/attachments/document/0128/8415/Parent_Athlete_Communication_Expectations_2022-23.docx?_gl=1*199ww9e*_ga*MTA0NDgxMzcwMS4xNjc1OTcyMjU5*_ga_PQ25JN9PJ8*MTcwODcyMzIwOS4zLjEuMTcwODcyMzI1Ny4wLjAuMA..#_ga=2.151426874.2092100805.1708702816-1548653528.1708479138).Volunteering time to different administrative duties will be vital to the success of the program this year. Parents can help in multiple ways, such as:* Helping with home game tasks like the scoreboard/game clock, penalty table, stats and PA
* Managing a central team email account, and send out weekly team schedules and any announcements to players and parents
* Helping plan and manage fundraisers

There may be instances where parents may be asked to help transport players to games, potentially in school vans or buses.Parents are also expected to represent “The C” throughout the season. Emotions can run high while watching games, but it’s important to remember things said and done reflect back on the program. | Coaches will abide by WIAA rules and regulations, and CHS coaching requirements found in the CHS coaching handbook.Coaches will communicate practices, game and other lacrosse related events with players in groups and parents via email and/or Groupme, and when possible, the team website.Coaches will address players individually if absences become excessive, before making any decision about a player’s ability to play on the team.Coaches will enforce school-sanctioned disciplinary action if required. Coaches will strive to find a role for each player that will allow that player to maximize their overall contribution to the team’s success. |

| **PLAYER & COACH COMMUNICATION** | **COMMUNICATION EXPECTATIONS** |
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| All coaches must avoid group texts and texting with athletes. Each team/coach is expected to have an immediate form of communication to use with athletes outside of traditional texting. Players and coaches will communicate through Groupme and or school email addresses. Parents should ideally communicate via a central group email as well, or should email the head coach at his Cedarburg School District email address.Absences should be communicated, at a minimum, to Coach Tip’s Cedarburg email account. Any changes to this will be communicated. | Players will communicate with coaches through GroupMe. Parents should ideally communicate via a central group email as well as soon as possible.Absences should be communicated, at a minimum, to Coach Tip’s Cedarburg email account. Any changes to this will be communicated.Changes to practices, games, lifting, etc. will also try to be communicated on the boys lacrosse team website.Parents can text Tip Kress in case of emergency or urgent matters regarding their son’s health or attendance at a game or practice. It is not a privilege to be abused, and any discussion deemed offensive or a form of harassment will be reported. This includes, but isn’t limited to, opinions about how a game was managed, coaching decisions, playing time, other players, refs, etc. |

| **VARSITY LETTER CRITERIA** | **CAPTAIN CRITERIA** |
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| Playing in 50% or more of varsity games will earn you a Varsity Letter | Lead by example on and off the field, encourage teammates and include others, treat everyone with respect and push one another to improve everyday.  |

| **MISSED GAME & PRACTICE POLICY** |
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| “Practice and Lifting is Mandatory; Playing Time is Not”Email is the preferred method of communicating an absence because it helps coaches keep a paper trail of communication.Attendance will be taken at every practice and lifting day. Missed practices and/or lifting days (excused or unexcused) will be determining factors that could result in a loss of playing time during games. An unexcused absence will be weighed more heavily in determining playing time.It is the responsibility of the player (or their parent) who will miss practice or a game to communicate their absence to the coaching staff. It is NOT the responsibility of someone else, like a friend or teammate, to pass along that message to a coach on the absent player’s behalf. Exceptions will be made on a case by case basis. Example: family emergencies, injuries, or being sick are excused absences, but an email communication is still expected. Unexcused absences, with or without prior email communication, may include but are not limited to missing practice or games for another sport or team not associated with CHS or a CHS club, volunteering hours, School dances, attending professional sports events, etc.Any dual-sport athlete participating in CHS lacrosse and another CHS sport must meet with coaches and sign the [Dual-Sport Athlete Agreement form](https://cdn1.sportngin.com/attachments/document/b299-2881256/Dual_Sport_Athlete_agreement.pdf?_gl=1*1lvdxha*_ga*MTA0NDgxMzcwMS4xNjc1OTcyMjU5*_ga_PQ25JN9PJ8*MTcwODcwMjgxNC4yLjEuMTcwODcwMzk2Mi4wLjAuMA..#_ga=2.75364369.2092100805.1708702816-1548653528.1708479138).Any dual-sport athlete participating in a non-CHS sport must meet with coaches and submit a [Nonschool Competition During the School Sport Season form](https://cdn1.sportngin.com/attachments/document/44b2-2313376/NonschoolComp-InSeason-Record.pdf?_gl=1*10dssv0*_ga*MTA0NDgxMzcwMS4xNjc1OTcyMjU5*_ga_PQ25JN9PJ8*MTcwODcwMjgxNC4yLjAuMTcwODcwMjgxNC4wLjAuMA..#_ga=2.37223331.2092100805.1708702816-1548653528.1708479138). School approval must be requested before the non-school competition.Absences for school work will be handled on a case by case basis. It is the player’s primary responsibility to manage their time and school work efficiently so they can remain eligible to play lacrosse. If a player who is struggling with grades needs to take a leave in order to get their grades up, they should first speak to their coaches about it so a plan to balance academics and lacrosse can be put in place.Coaches will have conversations with a player if a trend of absences begins to develop in order to allow the player to improve their attendance. An *excessive* number of absences, communicated or not communicated, even if it’s due to school work, may impact a player’s ability to be on the team. |

| **STRENGTH & CONDITIONING EXPECTATIONS** |
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| In season lifting 2x per week, off season lifting 3-4 times a week unless you are in a different sport. If you are in a different sport, follow that team’s in-season lifting protocols.Preseason testing will occur the week prior to the start of the season. This is mandatory to do so a baseline can be set in Teambuildr for the season and progression can be tracked. Players lifting in-season should be entering their lifts into Teambuildr when they work out. |