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Cedarburg Girls Lacrosse

Program Goals, Philosophies, and Procedures

Head Coach:	Shannen Larsen Van Alstine	920-903-2915	slarsenvanalstine@cedarburg.k12.wi.us
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PROGRAM PHILOSOPHIES	PROGRAM VISION	PROGRAM GOALS
The Cedarburg Girls Lacrosse program believes in creating an environment that is trusting, encouraging, committed, and respectful. We will put effort into the playbook and learn what is asked because we know that when we work hard, we can have fun.	The Cedarburg Girls Lacrosse program strives to build a team over self and provide opportunities in developing, creating, and sustaining a playbook in foundations, friendships, and individual accolades.	<ul style="list-style-type: none"> • Provide athletes the opportunity to advance their skills and knowledge of the game while participating in a quality, competitive environment. • Emphasize strong leadership, sportsmanship and CHS program values. • Field strong, competitive teams at both JV and Varsity levels • Varsity team competes to be #1 in the North Shore Conference Championship

TEAM PHILOSOPHIES	
VARSITY	JV1
Varsity teams are intended to be competitive. Coaches of varsity teams will select players who can compete/contribute at the varsity level. Not all players will have the opportunity to play in every	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



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competitive event. When considering underclass students for the varsity level, player readiness and development should be considered along with
Players all have roles and responsibilities regardless of the amount of game time. As a coaching staff we are keenly aware of playing time.

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 in most of the competitive events. At the JV level, promoting skills and positive attitudes is critically important. Players all have roles and responsibilities regardless of the amount of game time.

TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

Skills & Talent

Attitude & Work Ethic

Potential

Team & Program Needs

PLAYER RESPONSIBILITIES

The coaching staff believes in the "Check My Chickens; Check My Mentals" phrase for all players before lacrosse can even be a thought.

That means a player's chickens can be related to academics and family, and anything that can hurt our mental/emotional state. We believe that if we take care of our chickens our mental/emotional state will be strong and in return we can be a better teammate, player, and student.

PARENT RESPONSIBILITIES

The coaching staff places a strong emphasis on communicating and behaving respectfully at all times. All Cedarburg families are EXPECTED to use respectful language and behavior toward all officials, players, coaches, and spectators! Our program will be known for being respectful and demonstrating good sportsmanship at all athletic events toward all personnel involved.

COACH RESPONSIBILITIES

THIS IS WHY, by Jeff Janssen

As coaches, we can get caught up in the wins and losses, especially the losses. We believe to continually remind ourselves of the higher purpose of coaching, of leading, of teaching, of mentoring. There is so much more to coaching than our record. We believe that if we maintain that perspective, we will "win" by positively and powerfully impacting the lives of young women whose parents have entrusted us with their children.



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<p>Player responsibility during practice and games:</p> <ul style="list-style-type: none"> • Overall team success and skill development come before personal successes and accolades • Be proactive in communicating questions and concern • Will fight for the team • Be ready for both indoor and outdoor practices with the appropriate equipment for your position • We will believe in ourselves and our teammates. That with our confidence and belief in team and self, will allow us the chance to succeed 		
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PLAYER & COACH COMMUNICATION	COMMUNICATION EXPECTATIONS
<p>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.</p> <p>We will be using both email and groupme for communication.</p>	<ul style="list-style-type: none"> • Step 1: Athlete seeks out coach to discuss concern. If the student-athlete and coach are not able to resolve the matter, then: • Step 2: Parent requests conference with the coach or coaching staff (leave an email or voicemail message for the coach during school hours or leave a message with the Athletics/Activities Office). If the conference



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between the athlete and coach, or parent, athlete and coach does not resolve the concern:

- Step 3: A meeting will be set up with the Athletics/Activities Director who will

VARSITY LETTER CRITERIA

Varsity letters will be awarded to players that are on the Varsity roster for at least 50% of the practice and competition days of the Varsity season or **upon coach discretion**.

CAPTAIN CRITERIA

Any player that is Sophomore standing or higher and submits an interest to the coaches will be up for consideration as a captain. They must then complete a questionnaire that is sent via email once they submit their name on the captain form on our team website.

We don't expect every captain to be a strong vocal presence, but we do expect that each captain will carry themselves on and off the field at a high standard and can connect with their team in different ways. They must also be comfortable speaking with refs during the game.

Considerations into selection:

- Position
- Team (Varsity and JV)
- 4 C's (Caring, Courageous, Consistent, Credibility)

MISSED GAME & PRACTICE POLICY

All players are expected to attend all games and practices. Reasons and circumstances related to missing one of these events will be evaluated by the head varsity coach if they occur. Missing practice due to illness or injury will not necessarily forfeit the



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opportunity to participate in a game. The ability to be physically and mentally prepared to participate/compete in competition will be considered in these situations and will be left to the discretion of the head varsity coach.

STRENGTH & CONDITIONING EXPECTATIONS

All athletes are strongly encouraged to take part in the off-season strength and conditioning program at Cedarburg High School. All players will participate in strength and conditioning training 2 days a week during the season.

