

## Carlisle High School Boys Lacrosse Head Coach's Guidance, Intent, and Team Rules

### **SECTION I: Vision, philosophy, guidance, principles**

1. Vision: A highly competitive, cohesive, and disciplined team with a winning attitude, and that represents the Carlisle Area School District, and the greater Carlisle community with dignity and honor.
2. Philosophy
  - a. Firm believe in empowering others that demonstrate:
    - i. Competence
    - ii. Commitment
    - iii. Integrity
    - iv. Candor
    - v. Trustworthiness
      1. Consistent behavior patterns of responsibility, reliability, and demonstrated commitment to the team; unselfish; honest
  - b. Seek to inspire commitment as opposed to compliance
    - i. Mindful that compliance precedes commitment
  - c. Highly competitive, and inspired by others that are
  - d. Communication and feedback are imperative
  - e. Strive to be empathetic
  - f. Aspire not to rush to judgement
3. Head coach's Motives:
  - a. Inspire and influence players to achieve greatness on and off the playing field
  - b. Compete at a high level
  - c. Give back to a program and a community that means a lot to me
  - d. Represent the school district and community with honor
4. Guidance and direction to the coaching staff:
  - a. Model and example integrity while representing the program (24/7)
  - b. Develop and apply expert knowledge in the conduct of your duties and responsibilities
  - c. Hold players accountable for team rules
    - i. Govern yourselves in a way that is consistent with team rules
  - d. Be committed and inspire commitment in players
  - e. Be prepared, and strive to be efficient (have a plan)

## 5. Principles for players

- a. Take yourself serious enough as a student athlete to demand excellence on and off the field
- b. Don't let anyone question your effort
- c. Control your emotions
- d. Don't be a liability to yourself or the team
- e. Treat your teammates, coaches, opponents and officials with dignity and respect
- f. Be ready (On time, with the right equipment, and ready to compete)
- g. Compete
- h. Be humble

## **TEAM RULES**

1. Personal conduct penalty during a game: 1<sup>st</sup> offense: immediate disqualification from the game the infraction took place in, and suspension from the following game practice: 2<sup>nd</sup> offense: 2 game suspension, and suspension from 1 week of practice: 3<sup>rd</sup> offense: Removal from the team.
2. Academic ineligibility: Governed in accordance with school district code of conduct.
3. Tardy or absent from team meeting or practice (unexcused; failure to notify head coach of absence or player absent from school):
  - a. Tardy Offenses: 1<sup>st</sup> tardy offense: Player will run 1 mile in full equipment: 2<sup>nd</sup> tardy offense: Player will run 2 miles in full equipment: 3<sup>rd</sup> tardy offense: Player will be prohibited from participating in any team activity for 1 week: 4<sup>th</sup> tardy offense: Player will be removed from the team.
  - b. Absence offenses: 1<sup>st</sup> absence offense: Player will be prohibited from playing in the next game: 2<sup>nd</sup> absence offense: Player will be prohibited from participating in any team activity for 1 week, to include practices: 3<sup>rd</sup> offense: Player will be removed from the team
4. Equipment infractions (failure to show up at practice with all equipment) 1<sup>st</sup> offense: Player will run 1 mile, and if equipment required to participate in practice is unavailable, player will be removed from practice session after running 1 mile: 2<sup>nd</sup> offense: Player will run 2 miles, will be removed from practice: 3<sup>rd</sup> offense: Player will run 3 miles, will be removed from practice for the following 2 practice sessions: 4<sup>th</sup> offense: Player will be suspended from the team for 1 week. 5<sup>th</sup> offense, player will be subject to removal from the team.
5. Disrespect to opponents, opposing coaches, teammates, and team coaches, fans, and any other school officials: 1<sup>st</sup> offense: 1 practice suspension: 2<sup>nd</sup> offense: 1 game suspension: 3<sup>rd</sup> offense: 1 week suspension to include practices: 4<sup>th</sup> offense: removal from the team
6. Conduct that brings discredit on the program: In broad terms, players and coaches will behave in a way that positively represents the team. Any egregious act brought to the attention, or witnessed by the head coach will be adjudicated by the head coach. Punishment for this type of infraction will generally align with the types of punishments details above. Examples of the types of behavior that fall into this broad category include, but are not limited to:

- a. Excessive use of foul and or vulgar language in public (to include inappropriate gestures)
- b. Egregious disrespect to students
- c. Fighting in school, or off-school premises
- d. Disrespect to an employee of the Carlisle School district or other school district
- e. Blaring loud music on school premises
- f. Driving recklessly on school premises
- g. Serious criminal offense, to include reckless driving offense
- h. Damaging school property
- i. Excessive horseplay during team practices
- j. Engaging in conduct that poses a risk to a person or persons (to include oneself)
- k. Disrespect to team Bus Driver

#### 7. Team Rules (collective)

- a. Inappropriate music in locker room, bus, or during any team sanctioned activity: 1<sup>st</sup> offense: The entire team will run 3 miles together: 2<sup>nd</sup> offense: team will be prohibited from playing music (other than individual headphones) for the remainder of the season (in appropriate music is music that contains vulgarity, uses the “N” word, objectifies women, dehumanizes other people in relation to race, creed, religion, sexual orientation, ethnicity)
- b. Locker room cleanliness: The team will keep the locker room clean at all times. One of the team captains will be the last player to leave the locker room, and along with the head coach will conduct an inspection to ensure the locker room is appropriate. 1<sup>st</sup> offense: Team will clean the locker room prior to practice: 2<sup>nd</sup> offense: Team will clean the locker room and run 1 mile in full equipment before practicing: 3<sup>rd</sup> offense: Team will lose locker room privileges for 1 week: 4<sup>th</sup> offense: Locker room use will be revoked for the remainder of the year.
- c. Sideline cleanliness home and away: The team will ensure sidelines are clean prior to departing the stadium; general rule is “leave it better than we found it”. 1<sup>st</sup> offense: Team will run 1 mile in full gear prior to the next practice: 2<sup>nd</sup> offense: Team will run 10 full field sprints prior to next practice: 3<sup>rd</sup> offense. Team will run 15 full field sprints prior to the next practice.
- d. Inappropriate behavior on team bus: Any player demonstrating unruly behavior on the team bus will be suspended for 1 practice. 2<sup>nd</sup> offense, suspended for one week to include any game that falls within that week. 3<sup>rd</sup> offense, removal from the team.

Caveat: The head coach will apply discretionary judgement when deciding whether or not to implement punishments as outlined above, and will consider all extenuating and mitigating circumstances accordingly. Nothing in these rules circumvents or supersedes official school district policies and rules.

*Updated: January 2019*