

Lacrosse Handbook

St. James High School

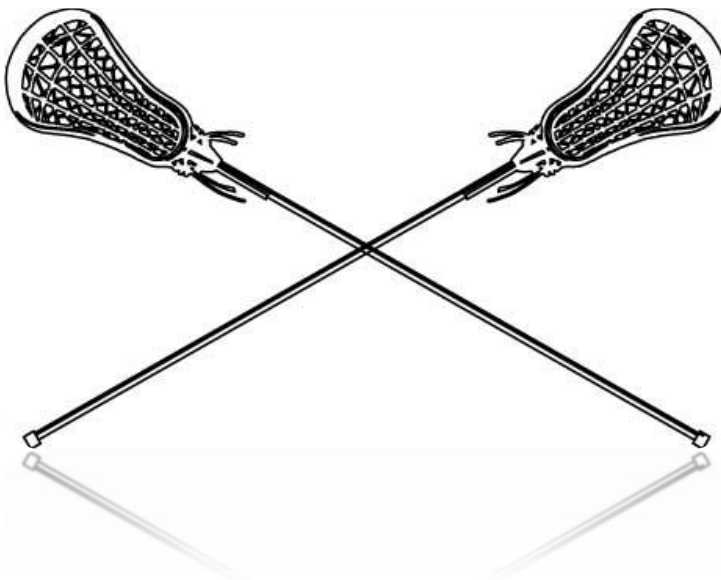
2/4/2015

Coach Grega

St. James High School Lacrosse 2016 Handbook

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1.2015 Schedule

Boys Varsity- Games may be added and dates changed due to conflicts

2016 SHARK BOYS LACROSSE				
Date	Day	Opponent	Location	Time
2/9/2016	Tuesday	Myrtle Beach	Myrtle Beach	7:00 (scrimmage)
2/13/2016	Saturday	Socastee Scrimmage	Socastee	JV/Varsity (scrimmage)
2/17/2016	Wednesday	Waccamaw	St. James	5:30 PM (scrimmage)
2/20/2016	Saturday	Socastee	St. James	11:00 AM (scrimmage)
2/22/2016	Monday	Myrtle Beach	St. James	6:30 PM
2/24/2016	Wednesday	Waccamaw	Waccamaw	5:00 pm JV/ 6:30 Varsity
2/26/2016	Friday	Bluffton	St. James	6:30
3/1/2016	Tuesday	Carolina Forest	St. James	5:00 pm JV/ 6:30 Varsity
3/5/2016	Saturday	South Brunswick	St. James	12:00 PM
3/9/2016	Wednesday	West Brunswick	West Brunswick	6:00 PM
3/16/2015	Wednesday	West Brunswick	St. James	6:00 PM
3/19/2016	Saturday	Academic Magnet	Academic Magnet	4:00 PM
TBD	Thursday*	Waccamaw*	TBD	5:00 pm JV/ 6:30 Varsity*
3/28/2016	Monday	Myrtle Beach	Myrtle Beach	7:00
3/30/2016	Wednesday	Socastee	Socastee	5:00 pm JV/ 7:00 Varsity
TBD		Myrtle Beach Invitational		TBD
4/9/2016	Saturday	Bishop England	Bishop England	1:00 PM
4/13/2016	Wednesday	Carolina Forest	Carolina Forest	5:00 pm JV/ 6:30 Varsity
4/16/2016	Saturday	Socastee	St. James	11:00 pm JV/ 1:00 Varsity

*Site or date of this game will change.

**Schedule as of 2/2/16. Subject to change due to weather or cancellations.

Practices

These times may change due to weather, games each week, and time of the season. Student-athletes are expected to attend practice regularly. Athletes will receive a detailed calendar. In general they should expect:

Varsity- 4-5 days a week 4:00pm - 6:30pm

Middle School & JV- 3-4 days a week 4-5:30

2. Mission Statement

St. James Lacrosse's mission is to teach and inspire a lifelong passion for the game of lacrosse. This includes building a community of student athletes, parents, and community members that honor the sport's history, skills, and competitive nature. The program will promote year round exposure to the sport, opportunities before and after graduation while growing supportive base of Shark Lacrosse Alumni.

3. Team Rules

Rules are divided into 4 categories; **attendance, academics, behavior** and **sportsmanship**. Athletic referrals will be given for any infraction of the team rules.

Referral Procedure:

1. Referral: Warning: Student Athlete conference with coaching staff
2. Referral: Parent Notification, AD Notification, Game Suspension
3. Referral: Parent Notification, AD Notification, Team Dismissal

A. Academics:

1. Student athletes are expected to be in good academic standing at all times. Coaches will ask for academic progress reports during the season. These must be returned to the coaches by the given deadline. Student athletes will be suspended until it is received.
2. Students may be suspended or released from the team if academic standards are not met.
3. Tutoring is an excused absence when prior notice is given to the coaches.

B. Attendance:

1. Student athletes may not be allowed to perform in meets or practices if all obligations to the Athletic Department are not met. (Physical, Insurance, Birth Certificate, Consent Form, S/A Agreements Form, Uniforms, Fund Raising Monies, etc)
2. Student athletes are expected to attend all mandatory team functions unless the coach has prior knowledge of and excused their absences. Unexcused absences are subject to the following:
 - a. 1st unexcused absence will result in a warning.
 - b. 2nd unexcused absence will result in loss of playing time (Half).
 - c. 3rd unexcused absence will result in a one game suspension.
 - d. 4th unexcused absence will result in dismissal from the team

Acceptable absences include documented illness, training room attendance (w/ trainer confirmation), family crisis (w/ parental confirmation), and academic assistance (with teacher confirmation).

3. For the safety of the student athlete and the good of the team excessive excused absences might lead to dismissal. A parent/ athlete/ coach conference should occur first.

4. Student athletes are to be on time for all practices and events. Student athletes are expected to remain at practice for its duration. Acceptable excuses are limited to training room attendance (w/note), and academic assistance (w/ note). Offenses are subject to the following:

A. Warning & Extra Duty

B. Loss of playing time (half) & 2nd Extra Duty- counts as one unexcused absence

C. 3rd One game suspension- counts as second offense

D. 4th Dismissal from the team

C. Behavior

1. Student athletes represent St. James High School and are expected to act in a courteous and appropriate manner at all times.

2. Student athletes must conduct themselves in a safe manner during all bus travel. This includes appropriate volume, staying in seats, and proper entry and exit.

3. We are a family and team. Behavior toward one another should exemplify this!

4. Drugs, alcoholic beverages and tobacco usage are strictly forbidden and constitute grounds for immediate dismissal.

5. In case of arrest or incarceration on or off campus students will be suspended from the team until the matter is resolved.

D. Sportsmanship:

1. We pride ourselves on winning and losing graciously. Always remember that!

2. Unsportsmanlike conduct will be dealt on an individual basis.

4. Inherent Risk

Due to the nature of the sport of Lacrosse it is imperative the student athlete pay attention to their surroundings and wear proper safety equipment. In any practice or game it is necessary the student athlete avoid an area, which is potentially dangerous and have the proper equipment. Student-Athletes should also be aware of improper hydration, nutrition, sleep, and other health risks or factors which could lead to potentially dangerous situations. This should be a primary concern of athletes and parents outside of team practice and game time.

5. Varsity Letter Requirements

A. Academic

Student athletes must pass all courses. The only case and exception is when the failing subject teacher recommends your letter. This exception is limited to one course.

B. Sportsmanship

Student athletes must exhibit sportsmanship toward their opponents and team mates.

C. Attendance

1. Athletes must adhere to team attendance policies
2. An athlete must compete in at least $2/3$ of the season's contests to be letter eligible.

6. Requirements to Participate

School physical and waivers on file with Coach Krauss

Maintain Eligible Status with SCHSL (Grades, Attendance, and Birth Certificate)

US Lacrosse membership (highly recommended)

Proper Equipment

Stick, cleats, gloves, shoulder pads, elbow or arm pads, mouth piece, and athletic cup (optional)

Signed

7. School Issued Equipment and Uniforms Policy

Any equipment borrowed from St. James High School must be returned or purchased at the full price to replace it new. Uniforms are not available for purchase. Lost or damaged (beyond the normal scope of play) uniforms will need to be replaced at the full new cost of the uniform. This is regardless of the uniform's age. Outstanding bills will be added to the student's account. Failure to pay will result in diploma's and report cards being withheld.

8. Web Resources

<http://www.uslacrosse.org>- governing organization- tons of info, insurance, & magazine for members

<http://www.laxpower.com/>- rankings, info, and schedules

<http://www.maxpreps.com/national/lacrosse.htm>- Official site for individual and team stats

Graphtex- will be our new team store

Local shops:

Sickstixlacrosse.com – Local guy, Ryan, has new and used heads, shafts, string, and mesh at reasonable prices. He can custom string as well.

Wilmington: Battle Lax- <http://www.battlelax.com/?AspxAutoDetectCookieSupport=1>

Charleston: Low Country Lax- <https://www.lowlax.com/>

Other Good Internet Options:

Lacrosse Monkey

Sports Stop

Lax.com

9. SJHS Insurance Policy

SPORTS MEDICINE



10800 Highway 707 Murrells Inlet, SC 29588

843-650-2252

IMPORTANT INSURANCE INFORMATION

FOR PARENT OF STUDENT ATHLETES

Dear Parent:

Horry county schools will undertake the full cost of purchasing supplementary athletic accident insurance coverage for all students participating in interscholastic athletics. It is imperative that students and parents follow the appropriate procedures for reporting athletic injuries.

Please keep in mind the following guidelines to ensure proper reporting of injuries and/ or illnesses that result while participating in sports at St. James High School or St. James Middle School..

1. Athletes and/ or their parents need to immediately report any athletic injury to the athletic trainer and/or head coach as soon as they discover they are injured.
2. The athletic trainer will evaluate that injury and make a recommendation as to the course of treatment. Should the athletic trainer not be immediately available or should you feel that you

would like your child to be seen immediately by a physician, it is your right to have your child seen immediately. **It is imperative, however, that you inform the athletic trainer of the injury or illness as soon as possible.**

3. Should the injury / illness require physician care the athletic trainer will work with the student and parent to secure a medical appointment with an SJHS team physician or physician of the family's choice.
4. If the student is covered by private medical insurance, this insurance policy will be billed first. HCS student athletic insurance is a secondary policy to any and all primary insurance coverage. If the student is not covered by private medical insurance, then the HCS student policy will become primary.
5. You must fill out a claim form within 90 days of the injury to be submitted to the student accident insurance. Please make copies and send all pertaining bills, and explanation of benefits you receive.

Finally, please understand that student-athletic insurance **is limited and will not cover 100% of the medical bills. A schedule of benefits will be provided to by contacting your schools book keeper or athletic trainer. We strongly recommend, if at all possible that you carry your own personal medical insurance.**

Thank you for taking a moment to review the information above. It is extremely important that claims are reported properly and that these procedures are followed at all times. Failure to do so may result in the insurance company denying your claim. Please feel free to contact me at the numbers listed below.

Sincerely,

Bill Krauss MEd., ATC, SCAT

Head Athletic Trainer

843-650-2252

10. Parent Involvement

We are going to need help in various areas please talk to me or sign up via the google form.

<http://goo.gl/forms/pwawC8NoaX>

Coordinating Game Day Meals

Providing Game Day Meals

Social Media Administrator- helping update info, pictures, and announcements

Home Games: 2-3 @ Scorers Table doing stats & penalties, Timer/Clock, Film

Away Games: Scorers Table doing stats, Film

Senior Day Coordinator

Fundraising Committee

11. Contact Info

GroupMe

Student GroupMe Chat

Phone: +1 7402771148 Group ID: 15794583

https://app.groupme.com/join_group/15794583/D0RQYr

Parent GroupMe Chat

Phone: +1 8605066865 Group ID: 19585258

https://app.groupme.com/join_group/19585258/QLXh0y

Coach Grega

School- 843-650-5600 x 2517

Email- jgrega@horrycountyschools.net

Cell- 843-655-3998

Facebook

<https://www.facebook.com/St-James-Lacrosse-667527533344882/>

Weebly site

<http://stjameslacrosse.weebly.com/>

Twitter

@stjameslacrosse