



### Mission Statement

-The purpose of Prep Girls Lax is to provide athletes opportunities to be leaders, grow together as a team, compete, and improve. Learn valuable life lessons about honesty, integrity, friendship, respect, and handling adversity.

### Philosophy

Follow the **L.I.O.N.S.** way!

**Leadership** - Be a positive and vocal leader, whether you are a captain or not. In the classroom and on the field.

**Integrity** - Play the right way! On and off the field. *"Do right rule"* Are you doing the right thing? Even if you don't get caught?

**Optimism** - Never give up, and always provide yourself the grace to make mistakes and move past them.

**Control your body language.** *"Body language provides a window to your confidence and your character."*

**N'thusiasm** - Display positive enthusiasm in games and practices. Be a vocal encourager of your teammates, and CELEBRATE SUCCESS!

**Sportsmanship** - Respect your opponent, referees, and your teammates by displaying good sportsmanship.

### Player expectations

-All girls lacrosse players are expected to follow the "L.I.O.N.S. way", both on and off the field.

-Be punctual, to practices and commitments with the team.

-Give your best effort in every game, practice, drill, etc.

-Have a positive attitude. Internally with positive self talk, giving yourself the grace to make mistakes and still keep trying to improve. Externally to your teammates. Encourage them by being vocal and supporting them in success or failure.

### Coach Expectations

-Teach valuable life skills

-Communicate roles and expectations with athletes.

-Be prepared, team oriented, disciplined, and patient.

-Focus on what we can control

-Display appropriate behavior on the sideline.

### Parent Expectations

-Parents are expected to cheer on the team and program with positive encouragement!

-Parents may not always agree with the decisions that athletes or coaches make, but they should be positive and support us.

-Parents will display good sportsmanship to the other team, officials, and fans of the other team. Your actions reflect on your daughter, our school, and our program.

-Please remember you are not just there to support your child but also the entire team. Please refrain from gossiping about other players, coaches or the program by engaging in negative conversations.

### Academic Expectations

-We are **STUDENT-Athletes**.

-Grades are monitored every week during the spring season.

-All US athletes are required to have all grades at or above a D in order to compete.

-All MS athletes are required to have all grades at or above a C in order to compete.

-Athletes are expected to regularly attend their classes (on time), and when they miss class they are expected to stay on top of their grades even at the expense of games or practices for Lacrosse.

-Athletes are expected to be model students. Providing leadership and always showing respect to staff members and fellow classmates.

### Policies

-MSHSL Violations of any kind may forfeit captaincy and/or letter for the current season.

-MSHSL Violations forfeit your opportunity to win end of season awards.

### Lettering requirements

-Attend each practice with a good attitude

-Successful completion of the season

### Accumulate 12 points on Varsity

-Play in one half of a varsity game = 1 pt

-Each goal or assist = 2 pts

-Goalie records a "win" = 4 pts

-Goalie records a save = 3 pts

-Tri-Metro Conference title = 5 pts

-Play in one half of a section game = 2 pts

-Section stat = double pts

### Managers

-Attend all games - JV and Varsity

-Attend practices when necessary

-Successfully complete the season

***\* Coaches discretion may also warrant a letter across the entire program \****

### Philosophies and Playing Time

-Attendance and commitment to the team will have an impact on playing time across the entire program

### JV Team

-The JV team serves as a developmental team for the program  
-Coaches will teach fundamentals in practices and games.

-Athletes will have an opportunity to play in most years, regardless of experience or ability. The amount of playing time will vary from athlete to athlete.

### Varsity team

-Varsity team is made up of the best players in the program. Athletes who show a high level of skill and are committed to the team will represent the varsity team. Playing time will be determined by what the team needs at that time in the season.

-Attitude, effort, conduct, and attendance will all be factors in playing time