

**YLHS MEN'S LACROSSE
STUDENT/PARENT HANDBOOK**



2022-23 SEASON

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Dear YLHS Lacrosse Parents/Guardians and Students:

Welcome to the Men's Lacrosse Program at Yorba Linda High School!



The Men's Lacrosse program got its start thanks to the efforts of our 2009-2010 team members and parents. Keeping this incredible lacrosse program going for these boys over the past twelve years required so many parents, student-athletes, and coaches to unite towards common goal, to volunteer a great deal of time, to raise funds to keep it going; and to support these kids fully.

Because the lacrosse program is largely self-funded, we will have to raise the vast majority of the money needed to pay for coaches, off-season training, the banquet, and more. We need all of our lacrosse families to financially support the program in order to make it a success. Some of the details of this commitment are outlined here in the handbook, and others will be provided by the Program Director and the Booster Board as we move forward.

Lacrosse is the fastest growing high school sport in California, and the coaching staff and student-athletes are committed to continuing our success. We welcome all of you to our 14th season of what has become a great tradition in the athletics programs at Yorba Linda High School, and we look forward to an exciting season of competitive lacrosse!

Go Mustangs!

YLHS Lacrosse Booster Club Board

THE YLHS MEN'S LACROSSE PROGRAM PHILOSOPHY

The coaching staff of the YLHS Men's Lacrosse Program embraces the philosophy of the Positive Coaching Alliance, which defines success as both on-field accomplishment (goals, wins, etc.) and the development of life skills and character. Through sports, student-athletes—especially at the youth level—will benefit from a positive environment through which they can learn life lessons, develop friendships, experience both challenges and success, and have a fun time doing so. In the process, each student-athlete should put in maximum effort in practices and games, strive to learn at every opportunity, and refuse to let mistakes—or even the fear of making mistakes—stop them. That is winning at the highest level. And if these young men can do those things, they will have less anxiety, increase their self-confidence, and perform at a higher level (and win quite a few lacrosse games, too).

How You Can Help

- ✓ **Encourage your son to put in great effort, embrace learning through a growth mindset, and understand that mistakes are part of life** and provide opportunity for personal development. And keep that encouragement coming regardless of game outcomes.
- ✓ **Let your son know you appreciate it when he gives the maximum effort**, even if the result is less than successful.
- ✓ **Ask your son about his perception of his performance in practices and games rather than tell him what you think.** Encourage your son to talk about their effort and performance rather than offering your opinion (positive or negative). Ask open-ended questions: “What was the best part of the game for you? Where do you think you’d like to improve your performance?”
- ✓ **Regardless of the game’s outcome or even their personal stats, always tell your son to take pride in their effort and encourage them to recognize their improvement not game-to-game or even week-to-week, but month-to-month.** Of course, understand that telling them that they “did great,” while positive and encouraging, may stifle their comfort with sharing their frustrations or anxieties or disappointments. Likewise, telling them they needed to “run faster” or “shoot more” or “check harder” may undermine their positive feelings about how well they played other aspects of the game, providing the team with a lift elsewhere on the field or even on the bench. **Let them feel what they feel, without argument or judgment from you.**
- ✓ **Mistakes happen. In fact, if student-athletes are going to develop and push themselves, they *must* make mistakes. These are thus not failures or catastrophes but required steps in the learning process. And we must all understand that no single mistake made by any single player ever cost a team a game.** If a goalie allows a last-second goal and should have made the save, that hurts. But the rest of the team is responsible for not preventing other goals, not scoring other goals, not winning more faceoffs, not creating more turnovers. **In this program, we *must not fear making mistakes*; instead, we must commit ourselves to making them and learning from them.**
- ✓ **Let the coaching staff critique your son's performance.** The staff will have the greatest insight into what was expected/asked of your son during a game and thus how he did or did not perform to that expectation. For example, you may want more goals from your student-athlete, but the coaching staff was encouraging him to shoot less and distribute more, resulting in assists for your son and several team goals.

Honoring the Game

The Positive Coaching Alliance uses the acronym ROOTS to emphasize its key tenets for honoring the game. **ROOTS** stands for respecting **R**ules, **O**pponents, **O**fficials, **T**eammates and **S**elf. By adhering to these five tenets, together we can honor the game and promote the qualities we want these student-athletes to learn and develop:

- ✓ **Honoring the Rules** – The rules of a sport have been developed and modified for a reason. **Rules keep the game fair, and they also keep athletes safe.** It's important not to try to work against the rules or bend them; respect the role they play in your sport. This program will never break the rules to win. Our coaches and our players must respect both the spirit and letter of the rules.
- ✓ **Honoring Opponents** – **If we want respect from our opponents, we must give respect to our opponents.** As Jim Thompson suggests, “fierce and friendly” opponents are what we should strive to be and have in competition. Without opponents, we could have no game. A good opponent makes us do our best. Sometimes our opponents are friends of ours. Remember that they are out there to have fun just like us.
- ✓ **Honoring Officials** – **Officials are doing the best they can to enforce the rules and maintain a safe environment for play and there is *never* an excuse for disrespecting them,** especially when you consider how important they are to the sport itself. We can still have a game if we're missing an assistant coach or even a star player, but without the officials there is no game. Helping kids to honor the game by understanding and respecting the role of the official is a character development opportunity that will do them well as they become positive contributors to society as a whole.
- ✓ **Honoring Teammates** – **We teach our players never do anything to embarrass, take for granted, or disrespect their teammates.** This holds just as true on the bus back from a game as it does on during a practice or a game. Because the heat of competition can sometimes bring out the worst in each of us, our program emphasizes the development of personal and team routines to reinforce this interpersonal respect. Parents can help by reinforcing this approach with their son away from the lacrosse field.
- ✓ **Honoring Oneself** – While “self” appears last in the acronym of ROOTS, this learned behavior—honoring oneself—is the most important and the very foundation of this principal of honoring the game. Individuals with self-respect would never dishonor the game because they have their own standards that they always want to live up to. **This means possessing the moral courage to stand up for what they believe in even when they see that others don't.** The best way to build respect for oneself in these young men is to take notice, acknowledge, and celebrate this behavior when we as parents and coaches see it. This means if you see your son cleaning up a mess they didn't create, or witness them adhering to their committed study regiment, bring this to their attention and celebrate him for it.

GENERAL POLICIES

Financial Information

We need the help of all families to provide an excellent program. The Booster Club is responsible for raising funds to cover the operating costs for the program, including off-season coaching, weights/conditioning, the banquet, shooter shirts and pinnies, and so on. The school district pays for our head varsity coach and head JV coach during the spring lacrosse season **only** (one per team), not for fall lacrosse practices or weights/conditioning. **In short, the only way this program runs is on donations from participating families.**

In order to meet the program's financial commitments, the Booster Club requests a donation of \$300.00 for off-season coaching, weight training, and conditioning¹; and \$350.00 for in-season program operation. Program families will also participate in fundraising opportunities this year.

The Booster Club needs to collect membership donations up front as most of our expenses are incurred prior to the actual start of the spring lacrosse season. With that in mind, the initial fair share of \$350.00 will be needed at the parent meeting on Tuesday, Sept. 13th. The off-season weight training, conditioning, and coaching portion of \$300.00 may also be paid in full at this time for those families participating in fall lacrosse. All donations must be paid in full by January 13th, 2023.

**Make checks payable to: YLHS Lacrosse Booster Club
OR
Pay by Venmo: @YLHSLAX**

YLHS Mustangs Lacrosse Booster Club is a 501(c)(3) organization (IRS EIN 27-0972713).

Also, please plan to turn in all necessary paperwork at the parent meeting (see printable pages in this packet).

Note: If there is a financial limitation/concern for your family, please contact the Booster President, Sara Milroy, via email at laxylhs@gmail.com or the Booster Treasurer, Chi Kemp, at chikemp@pacbell.net. The budget and financial information is available for review at any time.

Transportation Fees

The school district requires every student involved in extracurricular activities to pay a transportation fee to defray the costs of bussing students to off-campus activities. Transportation fees are determined by PYLUSD. **The transportation fee for men's lacrosse student-athletes this year is \$85.00² and is paid to the finance office at Yorba Linda High School (not the Booster Club) prior to the start of spring season.** The transportation fee must be paid prior to the start of

¹ Students who join off-season lacrosse practices and conditioning later in the year will pay a pro-rated portion of the \$300.00 off-season donation.

² This amount is subject to change as directed by YLHS/PYLUSD. We will advise if this occurs.

lacrosse season. No student will be allowed on the bus until this fee is paid. **Note:** this is *not* part of the lacrosse Fair Share or fundraising donation amounts, and the Booster Club has no control over setting the amount or the due date.

ASB Card

All student-athletes are encouraged to purchase a Yorba Linda High School ASB Card, as outlined in the YLHS Student Handbook. This card is purchased at Registration in August. The holder of the card is entitled to discount admission to all home and away athletic events and reduced prices for the YLHS yearbook and dance tickets.

6th Period PE/Practice

We will utilize the fields at YLHS and possibly other fields in the community as needed for our off-season practices again this school year. All students who turn in their Booster Club membership paperwork at registration, have a current athletic clearance packet on file with YLHS, and have the approval of the Men's Lacrosse program Head Coach will be put into the 6th period Lacrosse PE class in order to accommodate our off-season and spring season schedule. **Transportation to and from offseason practice is not provided by YLHS or the Booster Club.**

Off-Season – Due to Fall and Winter sports, off-season practice schedule is Mondays and Thursdays 7-9PM, with weight room on Mondays 3:30-4:30PM, with a second session each week potentially available.

In-Season – Times are TBD, but will be five days a week, plus focused/optional Saturday morning practices and/or film sessions. There will be no organized team events—required or optional—on Sundays.

Grades

Grades for 6th Period Lacrosse will be updated on ABI each grading period. The coaching staff assumes that all student-athletes want to participate fully, and as such, they will work hard, listen to coaches and team captains, and follow the rules. If they do those things, they can comfortably assume their grade each term will reflect their commitment to the team.

Practice/Game Standards

Punctuality and Attendance – Attendance will be taken at each practice. If for some reason a student will miss a practice or game for any reason other than sudden illness or injury, the Program Director must be notified *by the student* at least two days in advance. In case of illness or injury, please notify the Program Director the day of absence via email or text. If for any reason a student-athlete will be absent from practice, note that the Program Director will follow Yorba Linda High School rules for all absences.

Attire and Equipment – Every student-athlete is responsible for ensuring that his equipment is game-ready for all practices and games. They should learn to care for their equipment and practice simple preventative inspection maintenance of their gear to avoid having to repair anything during practices or games or, worse, having to borrow gear or sit out of organized team activities due to equipment issues. For practices and games, quality cleats, an athletic cup, mouthguard, full pads, a YLHS-certified helmet, practice pinny, uniform shorts and jersey (games only), and at least one fully

functioning stick suited to their position are required. For weight room, proper athletic clothing and footwear are expected.

Attitude and Effort – Student-athletes should demonstrate a positive attitude and appropriate effort in games and practices. They should come to practice ready to train with enthusiasm, hustle, and encouragement for their teammates. They should be attentive and open to coaching, and they should welcome the opportunity to step outside their comfort zone as part of their development as both athletes and young men. That being said, it's also important to recognize that today's youth all have problems and struggles that arise during the day/week/month/season which may impact both attitude and effort. While they must do their best to put them aside and embrace practice as a respite from those concerns, when students-athletes can't, the coaching staff is committed to working with them to ensure their continued success on and off the field.

Game Day – All student-athletes will wear the season's pre-determined shooter shirt to school on game days to represent the program and promote team unity.

Mental Health – Every student-athlete at some point in the season will struggle with focus, enthusiasm, personal relationships, family issues, and/or academic stress. This is the nature of life as a high school student. As much as possible, the coaching staff is committed to promoting a safe and inclusive environment where these young men can be themselves, share their struggles, and find support. All student-athletes will have the Program Director's cell number, and they are all encouraged to reach out when they need support, without fear of judgment or rejection.

Online Engagement – In addition to attendance at practices and games, student-athletes are expected to login and review game film on Hudl and offensive/defensive plays and schemes on Lacrosse Lab. These are vital platforms that support their further development of every student-athlete's "lacrosse IQ" and allow for more efficient practices. Rather than having to learn plays or opponents' tendencies exclusively through team activities, student-athletes can use Hudl and Lacrosse Lab to expand their knowledge of the game substantially on their own time. Login details for both platforms will be provided to student-athletes early in the fall off-season training window.

Uniforms and Helmets

After the seasons has concluded, student-athletes keep their uniforms during the entire lacrosse season and must return clean uniforms at the end of lacrosse season to the Athletic Department's equipment manager at a time determined by the program director. The student-athlete is responsible for ensuring that his uniform and helmet remain in good condition. Students and/or parents are financially responsible for any damage caused to the uniform due to negligence or misuse. Failure to return the helmet or home and away uniforms will result in an indebted notice generated by YLHS against the student's account.

Student Withdrawal from the Lacrosse Program

In the event a student voluntarily withdraws from the YLHS Men's Lacrosse Program, a pro-rated refund of the Booster Club Fair Share donation will be given based on the date of the withdrawal from the program and the date the student entered the lacrosse program. **NO REFUNDS AFTER THE OFFICAL START OF SEASON: JANUARY 16, 2023.**

Any student choosing to withdraw should notify the Program Director in writing via letter or email at coachamidon.ylhs@gmail.com.

Athletic Clearance Packets

Each student must complete an Athletic Clearance Packet. This packet must be filled out online through an account on FamilyID. Please go to the YLHS website and click on ATHLETICS then, CLEARANCE FORMS. This packet includes various forms required by the school district including:

- ✓ Parent permission, Emergency Medical and Waiver of Claims for Transportation of Students
- ✓ Athletic/Auxiliary Insurance Certification
- ✓ DMV/Risk Management/PYLUSD Rules & School Driver Registration Form
- ✓ Residential Athletic Eligibility
- ✓ PYLUSD Athletic Code of Conduct
- ✓ CIF Code of Ethics
- ✓ CIF/District Eligibility Rules
- ✓ Early Release from Athletic Period & Student/Parent Athletic Agreement
- ✓ Androgenic/Anabolic Steroid Contract
- ✓ Sports Pre-Participation Assessment*
- ✓ **Copy of Front and Back of Insurance Card [Mandatory]**

These forms must be turned in prior to the start of off-season practice. Participation in lacrosse practice and games will not be allowed until all necessary paperwork is completed and turned in and athletic clearance is given by YLHS.

Forms are available to download and print off the school website at ylhs.org under the athletics tab.

Those students already participating in a fall sport (football, cross country, etc.) do not need to file an additional athletic clearance packet. Just advise the counseling office that you will be playing lacrosse also.

YLHS MEN'S LACROSSE IMPORTANT DATES 2022-23

Parent Meeting Tuesday, September 13th – 6:30PM (YLHS, specific location TBD). In this meeting, we will cover:

- ✓ **Donation for In-Season Costs - \$350.00** (coaches fees, equipment refurbishment and/or replacement, in-season uniform replacements, off-season fees and costs (not already shown below). **Please come prepared to pay this donation at the parent meeting.**
- ✓ **Off-Season Conditioning/Weight Training/Coaching - \$300.00.** **This donation can also be paid at the parent meeting and can be pro-rated depending on when student-athletes join off-season lacrosse.**
- ✓ All fair share contributions may be off-set by sponsorship opportunities. Checks payable to YLHS Boosters Club. Also, if off-setting with a sponsorship, please identify the student-athlete.
- ✓ Athletic Clearance and Media Packet Forms – should have been completed as part of registration
- ✓ Come ready to **volunteer in some capacity** – sign up forms for activities will be available.
- ✓ **Communications** – please provide email and cell numbers for easy communication related to practice times and instructions for the student-athletes. REMIND App instructions will be provided at the parent meeting. However, the program director will provide information at practices, as well, and student-athletes are responsible for communicating with parents and coaches directly and clearly.
- ✓ Student/Parent Handbook – review and submit signature pages.

December 2022

- ✓ Participate in the Savers Fundraiser Event

January 2023

- ✓ Donations for off-season coaching and training and in-season program expenses due by January 13, 2023.

February 2023 – prior to start of regular season

- ✓ Pay the YLHS/District Transportation Fee of \$85 at YLHS Finance Office, payable to YLHS (**not** the Booster Club). Student-athletes will not be able to take the bus to games if this fee is not paid and therefore will not be able to participate in away games if they don't ride the bus with the team. *You may have paid with your student registration. This should have been itemized on your receipt from YLHS.*

YLHS MEN'S LACROSSE STUDENT-ATHLETE AND PARENT TEAM GUIDELINES, COMMUNICATION, AND CODE OF CONDUCT

The needs of the program must always come first, but the student-athlete experience is exceptionally important. We want to encourage open communication between student-athletes, parents, and staff. If you have a concern, please bring it to the program director's attention; he will work to address your concerns while keeping the needs of the program in mind. Once the issue has been discussed, understand that the program director will make the final decision. If you are still not satisfied with that decision, you can request a meeting with him and the athletic director. *If the matter involves playing time, we ask first that the student-athlete himself personally discuss the issue with the coach* before or after practice so that he can understand what the coach requires of him in practices, at film sessions, and during games. Please keep in mind that dissent or the appearance of divisiveness is counter to the team's goals. Therefore, when bringing a concern to a coach's attention, please communicate concerns privately. For example, directly after a game is not the appropriate time to approach any coach about concerns regarding playing time. **AT NO TIME should a parent approach any coach before or after a game in the heat of the moment to discuss playing time.** Should parent approach a coach, the coaches will respectfully end that line of discussion. Instead, parents should email the head coach to set a more appropriate time to communicate your concern.

Coaches make all team decisions based on the performance of the student-athletes and the effort they make to earn the right to represent this team on the field. Every student-athlete, whether starting or contributing in another way, needs to know that both hard work and quality performance together are the best way to improve the team *and* to achieve his personal goals; his and the team's success will be the result of the effort he has made.

Attendance and Performance Policy: Our policy is simple. **Student-athletes should be where they are supposed to be and do what they are supposed to do.** If a student-athlete must miss a team event for a higher-priority activity (YLHS academic requirement or family issue), then that is where he should be and what he should be doing. There will be no consequence. But if the conflict is of lower priority (vacation, non-emergency medical appointment, etc.), then the student-athlete will sit a half game for each unexcused absence. Note: educational conflicts must be cleared by the program director in advance; game time may be reduced if not cleared beforehand.

Student-Athlete Conduct: All student-athletes represent the YLHS Men's Lacrosse Program on and off the field and must remember that their conduct can reflect both positively and negatively on the program as a whole. As a result, student-athletes may be suspended for game(s) if they demonstrate unacceptable conduct on or off the field.

Bus to Games: All student-athletes are expected to travel on the bus with the team going and returning from all games. Failure to do so may lead to a single game or even multiple games suspensions. All student-athletes are expected to follow PYLUSD Bus regulations. Any unacceptable behavior may lead to game suspensions.

Gear/Equipment: All student-athletes must wear the same helmets and uniform for all games. The helmet must be certified and provided by the school, and it must be worn for all official team activities (games and practices). In addition, US Lacrosse requires all men's lacrosse student-athletes to wear athletic cups and mouthguards during game play, as well as NOCSAE chest protectors. Student-athletes should always ensure their gear is game-ready prior to any team event. Talk to the coaches if you have any specific questions.

Parent Signature: _____ Student-athlete Signature: _____

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**2022-2023 YORBA LINDA HIGH SCHOOL MEN'S LACROSSE
BOOSTER CLUB DONATION AND INFORMATION FORM**

The YLHS Men's Lacrosse Program is proud to offer its student-athletes and families the finest high school lacrosse program in North Orange County. Our program is 100% self-funded and provides its student-athletes a full year of exceptional lacrosse training. With eight years Century League Championships and two playoff berths over our last two complete seasons, the 2023 season is looking even brighter!

Our program offers:

- ✓ Varsity Head Coach & Varsity Assistant Coaches
- ✓ Junior Varsity Head Coach & Junior Varsity Assistant Coach
- ✓ September - June Lacrosse Training (two semesters)
- ✓ Weight Training, Conditioning & Endurance Training
- ✓ Game Day Shooter Shirt
- ✓ Uniforms, helmets, nets, and balls
- ✓ Professional game filming and breakdown with Yellow Hat/Hudl (Varsity)
- ✓ Player/team patches and trophies, Coaches Plaques and Thank you's
- ✓ Player Banquet Fee, End-of-Season recognition gifts and team DVD
- ✓ Senior Night

DONATIONS for 2022-2023 YLHS MEN'S LACROSSE	
In-Season Lacrosse Program Operations	\$350.00
Off-season Coaching/Weight Training/Conditioning	\$300.00
Fundraising Participation	

Pay by Venmo: @YLHSLAX

Make checks payable to: YLHS Lacrosse Booster Club. Turn checks in to a Coach or Booster Member OR Mail to: YLHS Lacrosse Booster Club - P.O. Box 845, Yorba Linda, CA 92885

STUDENT/PARENT CONTACT INFORMATION

Student's Name (including preferred name):	Grade: 9 10 11 12
Student's Phone:	Student's Email:
Parents'/Guardians' Name(s):	
Parent's/Guardian's Phone #1:	Email #1:
Parent's/Guardian's Phone #2:	Email #2:
Additional Parent/Guardian info and emails:	
Student's T-shirt Size (Please Circle):	Adult size S M L XL XXL

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VOLUNTEER OPPORTUNITIES

To insure we will have the necessary help to run a high-quality program, the team will expect all families to volunteer in some capacity. Positions will be assigned on a first-come, first-served basis.

FUNDRAISING:

- ✓ Volunteer to work with the Booster Board assisting with any team fundraisers. **Have a great fundraising idea? Please let us know!**
- ✓ Participate in the Savers clothing/shoes fundraiser in December.

TEAM SUPPORT VOLUNTEER POSITIONS:

- ✓ **Banner Manager:** Bring and post Yorba Linda Men's Lacrosse banner and all sponsor advertising banners to each JV & Varsity home game. Take down and store banners in the concession stand after all home games.
- ✓ **Photographers (at least one per team):** Take candid pictures and short videos of student-athletes throughout the year, organize photos by student-athlete or team as needed, submit selected photos/videos to Program Director and Booster Club President for social media and website usage, and work with the banquet pictures coordinator. Must have own equipment and be skilled at taking action photos.
- ✓ **Banquet Pictures Coordinator:** Work with Booster Club & photographers to produce end of year pictures for the team banquet.
- ✓ **Timekeepers:** Run the game clock and penalty clock at home games during season. One person needed for JV game clock, and one person needed for the Varsity game clock. **(Training will be provided!)**
- ✓ **Stats/Scorebook Recorders:** Help fill out the scorebook to record team and individual player statistics, penalties, scores, and so on. A great way to learn more about the game and to support the team. Also one of the best seats in the house. **(Training will be provided!)**
- ✓ **Varsity Home Game Announcer:** Provide game commentary at all Varsity home games in Shapell Stadium during the season.
- ✓ **Announcer Assistant:** Help the announcer in the press box keep track of game activity, athlete names and other pertinent information, as needed.