



2017 FHS Boys Lacrosse - Player Information & Expectations

Boys Coaches Contact Information

Boys Varsity Head Coach: Dave Diehl
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Player Commitment

A student-athlete who elects to participate in the FHS Lacrosse Program is voluntarily making a choice to commit to the lacrosse program. It is a privilege to participate in lacrosse and represent FHS and the City of Franklin. This privilege is extended to all, provided that students are willing to assume certain responsibilities.

An FHS lacrosse player must always conduct himself in a way that is a positive example of the team, school, and community. It is expected that all athletes will meet better than minimum standards of conduct and follow all team rules.

Lacrosse Program - Culture

1. Team-first attitude.
2. Selfless play.
3. Commitment to hard work and maximum effort.
4. Commitment to abide by team standards.
5. Understanding that playing time is earned.
6. Understand you are representing your school and community.

Our players and our team represent FHS and the City of Franklin.
It is a privilege to play lacrosse for Franklin High School.



Player Expectations

Lacrosse is a great game. It's fast paced dynamic, and above all, fun to play. Lacrosse is also a team game and a game of skill that requires practice and a commitment from all players. Every player's experience on the FHS lacrosse team should be rewarding and fun. In order to achieve these positive experiences we expect the following from all players:

1. Players play lacrosse because THEY want to.
2. Players are expected to give coaches and their team 100% effort and attention at all times. Players who continually "fool around" during conditioning, practices or game situations will be subject to extra conditioning and/or lose playing time for a specified or indefinite period of time.
3. Players are encouraged to ask questions of the coaching staff at the appropriate time. There are no stupid questions!
4. Players will not throw helmets, sticks or any equipment in frustration or anger. Players will "honor the game" and always practice good sportsmanship. We will not tolerate cheap play or a player intentionally trying to injure another player. Fair, aggressive play, is encouraged.

Attendance

- Attendance at all in-season practices and games is mandatory. Players are responsible for notifying their head coach if and why they are going to miss or be late for a practice or game. An unexcused tardiness or absence will result in extra conditioning and/or reduced playing time for that player.
 - The head coach will decide if an absence is excused.
 - Players need to be dressed and ready to go by the designated reporting time.
 - Examples of excused absences include illness, school activities such as band, choir, etc.
 - Examples of unexcused absences can include homework, studying, work, etc. Players are expected to budget their time and plan ahead for practice and games. Any issues should be discussed with the head coach.
 - Please note multiple excused absences can result in reducing playing time, as that player may fall behind in team strategy, conditioning, etc.
- Players should notify the head coach as soon as they are aware they may have to miss a game, for any reason, so the coaching staff can plan for that game accordingly.
- Attendance at (non-mandatory) preseason warm up sessions and workouts is highly recommended, especially if the player is not involved in another sport or activity.



Boys Lacrosse Equipment

Below is a list of equipment that is required in order to play Boys' lacrosse. Please note that some of the equipment is supplied by the High School and some of the equipment must be supplied by the Player.

All players are responsible to bring all of their equipment to games and practices. It is recommended that players get a lacrosse bag to carry all of their equipment. If a player does not bring all of his equipment, the coaches will decide if that player plays that day, and that player may be subject to extra conditioning.

Each player is responsible for the uniform and equipment that is issued to them at the beginning of the season. Players will turn in all issued uniforms and equipment at the end of the season.

Equipment Item	Supplied by FHS	Supplied by Player
Practice Pinnie	X	
Two (2) Sets of Game Uniforms	X	
Lacrosse Helmet	X	
Mouth Guard		X
Lacrosse Shoulder Pads		X
Lacrosse Arm Pads		X
Lacrosse Gloves		X
Cup		X
Lacrosse Bag (Optional)		X
Goalie Helmet	X	
Goalie Chest Protector	X	
Goalie Gloves	X	



US Lacrosse Membership

According to Wisconsin Lacrosse Federation rules and Classic Eight Conference rules, all HS Lacrosse players must have an active US Lacrosse membership that will remain current through the end of the 2017 HS season (through the end of June).

The cost of US Lacrosse Membership for HS players is \$35 and it is the responsibility of the player.

All players will need to print out and submit a copy of their membership card to the Head Coach.
This must be done prior to the first official practice.

www.uslacrosse.org



PLEASE NOTE

**MEMBERSHIP MUST BE GOOD THROUGH THE ENTIRE 2017 SEASON – JUNE 2017
EXPIRATION DATE MUST LATER THAN JUNE 15, 2017**



Concussion Testing

Concussion Testing - For freshman/juniors if they have not had it done this year or if they are new to the sport all together. Coach Diehl will have a list of players who do not need this testing.

Tryouts

Player team placement assignments (i.e.: JV or Varsity) will be done on the following days:

Tryout Dates:	March 6 th , 7 th , & 8 th	at Franklin H.S., 7:00 – 9:00 PM
First Official Practice:	March 9 th	at Franklin H.S.

Please note coaches may extend tryouts or keep spots open on Varsity past the dates listed above.

Any student that is interested in playing but in need of equipment should contact Coach Diehl.

We can help you get equipment to use tryouts.

Do not let the lack of equipment keep you from trying out.

Practice Schedule and Overview

Days: Monday through Friday when we do not have a game

Times: 5:15 - 7:30 PM @ FHS Sullivan Field
or
5:15 - 7:30 PM @ FHS Upper Practice Fields

- Practice time may shift later (6:45 PM) to utilize the turf when necessary.
- Spring Break: No mandatory practices are currently scheduled for spring break. Optional practice dates will be determined at a future date.
- We will be outside unless there is a thunderstorm or the practice field is unusable. Plan on practicing if we could play a game in the weather. We will practice if it's cold, windy, rainy, etc. If we have to move inside to the gym we will try to secure gym time.



Practice Expectations

- One (1) reversible practice pinnie will be issued to all players. Players must wear this pinnie to each practice.
- Players are also expected to wear plain black, gray, gold, or white shorts to practice. Team colors only!
- Players are expected to be at practice dressed and ready to play, in full equipment, at least five (5) minutes prior to the scheduled practice time.
- Practice will be high intensity and will reflect game situations.
- Players are expected to always hustle.
- Practice Setup – goals, cones, balls. All players will be expected to :
 - Pull out goals and properly set them up on the field
 - Properly put goals away after practice
 - All players must learn how to properly unfold / fold up our Rage Cage Goals
 - Assist in setting up cones for various drills during practice
 - Assist in gathering lacrosse balls after practices and games
- If a player is injured, the coaching staff would like him to participate in practice and game preparation as much as he is able. He should work to get his treatment done after school, before practice starts. Schedule appointments before practice.
- Varsity will host weekly lacrosse classroom sessions outside of the regularly scheduled practice time. Strategy, plays, scouting reports, and film review will be covered in these meetings. Time and dates will be determined based on the practice and game schedule.



Game Expectations

- One (1) black and one (1) white uniform (jersey & shorts) will be provided to all players.
- Players are expected to bring their complete uniform to each game. Undershirts colors must be plain black, gray, gold, or white colors, and be tucked in. Team colors only!
- Players must be dressed and at the field at least (60) minutes prior to the scheduled game time, unless otherwise instructed by the head coach.
- Players will not interact with anyone in the stands - stay focused on the game/teammates.
- Players will not talk to referee unless he is a team captain and doing so in a respectful manner.
- Players will be respectful towards all teammates, coaches, opponents, referees, spectators and anyone else that they may come in contact with during FHS lacrosse events.
- Players are expected to help setup and take down the game field.
- FHS Sidelines will always be well organized PRIOR to stepping on the field.
 - Player lacrosse bags are zipped up and lined up behind the bench
 - Extra sticks are lined up and available
 - Water Cooler is filled and water bottles are stored the bottle carriers
 - Equipment box and ball bag are out and available.

Busing

Varsity and JV players will travel to and from away games by bus.

All players are expected to travel to away games by bus.

Players may leave an away game with their parents if a Release and Request for Private Transportation Form is filled out. This form needs to be turned in to your head coach prior to leaving the game.

The form is available on the FHS website under: Athletics & Activities – Participation Forms

Form Title: Release and Request for Private Transportation

Game Attendance

Typically, JV lacrosse games are played right before Varsity games.

Ideally, JV players should make a concerted effort to watch at least the first quarter of the Varsity game. This will help younger players see the pace of varsity level games. Varsity players should also make an effort to attend and support the JV team before their game when possible.



Regular Season Schedule (AS OF 1-23-17)

Date	Day	Time	Location	Opponent
3/24/2017	Friday	JV- 5:00	FHS - Sullivan Field	Oak Creek
		Varsity - 7:00	FHS - Sullivan Field	Oak Creek
3/29/2017	Wednesday	JV- 5:00	FHS - Sullivan Field	Kenosha
		Varsity - 7:00	FHS - Sullivan Field	Kenosha
3/30/2017	Thursday	Varsity - 7:00	FHS - Sullivan Field	Ozaukee
4/3/2017	Monday	Varsity – 5:30	Park View M.S.	Mukwonago
4/5/2017	Wednesday	JV- 5:00	FHS - Sullivan Field	Homestead
		Varsity - 7:00	FHS - Sullivan Field	Homestead
4/8/2017	Saturday	JV- 1:30	Wisconsin Dells	Hudson
		Varsity - 3:30	Wisconsin Dells	Hudson
4/10/2017	Monday	JV- 5:30	Catholic Memorial H.S.	Catholic Memorial
4/11/2017	Tuesday	Varsity - 5:30	Catholic Memorial H.S.	Catholic Memorial
4/28/2017	Friday	JV- 5:00	FHS - Sullivan Field	Arrowhead White
		Varsity - 7:00	FHS - Sullivan Field	Arrowhead
5/1/2017	Monday	JV – 6:30	FHS - Sullivan Field	Oconomowoc
5/3/2017	Friday	JV- 5:00	FHS - Sullivan Field	Lakeshore
		Varsity - 7:00	FHS - Sullivan Field	Lakeshore
5/9/2017	Tuesday	JV- 5:00	FHS - Sullivan Field	Marquette
		Varsity - 7:00	FHS - Sullivan Field	Marquette
5/11/2017	Thursday	JV- 5:00	Brookfield	Brookfield
		Varsity - 7:00	Brookfield	Brookfield
5/15/2017	Monday	Varsity – 5:30	USM	USM
5/17/2017	Wednesday	JV- 7:00	Waukesha West H.S.	Waukesha
		Varsity - 8:30	Waukesha West H.S.	Waukesha
5/20/2017	Saturday	JV- 3:00	FHS - Sullivan Field	Appleton
		Varsity - 5:00	FHS - Sullivan Field	Appleton
5/22/2017	Monday	JV – 5:30	Park View M.S.	Mukwonago
5/23/2017	Tuesday	JV- 5:30	Kettle Moraine H.S.	Kettle Moraine
		Varsity - 7:30	Kettle Moraine H.S.	Kettle Moraine



Team Information

The most current information for the teams, including practice and game schedules, can be seen on the **Statwack** website located here:

<http://saberboyslacrosse.com/>

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

WEB / On-Line Resources

www.uslacrosse.org

www.lacrossepower.com

www.wisconsinlacrosse.com

www.classic8conference.org

<https://www.franklin.k12.wi.us/franklin-high-school/athletics-and-activities/athletic-team-pages/lacrosse-boys>