



# Waukesha Nighthawks Lacrosse Policies & Expectations

Students attending any of the four Waukesha high schools (Catholic Memorial, Waukesha North, Waukesha South and Waukesha West) are eligible to participate on the team. The Nighthawks are proud to participate in the Classic 8 Conference. The team is governed by the rules set forth by US Lacrosse, the National Federation of High Schools, The Classic 8 Conference, and the School District of Waukesha.

## Coaching Philosophy

All coaches are required to complete US Lacrosse certifications before coaching. Part of that certification is learning (and committing) to providing our players a positive, encouraging experience. Coaches are committed to the goal of helping our players to play at or above their individual abilities, to play as a team, and the most important goal of using the lacrosse experience to be winners in life. The coaching staff will:

- Exhibit and demand good sportsmanship and teamwork at all times
- Provide a safe, respectful, encouraging, and fun environment for all players
- Provide proper instruction and direction
- Be open and honest with players
- Put players in a position to succeed

## Expectations of Players

The coaching staff expects the following from the players at all times:

- Give maximum effort every time they practice or play
- Continue to learn and improve in practice and in games
- Communicate openly with coaches
- Encourage and support your teammates
- Refuse to let mistakes (or the fear of making mistakes) hinder your effort
- To honor the game by:
  - Knowing the rules of lacrosse
  - Never compromising our integrity just to win
  - Respecting all players, coaches, officials, and fans at all times
  - Exhibit good sportsmanship at all times
- Adhere to the provisions and rules of the School District of Waukesha's Athletic Code (highlights below)

- Athletes must maintain a grade point average of 2.0 or above to participate in games and may not have an “F” in any class
- Athletes must attend the last four hours of the school day to participate in practices or games
- Athletes suspended from school are also suspended from sports
- Any athlete who receives a teacher referral for inappropriate behavior during the school day will meet with their head coach to discuss their actions and consequences. Consequences include loss of practice time and loss of playing time
- Possession, consumption or sale of alcohol, tobacco, and other illegal drugs will result in suspension or expulsion
- Failure to leave an environment in which possession, consumption or sale of alcohol, tobacco, and other illegal drugs is occurring illegally will result in suspension or expulsion
- Committing a criminal act, misdemeanor or serious municipal violation will result in suspension or expulsion
- Be on time and prepared for games, practices, and bus departures
- Communicate with coaches in advance if you are not able to attend a team function
- Communicate with coaches if you suffer any type of injury or illness
- Never forget that this is a game, and the purpose of a game is to have fun

## **Equipment**

All players are required to have the following equipment at all games and practices:

- A “crosse” (stick) that is approved for girls lacrosse (girls and boys crosses are not designed the same)
- Goggles that are approved for girls lacrosse
- (2) mouth guards (they cannot be white or clear)
- Cleats and/or athletic shoes (cleats are recommended for all outdoor games/practices and cannot have metal spikes – soccer cleats work fine – athletic shoes will be required for any and all indoor practices)
- Water bottle(s) to ensure proper hydration
- Compression shorts (black)

Optional equipment:

- Lacrosse gloves
- Approved head gear

## **Uniforms & Practice Gear**

Each player will be provided the following items at the first practice:

- Home & Away Jersey with accompanying kilt to be worn for all games (returning girls have preference for selection of uniform number)
- Reversible practice jersey which each player will be required to have with them at all practices
- These items are the property of the Waukesha Lacrosse Club and are to be cared for and returned to the club after the completion of the season.

In addition, each player will be expected to have appropriate athletic clothing and cold weather gear to be worn at practices and games. Any visible undergarments worn at games under the uniform must match the jersey. Players should carry both jerseys to all games.

## **Team Placement & Playing Time**

The coaching staff will conduct an assessment of all players during the first 2-3 practices to allow for optimal team placement (Varsity or JV). We use a holistic approach to team assignments, and the assessment will be based on factors including skill level, practice habits, attitude/maturity, team needs, previous experience, and knowledge of the game. JV players may be asked to participate at the varsity level during the season at the coaches' discretion.

A player's playing time will be determined by the coaching staff based on several factors including the number of players on the team, a player's skill level, knowledge of the game, practice habits, attendance, attitude and game situations. Any questions for coaches regarding playing time should be addressed by the player. The coaching staff will not address any playing time questions from parents without first having a direct conversation initiated by the player.

## **Injuries**

It is the responsibility of the player to notify the coaching staff immediately of any injury sustained during a practice/game or if they have an injury that will prevent them from practicing or playing in a game. If you are injured and can't participate in practice you are still expected to attend practices and participate in team activities. Any player that is determined to have suffered a concussion will follow the Concussion Return-to-Play Step Progression outlined on the Waukesha West Athletic website ([www.WestWolverines.com](http://www.WestWolverines.com)) before they can return to action.

## Offseason Activities

As we continuously strive to improve the level of play for our program, the coaching staff may, from time to time, schedule practices or workouts during the offseason to provide players with the opportunity to improve their skills. While these practices or workouts are not mandatory, we will offer these opportunities. First priority is always academics, then any in-season sport, then lacrosse. We hope that our players take advantage of the many sports and activities offered in the high schools.

## Parent Information & Expectations

If you are new to the game of girls' lacrosse, one of the first things you need to know is that the girls' game is different from the boys' game. There is much less contact in the girls' game and it is much more of a strategy and finesse game than the boys' game. The game of lacrosse is the fastest growing sport in the United States.

While the varsity and JV teams are high school co-op sports (housed at Waukesha West HS), we are still supported by the Waukesha Lacrosse Club. There are many opportunities for parents to assist the program. Please consider providing assistance in any way that you can as we can only flourish if people chip in and help out. We also encourage participation in the athletic booster clubs that exist at each of the Waukesha schools.

The Classic 8 Conference, the School District of Waukesha, and the Waukesha Lacrosse Club all have high expectations of sportsmanship. **Therefore, I have expectations that the parents of players on this team exhibit sportsmanship and have respect for the game, the teams, officials and club rules.** We have built a tradition of fair play and good sportsmanship, and it takes effort from the girls and the coaching staff to maintain that reputation. Parents can help us by remaining supportive of the culture we have carefully cultivated.

## Schedule

We will do our best to minimize changes to the published schedule. However, there will be instances that changes will be necessary. In these cases, we will effort to provide players and parents with as much notice as possible. In the event that a game will be postponed due to inclement weather or the lack of officials, we will normally know by 2 pm on game day. A current version of the schedule will be published on the Waukesha West Athletics ([www.WestWolverines.com](http://www.WestWolverines.com)) website. We will also communicate changes and reminders through text and email communication. Please contact Amy Krall for instructions on how to change your communication preferences through the club website.

## Lettering Policy

Players have the opportunity to earn Varsity and JV letters from their respective school's athletic department. Varsity letters will be earned by players that participate in 50% of the scheduled varsity games. Players that participate on the JV team will earn JV letters provided that they were eligible per the athletic code to practice/play for at least 50% of the season. Exceptions to the policy may be made in the case of injury/illness.

## Lacrosse Information

The following are websites of interest for the game of lacrosse:

- US Lacrosse – [www.uslacrosse.org](http://www.uslacrosse.org)
- Wisconsin Lacrosse Federation – [www.wisconsinlacrosse.com](http://www.wisconsinlacrosse.com)
- Waukesha Lacrosse Club – [www.waukeshalacrosseclub.com](http://www.waukeshalacrosseclub.com)

## Player Participation Requirements

All players must have the following completed prior to the first day of practice. Players will not be allowed to practice without the following:

- Athletic Eligibility (“Blue Card”) Card from the player’s school Athletic Department
- A valid US Lacrosse Membership (this is done through the website during registration)
- Have all the required equipment as outlined above. Players will not be allowed to practice without proper eyewear and mouth guards.

## Team Contacts

Position	Name	Cell Phone	Email
Varsity Head Coach	Kevin Lowman	262-951-8492	<a href="mailto:klowman@waukesha.k12.wi.us">klowman@waukesha.k12.wi.us</a>
JV Head Coach	Orlando Lopez	262-893-6858	<a href="mailto:olopez@synergy-ta.com">olopez@synergy-ta.com</a>
Girls’ High School Director	Amy Krall	262-894-2437	<a href="mailto:ajkrall@gmail.com">ajkrall@gmail.com</a>

Please contact the coaches or Amy Krall with any questions or concerns that you may have. We are looking forward to a great season.