

# 2011 St. Louis U High Lacrosse Player Expectations from Coaches

1. You should be on time for all workouts, practices, games, and meetings
2. You are expected to maintain a 2.0 grade point average at all times
3. You are expected to clean up after yourselves. The practice field, parking lot, stadium, and locker room should be picked up when you leave.
4. You are expected to take care of equipment problems prior to the start of practice or games. It is expected that you have a backup stick at all times, since sticks and heads do break during the course of play. Be proactive and check your equipment periodically and take care of any loose ends.
5. If you are injured yet physically able, you are expected to be at all games at the regular reporting time. You are also expected to attend all practices while you are injured. You are still a part of the team.
6. If you have a complaint or a problem please see the coach immediately. You are always welcome to call or email if you do not feel comfortable talking face to face. The coaches will do everything in their power to address your concerns.
7. Always be respectful of your teammates and coaches.
8. You are expected to participate in any school retreats or ACT prep classes prior to the start of the season if possible.
9. In the off-season, you are encouraged to participate in another sport. If you elect not to, we encourage you to work on your physical development and lacrosse skills; this includes but is not limited to gaining strength, increasing flexibility and speed, and working on your stick skills.
10. In the off-season, you are expected to attend at least one lacrosse camp during the summer. If you have already attended an in-state camp, you are encouraged to attend one out-of-state. For recommendations on out-of-state camps, please ask your coach. It is important that you continue to play in the off-season to further develop your skills.
11. In the off-season, you are expected to participate in at least one outdoor summer league and all sessions of indoor winter leagues. It is important that you continue to play in the off-season to further develop your skills.
12. If you are going to miss or not be on time for any workout, practice, game, or meeting due to academic/school obligation, family obligation (ie. death in the family), or sickness you are expected to contact a coach in advance via email or phone. A copy of the coaches contact information is available on the website. Please note, any unexcused absence from a workout, practice or game will result in some form of discipline. You should ask the coach if you are unsure if an absence will be excused.
13. Fighting of any kind will not be tolerated. This includes with a teammate, opponent, or any spectator/fan.
14. Never argue with an official's call or make any gesture about the officiating. Any unsportsmanlike conduct will not be tolerated.
15. You are expected to take care of your body. Any smoking, drinking, or staying out late will not be tolerated.  
**SLUH'S POLICY ON TOBACCO/ALCOHOL, AND CHEMICAL ABUSE FOR STUDENTS IN OUR ATHLETIC PROGRAM IS IN THE PARENT-STUDENT HANDBOOK.**
16. Above all compete hard, enjoy what you are doing, and respect your opponents as well as your teammates.

Consequences: (THE CONSEQUENCES WILL BE LEFT TO THE COACHING STAFF'S DISCRETION AND DEPEND ON THE SEVERITY OF YOUR ACTIONS)

1. Extra conditioning during or after practice
2. Decreased playing time in games
3. Will not be allowed to dress out and play in a game
4. Released from the team

It is a privilege that you are representing a program that has a proud tradition of exceptional Scholar-Athletes. How will you contribute?