

MVRHS Girls Lacrosse 2025

Team Rules and Expectations

Our team is built on unity, dedication, hard work, and growth, emphasizing support on and off the field. We encourage players to reach their full potential while valuing integrity, sportsmanship, and respect. We strive to create an inclusive environment where everyone feels valued and empowered. Ultimately, we are a family committed to each other and the game, enhancing both our skills as athletes and our character as individuals.

Please refer to the handbook, located on the MVRHS Athletics website:

<https://mvrhs.org/vineyarders/>

Practice & Games

- The season begins on Monday, March 17th, 2025.
- Practice
 - Every non-game weekday after school, beginning at 2:45 pm to 4:45 pm. Saturday practices are TBD
 - If players need to catch the late bus, they can leave in time to make their transportation.
 - Sundays are “rest days”, or a day off of both practice/ games. These are subject to change as well. We recommend that players use that day to rest.
 - Phone usage is not permitted during practice. If a player needs to contact a parent or guardian during practice they must notify a coach before doing so.
- Games
 - <https://arbiterlive.com/Teams/Schedule/9343976>
 - Please check SportsYou for updates from the coaching staff.
- Team selection will be made by the end of practice on Thursday, March 20th, 2025, and will follow the school athletic handbook’s policy for making selections.

April Break

April 19-27. There are no games planned for Friday, April 18th; however, this date serves as a placeholder for a potential makeup game. Additionally, there will be no practices or games during the break, so players will need to engage in individual exercise during this time.

Tardiness & Turnout to Practice

Players are expected to arrive on the playing field promptly, dressed and ready to play unless they have an approved excuse. Players must report any reasons for tardiness or absence to a coach in advance. Each player will be allowed only **one** unexcused absence, proof of event or note from Dr. and/or the teacher is required (see below for a list of excused absences). See below the infraction structure. If a player reaches four unexcused absences they will be dismissed from the team.

Excused Absences and Tardiness

- Doctors Appointment
- School/Academic Related Event
- Family Emergency
- Drivers License exam

Unexcused Absences Infraction Structure

- The initial infraction will be forgiven.
- The second infraction player will be sidelined for one game.
- The third infraction will result in being sidelined for two games.
- A fourth infraction will result in dismissal from the team.

Playing Time (Games)

Players will be continually evaluated on their work ethic, leadership, attitude, and individual skills. **Playing time is earned.**

Sportsmanship

Players are to be respectful of the referees, opposing players, fans, and the opposing team's coaches. There is zero tolerance for unsportsmanlike conduct. Any inappropriate behavior will result in lost playing time. Members of both Varsity and JV are expected to watch, support, and cheer on their other teammates while they are playing.

Player Equipment/Attire

- Players need to provide their equipment
 - Lacrosse stick (**players may borrow a stick until they can confidently purchase a stick of their own**)
 - Mouthguard (purchase an extra or two—you will probably lose/forget it at least once!)
 - Sneakers/cleats - appropriate for grass/field turf
 - Womens Lacrosse-approved goggles
 - Comfortable and appropriate athletic tops & shorts/leggings/skorts/pants. Warm/waterproof layers for the early part of the season. No visible jewelry.
 - Consider buying gloves and ear warmers, as the start of the season tends to be quite cold and windy.
- To purchase equipment online: <https://www.stx.com/womens-lacrosse>

Athletic Trainer

Players requiring assistance from the athletic trainer are encouraged to seek it. However, punctuality for practice remains a priority. Should delays occur due to a busy trainer's office, players must obtain a pass with a time stamp from the athletic trainer to join the practice.

Uniforms

Team Uniforms will be supplied to players for the season. Players are responsible for washing them regularly and taking care of them throughout the season. Uniforms will be returned to the coaches at the end of the season. If any issued uniform items are lost the player will be responsible for the cost of replacing them.

Game Day and Travel Attire

Players are expected to wear team-issued warm-ups or business casual attire on game days. Away-game travel attire will consist of team-issued warm-ups and uniforms only, or other athletic attire with school logo and colors. If coaches deem clothing to be inappropriate, we will have a discreet conversation and explain our reasons. If the problem persists beyond a first warning, we will reach out to parents/guardians and the player will be asked to leave the team event if appropriate attire cannot be supplied.

Captains

Please see page 7 of the Athletic Handbook. Captains will be chosen based on their leadership qualities, determination, discipline, sportsmanship, behavior, and work ethic. Should an appointed captain fail to meet the outlined criteria or violate any regulations stipulated in the team guidelines or the Athletic and Student Handbook, the coach retains the authority to revoke the title.

Academics

Student-athletes should prioritize academics while striving for excellence in both school and sports. If they face challenges balancing lacrosse and academics, they are encouraged to reach out to coaches for support. The aim is to help players organize and manage their responsibilities, fostering dedicated, well-rounded individuals who can successfully navigate future challenges. **If a player receives a class grade lower than a C-, they have two weeks to improve their grade; otherwise, they will face temporary suspension from the team until their grade is brought up.**

Transportation

Players are responsible for their own transportation to and from practices, home games, and local team functions. Players must travel with the team to and from all off-island games unless a prior accommodation has been made with the Coaches. The bus must be clean when the team arrives back at Woods Hole. We will strictly follow the Athletic Handbook transportation guidelines, see page 10.

Behavior

When players join our team, they become ambassadors and must demonstrate responsible and respectful behavior both on and off the field. This includes their personal lives. Any disrespectful

actions will be addressed with the player and the school. If issues arise that go beyond the coach's role, players are encouraged to inform the coaching staff. We promote independent problem-solving before seeking external assistance.

School Attendance Policy

Players are expected to be punctual and present for all classes. If marked absent or late to school (after 8:00 am), the student will not be allowed to practice or play that day. Recurrent issues may result in dismissal from the team. See page 5 of the Athletic Handbook.

Use of Drugs/Alcohol/Prohibited Substances

This team will have a zero-tolerance policy. If an athlete is found in violation of the chemical health policy they will be removed from the team roster and will need to hand in their jerseys and other issued equipment. The Athletic Handbook details its Chemical Health Policy on page 6- please read this carefully. We expect all our athletes to take this policy seriously and make informed decisions if/when they face a difficult choice.

Coach Communication

To pass on pertinent and changing information, the coaches use SportsYou. This allows us to share messages and updates throughout the season. We ask all players and parents/guardians to use this platform for all non-urgent communication. Please understand and know that we care about our team and will do our best to listen to and support you! While we want to be responsive, immediately before and after a game are not good times to communicate— we are often focusing on the events ahead/past and preparing and/or processing with the team. Please be aware of this when considering when to reach out.

Join our SportsYou channel



Varsity Coach Lauren Pineau Email: laurenpineau@gmail.com Phone: 508.717.5219	JV Coach Liane Dixon Email: liane.dixon@mvyps.org Assistant JV Coach Meaghan Morris
Assistant Coach Skyla Harthcock	Goalie Coach Aaron Wilson

By signing the Team Rules and Expectations I commit to following these rules for the full season. I understand that violating any of these rules and not meeting expectations may result in loss of playing time or dismissal from the team.

Player Name _____

Parent Name_____

Player Signature _____

Parent Signature_____