

2008-2009 Eastside High School Lacrosse

I. Team Motto

Our team motto this season is “Believe.” This motto includes many aspects of our team: believing in one another, believing in your abilities, believing in the coaches, believing in the offseason work we will put in, believing you can get a ground ball in traffic, believing you can save the ball, believing you can hit the opponent, believing you can throw and catch effectively, believing you can score, believing we can win...the list goes on. Embrace this motto and it will act as the foundation to our success this season.

II. Rules

1. Maintain passing grades in all classes. Failure to do so will result in suspension from the team. Note that failing classes in the off-season results in ineligibility.
2. Be present and punctual at every practice, game, and meeting. If you know you will be late or absent, you must tell a coach prior to the event. Playing time will be in part based on players’ participation in practice and team events. Players with unexcused absences from practices, games, meetings, or other team events will result in the following consequences:
 - 1st unexcused absence = 1 game suspension
 - 2nd unexcused absence = 2 game suspension
 - 3rd unexcused absence = indefinite suspension
 - Note: While the coaches realize there are extenuating circumstances, these consequences are based on the commitment coaches and players have to Eastside lacrosse.
 - This is not applicable to the offseason workouts, however, there will be sign ups and coaches will notice who is participating and putting in the work.
3. Behavioral problems in school will result in a consequence deemed appropriate by the coaches (running, suspension, dismissal from team, etc.).
4. Arrests result in an automatic three-game suspension and possible dismissal from the team.
5. No cursing or profane language will be tolerated.
6. Players using school issued lacrosse equipment are responsible for equipment maintenance and upkeep. Equipment damages from games or coach-administered practices are not the responsibility of the player. Equipment damages from non coach-administered practices or official games are the responsibility of the player (including repair and/or replacement costs).
7. Believe.

III. Notes:

-There will be tryouts and the team will be made up of no more than 30 players. Details regarding tryout information will be forthcoming. We do not guarantee all players will play every game.

-Parental involvement is welcomed and encouraged. Please come support our team in a positive fashion. Parents should consult coaches through email or phone calls with issues or comments.

-Please remain flexible as we schedule our season and practices.

IV. Contact Info

-Ansel Sanders, Coach

-Ansel.Sanders@gmail.com

-804-436-3639

-Mac Steele, Coach

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-Wendy Ziermann, Team Administrator

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-Mamma Z will have information regarding needed forms and fees; contact her with questions regarding these issues.