



PORTAGE CENTRAL HIGH SCHOOL LACROSSE

**Parent • Student-Athlete • Coach
Resource Guide**

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Table of Contents

Booster Club Goals:1
Coach’s Goals.....1
II. PCHS Boosters.....1
III. Registration and Important Dates2
Registration Process:2
Registration Fees:2
Refunds:.....2
Pictures:2
Important Dates to Remember:2
IV. Coaching Staff.....3
Contact Information3
V. Coach Expectations.....4
Addressing Common Concerns:.....4
Playing Time:.....4
Coach/Parent Conferences:5
VI. Spectator Expectations.....5
VII. Referees.....6
VIII. Student-Athlete Expectations.....6
Attendance6
Excused Absences:6
Acceptable Excused Absences:6
Unexcused Absences:7
Uniforms:7
IX: The Season.....8
Pre-Season8
Varsity vs. Junior Varsity Team Philosophies:8
Team Selection/Player Assessments:9
Process/Criteria:9
Follow Up:.....9
Practice Times/Location:9
Game Times/Location:.....9
Conference:9

Non-Conference:	10
Standings/Power Rankings:	10
Weather Policy.....	10
Awards/Banquet.....	10
X. Lacrosse Rules Overview and FAQ.....	11
Lacrosse FAQ.....	14
Parents' Ethics Pledge.....	15

I. Vision and Goals

The vision of Portage Central High School Men’s Lacrosse is to foster lifelong passion for the sport of lacrosse through the individual pursuit of skill and the shared pursuit of team standing.

Booster Club Goals:

1. Make the lacrosse program fun for all players on an emotional level, yet challenging players physically so that current and future players look forward to playing for our program.
2. Promote lacrosse as a community - building spectator sport; to encourage and embrace spectators and volunteers who might not presently be directly associated with the program (example: those who are not families of players).
3. Maintain and encourage motivated and skilled coaching staff and utilization of the best coaches available by regular evaluation.
4. Promote sportsmanship and teamwork.
5. Sustain the program by fostering parental/familial involvement and volunteering.
6. Develop and maintain safe and effective facilities using our financial resources in the best way possible.

Coach’s Goals

1. Provide student-athletes with life skills and life lessons
2. Honor the Game: promote the game of lacrosse to the community while honoring its rich heritage
3. Become an outstanding educational-athletic organization

II. PCHS Boosters

The PCHS Men’s Lacrosse program is supported through the PCHS Men’s Lacrosse Booster Club. The Boosters Club comprises PCHS Lacrosse players, parents, guardians in good standing. Others interested in supporting the PCHS Men’s Lacrosse program may also participate as non-members. The Boosters Club shall seek to support the activities and policies of the Portage Public School Administration as well as MHSAA and US Lacrosse as they pertain to the Lacrosse Program. The Boosters Club does not dictate coaching decisions on the field as they relate to practice and game situations. The Boosters Club can and may make recommendations concerning philosophy and general direction of the club.

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Deleted: However, the Booster Club is not responsible for the hiring, firing and formal review of the PCHS Men’s Lacrosse Coaching staff. The responsibility of hiring, firing and review is that of the Athletic Director of Portage Central High School.

III. Registration and Important Dates

Registration Process:

Each year, every player is required to re-register or register for the upcoming lacrosse season. This registration process usually occurs on school property in January for the upcoming season. There are two dates to register – you need to attend only one. All student-athletes must pay to participate as part of the PCHS Men's Lacrosse program. Paying a registration fee does not entitle your student-athlete to playing time on the field. Please see the team philosophy section of this handbook for clarification.

Registration Fees:

The registration cost for the 2010 season is **\$460** and are due upon registration. The \$460 includes \$80 for PizzaFest tickets, which should be sold to community members, to make that \$80 back.

Refunds:

Refunds will be issued in the event of a player being cut from the team, or leaving the program prior to the first week of practice. Otherwise, no refunds will be issued.

Pictures:

Professional team and individual photos will be taken at the beginning of the year. Prints will be available for purchase at an additional fee outside of the registration costs.

Important Dates to Remember:

Please see team schedule for all the important dates for the season.

IV. Coaching Staff

Contact Information

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V. Coach Expectations

Parents and student-athletes can expect a high degree of professionalism, courteousness, honesty and respect from all coaches both on the field and off the field. The coaches hold themselves to a high standard of excellence and will display this high standard in leading by example with regard to sportsmanship at every game and practice. Treating everyone involved in a Portage Central lacrosse game with respect will, in turn, benefit the program in the future years to come.

In addition coaches will:

- Attend all scheduled meetings and continuing education seminars that are possible/feasible
- Be prepared and organized for all scheduled practices and games
- Encourage players to learn and expand their game through summer camps and learning opportunities as they arise
- Encourage all team members with positive reinforcement and encourage good sportsmanship in all practices and games

Communications: Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. As parents, when your student-athlete becomes involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your student-athlete's position on the team.

Coaches will address, treat and give respect to student-athletes as if they are adults. The same respect and treatment will be given to parents. Coaches will expect the same treatment in return from both parents and student-athletes. Parents and student-athletes can expect Coaches to utilize appropriate language at practice and during games. The coaching staff would expect the same from parents, spectators and student-athletes at practices and at games.

Coach Evaluation/Review: Coaches will conduct anonymous surveys from student-athletes regarding coaching methods at the end of each season. This information will allow the coaching staff to make modifications for the upcoming season. Evaluation results will be shared with the Athletic Director if requested. The Athletic Director will complete an annual review of the Head Coach and subsequent coaches.

Addressing Common Concerns:

Please visit the Positive Coaching Alliance (positivecoach.org) for additional resources.

Playing Time:

As it will always be a common question in a high school sport, the question of playing time come up time to time. If student-athletes/parents have questions regarding playing time the following procedure should be taken:

- A. The **student-athlete** should approach any member of the coaching staff of the team that they play on, and ask about their playing time and what they could do to improve.

- B. If the student-athlete is not satisfied with the coach's answer, a meeting with the entire coaching staff of that team can be arranged.
- C. Finally, if further clarification is needed, a meeting with the student-athlete, members of the coaching staff and the student-athletes parent(s) can be arranged to explain the student-athletes position on the team.
- D. If unresolved issues still remain the Parent can contact the PCHS Athletic Director.

Coach/Parent Conferences:

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure is to be used to help promote a resolution to the issue.

- The parent should ask their student-athlete why they are not happy with their role on the team, and how their student-athlete feels about it.
- If the parent is unsatisfied with the answer, a meeting with parent, student-athlete and a member of the appropriate team's coaching staff will occur.
- Call the coach to schedule a meeting.

It is very difficult to accept your student athlete's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Should a parent have an issue with a member of the coaching staff, please communicate in person or via phone directly to that coach. Coaches want to make sure that everyone involved in the PC Lacrosse program has an opportunity to be heard. Please make sure positive and constructive criticism comments alike are directed to the coach, booster club board and the athletic director.

If the parent feels that the meeting with the coach did not provide a satisfactory resolution, the following procedure should be utilized:

- Call and set up an appointment to meet with the Athletic Director to discuss the situation.
- At this meeting the appropriate next step can be determined if the situation is still unresolved.

All of the above conversations should take place prior to, after, or outside of a practice. These conversations could also take place via phone. Please try to avoid speaking to coaches regarding the above topics before or after a game. This is to safe-guard the parent, student-athlete and the coaching staff from speaking emotionally, rather than objectively. It is also to promote a conversation that will have a positive resolution for the student-athlete and parent.

VI. Spectator Expectations

A positive and encouraging relationship with other teams, officials and spectators who visit the Portage Central facility or when the team visits an opponent's facility, is expected. This expectation includes not

only actions of student-athletes and coaches, but spectators involvement in games. Spectators are to show the same respect to members of the opposing team and coaching staff, as well as the officials. When Portage Central plays a home game, spectators are to remain on the parking-lot side of the field- no spectators should be behind the ends of the field or on the bench-side of the playing field. All spectators are expected to do the same at fields where PC is the visitor. Spectator actions can reflect just as poorly on our organization as the actions of student-athletes and coaches. Your support of the Portage Central lacrosse program is paramount to its success.

VII. Referees

Parents and student-athletes can expect that the coaching staff will treat officials courteously and with respect. The coaches hold themselves to a high standard of excellence and will display this high standard in leading by example with regard to sportsmanship at every game. The coaching staff believes that treating everyone involved in a PC lacrosse game, especially the officials, with respect will in turn benefit the program in the future years to come.

We want to encourage a positive and encouraging relationship with referees who officiate our games. This expectation includes not only actions of student-athletes and coaches, but spectators involvement in games. Spectators are to show the same respect to officials that they would show to any person.

If, in your opinion, an official misses a call, honor the game – be silent (the coaching staff is directing players to “flush” bad calls and bad play, so we can “win every whistle”). Your silence will be appreciated as it will encourage the same from the players. Please mention good calls by officials to other parents.

VIII. Student-Athlete Expectations

Attendance

Attendance at practice sessions is essential to prepare athletes physically and mentally for athletic contests. In addition, attendance at games is essential to build team morale and contribute to the success of the team. All team members are required to be at all athletic practice sessions, scrimmages, and games at the time designated by the coach. Both parents and student-athletes must understand that any absence may affect an athlete’s performance and therefore his/her relative position on the team.

Excused Absences:

- Absences can/may only be excused if communication is made with the head coach
- If the absence is for more than one day, advance notification is appreciated
- Excused absences may/can result in loss of playing time.

Acceptable Excused Absences:

- Funerals
- Illness
- Special Circumstances- academics, family commitments, approved in advance by the coach
- Injured student-athletes are expected to be dressed and in attendance at all games and practices
- School activities that interfere with athletics must be communicated well in advance with the head coach

Unexcused Absences:

- Work
- School suspensions
- Non-communication of special circumstances

Missing practices, scrimmages and/or games will be regulated and managed by lack of playing time during the following game. Punishment severity will differ depending on the absence type and situation. Please understand that the commitment your student-athlete makes to this team, will be directly reflected in playing time.

Uniforms:

Each student-athlete who has paid their registration fee will receive a uniform once teams are announced. Uniforms are PCHS Men's Lacrosse Booster Club property and are not the student-athlete or family's property. Uniforms currently include the following pieces:

- Home Jersey (white)
- Home Shorts (white)
- Away Jersey (blue)
- Away Shorts (blue)
- Practice Jersey (reversible)

When laundering your jerseys, DO NOT PLACE THEM IN THE DRYER. This will remove the screen printing and wear out the jersey faster.

Please be prepared to return all of these items at the end of the year to the club.

We want to look like winners on the field. To assist in our uniform looking professional, please plan to purchase a white cascade helmet with blue chin guard and blue visor. Also, if gloves are going to be purchased, please purchase blue, white or yellow gloves.

IX: The Season

Pre-Season

During the pre-season, coaches of Portage Central Mustang Lacrosse will be focused and committed on preparing for the upcoming season. Prior to the second week in March, coaches cannot have contact with more than four players with lacrosse sticks at one time due to MHSAA regulations. However, coaches are able to work with the entire team in a fitness/physical training setting. Coaches will encourage and facilitate as much off-season activity as player's desire.

For players who play other sports, coaches will pledge to minimize contact with players except for important team matters, allowing their concentration to be focused on the sport they are currently playing. Coaches will expect players to practice, working on their own to hone their skills and get in shape during the off-season, so that more progress can be made at the beginning of the year. Players should come to the pre-season conditioning session prepared and in shape. Pre-season conditioning (one week prior to season's official start) as a team is a way to refine the condition of the student-athletes, not a way to get into shape.

During the pre-season, parents and players alike are encouraged by the coaching staff to contact coaches with questions about lacrosse ability improvements, classroom assistance, future aspirations or any other general questions. Although coaches might not be able to fully answer all questions, it is a good time to get information from coaches so student-athletes have the ability to work on areas of improvement prior to the next season.

General questions from student-athletes and parents can be answered at the annual informational session in November/December each year. This informational session held by the coaches can answer many questions and will set expectations and goals for the upcoming months and the season ahead. Parents and student-athletes are all highly encouraged to attend this meeting as it will set the tone for the following year.

Varsity vs. Junior Varsity Team Philosophies:

Prior to every season, the Coaching staff will work directly with the Boosters Club to re-engage discussion regarding the philosophy of each team. In the past, the Boosters Club has enacted a two-tiered philosophy for the two teams; Varsity's goal is a "play to win" strategy, while also further developing talent. This philosophy indicates playing time may not be equal for all players. Coaches will do their best to play all student-athletes, but it must be understood that playing time may not be equal with this philosophy. The Junior Varsity's philosophy will be that all student-athletes will play equally (based on their position) while the coaching staff focuses on developing the student-athlete's foundational skills.

Team Selection/Player Assessments:

Process/Criteria:

Each year, players are evaluated through a process by all coaches during the "Assessment Period" which is a three day window of the first week of practice. Categories that student-athletes are rated on include, but are not limited to: Grade Point Average, completed Physical, Code of Conduct meeting attendance, eligibility, skill level, experience, attitude, and speed. Each student-athlete's average score will help the coaching staff determine which team that student-athlete will play with for the season. At the end of the "Assessment Period", each student-athlete will meet with the entire coaching staff to go over their strengths and areas for improvement, ultimately discovering which team they will be recruited for. Once teams are set, the evaluation will be sent to parents directly either via mail/email. All decisions are final and are at the coaching staff's discretion.

Follow Up:

The coaching staff of each team will follow up with individual players at a mid-way point in the season to assess their skill level at that point in time. At that time, strengths, areas of improvement and a review of previous assessment will take place with the student-athlete. Lastly, at the end of the season, coaches will meet with Juniors, Sophomores and Freshmen to talk about their improvement, regression, and an action plan for the off-season.

Practice Times/Location:

Practice times will be determined prior to the beginning of the season. Most practices will be held after school, with JV practicing first, and Varsity second (there will be overlap time when both teams are practicing simultaneously). All practices will be on the football practice field, unless specified otherwise.

All practices (pre-season, during season and post-season) are dedicated time between coaches and players. Please do not interrupt practices by talking with the player or the coaches and please stay a safe distance from the practice as lacrosse balls may stray from the practice area. Coaches will be happy to talk with parents at least 15 minutes prior to practice beginning or 15 minutes after practice has ended. This will allow coaches to have the full attention of all student athletes present to prepare for the upcoming games. Please understand that this is for the success of the team and the program. Parental support is certainly key to the success of the team, and can be completed through other areas of support outside of the practice field.

Game Times/Location:

All home lacrosse games will be played at the field behind Central Middle School and behind the Stables. One game per year (The Matt Thrasher Memorial) will be played at McCamly field. All away games will be held at different high schools, which transportation will be either bus or carpool. Students will not be allowed to drive themselves to games or ride with other players who are driving. All players must be transported by a parent or guardian. All weekday games will be 5:00 and 6:30 for JV and Varsity respectively. Weekend games will be TBD depending on site.

Conference:

Portage Central Lacrosse competes in the Southwest Michigan Lacrosse Conference (SWMLC). Teams in the SWMLC conference include: Portage Northern, Mattawan, Battle Creek Lakeview, Kalamazoo United, Vicksburg, Battle Creek Pennfield, Battle Creek Harper Creek (club). All teams in this conference are considered Michigan Division 2 Lacrosse teams.

Non-Conference:

All teams not listed above that PC competes against are considered non-conference opponents. Opponents we play that are non-conference could be Michigan Division 1 or Michigan Division 2 opponents.

Standings/Power Rankings:

PCHS Men's Lacrosse is rated several ways. First, our win loss record in our own conference will determine who wins the conference. Secondly, our ranking in the state and seeding in the state tournament depends on the Power Rankings at laxpower.com. This computer rating factors in strength of schedule, wins vs. quality opponents, win/loss margin, etc. The rating factors in more than just a team's win/loss record. For more information visit laxpower.com.

Weather Policy

In case of inclement weather, please check your email or voicemail before heading to a game, practice or meeting for a car pool/bus departure. All cancellations will be sent via email or phone chain. Please be prepared that we are playing lacrosse in Michigan and that inclement weather is part of the game of lacrosse here. For practice, please always come to the practice field, where a determination will be made at that time. During a game or practice, if a lightning strike is visible, a 30 minute wait period after the last strike has been seen will take place and then the game/practice will resume. Safety is the number one concern for the student-athletes, and therefore, they will never be intentionally endangered.

Awards/Banquet

At the end of the season, the Boosters Club will host a banquet for the entire PCHS Men's Lacrosse Club. This will be a way to wrap up the season for both JV and Varsity programs, hand out awards, etc. PC Lacrosse has been very fortunate to receive many awards in the past for individual excellence on and off the field. The goal is to continue this tradition. Team awards are voted on by players and coaches, State awards are by nomination and voted on by the Coaches Association for the State and National Awards are nominated, through winning a state award.

X. Lacrosse Rules Overview and FAQ

Field Positions:

ATTACK: The attackman's responsibility is to score goals. He restricts his play to the offensive end.

MIDFIELD: The midfielder's responsibility is to cover the entire field playing both offense and defense.

DEFENSE: The defenseman's responsibility is to defend the goal. He generally restricts his play to the defensive end of the field.

GOAL: The goalie's responsibility is to protect the goal and stop the opposing team from scoring.

Rules:

Men's lacrosse is a contact game played by ten players: a goalkeeper, three defensemen, three midfielders and three attackmen. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

- Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field.
- Generally, high school games are 48 minutes long, with 12 minute quarters. Each team is given a two minute break between the first and second quarters, and the third and fourth quarters. Halftime is ten minutes long.
- Teams change sides between periods. Each team is permitted two timeouts each half. The team winning the coin toss chooses alternate possession or the end of the field it wants to defend first.
- Men's lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can release; the other players must wait until one player has gained possession of the ball or the ball has crossed the box line.
- Center face-offs are also used after a goal and at the start of each quarter (unless possession is retained after a penalty).
- Players may run with the ball in the crosse, pass and catch the ball. Only the goalkeeper may touch the ball with his hands.
- A player may gain possession of the ball by dislodging it from an opponent's crosse with a stick check, which includes the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball.
- Body checking is permitted if the opponent has the ball. However, all contact must occur from the front or side, above the waist and below the shoulders. An opponent's crosse may also be stick checked if it is within five yards of a loose ball or ball in the air.
- If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession of the ball. If the ball goes out of bounds after an unsuccessful shot on goal, the player nearest to the ball when and where it goes out of bounds is awarded possession.
- An attacking player cannot enter the crease around the goal, but may reach in with his stick to scoop a loose ball.

Personal Fouls:

The penalty for a personal foul is a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

SLASHING: Occurs when a player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.

TRIPPING: Occurs when a player obstructs his opponent at or below the waist with the crosse. Hands, arms, feet or legs.

CROSSE CHECKING: Occurs when a player uses the handle of his crosse to make contact with an opponent.

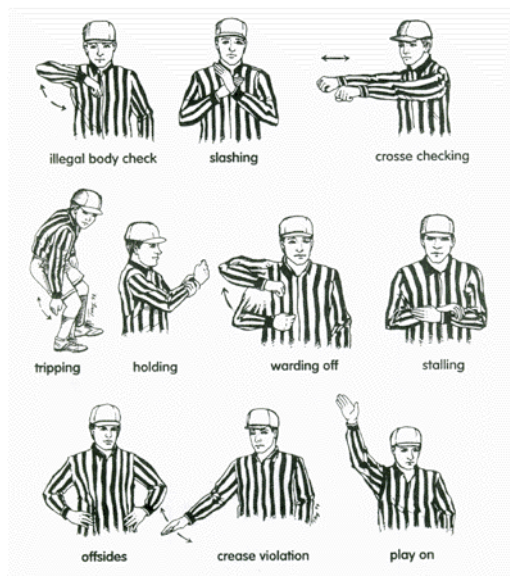
UNSPORTSMANLIKE CONDUCT: Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.

UNNECESSARY ROUGHNESS: Occurs when a player strikes an opponent with his stick or body using excessive or violent force.

ILLEGAL CROSSE: Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if the crosse was altered to gain an advantage.

ILLEGAL BODY CHECKING: Occurs when any of the following actions take place: (a) body checking of an opponent who is not in possession of the ball or within five yards of a loose ball; (b) avoidable body check of an opponent after he has passed or shot the ball; (c) body checking of an opponent from the rear or at or below the waist; (d) body checking of an opponent by a player in which contact is made above the shoulders of the opponent. A body check must be below the neck, and both hands of the player applying the body check must remain in contact with his crosse.

ILLEGAL GLOVES: Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features



Technical Foul: The penalty for a technical foul is a thirty second suspension if a team is in possession of the ball when the foul is committed or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

HOLDING: Occurs when a player impedes the movement of an opponent or an opponent's crosse.

INTERFERENCE: Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the players, or both players are within five yards of a loose ball.

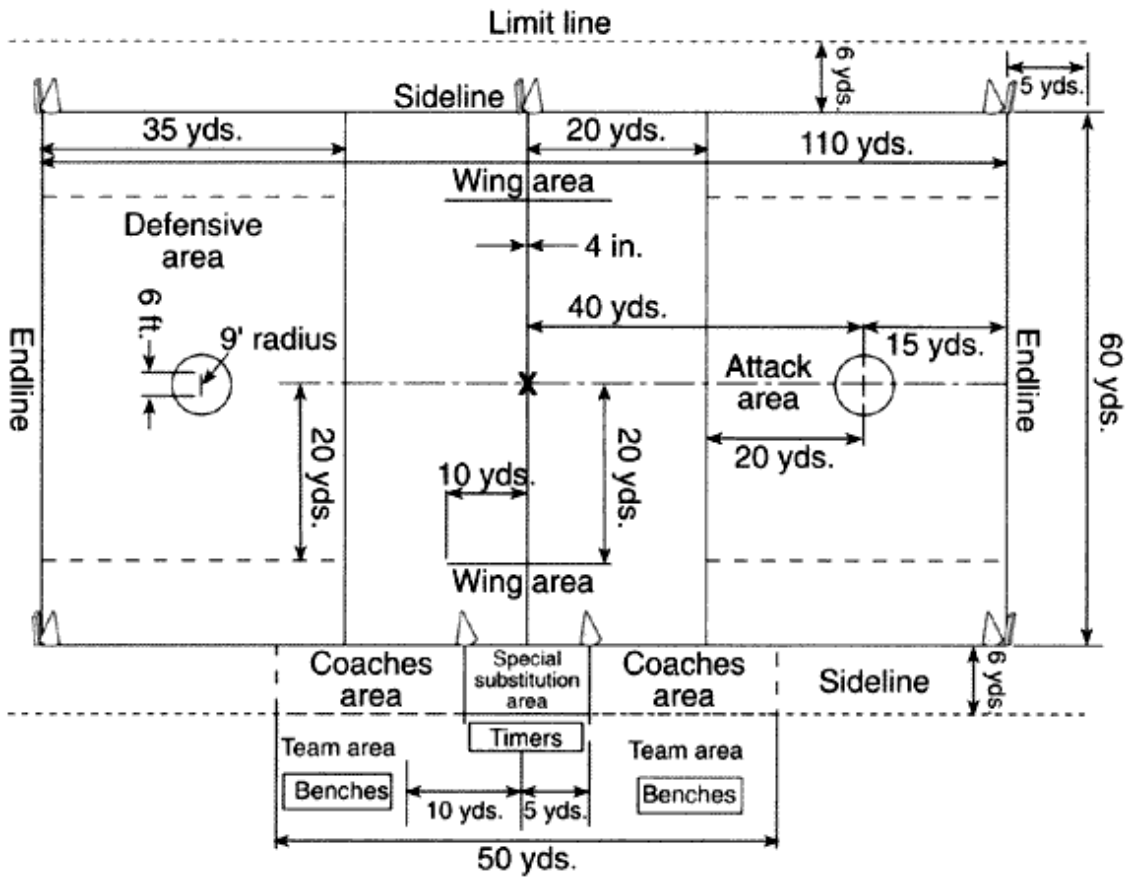
OFF SIDES: Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.

PUSHING: Occurs when a player thrusts or shoves a player from behind.

SCREENING: Occurs illegally when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.

STALLING: Occurs when a team intentionally holds the ball. without conducting normal offensive play, with the intent of running times off the clock.

WARDING OFF: Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.



Lacrosse FAQ

Q: How does the game begin?

A: A lacrosse game begins with a face off at the mid-field line at the X spot in the center of the field.

Q: What is a face off?

A: A face off consists of the two center players at the mid-field line crouching down and placing their sticks on the ground so that the heads of the sticks have their backs to each other. The official then places the ball on the ground between the heads of the sticks, steps back and blows a whistle which signals to the players they can fight for possession of the ball.

Q: When are face offs used?

A: At the beginning of a game, at the beginning of each quarter and after each goal is scored.

Q: How many men are there on the field for one team?

A: There are ten men consisting of one goaltender, three defense men, three mid-fielders, and three attack men.

Q: What are the goaltender's special privileges?

A: He uses the largest stick on the field with a maximum width of 12 inches. He is the only one allowed to use a stick this large. He cannot be checked if he has gained possession of the ball within the crease area nor is an opponent allowed in the crease area.

Q: What is defined as "in the crease area"?

A: A goaltender is considered in the crease as long as he has one foot on or within the 18-foot diameter circle. If he lifts his foot up and puts it back down while in the possession of the ball, it is called "out and in" and he loses possession of the ball.

Q: How long can a goaltender stay in the crease with the ball?

A: A goaltender has four seconds to step out of the crease or throw the ball to a teammate. If he does not do this, he loses possession of the ball.

Q: What are the wing areas?

A: These two lines indicate where the two outside mid-fielders must stay until the official blows his whistle to start a face off.

Q: What is the crease area?

A: A goal crease is a circle 18 feet in diameter that marks an area where an offensive player can never enter under any circumstances except one.

Q: What are the restraining areas?

A: These areas mark where all the players other than the three players who are the mid-field line must stay in during a face off until either team has gained possession of the ball. In the defense restraining area there are three defense men plus the goaltender. In the offensive area there are three attack men. Leaving the restraining areas before the referee signals possession will result in loss of the ball.

Q: How big is a lacrosse goal? A: The front of a lacrosse goal is a perfect square, six feet by six feet.

Coaches' Ethics Contract

This form must be signed by every coach and turned in to the Boosters Club and the Athletic Director prior to the start of each season.

As a Portage Central Lacrosse Coach, I promise to conduct myself in accordance to the Portage Central High School values and mission at all times. I understand that PCHS offers competitive sports teams for high schoolers. I will strive to teach basic skills as well as the concepts of teamwork, cooperation and sportsmanship along with life lessons. I will seek to build spirit, mind and body by exemplifying PCHS principles and practices through the sport of lacrosse. I will stress participation and fun, so that all participants can have a positive experience and will exhibit caring, honesty, respect and responsibility at all times. I have the ability to keep winning in perspective and emphasize the other important goals of teaching life lessons, skill development and having fun.

Parents and student-athletes can expect a high degree of professionalism, courteousness, honesty and respect from me both on the field and off the field. I will hold myself to a high standard of excellence and will display this high standard in leading by example with regard to sportsmanship at every game and practice, treating everyone involved in a Portage Central lacrosse game with respect.

By signing this ethics contract, I agree to abide by this pledge, the PCHS Boosters Club philosophy and the PCHS values and mission.

Parents' Ethics Pledge

Your Participation Signature indicates that you have read, understood and agreed to the pledge, PCHS vision, values and Booster Club policies.

Important Information about Sports

Student-Athletes participate in sports primarily because it's fun. Adults need to keep it fun. Some adults get too emotional about sports because they are too concerned about how their student-athletes are doing, have the mistaken belief that winning is the only goal., Kids need to know that if they're trying their best, they are winners. Parents need to remember that their kids will not be great at everything. Recognizing that, parents can help most by relaxing and enjoying these developmental years. Placing too much pressure on kids to perform well creates stress that can detract from their fun and can affect their self-esteem. Instructions shouted to players are distracting, usually too late, and sometimes inaccurate or in conflict with what the coach is teaching.

My Pledge to Set A Good Example

I will not be loud or negative towards players, referees, coaches or spectators. I acknowledge that failing to show respect for people who are doing the best they can sets a bad example for our student-athletes.

If someone else makes an inappropriate comment, I will not make a negative response that could lead to a confrontation. I will remember that encouragement and praise for every student-athlete, not just the best athletes, are critically important to their self-esteem and their ability to achieve the most they can.

I acknowledge that making mistakes and losing are part of life. I pledge that I will be tolerant of the mistakes of players, coaches, referees, and others. I recognize that mistakes are opportunities for learning. I recognize that within the parameters of competition, sportsmanship and fair play remain paramount. I pledge that I will commit to promoting an atmosphere of healthy play to ensure fun for all participants.

Student-Athlete's Ethics Pledge

Your Participation Signature indicates that you have read, understood and agreed to the pledge, PCHS vision, values and Booster Club policies.

As a Portage Central Lacrosse Coach, I promise to conduct myself in accordance to the Portage Central High School values and mission at all times. I understand that PCHS offers competitive sports teams for high schoolers. I will strive to learn basic skills as well as the concepts of teamwork, cooperation and sportsmanship along with life lessons. I will seek to build spirit, mind and body by exemplifying PCHS principles and practices through the sport of lacrosse. I will stress participation and fun, so that all participants can have a positive experience and will exhibit caring, honesty, respect and responsibility at all times. I have the ability to keep winning in perspective and emphasize the other important goals of teaching life lessons, skill development and having fun.

Parents and Coaches can expect a high degree of professionalism, courteousness, honesty and respect from me both on the field and off the field. I will hold myself to a high standard of excellence and will display this high standard in leading by example with regard to sportsmanship at every game and practice, treating everyone involved in a Portage Central lacrosse game with respect.

Portage Central High School Lacrosse Boosters Club

Registration Costs for 2010

Registration fee: \$	380.00 (Cost Includes US LAX Membership)
+ 10 Pizza Fest tickets	80.00
Total Cost:	\$ 460.00

Adjustments: (If applicable)

Scrip ** - player account balance

**A list will be available at registration showing the player's share of proceeds from participation in the Scrip and Meijer Rewards fundraising programs. This amount may be deducted from the player's registration fee.

Please make your check payable to *Portage Central High School Lacrosse*.

The cost of registration has been carefully figured to ensure a quality experience for every player. If you would prefer to split the cost into two payments, you may contact Jenny Ford via e-mail jroe_14@hotmail.com.

I acknowledge, consent and agree to the following:

1) I, _____, hereby represent that I am the legal Parent or Guardian of the below named participant and I have full legal authority to enter into this agreement on behalf of the below named participant.

2) Readiness to compete: Voluntarily and of my own free will, I allow the participant named below to participate in Portage Lacrosse and I believe he/she is physically and psychologically prepared to participate.

3) Medical Attention: I recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that the Portage personnel may be unable to contact me for consent for emergency care. I hereby give my consent for the administrators of the club to provide, through a medical staff of its choice, customary medical attention, transportation and emergency medical services as warranted through the course of participation with Portage Lacrosse.

4) Waiver & Release of Liability: I am fully aware of and appreciate the risks associated with participation in the sport of lacrosse, including the risk of serious or catastrophic injury, paralysis and even death, as well as other types of damages and loss. I further agree on behalf of the named participant, myself, my heirs, my personal representatives and the participant's heirs, assigns personal representatives, guardians ad litem, and/or friends of the Portage Public Schools, and Portage Lacrosse Club, along with their coaches, volunteers, employees, agents, officers and directors of these organizations, shall not be liable for any injury, loss of life or other loss or damage occurring as a result of participation by the named participant in the event(s) or any activities related to the events, said event being defined as participation in the Portage Lacrosse and activities related thereto. My signature below is my acknowledgment that I have read and understood every provision of this Waiver and Release of liability, and that I agree to abide by it for myself and the below named participant.

5) My Student Athlete and I have read, understand and agree to the Parents' Ethics Pledge and the Student Athlete's Ethics Pledge contained in the Parent/Student-Athlete/Coach Resource Guide. My signature below is my acknowledgement.

_____ has my permission to participate in Portage Lacrosse.

(Print Player's Name)

Child's allergies, if any: _____

Medicines child is taking: _____

Insurance Company: _____

Policy # _____ **Name of Policy Holder**: _____

Date: _____

Custodial Parent/Legal Guardian

Date: _____

Custodial Parent/Legal Guardian

Student-Athlete D.O.B.: _____

Address: _____

Telephone: _____ Email: _____

School: _____ Grade: _____

Mother's Name:

Address (if different):

Telephone: Home _____ Work _____ Cell _____

E-mail(s)* _____

Father's Name:

Address (if different):

Telephone: Home _____ Work _____ Cell _____

E-mail(s)* _____

Most team information will be sent out via e-mail. If you have need to receive information by phone or mail only, please indicate here or call Secretary Kathy White at 329-1237 x 321.