



PORTOLA
LACROSSE

PLAYER AND PARENT HANDBOOK

2023-24

MISSION STATEMENT

Established in 2016, the **PEDIGREE** is the foundation for which the Portola Bulldog Lacrosse Program is built. Rooted in the essential core values of **Perseverance, Respect, Integrity, Drive,** and **Empathy**, the Bulldog **PEDIGREE** stands as a bold symbol for what we expect from our student-athletes and coaches. While serving as positive ambassadors for our sport and community both inside and out of the athletic arena, we are committed to making lasting impressions and competing for confidence and trust, as we pursue excellence in all facets of life. Bulldogs find strength in our collective responsibility to **PROTECT THE PEDIGREE.**

POLICIES AND PROCEDURES

When making decisions about team policy, we ask three questions:

- 1. Will it make you a better person?*
- 2. Will it make you a better student?*
- 3. Will it make you a better athlete?*

What We Expect from Each Player:

1. To remain academically eligible and graduate from high school. All players will report to our Academic Coordinator to turn in weekly grade-checks on Wednesdays before practice during the season, and on an as needed basis following parent, coach, or counselor request during the offseason months.
2. To Protect the Pedigree: your teammates, our process, its presentation, and the ball (including all behavioral expectations outlined by the California Interscholastic Federation, the Irvine Unified School District, and Portola High School)
3. To prioritize Family, School, Lacrosse, Friends, and Community in a responsible manner, as to represent yourself, your family, and PHS as an intellectual leader of positive influence.
4. To compete for an opportunity to make lasting impressions via relentless preparation & admirable effort.
5. To own your performance: be early, make no excuses, push the pace, earn relevance, and have fun.
6. To win at life.

What You Can Expect from Your Coaching Staff:

1. To be loyal to you in all areas.
2. To be honest with you.
3. To provide the leadership and training necessary to achieve our goals.
4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after you graduate.
6. To make all decisions predicated on what is best for the team, and then what is best for the individual.
7. To treat you fairly but not always equally in relation to other players.
8. To do everything within our power to improve our program and make this a first-class educational institution to go to school at and to play Lacrosse.
9. To help you develop and mature into a better person.
10. To help you reach your goals.
11. To help with any problems you may have, personal or otherwise. **Bulldogs** find “Strength through Loyalty”.

Attendance:

A player *and parent* must notify your level Head Coach **before** missing any practice. The only excused absence from practice will be verified player illness or verified family emergency. All others will be considered unexcused, unless cleared by the Head Coach. If a player misses practice without **prior** notification & **subsequent confirmation** of an “excused” classification via email, text, or phone call, the player will be charged with an unexcused absence.

Player Evaluation/Assessment (Re: Playing Time):

The following criteria will serve as the basis to which our coaching staff will evaluate/assess athletes, when determining starting positions and playing time:

1. Knowledge and skill
2. Effort
3. Physical and mental toughness
4. Contribution to our team
5. Talent

Our coaching staff will determine the best Lacrosse players, according to the above criteria. These evaluations will determine who our starters will be, as well as how other players fall on the depth chart.

Injury, Treatment, and Training Room Policies:

1. All players will dress in full gear or assigned dress code, unless prior permission is obtained from Head Coach or Certified Athletic Trainer to remove specific items relating to/surrounding an injury.
2. If you are injured and not able to dress in full gear, you will be required to be present and attend (at the start of) practice and observe your position group and/or assist in the management of practice or younger players at your position.
3. You are expected to exercise as appropriate (that which is not injured) and/or rehab at practice, with certified medical staff guidance (Certified Athletic Trainer on site).
4. Just like practice, treatment is required when prompted by PHS medical personnel! The athletic trainer or team doctor may provide treatment during practice if they deem it best. Failure to show up for treatment will be treated in the same manner as an unexcused absence.
5. No cleats allowed in the training room. All equipment stays outside!
6. The training room is not a lounge area. Get what you need and leave.
7. No food or drink allowed in the training room. No roughhousing or profanity. Don't be annoying!
8. Stay out of the ice machine unless you have been given permission by the athletic trainer.
9. All wraps, ace bandages, braces, crutches, foam pads, and any other reusable items loaned by the trainer are to be returned after use or at the end of the season to avoid being billed for these items.
10. Wear shorts and a shirt in the training room at all times. Remember this is a coed facility.
11. Report all injuries regardless of severity. For proper care, prevention, and treatment of an injury, be honest with both the coaches and with the athletic trainer.
12. No self-treatments! If you are injured, you may not leave the practice area or a game without the permission of the certified athletic trainer and Head Coach.
13. No training tape is to be used on shoes, pads, or uniforms without permission from the Head Coach and athletic trainer.

Team Room, Locker Room, and Equipment Room Policies:

1. Do not enter PHS facilities without explicit permission and supervision of PHS staff. a. Non-program friends/family/fans should remain outside Locker & Equipment rooms at all times, unless given permission by the Head Coach.
2. Wash all practice or workout garments weekly.
3. Do not cut or alter equipment without permission.
4. All equipment must be hung up to air dry following the instructed protocol for cleaning.
5. No loaning of gear. If it's issued to you, it's yours to wear. You are responsible for your equipment!
6. You have the best equipment money can buy - take care of it!
7. Keep our facilities clean - pick up after yourself. No food or non-water drink should be consumed or stored inside the locker room. We must all work together to prevent little pests from crawling around the facility.
8. All tape and excess waste is to be placed in the trashcans.
9. Do not write on any PHS facilities/property.
10. Material on bulletin board is there to read - do not deface.
11. Work to improve your language. Eliminate profanity and obscene words... GET CREATIVE, but use your INSIDE VOICE indoors. Keep volume down inside the locker room! a. Any music playing should be at a considerate volume and free from profanity/suggestive lyrics.
12. Only team members are allowed in the locker room before, during, and after practices or games.
13. Always enter/exit the locker room clothed. Undergarments would be considered inappropriate to wear outside on their own (i.e. compression shorts/leggings).

Bullying, Fighting, Hazing, Sexual Harassment, & Substance Abuse (In person, print, virtual, or possession):

Bullying, Fighting, Hazing, Sexual Harassment, & Substance Abuse in any form, including initiations and possession of paraphernalia are strictly forbidden by California State Law, CIF, and Irvine Unified School District policy. No student shall conspire to engage or participate in any act that may lead to the unwanted/unlawful physical or mental harm, personal degradation, or disgrace of themselves or any fellow student/citizen. Violating this policy shall be subject to Irvine Unified School District, PHS, team discipline

and/or misdemeanor penalties. Following such infractions, the PHS Athletic Advisory Council (PHS Administrator, Athletic Director, Program Head Coach, and another fellow PHS Head Coach) will be consulted to recommend action to be taken per the IUSD and PHS Athletic Codes of Conduct.

Our coaching staff reserves the right to levy additional consequences following the AAC's recommendation(s) at the Head Coaches discretion (as is appropriate and fair to maintain the integrity of the program).

Game Day Philosophy:

All of the work we have done is for these forty-eight minutes. We expect to win, but more importantly, we expect to play to the best of our ability. Your actions and effort on these days is a direct reflection of our program. When the day is over be proud of what we have done, and how we have represented your Family, our Program, our School, and our surrounding Community.

Game Day Dress:

All players will wear their Game Jersey throughout the school-day for games unless given permission by the Head Coach. When representing our school or program wearing official garb, players shall neatly present themselves with confidence & poise (with use of a belt) for the entire school day. Players may wear pants or shorts, so long as they are presentable... NO SAGGING! Also, please do not cover any game-day attire with sweatshirts or jackets that are not considered Bulldog Lacrosse Attire (excluding a PHS Letterman Jacket). Any non-compliance will result in the violating athlete's suspension from all or part of the next occurring team function or contest.

Pre-Game Policies:

1. You are preparing to represent your family, school, and community; do everything possible to put yourself in a position to compete for success... Own your performance!
2. Pre-game meetings and meal is to be eaten in an orderly manner. There should be no loud talking and NO CELL PHONES. Be sure to thank the people serving the meal. Always clean up after yourself!
3. In the locker room conduct yourself in an orderly manner at all times.
4. Get taped early; do not wait until the last minute. Wrists and other small items will be done upon arrival at away games.
5. You must wear **Portola Lacrosse Game-Day attire** until you put your equipment on. Make sure your clothes are clean prior to game day. You may wear whatever is comfortable underneath your pads, as long as it is official Portola Lacrosse garb and/or any other off-brand garb in school colors, as long as logos are blacked/whited out, and does not distract from team uniformity.

6. There is no wearing of long sleeves, armbands, towels or any other equipment that is not issued by the program or without prior approval/clearance by the Head Coach. There are misc. NFHS & CIF rules!

7. Make sure you have all your gear before leaving the locker room. Use team travel bags for away games.

8. Be polite to the bus driver and keep the talking to a minimum before departure. Say thank you!

All players travel to and from Away games with the team, unless given permission by the Head Coach or per medical staff guidance. Non-compliance with this policy is subject to team progressive discipline plan for unexcused absences.

9. There should be minimal talking once the bus departs. Only positive visualization and self-talk.

10. After arriving at the game site, check and make sure you have all your gear before unloading.

11. Upon unloading from the bus, go directly to the designated locker room in an orderly fashion.

12. Stay in the locker room and keep talking to a minimum. "Stay Ready!"

13. When any coach is addressing the team, there will be eye contact and complete silence.

14. Upon leaving the locker room, check your all gear, and chinstraps fastened.

15. Our pre-game warm-up is important... Present the Program! This is the last opportunity to get yourself physically and mentally ready to play.

16. After pre-game warm-up, go directly to the locker room/sideline and take care of last-minute essentials.

17. Keep noise down for final pre-game briefing from our coaches and team leaders.

The Game:

1. Captains always check with the sideline on all penalties.

2. Be polite to game officials. Address them as "Sir" or "Ma'am".

3. Do not talk to your opponents in a derogatory manner, or you will be removed from the game.

4. Encourage your teammates and help them up.

5. Never go on the field unless cleared by a coach. This is a violation of CIF policy. **What is "Code-Red"?**

6. Always play with focused aggression, but don't forget the enthusiasm... This game is FUN!

7. Always have your helmet on while on the sidelines unless the athletic trainer directs you to take it off. a. Equipment should never be used as a weapon against yourself or another person. No tantrums!

8. Always hustle on and off the field. Push the Pace!

9. Stay in the game mentally... Be alert for who or what's next! Stay ready & you never have to get ready.

10. Stay behind the restraining lines while on the sidelines. a. Stay engaged with the team at all times. There should be ZERO interaction with the cheerleaders and/or spectators (including parents) without permission by Head Coach.

11. Present yourself and our team with Confidence & Poise. We want NO unsportsmanlike penalties!

Half-time Policies:

1. Go directly to the sideline corner as quickly as possible. Keep talking to a minimum, and refrain from communicating and/or gesturing at opponents or spectators.

2. Take care of the essentials and get ready to divide up by position.

3. Keep silent when any coach is addressing the team. Otherwise, make adjustments, stay positive, and let's get back to work.

Post-Game Policies:

1. Shake hands with opponents and be complimentary OR remain completely silent. Do not ever embarrass the school or program by making derogatory remarks or separating yourself from the team.

2. Assigned athletes assist with cleanup (balls, backstops, goals, cones/pylons, tables/chairs, etc.).

3. Injured athletes, report immediately to the trainer.

4. Coaches will address the team in the end zone.

5. After the break, players have approximately 10 minutes to greet family and friends before heading to the locker room or bus.

6. For away games, check to make sure that you have all gear before heading to the bus. a. We need to PUSH THE PACE to get back to PHS efficiently, but remember importance of "U+3".

7. Upon arriving at school, make sure you have all gear before you leave the bus and pick up any trash.
8. Thank the bus driver as you unload, and address them as “Sir” or “Ma’am”.
9. Help any injured players to the locker room. All players injured during the game MUST report to the Head Coach before leaving lockerroom.
10. Return game uniform (Jersey & Pants) to assigned cart BEFORE leaving. Do NOT “forget” it in your locker or “take home by accident”.
11. Make sure the area around your locker is cleaned up. Remember the importance of “U+3”.
12. Before leaving campus after a game, report all injuries to trainer and follow orders for treatment. a. If you have been told by PHS medical staff to see a doctor following a potential injury, arrangements must be made for treatment or clearance before you may resume physical activity with the team.

Lettering Policy:

At the conclusion of the Lacrosse season each year, the Varsity Lacrosse Coaching Staff conducts a staff meeting for the sole purpose of determining our Varsity Lettermen recipients. The staff discusses each player on an individual basis regarding his contribution to the Lacrosse team. The player’s individual position coach gives a short synopsis of each player’s playing time and contribution to the team during the course of the past season. On the basis of this meeting, it will be subjectively determined whether the playing time and contribution to the team deserves the recognition of a Varsity letter, Varsity certificate, Varsity Banquet invitation, and/or JV certificate. The criteria for lettering in Varsity Lacrosse at Portola High School are as follows:

1. An athlete who participated in the Portola Lacrosse Program for four years, regardless of playing time, will letter.
2. An athlete who remains a starter for every game on Special Teams will letter.
3. An athlete who has been in the program their first three years and is injured during senior year will letter.
4. An athlete who transfers from another school for their senior year must have adequate playing time (as determined by the coaching staff) to letter.
5. An athlete’s contributions to the team are such that the coaching staff believes a player deserves recognition.

An athlete must fulfill at least one of the above-mentioned requirements in order to letter. The athlete must also fulfill all of the following requirements to earn a letter:

1. Finish the season on a positive note, having adhered to the PHS Athletic Code throughout the season.
2. The athlete must maintain the academic standards established for athletic eligibility by the CIF-SS and Irvine Unified School District.
3. The athlete must be in good standing with administration in regards to on-campus behavior/conduct.

The Portola Lacrosse Staff reserves the right to modify or suspend these criteria to cover special cases submitted to them for consideration by the Head Coach. The Head Coach reserves the right to establish the requirements for all Lacrosse letters and special awards.

Player Safety:

The coaching staff condemns any act by a player to deliberately injure an opponent or teammate during a game or practice. Techniques and tactics taught by the coaching staff are designed to minimize the risk of injury to you and your opponent.

The protective equipment you wear is the best available and should not be abused or intentionally misused for anything other than its original purpose. It is for your protection and should not be used as a weapon against an opponent or teammate. Of particular importance is the Lacrosse helmet. **The helmet should never be used to deliberately strike or hurt an opponent or teammate.**

Unethical conduct and acts of poor sportsmanship, whether within the rules or not, will not be tolerated by the coaching staff. Play with passion, play in relentless pursuit of success, but do so in a manner that presents yourself and our program as men of Perseverance, Respect, Integrity, Drive, and Empathy. The following are some specific rules that relate to player conduct and safety.

1. No player shall strike a teammate, opponent, coach, official, or spectator with his fist, or deliver a blow with extended forearm, elbow, foot, or knee.
2. No player shall deliberately use a helmet to strike, head-butt, or spear an opponent (using the crown or facemask).

Penalty: 3:00 non releasable for unsportsmanlike conduct or egregious physical contact; ejection for gross unsportsmanlike conduct. The coaching staff reserves the right to levy further disciplinary actions following in-game Unsportsmanlike penalties, and/or PHS Athletic Advisory Council Review.

Discrimination and Acts of Racism

Portola Lacrosse maintains a zero tolerance policy for any acts of discrimination and/or racism. Such acts will lead to immediate and permanent dismissal from the team. Similarly, if any

opponent commits such an act towards you or any of our program members, report the incident immediately to your head coach.

Minor Infractions:

Most minor infractions will be handled during practice time. If infractions become disruptive, the coaching staff will ask for a meeting with the player and their parents. If the player continues to behave in a manner that is unbecoming of a Portola High School student-athlete, they may be removed from the team.

	Unexcused	Excused
Absence	(3) 12-stop Sprints + 100 Pushups to re-earn eligibility*	Make up missed work; chores upon Coach's discretion.
Tardy	(1) 12-stop Sprint + 50 Pushups to re-earn eligibility*	
Absence / Tardy Prior to Game	No participation in the game.	
Equipment / Dress Code	Participation restriction or dismissal from event, (1) 12-stop Sprint + 50 Pushups	
Assignments	Completion of assignment before returning to practice + (1) 6-stop Sprint	

* No more than one game.

12-stop Sprint is from the lacrosse endline to the near goal line extended (GLE), back to the starting endline, to the near restraining line, back to the starting endline, to the midline, back to the starting endline, to the far restraining line, back to the starting endline, to the far GLE, back to the starting endline, to the far endline, back to the starting endline.

6-stop Spring is the first half of a 12-stop Spring.

Quitting/Removal:

Any player wishing to not be a part of the Portola Bulldog Lacrosse Program must notify the Head coach in person. You will be responsible for returning any school issued equipment to prevent being charged. Any funds or services donated to the program or Booster Club (used or unused), including but not limited to official team garb that has already been distributed, will not be subject to a refund.

Any player who is removed from the Lacrosse Program for any reason stated or not stated in this agreement, will adhere to the following:

I understand that if I am permanently removed from the PHS Lacrosse team:

- 1. I will no longer be able to participate in any/all team activities.*
- 2. I forfeit any/and all funds raised and/or donated to the program.*
- 3. In regards to team gear: Any item in which I have paid for will be issued if already ordered. If not already ordered, I will receive a refund from the Bulldog Lacrosse Program.*

NOTICE OF NON-DISCRIMINATION

IUSD does not discriminate in enrollment in or access to any athletics program available. Admission to these programs is based on age appropriateness, team roster space, aptitude and meeting academic and behavioral eligibility requirements. The lack of English skills shall not be a barrier to admission to or participation in the District's activities and programs. IUSD's facilities and equipment provided for students are comparable and equitable to both sexes without disparity or imbalance, consistent with his or her gender identity, irrespective of the gender listed on the pupil's record. For additional information see www.iusd.org (Board Policy 5145.5)

Statement of Acknowledgement

I, _____ and my parent _____ have read through the entire Parent/Player Handbook and our signatures below indicate that we agree to abide by the rules, policies and procedures set forth.

Athlete's Signature _____
Date

Parent's Signature _____
Date