

# CB South Boys Lacrosse Handbook.

## TOPICS

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I. What is FALL BALL?

Fall league is played on Sundays, usually beginning the middle of September and going through to the beginning of November. This is not mandatory but strongly encouraged. In 2016 we fielded 3 teams (Freshman, JV, Varsity). The games last less than an hour and are coached by South coaches. Plan to be at the fields by 20-30 before game time. All games are played on Upper Dublin's Sparks Fields.

II. Is my son required to attend the summer, fall and winter **work outs**? Please encourage your son to attend as many "optional" practices and workouts as able. Scholastics are primary, but if at all possible these practices are important to their development and moral.

III. Do I have to **try-out** or can I just join the team? Anyone South student can sign up in the Fall to participate in Fall league and off season conditioning. As a Spring sport, PIAA dictates when the spring season can begin. The team normally conducts try-outs during the first week of the season. The Coach has discretion on whether there needs to be "cuts" based on the number of students who attend. At try-outs, players will also be identified as a Varsity player, a JV player, or a "Swing" player (a player who may be called to play on both teams.)

#### IV. IN SEASON

**TIME COMMITMENT:** During the season, players should plan on either practicing or participating in a game on Monday-Saturday in season. The season normally runs from early March through mid May. Practice can be inside or outside depending on the weather. Times vary depending on the lacrosse team assigned field time. Make sure that both the player and at least one parent/guardian are registered on TC Teams with email addresses and text numbers so everyone gets last minute changes. Practice times may vary, but it is important to know that at times practices do go over the scheduled time. If you live close by it may be best to have them text you when they are finished.

**Do I need to let anyone know if I can't be at practice or a game?**

Players should be talking directly to the Coach about any schedule concerns or any concerns or questions they have about being part of the team. It is important to allow your player to develop responsibility and to build a relationship with the coach. Players should always communicate with the head coach at his school email address in line with school policy. That email address is [cbsboyslacrosse@cbsd.org](mailto:cbsboyslacrosse@cbsd.org).

**When do I get my uniform?** Uniforms are distributed to all players after Try-Outs. At this time, the school provides 1 pair of shorts and a Home and Away jersey. Other optional uniform pieces are offered on the Parent Association Online Stores in Fall and Spring.

**Where do I store my equipment at school?** Once the season starts, all players are assigned a locker at the CB South locker room. In the first few days of the season, they may need to bring equipment to school in the morning. Most players either ask to leave their equipment in the school office or in the classroom of one of their teachers. They can collect it and bring it with them when they get on the sports bus.

**Where do we practice and how do I get there?** Practices are conducted at the CB South campus and can be inside or outside depending on weather. When practice is scheduled after school, 9th grade students can use the sports buses which run from Unami and Tamanend to CB South.

**What time are games and how does my son get there?** Game times vary and families will be provided a schedule at the beginning of the season. While most games are scheduled after school ends, players sometime need to leave school early to attend Away games that being after school. When this happens, a bus will be provided from Unami and Tamanend so that players can get to the High School and join the rest of the team on the team buses. Coach will normally let players know what time they need to leave class to catch the bus for Away games.

**Players** – bring extra food to eat before game on the bus to provide energy for the game. Having \$5 on hand for after the game is also beneficial to grab something from the snack stand, if they have one, to sustain as they watch the Varsity Game.

**Parents** – games can be cold in the early part of the year . Always carry at least \$5 cash, some stadiums have an entry fee. At CB South Home games, most games are free. If there is a nighttime game where the school needs to hire Security and use the field lights, there is a \$5 admission fee (there are normally 2 night time games but this can vary.) There is also always a charge for a Playoff game. Families can buy an athletic pass through the Athletic Director's office for \$60 that will allow them into any chargeable athletic event for any CB school EXCEPT playoff games. It can be very cold in the beginning of the season – keeping warm clothes and an umbrella in the car are good ideas. Most games will go on in drizzle.

**Why does my son have to travel on the team bus for away games? What if I need to get my son to another event and need an exception?** Team members travel together on team buses (1 for JV and 1 for Varsity.) This is a school policy and also encourages team unity. If parents need to take their son home from an Away game, they need to get approval from the CB South Athletic Director PRIOR to the game. Coaches prefer that JV stays to watch Varsity for at least the first half during a home game. JV will also stay, at an away game, for at least the first half. Please be sure your son text you when he is returning from an away game for an ETA. They will get off the bus and go into the locker room to store their equipment once returned to South.

**How can I access game film?** The Parent Organization funds filming of Varsity games and also provides a website where players can access their game films. The current platform is Krossover and the Coach will provide each player with a log-in account.

## V. Injuries

**What happens if a player is injured during the season?** If a player is injured during the season, they can not participate until they have been officially cleared to return to practice/games. To be cleared, they need a physician's note that they are healthy to play. That note should be provided to the CB South athletic trainer and the athletic trainer will determine a safe path for the player to return to the team (they could recommend modified work outs etc depending on the extent of the injury.) The player may only return to the team once both their physician and the athletic trainer have cleared them to return

Also, it is very important that you, parents, communicate any conditions that may interfere with play or wellbeing of your son, for instance severe allergies, asthma or any other special condition. The safety of your son is paramount.

## VI. GETTING INVOLVED

Your son notices and appreciates when you are involved – spending time helping out with the snack stand during the season, attending the Pasta Night are all important to the team as an organization and to your player. Please check your emails regularly and get involved. No amount of time is too little.

*Specific Events and means to get involved*

**How do I get on the team's distribution list?** The team uses a TC Team website to communicate important information to players and their families. Sometime during the Summer or Fall before

the player's first season, they will receive an email invitation to join the website. When the player is registered, the family can add up to 2 cell phone numbers and 7 email addresses that will receive texts and notices. If you did not receive an email invitation to join, let the Coach know. You can only join with a link in the email invitation.

**How do I find out what is happening with the team aside from email and texts?** You can always access the team website at <http://www.tcteams.com/cbsouthlax/index.php>. When you register, you will receive a login and password that will allow you to access parts of the website that are not available to the general public. If you forget your login and password, contact a Board member and they can help you recover that information.

**How much does it cost to join the Team?** There is no fee to join the High School team. The Parent Organization does conduct a few fundraisers to fund resources that school does not fund and we encourage all families to participate in those activities.

**What is the Online Apparel Store?** Do I have to purchase anything from the online store? The Parent organization offers online stores in the Fall and Spring to offer fan wear and some team apparel. The fall store is usually scheduled so that merchandise is available for the holidays. The school only provides 1 pair of shorts and 2 jerseys so we offer other uniform pieces that most lacrosse players like to have (shooter shirts, sweats, hoodies, team jackets, home shorts.) Families are not required to purchase items offered on the on-line store. "Fan Wear" are items with the team logo that families can purchase and wear to the game to

support the team. The Online stores are set up so families pay the vendors directly and the team does not make a profit on the sale of these items.

**What is Pasta Night?** Pasta Night is a covered dish dinner at the beginning of the season. Players and their families are invited to attend and enjoy fellowship. The Parent Organization will provide information during the off season about the date as well as a sign up genius for the covered dish. This is a fun event and families are strongly encouraged to attend.

**What is Senior Night?** Senior Night happens at a Home game and is scheduled to recognize the seniors on the team. Prior to the game, seniors are introduced and escorted on the field with their families. Underclassmen line up and create a pathway on the field – and of course encourage the senior players.

**What is End of Year Banquet?** The end of year banquet is normally scheduled in early June. The Parent Organization will send out information about the banquet in the Spring. Families are invited to attend for a nominal cost.



