

RAMSLAX 2012

Player Expectations

IN-SEASON

- Spring is Lacrosse season. Work, and other sports or activities that you are involved with must come secondary. Respect your teammates so that you are not getting involved with activities/sports that are going to injure or tire you. Assume that you have practice every day between March 5th and June 7th 2012. We all need to be committed to this team and each other for us to be successful
- Players are required to be at EVERY practice during the season. Missing a practice will result in sprints, loss of game time, or game suspension, followed by dismissal from the team.
EXCEPTIONS:
 - If you are sick and unable to come to school you may not be at practice/game (school guidelines) (must attend at least half of the school day to be able play/practice)
 - If you are injured and have an appointment.
 - Family emergency (funeral/accident etc.)
 - PLEASE communicate to me anytime there may be an unexcused absence!!**Family Vacations and work are not permissible reasons for missing any team events**
- Detention, ISS, and OSS will be dealt with on a situational basis.
- All players will travel to and from games on the bus with the team and will be picked up at the High School. Only in special circumstances you need a written note from your parents in order to ride home with them.
- If you have an issue about position, playing time, etc. approach Coach Driscoll on your own. Communication is important and I welcome any concerns you may have. You need to approach me not your parents. My door is always open to you.
- After school you must get to the locker room as soon as possible. If the locker room is locked please sit down in the hallway between the locker room and back gym and wait for a coach to open it. DO NOT fool around while waiting.
- After practices and games everything should be placed in or above your locker. The floor's MUST be clear of any equipment when you leave. LOCK all of your belongings in your locker everyday before you leave the locker room.
- Respect ALL school employees of both CDS and other schools that we visit. This includes bus drivers, teachers, officials, coaches, custodians, etc.
- Practice Schedule:
 - 2:30-2:35 go to locker, then go to locker room
 - 2:35-2:50 get changed in all equipment and be ready to go to field at 2:50!
 - 2:50- JV and Varsity team will meet in locker room for meeting
 - 3:00- Teams out to the field/players responsible for water or equipment will need to get this to the field.
- All academic help (ex. Make-up work) should be done before school. If this is not available you must tell Coach Driscoll 1 day in advance that you will be slightly late for practice. If you do not tell me you will be considered late or skipping practice.
- Coach Driscoll's cell phone number is 1-717-418-3373. You need to have this in your cell phone (if you have one) and call me if anything comes up during the school day.