

# Butler High School Women's Lacrosse

Head Coach

Darci Gervaise

716.860.9291 cell

704.787.8134 home

[butlerlax@gmail.com](mailto:butlerlax@gmail.com)

Assistant Coach

Stephanie Brubaker

704.619.7482

[s.brubaker@cms.k12.nc.us](mailto:s.brubaker@cms.k12.nc.us)

Team Coordinator

Sue Garruto

3410 Savannah Hills Drive

Matthews, NC 28105

704-847-6370

[mrmeq@aol.com](mailto:mrmeq@aol.com)

Team Treasurer

Angela Hepner

Checks Payable to: Butler Women's Lacrosse Boosters

Mailed to:

Mrs. Angela Hepner, Treasurer

6923 Olde Sycamore Drive

Charlotte, NC 28227

[Rhepner@carolina.rr.com](mailto:Rhepner@carolina.rr.com)

Team Website

[www.sitekreator.com/butler](http://www.sitekreator.com/butler)

## **Team Expectations**

We as coaches will encourage the finest qualities in each individual – honesty, self-discipline, perseverance, and respect toward self and others. Winning and losing is not as important as how you play the game, and we want you to feel good about your involvement in lacrosse. We want you to feel good about your skill improvement, your level of effort and your personal growth, as well as the relationships you will develop and cherish for years to come. **And YES, we want you to have fun!**

***As an athletic sport, this activity offers the opportunity to become or improve oneself as an athlete. This involves the following qualities and behaviors:***

### *Physical Discipline*

- ✓ Conditioning oneself to successfully compete on the field
- ✓ Conscientiously applying oneself to drills and exercises to promote coordination, strength and endurance
- ✓ Pushing toward one's limits
- ✓ Developing physical responsiveness, quickness and awareness
- ✓ Being physically alert

### *A Positive Mental Attitude*

1. Seeking to improve one's skills by welcoming advice and guidance from coaches and more experienced players
2. Participating in all levels and rigors of the workout
3. Focusing on your successes rather than your shortcomings, but working to improve those shortcomings

***As a team sport, lacrosse demands the following:***

### *Cooperation with*

- ✓ Coaches
- ✓ Team Captains
- ✓ Fellow teammates

### *Putting aside personal interest for the good of the team:*

- Solid attendance
- Following the coaches' directions as faithfully as possible
- Supporting others
- Seeking to be used productively by the team
- Absolute and undivided attention to coaches when they are speaking to the team
- Leave the Gossip at the door

### *Team Spirit*

- Actively encouraging others
- Participating in all team activities

*You owe your team the following:*

- Your full effort/dedication during practice and games
- Your honest effort at solid attendance
- Your encouragement to fulfill their responsibilities to the team

### **Practice Expectations**

For practices you should try to show up 10-15 mins prior to start time to get yourself ready and set up any necessary equipment. *For every minute late without an excuse that is one lap you will have to run!*

*During practice, you must always remember to:*

- ❖ Have your mouth guard (they are inexpensive – it's a good idea to have three or four on hand as they are easily lost...Mold a couple)
- ❖ Have your goggles
- ❖ Have your lacrosse stick
- ❖ Remove ALL jewelry (rings, bracelets, watches, earrings, necklaces)
- ❖ Wear comfortable shoes
- ❖ Wear clothing that is comfortable for the weather
- ❖ Bring a water bottle – it doesn't matter what the temperature is, you can still get dehydrated without proper water intake

**PLEASE NOTE:** If you do not have a mouth guard, goggles or stick for practice, you will **NOT** be allowed to participate! This is a safety issue, and we are only taking your best interest into consideration. If you do not participate in practice because you do not have a mouth guard or goggles, you will be charged with an unexcused absence.

*During practice, you will be expected to participate in:*

1. Warm up exercises
2. Conditioning
3. Lacrosse drills
4. Equipment set up and clean up
5. Scrimmage games (later in the season)

It is extremely important to attend practice every day. If you must miss a practice, you **MUST** inform one of your coaches of your absence, regardless of the reason (in writing, or by phone) Telling a friend or teammate to relay the message is not acceptable. Having your parents contact us is also not acceptable. You are the one playing on this team, not your parents. Your actions are your responsibility.

*Absences considered excused:*

- ❖ You are ill (must have a doctor's note to return from serious illness/injury)

- ❖ Family member is seriously ill
- ❖ Death in the family

*Absences considered unexcused:*

- Homework (while homework and school are vitally important, you must learn to manage your time)
- Tutor (arrange tutor times for after practice or weekends)
- Dinner with relatives (arrange for after practice)
- Doctor's appointment (unless you are ill, regular appointments need to be made for before/after practice or weekends)
- Job (please make arrangements with your boss)

**PLEASE NOTE:** If you are absent from the practice before a game, you will **NOT** be allowed to participate in the game, no matter what the reason. You will still be expected to attend the game to cheer on your teammates.

## **Game Expectations**

*Playing Time:*

1. We will make every effort to be as fair as possible.
2. We know everyone paid a lot to play.
3. Will be based on a number of factors:
  - ❖ Attendance
  - ❖ Dedication/Effort
  - ❖ Skills
  - ❖ The Team we are playing
  - ❖ If you arrive on time
  - ❖ Team Spirit/Attitude
  - ❖ How much you work on your own outside of practice
  - ❖ Your rankings and effort to improve them

*Before a game, you will always:*

1. Arrive on time 1 hour before game time (home games) \*Away game time arrival determined on a per game basis. If you arrive late to a game you will **NOT** play until the 2<sup>nd</sup> half.
2. Have your stick, mouth guard, goggles, water bottle and clean uniform
3. Remove ALL jewelry (rings, bracelets, watches, earrings, necklaces, nose piercings)

*During a game, you will always:*

- ❖ Play to the best of your ability
- ❖ Stand on the sidelines with your teammates
- ❖ Play any position for which you are needed

- ❖ Display a positive mental attitude
- ❖ Treat your teammates, coaches, opponents and referees with the highest level of respect
- ❖ Pay attention to the game on the field (keep socializing to a minimum)
- ❖ Support your teammates on the field
- ❖ Give your absolute attention to your coaches when they are speaking

*During a game, you will **NEVER**:*

1. Argue with a referee, no matter what the situation
2. Argue with your coaches, no matter what the situation
3. Exchange unfavorable dialogue with **anyone**
4. Use offensive gestures or language

**\*PLEASE NOTE:** If your coaches determine that you are demonstrating behavior that is detrimental to your team, you will be issued an **automatic two game suspension**.

*After a game, you will:*

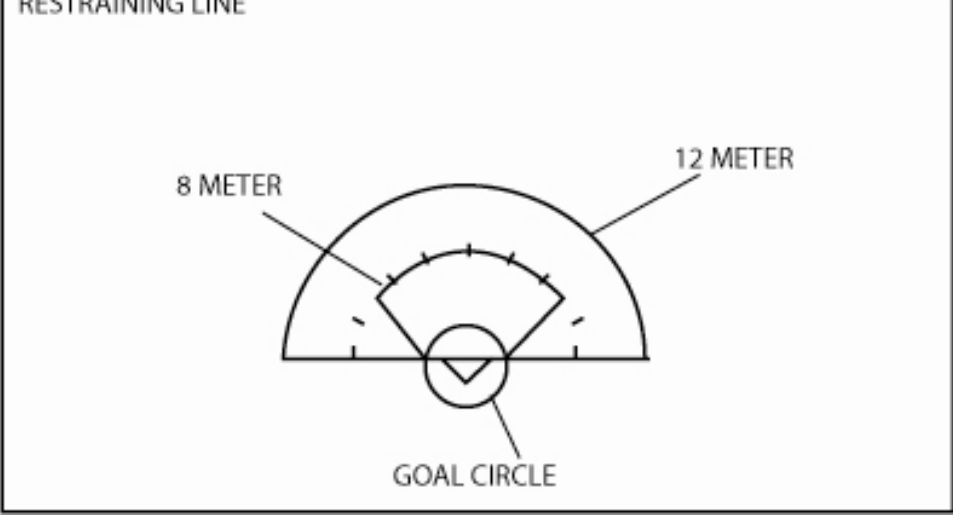
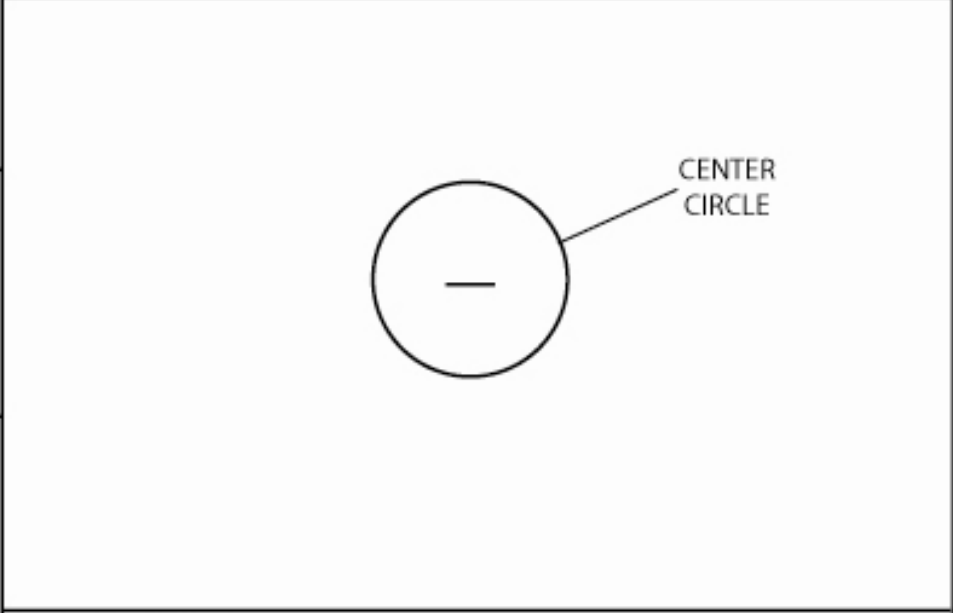
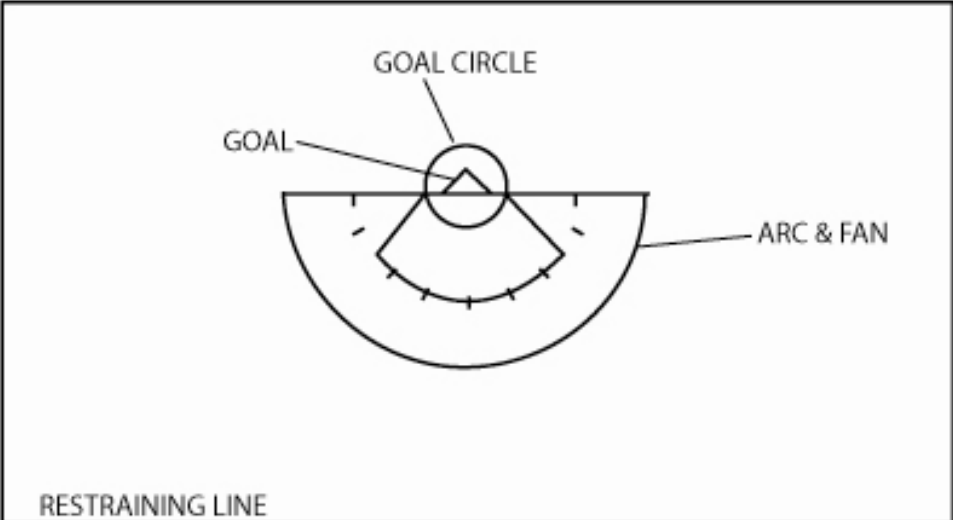
- ✓ Thank your referee
- ✓ Get in line for the “slapping of the hands” with your opponent
- ✓ Clean up your garbage
- ✓ Gather your belongings
- ✓ Home games – help clean up equipment

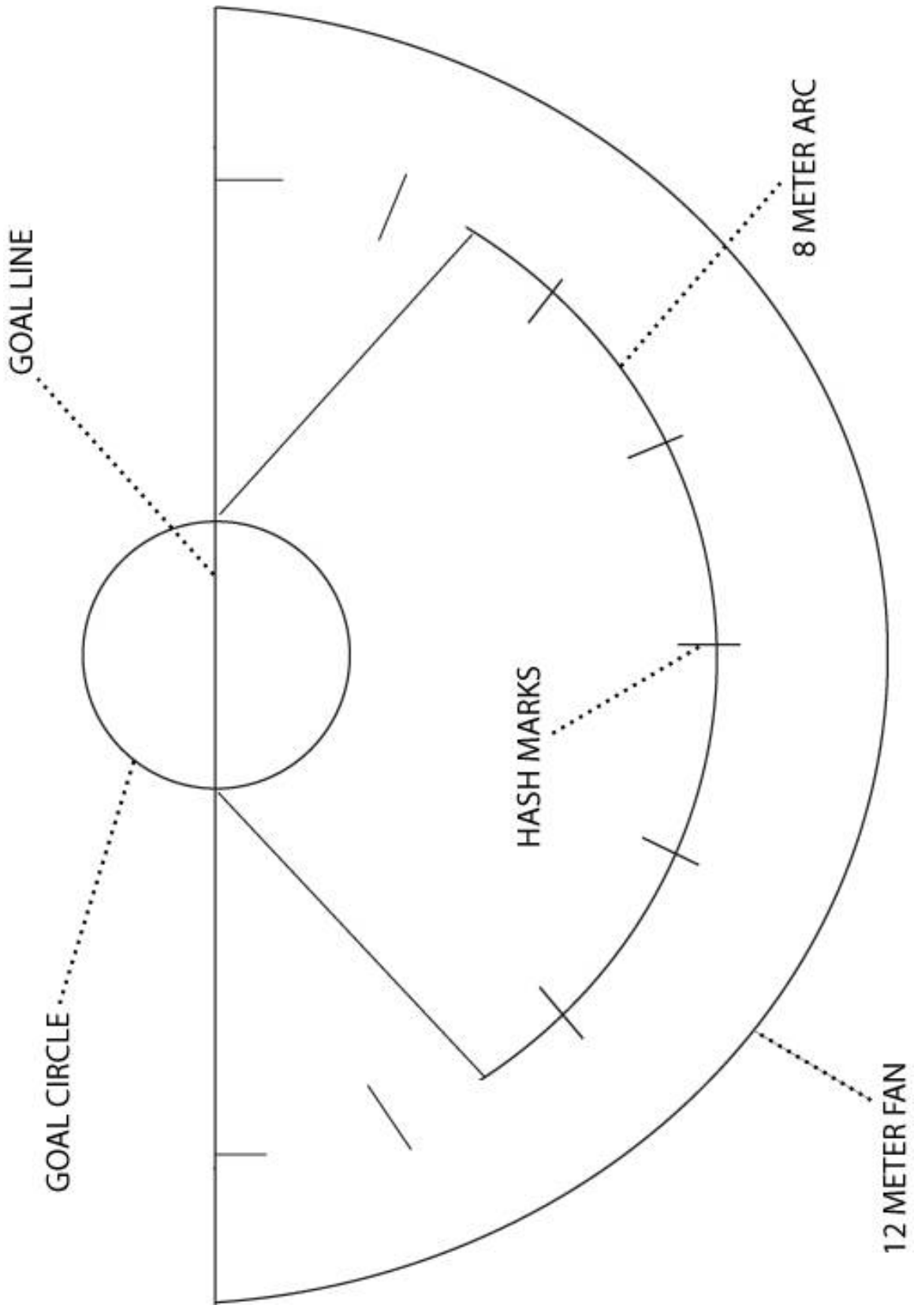
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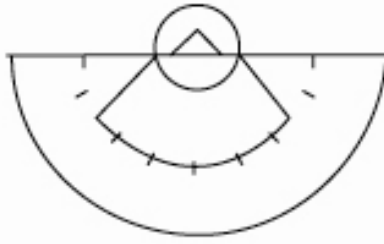
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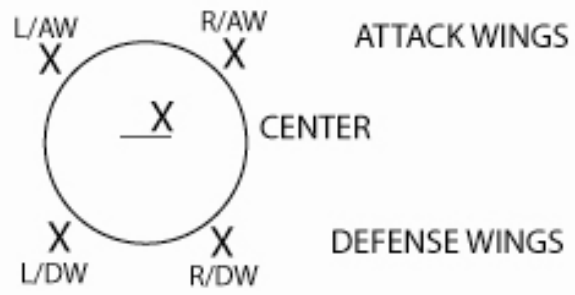
SUB AREA







X X X ATTACK



X X X DEFENSE



GOAL KEEPER

## **WOMEN'S LACROSSE POSITIONS:**

### **ATTACK:**

The attacks responsibility is to score. Located closest to the goal, they must continually cut toward the goal for a shot, or cut away from the goal to make room for another player. Should have excellent stick work. They are normally considered the playmakers. Should be able to shoot well from every angle and distance from the goal. Will help to transition the ball from defense to attack. She should be able to feed the ball to other players and fill in wing areas. Line up on the restraining line opposite your goalie.

### **MIDFIELD:**

#### **ATTACK WINGS**

The wings are also responsible for transitioning the ball from defense to attack. Wings should have speed and endurance and be ready to receive the ball from the defense and run or pass the ball. Line up on the center circle opposite your goalie and should try to win the draws.

#### **DEFENSE WINGS**

The wings are responsible for marking the attack wings and bringing the ball into the attack area. Wings should have speed and endurance. Line up on the center circle on the same side as your goalie and should try to win the draws.

#### **CENTER**

The center's responsibility is to control the draw and play both defense and attack. She should have speed and endurance.

### **DEFENSE:**

She should be able to stick check, body check and look to intercept passes. She should be able to receive clears, run fast and have good footwork. Should work to transition the ball to the midfield.

### **GOALKEEPER:**

The goalkeeper's responsibility is to protect the goal. She should have good stickwork, courage and confidence.

## **GENERAL RULES & INFORMATION:**

**\*Please note that there are many more rules. This is just a general guideline of the most used/common, along with a list of potential fouls.**

\*12 Players are on the field at a time

\*Game Time – 2, 25 minute halves with a 10 minute halftime. Allowed 2 time outs per game (including overtime).

\*Switch ends after halftime

\*When the whistle blows you must stop and stand where you are. Only the goal keeper can move inside her goal circle if the whistle has blown.

\*Draws – Used to start each half and after each goal, which are taken by the center position.

\*Restraining Line – At either end 4 field players, plus the goalie must remain behind the restraining line. Depending on which end the ball is on, these 4 players are usually the 3 attack or 3 defenders and a midfielder.

\*Hard Boundaries – This means that if the ball goes out of bounds possession of the ball goes to the opposing team of the last person to touch the ball. Examples: If a person on your team has passed you the ball and you miss and it goes out of bounds, the other team gets the ball. If you check someone's stick who has the ball and it goes out of bounds, you get the ball. If the goalie clears the ball and it goes out of bounds, the other team gets the ball.

An exception to this rule is if you are taking a shot, and miss the goal. In this instance the person who is closest to the ball when it goes out, gets the ball. In many cases this can be the goalie.

\*Rough checks, and contact to the body with your stick are not allowed.

\*Field players may pass, catch or run with the ball in their crosse. A player may gain possession of the ball by dislodging it from an opponent's crosse with a check. A check is a controlled tap with a crosse on an opponent's crosse in an attempt to knock the ball free. The player must be one step in front of her opponent in order to check. No player may reach across an opponent's body to check the handle of a crosse when she is even with or behind that opponent. A player may not protect the ball in her crosse by cradling so close to her body or face so as to make a legal, safe check impossible for the opponent.

\*All legal checks must be directed away from a seven-inch sphere or "bubble" around the head of the player.

\* No player is allowed to touch the ball with her hands except the goalkeeper when she is within the goal circle.

\*No player is allowed to cover the ball with her stick except the goal keeper when she is within her goal circle.

\*Major Fouls \*\*Denotes ones that occur most frequently

- Rough/Dangerous Check
- Check to the Head: MANDATORY CARD
- Slash: MANDATORY CARD
- Holding: with your body or crosse the other persons crosse
- Crosse in the Sphere
- \*\*Illegal Contact: initiate crosse to body or body to crosse contact
- Illegal Use of Crosse
- Hooking: The head of your crosse around the bottom of an opponents crosse
- \*\*Reach across the body
- Illegal Cradle
- Blocking
- Charging
- Pushing
- \*\*Obstruction of free Space (Shooting Space)
- \*\*Three Seconds
- Illegal Pick
- Tripping: intentional or not
- Detaining
- Forcing Through
- False Start
- Playing the ball off an opponent
- Dangerous propelling: MANDATORY CARD
- Dangerous follow-through: MANDATORY CARD
- Illegal Shot: from an indirect free position

\*Minor Fouls \*\*Denotes ones that occur most frequently

- \*\*Covering
- \*\*Empty Stick Check
- Warding Off
- Hand Ball
- Squeeze the head of the crosse
- \*\*Body Ball
- Throwing your crosse
- Play w/o your crosse
- \*\*Illegal Draw
- On a draw stepping into the center circle or over the restraining line before the whistle
- Illegal crosse
- Scoring a goal with an illegal crosse
- Adjusting your crosse to be illegal after a stick check
- \*\*Jewelry
- Illegal uniform

- Illegal substitution
- Delay of Game
- \*\*Play out of Bounds
- \*\*Illegal re-entry: step out of bounds w/ the ball and re-enter

\*Carding

- Yellow Card: Must leave the field for elapsed time of 3min
- 2nd Yellow Card for same person: out for rest of game
- Red Card: Out for remainder of the game

## 2009 Butler Lacrosse Tryout Information

With lacrosse being sanctioned in the state for the 2010 season things will begin to get a little more strict in preparation. More schools will have teams, more people will want to play, the completion will quickly grow. With that -

- This season we will be having Varsity and JV Teams.
- Currently we have about 43 girls. Essentially this will be divided in half among the 2 teams.
- If you played last year, do not expect to automatically be placed on Varsity.
- Your placement on a team will be determined by a number of things:
  - Skill Level
  - Speed, Agility, Conditioning (how good a shape are you in?)
  - Ability to learn
  - Teamwork
  - Commitment
  - Attitude
- The first 2 weeks of practice will be your time to show us which team we should put you on.
- **Pushups** – As many pushups as you can do in 2 minutes. Starting position: When viewed from the side, your body should form a generally straight line from your shoulders to your ankles. Your feet may be together or up to 30 cm apart. Begin the push-up by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground. Then, return to the starting position by raising your entire body until your arms are fully extended. Your body must remain rigid in a generally straight line and move as a unit while performing each repetition. If you fail to keep your body generally straight, to lower your whole body until your upper arms are at least parallel to the ground, or to extend your arms completely, the repetition does not count. An altered, front-leaning rest position is the only allowed rest position. That is, you may sag in the middle or flex your back. When flexing your back, you may bend your knees, but not to such an extent that you are supporting most of your body weight with your legs. If this occurs, the event is terminated. You must return to, and pause in, the correct starting position before continuing. Resting on the ground or raising either hand or foot from the ground also terminates the event. You may reposition your hands and/or feet during the event as long as they remain in contact with the ground at all times. Correct performance is important. Do as many push-ups as you can in two minutes. **\*\*GIRLY PUSH-UPS DO NOT COUNT\*\***

- **Crunches** – As many crunches as you can do in 2 minutes. Starting position: Lie on your back with your knees bent at a 90° angle. Your feet may be together or up to 30 cm apart. Get someone to hold your ankles with the hands only. No other method of bracing or holding the feet is allowed. The heel is the only part of your foot that must stay in contact with the ground. Begin the crunch by raising your upper body forward to, or beyond, the vertical position (i.e. so the base of your neck is above the base of your spine). After you have reached or surpassed the vertical position, lower your body until the bottom of your shoulder blades touch the ground. Your head, hands, arms, or elbows do not have to touch the ground. A repetition does not count if you fail to reach the vertical position, arch or bow your back and raise your buttocks off the ground to raise your upper body, or let your knees exceed a 90° angle. The up position is the only allowed rest position. If you stop and rest in the down (starting) position, the event will be terminated. As long as you make a continuous physical effort to sit up, the event is not terminated. You may not use your hands or any other means to pull or push yourself up to the up (resting) position or to hold yourself in the rest position. If you do so, the event is terminated. Correct performance is important. Perform as many crunches as you can in two minutes.
- **One-Mile Run** – Timed, as fast as you can run one mile.
- **Three-Cone Drill** – Timed, as fast as you can complete this drill. Three cones, 5 yards apart in a 90° triangle. Start at cone 1, run to cone 2, run back to cone 1, run around cone 2 to cone 3, run back around cone 2 to cone 1. Youtube “3 Cone Drill” for an example.
- **5-10-5 Shuttle Run** - Timed, as fast as you can complete this drill. Run 5 yards in one direction, turn & run 10 yards in the opposite direction, turn again & run 5 yards in the opposite direction.

**We HIGHLY RECOMMEND that you start to condition on your own and get out there with friends to throw around and get some practice in. Especially those that would like to make the Varsity Team.**