



Chatfield Girls Lacrosse
2023 Season
Handbook

This handbook contains all guidelines, rules, and expectations of players, parents, and coaches of the Chatfield Senior High School Girls Lacrosse program for the 2023 spring season. If any questions arise regarding the contents of this handbook, please contact your coaches.

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General Expectations:

For Players:

- Players are expected to conduct themselves, both on and off the field, in a way that shows respect for their teammates, their opponents, their coaches, the game, and Chatfield Senior High School.
- School takes priority, but players are expected to make a serious commitment to the team, sacrificing personal time and other interests for the sake of the team.
- Players are always representing Chatfield Senior High School Girls Lacrosse.

For Parents:

- Parents are expected to respect teammates, coaches, referees, opponents, and the school.
- Parents are expected to support their player with positive feedback including but not limited to: their commitment, their teamwork, their effort, and their performance.
- Parents are not coaches. Even if it is coming from a good place, please refrain from coaching your child. Even if a parent is trying to reiterate what a coach is saying, this can be counterproductive to the player learning to listen to the coaches' voices. This includes before, during, and after practices/games, on the sidelines of games, etc. Always cheer, never coach.

For Coaches:

- Coaches are expected to conduct themselves, both on and off the field, in a way that honors and respects the girls, parents, and Chatfield Senior High School.
- Coaches are expected to respect each player's right to participate in a sport, regardless of talent or ability. Coaches must recognize the ability of each player to become better.



- Coaches are expected to maintain and foster an environment that promotes the values of academics, teamwork, discipline, and self-respect in the players.
 - Coaches are expected to help each player meet their goals through individual instruction, when necessary. Coaches are furthermore expected to help the team meet its goals through structured, effective practices.
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Communication:

Player Communication:

- Our goal as coaches is to help develop independent young adults and always expect players to communicate directly with us.
- Players are the ones expected to communicate with the coaches for any needs, requests, questions, etc., including (but not limited to) schedules, absences, tardiness, grades/schoolwork, injuries, and anything lacrosse related.
- If a player has concerns or questions regarding playing time, starting positions, etc., we encourage players to talk to their coach. Communication regarding these things, however, is unacceptable right before a game, during a game, or immediately after.
- Players must be in communication with their parents if any changes in schedules occur. Both players and parents will always be notified of any schedule changes, but if any last minute change occurs, everyone needs to be on the same page - always communicate to ensure parents are aware of changes.

Parent Communication:

- If a parent has concerns about anything related to their player, the team, coaches, etc., the following steps must be taken before confronting a coach:
 - The concern **must** be addressed by the player first. Ideally, any concerns will be resolved at this step. If for some reason the issue is still unresolved, then a parent can get involved.
 - Parents must contact the coach via email describing the concern and requesting to set up a time to talk over the phone or in person if necessary. Parents should **never** approach a coach with a concern before/after practice, before/after a game, etc. without pre-arranging a scheduled time to talk.
- Coaches have the right to refuse to entertain negative conversations from parents.
- Parents must never attempt to discuss players', other than their own, playing time, starting positions, performance, etc.
- Parents must never attempt to discuss with the coaches about other families or parents (unless there is concern for well-being or safety).
- Parents must be in communication with their players if any changes in schedules occur. Both players and parents will always be notified of any schedule changes, but if any last minute change occurs, everyone needs to be on the same page - always communicate to ensure players are aware of changes.



*Emotions can run high. Please observe the 24 hour rule. Wait 24 hours before calling, sending an email, or leaving a message. This rule applies to players, parents, and coaches.

Methods of Communication:

- TeamSnap
 - Teams will use TeamSnap to communicate throughout the season, as well as keep track of schedules. There will be a program-wide TeamSnap, which will include every coach and every player (both varsity and JV), as well as a varsity TeamSnap and a JV TeamSnap.
 - All players are expected to have the app downloaded with notifications turned ON.
 - Each player is required to have at least one parent/guardian (ideally, both) connected to their account. Parents are also required to have their app downloaded with notifications turned ON.
 - A variety of important information will be shared from coaches via TeamSnap. On TeamSnap, there is a “chat” feature where coaches and players can communicate, a feature where everyone in the program can be emailed, and an in-depth schedule which will consistently be updated with practices, games, team events, dinners, etc.
 - Everyone within the program is expected to learn how to use TeamSnap effectively as this will be our main source of communication and scheduling during season.
- Email
 - A lot of communication for families, especially for non-urgent matters, will take place via email. Both the booster club and coaches will communicate with everyone via email. Please ensure that Notification@LeagueAthletics is not blocked by your email’s spam filter.
- Text
 - Coaches may send out texts regarding urgent and non-urgent matters.
 - Please check with your specific coach if they are okay with text messaging.
 - If a parent or player texts a coach, please state who you are in your initial message as well.
- Phone call
 - Phone calls can be an appropriate way to communicate with coaches, but please be aware that all coaches work full-time jobs in addition to coaching and may not always be available. Feel free to set up a time to talk on the phone with a coach.

Grades:

- Players are expected to maintain a 2.8 grade point average. If a player’s GPA falls below, the following steps must be taken in order to become eligible to play in the next game:
 - Meet with teachers to create an improvement plan that will be shared with the coaches.
 - Raise applicable grades by the following eligibility reporting cycle.
- Teachers are not responsible to ensure a player’s work is turned in on time. Likewise, teachers are not responsible for ensuring a player receives playing time. Time management is ESSENTIAL to being a student-athlete, and inability to balance school work and athletics will directly affect



not only the individual, but the team.

- Coaches must receive an email from **Nikki Lucas** clearing a formerly ineligible athlete in order for that player to compete in games. Eligibility reports run Monday through the following Monday.
 - **Please note:** Per CHSAA, if an eligibility report indicates a player is failing one class or has a D in more than one class, the player will be ineligible to play in any games for one week, beginning on the Monday following the eligibility report (Monday-to-Monday). If two consecutive eligibility reports (over the course of two consecutive weeks), show a player as ineligible, the player will be suspended until their grades have been raised.
 - If this situation occurs, players are still expected to attend all practices, games, events, etc.
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Behavior:

Sportsmanship:

- Sportsmanship should be a priority for players, parents, spectators, and coaches.
- Always cheer for your team, not against the opponent.
- No taunting in any form.
- Never stoop down to another team, player, coach, ref, etc.'s level. Other people showing bad sportsmanship is never an excuse to show bad sportsmanship.
- No cussing, cursing, swearing, or any sort of foul language will be tolerated on the field, especially at a teammate, opposing player, spectator, coaches, or ref.

Bullying/Hazing:

- As stated previously, players are expected to conduct themselves, both on and off the field, in a way that shows respect for their teammates, their opponents, their coaches, the game, and Chatfield Senior High School.
- There will be no tolerance for harmful/hurtful language aimed at the purpose to affect the mood or mental state of another player/teammate.
- If a player is to be found in violation of these guidelines, they will be dismissed from the program immediately.
- We do not tolerate singling out freshmen or lowerclassmen in any way that could be hurtful, harmful, uncomfortable, or making them work harder than others.

Social Media:

- Players are expected to conduct themselves on social media in a manner that coincides with the values of the program and of the school. You are always a representation of Chatfield Girls Lacrosse. Use of derogatory language or illicit images will not be tolerated. If a player is to be found in violation of these guidelines, that player will be dismissed from the program immediately.



Alcohol/Drug/Tobacco Use:

- The use of alcohol and illicit drugs is not only a violation of the law, but it is a violation of the trust of parents, coaches, and teammates.
 - **Use of drugs, alcohol, or tobacco is a direct violation of program rules.**
 - During the season, if a player is caught either directly or indirectly (i.e. via law enforcement) by a parent, administrator, teacher, or coach using or under the influence of alcohol, illicit drugs, or tobacco, **that player will be suspended from the team indefinitely and may be dismissed.**
 - Players in violation of the program drug and alcohol policy will not be allowed to practice, compete, or participate in team functions, including but not limited to practices, games, and team bonding activities.
 - **Players may forfeit any awards they have earned, including letters and participation certificates.** This policy is not designed to condemn an individual, but the team simply cannot tolerate this behavior.
 - Please, understand the gravity of your choices. To put it simply, being in the wrong place at the wrong time, or making just one bad choice, can result in expulsion from the team.
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Tryouts/Team Announcements:

- Wall ball testing will occur at Chatfield on Tuesday, February 28th. Players will go one at a time with a coach during the specific time slot they sign up for.
 - For more information on the wall ball test, please refer to the wall ball packet you should have received via email.
- Official tryouts will occur at Foothills Sports Arena on Monday, February 27th and Wednesday, March 1st from 3-4:30pm.
- Coaches will assign players to teams based on their lacrosse skills, lacrosse knowledge, fitness level, fitness test results, wall ball test results, effort, focus, attitude, and perceived potential. Team assignments will NOT be dictated by previous positions on the team or year in school.
- There will be a varsity and a JV team this year. Both small teams play an important part in the larger team. Each team will consist of 15-18 girls.
 - Junior Varsity is the intermediate level and the jumping-point to Varsity. Players are not quite ready for the Varsity level, but may soon develop into a Varsity player. At this level, players are not guaranteed equal playing time. Playing time will be decided based upon performance.
 - The Varsity team is focused on competition. It is the fastest, most physical, and most challenging level at which to compete. Varsity is for those players who have shown ability, more advanced lacrosse skills, and the most focused understanding of the sport. Playing time is unequal and will be based upon the team needs for each game.
- Regardless of level, girls should feel a valuable member of the larger Chatfield lacrosse family. All girls have a fair shot of making any team.
- Team assignments will be announced via email the night of Wednesday, March 1st after tryouts. If a player wishes to discuss the team decisions with the coaches, the player (not parent) can



email the coaches to set up a time to talk.

- If a player has concerns about their spot on the team, they must communicate with the coaches directly - this can NOT come from the parents.
 - Once teams are announced, those are the final decisions for the time being. At any point during the season, coaches have the ability and right to pull any JV players up to varsity for either single games or to have permanent spot on the varsity team..
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Season Dates:

- Season officially begins on Monday, February 27th.
- Varsity and JV's first official practice as a team will be on Thursday, March 2.
 - 2:30-4:30pm - team meetings in the community room for chalk talks/going over team plays, setting team goals, and voting for captains.
 - 4:30pm - uniform pickup
 - 5pm - parent/player meeting - this will be the time to go over this handbook. We would love for at least one parent to be in attendance.
- Varsity practices:
 - Varsity will practice Mondays - Fridays from 4-6pm.
 - All practices will be held on the turf at Chatfield.
 - Practices may also include additional team meetings, chalk talks, film, or workouts/lifts at Chatfield, which will be announced in advance.
- JV practice:
 - JV will practice Mondays - Fridays from 4-6pm.
 - All practices will be held on the turf at Chatfield.
- Practice times for both varsity and JV can be subject to change due to weather or events happening at the school. You will always be given as much notice as possible.
- Spring break is from March 20th to March 24th. Consider it a break from school, but realize that you are right in the middle of season, so it is not a break from lacrosse.
 - Varsity will have mandatory practices the evening of March 23rd, during the day of March 24th, and during the day of March 25th. There will be no exceptions.
 - More details will be provided closer to the dates.
 - JV will have no mandatory in-person practices during spring break, but are expected to still be practicing and conditioning on their own during this time.
- Regular season ends on Saturday, May 6th.
- Playoff dates:
 - 1st round of playoff games: Wednesday, May 10th.
 - 2nd round (quarterfinals) of playoff games: Friday, May 12th.
 - 3rd round (semifinals) of playoff games: Tuesday, May 16th.
 - State championship: Friday, May 19th.
- Everything in season is mandatory to attend (see "attendance" section for more info). Everything off-season is not mandatory to attend, but always strongly encouraged.



Attendance:

Attendance by everyone is crucial for the team's success. Players are required to attend all team practices, games, workouts, chalk talks, meetings, dinners, fundraisers, and team bonding events.

Tardiness:

- Players must be already starting the warmup lap at the exact start of practice with sticks, goggles, mouthguards, and pinnies out and ready to go as well hair up. We encourage players to be at the field 15 minutes before the start of practice to do what you need to do to get ready for practice.
 - It is NOT the coaches' responsibility to tell the players to start warming up. It is expected that all players take it upon themselves to be aware of the time and begin warming up on their own.
 - LATE = beginning warm ups AFTER the start of practice and/or needing to take time after warming up to get gear out of bags or do hair.
- If a player is going to be late, head coaches MUST be notified.
- Inexcusable reasons for being late include (but are not limited to): traffic, bad weather, staying late in class (unless this has been prearranged), forgetting gear, "parents made me late"..
 - Exceptions can be made in circumstances that cause multiple players to be late (such as bad weather or unusual traffic).
- THESE RULES APPLY EVEN IF COACHES ARE NOT PRESENT! All of our coaches work full-time jobs in addition to coaching, therefore we usually are traveling far distances straight from work to attend practice. We hold ourselves to a high standard as well and expect to be on time, but if there is a circumstance where any of us are going to be late or not present for any reason, you are still expected to abide by the attendance/tardiness rules in place.

Absences:

- Players are expected to attend EVERY practice, meeting, chalk-talk, workout, lift, and team event unless specified as optional.
- Illness/sickness:
 - Illness/sickness is an excusable absence when you have a doctor's note and/or you do not attend school due to being sick.
 - Illness/sickness is NOT an excusable absence if you still attend school that day. If you feel okay enough to go to school, you are okay enough to come at least watch practice. If you genuinely don't feel well, talk to the coaches to make arrangements for sitting out to watch parts of practice if absolutely necessary.
 - If a player does miss practice due to illness/sickness, they will be given an at-home assignment to do (i.e., watch film, watch a college game, etc.).
- Classroom obligations:



- If a classroom obligation for some reason must occur during practice, the player must have their teacher send the coach an email stating this and why.
- If a player needs to meet with a teacher, make up a test or assignment, etc., the player must do their best to schedule this for a time that does not conflict with practice.
- Any classroom obligations are expected to be taken care of between when school gets out and the start of practice.
- Injuries:
 - Any player that has an injury that will not last the entire season is still expected to attend **everything**. If you cannot practice due to an injury, you must still come observe all practices. It can be at the coaches' discretion to excuse you from certain practices.
 - Any player that has a season ending injury is still welcome at anything and everything, but is not expected/required to come to everything.
- Multisport athletes: please make arrangements with your coaches. We are in full support of our players participating in multiple sports, but schedules must be discussed in advance.
- Unexcused absences include (but are not limited to): too much homework/schoolwork, studying for a test, group projects, after school activities, family events, vacations, work, "not feeling well," doctors appointments, physical therapy, tutoring, etc.
- We understand that emergencies or other circumstances may happen. It is always up to the coaches' discretion to excuse absences, but please always be in communication and never assume that an absence will be excused.

Games:

- Players are expected to arrive at games no later than 90 minutes for varsity and 75 minutes for JV before scheduled game time.
- Players are expected to have all equipment necessary for games, including sticks, cleats, goggles, mouthguards, backup sticks, and both uniforms (home and away), as well as all jewelry removed before arriving.
- Players are expected to be with the team after the game until clearly dismissed from the field.

Academic Days:

- We strongly believe that academics should come first. Therefore, every player gets TWO academic days that can be used to miss a practice during the season.
- How to submit a request to use an academic day:
 - A request via email must be submitted to your coach at least 24 hours in advance.
 - This email must include a *detailed* explanation of the schoolwork you have/reason you want to use an academic day and what you will be spending that practice time doing. ("I have a big test" is not a detailed explanation. "I have a midterm in X class and have struggled with tests in the past in that class. I am going to spend my academic day reviewing study guides, taking notes, and making and studying flashcards" is better.)
- Academic days are not allowed to be taken the day before a game.



- A request is not a guarantee! Coaches have the right to approve or deny any requests, whether this be due to us believing it is not a valid amount of work to miss for or if there are important things we need to get to at practice.
- You do not need to use your academic days - if you are able to balance lacrosse and school without them, then great!

Unexcused Tardies or Absences:

- Tardies:
 - 1st offense - warning
 - 2nd offense - don't get to start the next game
 - 3rd offense - don't get to start the next game
 - 4th offense and on - don't get to play at all the next game
- Absences:
 - 1st and 2nd offenses - don't get to play the next game
 - 3rd offense - further conversations will be had to discuss spot on the team and dismissal from the program may occur
- All unexcused tardies or absences will also result in additional conditioning/running for **everyone** at practice.

*Any unexcused tardy where the player misses more than 25% of practice will be considered an unexcused absence.

Everything comes down to COMMUNICATION! Your coaches understand that balancing life and lacrosse can be challenging at times, and we want to support you through that. The more you communicate with us regarding attendance, the more likely we are to have grace, make exceptions, and know how to support you better.

Transportation:

Practice:

- Transportation to and home from practice will not be provided by the team.
- Carpooling with older players or other families is a good option. Coaches can help set up a carpool if you cannot find one.
- Always have a plan for transportation. Lack of transportation is never an excuse for absences.
- Parents, please provide important numbers for your player to call as a backup plan.
- The coaches will not leave a girl alone at practice, but the coaches will also not take girls home.

Games:

- Transportation to and from both home and away games will not be provided by the team.
- Carpooling with older players or other families is a good option. Coaches can help set up a carpool if you cannot find one.



- Please always take into consideration traffic time when arranging transportation. Commute to games is often during rush hour, and traffic being bad is never an excuse for being late.
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Practice Behavior:

- Players are expected to listen while coaches or anyone else is speaking. Talking and/or being distracted while coaches are talking will not be tolerated.
- Players are expected to always run on the lacrosse field and do things with a sense of urgency.
- Players are always expected to chase and retrieve erroneous shots and passes.
- Players are expected to collect ALL balls and other equipment at the end of practices.
- Players are expected to leave the field as it was before practice, such as putting all equipment away, cleaning up trash, and taking all belongings with them.
- (Already stated in other sections of this handbook) - Players are expected to always have their goggles, mouthguards, pinnies, and appropriate footwear on at practice at all times unless specified otherwise.
- Every single player is responsible for setting up and cleaning up the field, putting equipment away, etc. For example, this is not a “freshman job.”
- Players’ phones must be put away and on silent/do not disturb from the time that warmups begin until the time practice is over (practice is considered over when the field is completely cleaned up and the final team cheer is done). This includes putting smart watches on airplane mode. If for any reason a player needs to use a phone, arrangements must be made with the coaches first.
- Players are expected to use the restroom, etc. before the time warmups start. If a player needs to use the restroom during practice, coaches must be notified.
- Players are expected to complete all conditioning drills. Any injury, illness, etc. must be discussed with coaches prior to practice - NOT brought to the coaches’ attention right at the beginning of conditioning or during conditioning. “Not feeling well” or “my _ hurts” is not a valid dismissal from a conditioning drill unless discussed with the coaches beforehand.
 - Obviously exceptions will be made for injuries that occur during conditioning.
- Any misconduct of the above rules will result in extra conditioning for the entire team. Hold your teammates accountable!

*All of the above rules also apply to team meetings, workouts, etc.

Gear:

Equipment:

- Players are expected to have the following equipment:
 - Sticks
 - Goggles



- Mouthguard
 - Mouthguards must be colored! Clear is illegal per US Lacrosse rules.
- Cleats
- Running shoes
- Players are expected to have the following clothing:
 - Chatfield girls lacrosse pinnie
 - Black spandex shorts
 - Black AND white UnderArmor/long sleeves
 - White crew socks
 - Varsity:
 - The 4 required varsity shirts
 - Black, gray, and/or white shorts
 - Black, gray, white, and/or Chatfield outerwear (such as jackets, sweats, etc.)
- Players will receive home and away uniforms (jerseys and skirts), warmups, and backpacks. Players are required to return these items in good condition at the end of the season. Any lost/missing items or damaged items will result in the player needing to pay for replacements.
- If anyone has questions specific to gear, please talk to your coaches! They are more than happy to help ensure you have the appropriate gear.

Practice:

- Players are expected to have their stick legal and game-ready at all practices.
- Players are expected to have their appropriate footwear, goggles, and mouthguards at all practices and wear them during all lacrosse and conditioning drills.
- All jewelry must be taken off before practice, including (but not limited to) earrings, rings, necklaces, and bracelets. Smart watches are permitted but must be turned on airplane mode during practice.
- Players are not allowed to wear extremely short shorts, tight spandex shorts, or cropped tops.
- Players must have their practice pinnie with them at all practices.
- Varsity players are expected to purchase the four required practice shirts. Before the start of each week, a practice shirt schedule will be sent out for the week. Players are expected to wear the appropriate shirt for practices every day.
- Varsity players are expected to wear neutral colored (black, white, or grey) shorts and socks at all practices.
- Varsity players are expected to wear neutral colored and/or Chatfield outerwear (hoodies, jackets, sweats, etc.) at practices if necessary.
- Players are not allowed to wear clothing with another high school's name, logo, etc.

A violation of any of these practice gear expectations will result in additional conditioning for everyone during practice. You are expected to hold yourself accountable, as well as your teammates.

*Varsity clothing expectations won't be in effect until the week after tryouts.

Games:

- Players are expected to have their stick, cleats, goggles, and mouthguards at all games.



- Players are expected to have their practice pinnie with them for game warm ups.
- Players are expected to have both uniforms with them at all games.
- Players must wear black spandex under their uniforms and white crew socks.
- If it is cold outside, any layers under the uniform must be black under away/ dark uniform and white under home/white uniform.
- All clothing worn before and/or after the game must be Chatfield gear.

Gear Given to Players:

- Gear will be loaned to members of both the JV and varsity teams
- All gear given to team members is expected to be kept in great condition
- If any gear loaned to team members is lost or destroyed throughout the season, it is expected that the players pay for the replacements of each item
- Gear given to each player includes:
 - Home and away uniforms (jersey and skirt)
 - Warmup sweats
 - Warmup jackets
 - Pinnie
 - Backpack

Team Captains:

- Team captains will be selected the weekend immediately following tryouts.
- Any player who desires to be a team captain must “apply” by:
 - Presenting a short speech on Thursday, March 2 to the team including:
 - Why do you want to be a Chatfield Girls Lacrosse team captain?
 - What would make you a good team captain?
- On Thursday, March 2nd, players will have the opportunity to vote anonymously on 2-3 players, including explaining why they are voting for these players.
- Coaches will then tally votes and select 2-3 team captains based on the team vote totals. Coaches’ announcement on team captains will be the final decision.
- Team captains’ responsibilities include, but are not limited to:
 - Serving as the liaison between players and coaches.
 - Act as leaders both on and off the field.
 - Organize and be in charge of certain team events, bonding activities, etc.
 - Assist the coaching staff for certain tasks when needed.

Skiing/Snowboarding:

- Recreational skiing/snowboarding is permitted as long as it does not interfere with lacrosse in any capacity.



- Recreational skiing/snowboarding is not allowed within the 48 hours before a game. (Ex: if a game is on Tuesday, you are not allowed to ski on Sunday).
 - Helmets must be worn by any players skiing/snowboarding. No exceptions.
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Weather:

- In harsh weather, as long as the school still allows and the field is accessible, any scheduled outdoor practices or games will still occur. Cold, snow, rain, etc. will not suspend practice.
 - In the case of lightning, practice will be suspended for 30 minutes from the last strike of lightning.
 - In the event of inclement weather enabling practice to be held outside, other arrangements for practice will be made, such as using indoor space, having a team meeting, watching film, etc.
 - Practice time and location is subject to change on days with weather preventing us to be outside. Players and parents will be notified of any changes as soon as they are made.
 - Attendance policies still stand as is, even if an event is changed last minute.
 - Players are expected to always have appropriate clothing in cold/harsh weather, such as sweats, jackets, etc.
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Quitting:

- Once accepting your spot on the team, you are making a commitment to yourself, your teammates, coaches, parents, and the school. Quitting is not an option. If a player decides to quit the team, that is a permanent decision. Any player who quits the program will not be welcome back to the program in any future years.
 - If any player for any reason is considering quitting, conversations must be had with the coaches ASAP so that we can ideally address the problem before it affects your commitment to the team. If a player decides to quit, coaches must be notified by the player, as well as a follow up by the parent.
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Injuries:

- Any player who suffers from any sort of injury that affects lacrosse must be consistently working with the athletic trainer, as well as taking appropriate steps to ensure their injury is healing.
- Players must keep coaches informed of injuries that may impact their ability to play, condition, etc.



Chatfield Girls Lacrosse
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All players, parents, and coaches are expected to abide by the expectations in the **Chatfield Senior High School Girls Lacrosse 2023 Season Handbook**. If any questions arise regarding any contents of this handbook, please contact your coaches. By acknowledging, you agree to all of the expectations, guidelines, and rules stated in the handbook.