

# 2019 Belleville-Huron High School Lacrosse



# Coaching Staff

- Dan Jeng
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# Coaching Philosophy

- **Family, School, Lacrosse**
- Create an environment and a team where respect and unity fosters a supportive, family atmosphere
- Provide learning environment for Team and Personal achievement through hard work, discipline, and perseverance that determines our success not our win-loss record
- **Instill a love for the Game!**
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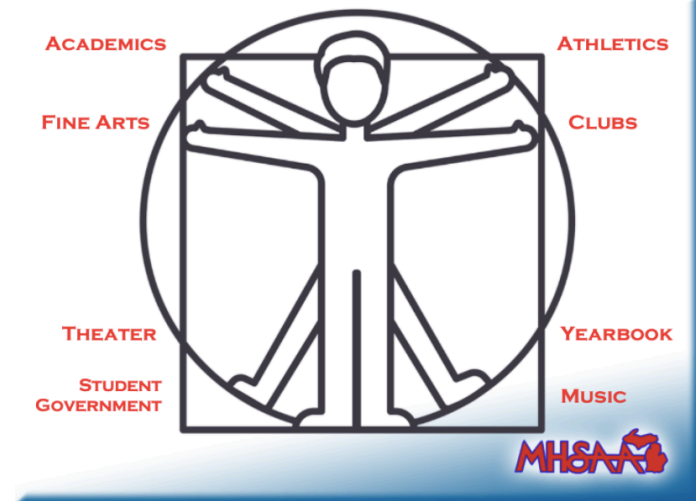
# **Belleville Tigers Athletics**

## **Handbook**



# Academic Expectation

- Academics performance is required; **Student First**
- MHSAA requirement: pass 66% of classes from previous semester
- BHS requirement: 2.0 GPA minimum requirement
  - previous quarter
  - during season
  - checked every 4 1/2 weeks
- Any student that falls below the 2.0 GPA during the season will be subject to the following policies:
  - First non-compliance per sport season:
    - athlete may practice but not dress or travel with the team for games for a minimum three weeks
    - after three weeks, athlete may take a grade report card to each of his/her instructors for their current grade
      - if the 2.0 is attained they return to eligible status
  - Second non-compliance per sport season: athlete may not practice, dress or travel with the team.
  - Third non-compliance per sport season. The student is dismissed from the team for the remainder of the season



# Behavior Expectations

- Players are public representatives of Lacrosse, The Team, Belleville/Huron Lacrosse, Van Buren/Huron School District - follow school rules and display appropriate behavior at all times!
- Players are responsible maintain clean and orderly Locker Room; clean up after yourself
  - no trash on the floor
  - no equipment on the floor; shoes can be placed neatly on the floor
  - equipment to be organized in a neat orderly fashion or in equipment bags
- Equipment on the field to be organized in a neat orderly fashion
- Clean up after yourself, especially at away games
  - **Leave the area cleaner than when you arrived!**
- No Food in the Locker Room
- No use of foul language - 1 game quarter suspension for foul language in practices or games
- **Think and Act Like a Winner = Being a Winner!**

# Practice/Game Attendance

- Expectation is every athlete attends every practice and game
- Why? Lacrosse is Team sport. Success depends on every athletes to understand the offense, defense, rides, and clears!
- **Plan** - too much homework is not a reason to miss practice
- Only extraordinary circumstances are excusable - illness, death in family, religious observation, curricular class requirement, or emergency
- If absence is unavoidable and discussed with Coaches, athletes are responsible to know offense, defense, rides, and clears
  - Excused absences from can influence a athletes position in a game line-up and/or playing time (athletes missing practice miss learning and practice of new skills and new plays with Teammates)
- Injured athletes that are unable to participate in practice are required to attend to learn plays





# Conflicts of Interest

- It is expected that once an athlete commits to a sport and team, he/she will not shirk this responsibility for other interests
- This includes family vacations during school breaks, and school trips and functions (such as the day of Prom)
- We attempt to minimize as many of these types of conflicts as we can, but circumstances do not always allow us to eliminate team responsibilities during such times
- All athletes will still be held accountable for absences due to these types of conflicts of interest
- The only exception in the case of a conflict of interest would be if one of the classes in our curriculum **REQUIRES** attendance at a different event at the same time
  - If the student athlete's grade for that class will suffer because of lack of attendance at the required class event

# Practice/Game Tardiness

- Tardiness is not tolerated
  - Will result in Team disciplinary action
- Expectation: Athletes are on the field and ready to start practice at the designated time
  - Locker Room will be open 30 minutes before Practice, 60 minutes before Home Games, and 45 minutes before bus departure for Away Games
- **Plan Ahead** - utilize teammates for rides
- **Plan Ahead** - take care of personal business before Practice and Games

# Athlete Sportsmanship

- Be disciplined
- Worry about yourself not your opponents
- Retaliation (even verbal) will result in disciplinary action
- Walk Away
- If there are on field issues, inform the coaches; **DO NOT RETALIATE**
- **UNDER NO CIRCUMSTANCES ARE PLAYERS EVER TO LEAVE THE BENCH AREA**

# Issue Resolution / 24 Hour Rule Protocol

- Adherence to the 24 Hour Rule requested before discussing issues with Coaches
1. After 24 hours, discuss the issue with your Coach first
  2. Then the Head Coach, if needed
  3. Then the Athletic Director if issue is not resolved

# Returning to Play after Injury

- After Concussion
  1. Complete “Return To Activity & Post-Concussion Consent Form” signed by Doctor and a Parent
- MHSAA does provide Concussion Care Insurance
- After other injuries
  - Signed note from Doctor approving return to play

# Fan Sportsmanship

- No BCD - Blaming, Complaining, Defending
- Support each other - WE are ONE Team
- Cheer for our team, not against the other team





# Mandatory Equipment

- Helmet



- Shoulders Pads



- Goalies - throat guard and chest protector



- Gloves



- Arm Guards



- ***Mouth Guard***

- must be colored; cannot be clear or solid white
- no or improperly worn mouth piece is subject to 30-second Technical Foul



Highly Recommended: Athletic Supporter with Cup



# Equipment Colors

- Helmet
  - Shell: Orange
  - Visor: White
  - Chin: White
  - Face Mask: Black
  - Chin Strap: Black
- Gloves: predominately Black or Orange
- Arm Pads: Black, Orange, or white (mix)

# Practice/Game Day Requirements

- Practice
  - mandatory equipment
  - reversible pennie (black/white preferred)
  - weather appropriate clothing
- Game
  - mandatory equipment
  - Both Home *and* Away uniforms
  - weather appropriate clothing

# Responsibility of Captains

- Be An Example; lead the team in tasks and the team will follow (water, field clean-up)
- Lead Dynamic Warm-ups and Agilities
- Lead organizational discipline for Locker Room and Side Line
- Find ways to include teammate in all activities

# Stay Hydrated - Drink Water

## How Much Water Should Athletes Drink Each Day?

If you are training regularly, you will probably need between one half and one whole ounce of water (or other fluids) for each pound of body weight per day.

To determine your baseline range for water requirement, use the following formula:

*Low end of range = Body weight (lbs) x 0.5 = (ounces of fluid/day)*

*High end of range = Body weight (lbs) x 1.0 = (ounces of fluid/day)*

For example, if you weigh 150 pounds, your approximate water requirement will be between 75 and 150 ounces each day.

## When to Drink Water

Begin the day with a large glass of water each morning, whether it's a training or a rest day. On training days, the following schedule works well for most athletes:

- 1 Water (Fluid) Intake Schedule
- 2 Before Exercise
  - Drink two to three cups of water within the two hours before your workout.
  - Weigh yourself immediately before you begin your workout.
- 1 During Exercise
  - Drink one cup of water every 15 minutes.
- 2 After Exercise
  - Weigh yourself immediately after you finish your workout.
  - Drink two to three Cups of water for each pound lost during exercise.



# Nutrition for Athletes



The screenshot shows the USDA National Agricultural Library website. At the top left is the USDA logo and the text "United States Department of Agriculture National Agricultural Library". To the right are links for "Ask A Question", "Contact Us", and "Visit the Library". Below this is a navigation bar with "Topics", "Publications", "Collections", "Data", "Services", and "About". A search bar labeled "Search FNIC" is on the right. The main content area is titled "Food and Nutrition Information Center" and shows a breadcrumb trail: "Home » Information Centers » Food & Nutrition Information Center » Diet and Health » Fitness and Sports Nutrition » Nutrition for Athletes". A sidebar on the left lists categories: Dietary Guidance (+), Lifecycle Nutrition (+), Diet and Health (-), General Nutrition and Health Information, Fitness and Sports Nutrition (-), Nutrition for Athletes, Nutrition at College, and Vegetarian Nutrition. The main content area features the title "Nutrition for Athletes" and three links: "Promotion of Healthy Weight-Control Practices in Young Athletes" (American Academy of Pediatrics), "Nutrition for Exercise" (BUPA), and "TeensHealth A Guide to Eating for Sports" (Nemours Foundation).

<https://www.nal.usda.gov/fnic/nutrition-athletes>

## **Eat Well! Avoid fried foods and soft drinks**

Calcium, potassium, and protein are important parts of an athlete's diet. Try to eat a lot of fruits and vegetables and drink 2-3 servings of dairy a day. Carbohydrates are a great source of energy and should be consumed 24-48 hours prior to competition. Vitamins and other dietary supplements should only be taken when advised by a doctor. Stay AWAY from energy drinks!

# Practice Schedule

- Weekdays: 6pm - 8pm @ BHS Stadium (weather permitting)
  - Non game days
  - BHS Main Gym as required by weather
- Saturdays: 10am - noon (tentative) @ BHS Stadium (weather permitting)

# 2019 Game Schedule

as of March 6, 2019

	Opponent	JV	Varsity
<b>March 28</b>	@ Grosse Pointe South	6:00PM	7:30PM
<b>April 8</b>	Canton	5:30PM	7:00PM
<b>April 10</b>	Plymouth	5:30PM	7:00PM
<b>April 12</b>	Ann Arbor Huron	n/a	5:00PM
<b>April 15</b>	@ Howell	5:30PM	7:00PM
<b>April 17</b>	Brighton	5:30PM	7:00PM
<b>April 20</b>	@ Sylvania Southview	TBA	TBA
<b>April 22</b>	@ Northville	5:30PM	7:00PM
<b>April 24</b>	Novi	5:30PM	7:00PM
<b>April 27</b>	Bay City Central North/South Invitational @ Bay City Central High School	TBA	
<b>April 29</b>	@ Hartland	5:30PM	7:00PM
<b>May 1</b>	Salem	5:30PM	7:00PM
<b>May 3</b>	Walled Lake Western	5:30PM	7:00PM
<b>May 6</b>	@ Livonia (Stevenson HS)	TBA	7:00PM
<b>May 8</b>	KLAA Crossover Tourney	TBA	TBA
<b>May 13</b>	@ Grosse Ile	n/a	6:00PM
<b>May 15</b>	Lincoln	n/a	5:30PM
<b>May 16 to 29</b>	Regionals	n/a	TBA

# Complete Forms

- Complete MHSAA Physicals by March 11
- Pay to Play by March 27
- Complete Emergency Cards by March 27
- Signed Athlete Participant Contract by March 27



# Store by TeamSports

<p><b>Cascade CPV-R (Youth) Lacrosse Helmet</b></p> <p>\$124.95</p>	<p><b>Cascade Custom CPX-R (Adult) Lacrosse Helmet</b></p> <p>\$185.00</p>	<p><b>Wonder Boy Short Shaft</b></p> <p>\$75.00</p>	<p><b>Wonder Boy Defense Shaft</b></p> <p>\$109.95</p>	<p><b>Optik 2.0 Head (Offense) Unstrung</b></p> <p>\$78.95</p>	<p><b>Tactik Head (Offense) Unstrung</b></p> <p>\$78.95</p>
<p><b>Havok Head (Defense) Unstrung</b></p> <p>\$78.95</p>	<p><b>Tank Head (Defense) Unstrung</b></p> <p>\$78.95</p>	<p><b>RX Glove</b></p> <p>2 Colors \$95.00</p>	<p><b>RX Arm Pad</b></p> <p>\$58.00</p>	<p><b>RX Shoulder Pad</b></p> <p>\$86.00</p>	<p><b>A1 Shaft</b></p> <p>\$89.95</p>

<https://bellevillelacrosse2019.itemorder.com/>

# Rule Changes



## **BODY CHECK**

**RULE 5-4-4 PAGE 60**

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- A player shall not initiate a body check legally that slides up into or follows through to an opponent's head or neck.
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## **DEFENSELESS BODY CHECK**

### **RULE 5-4-5 PAGE 60**

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- A player shall not body-check a player in a defenseless position. This includes but is not limited to: (a) body-checking a player from his "blind side;" (b) body checking a player who has his head down in an attempt to play a loose ball; and (c) body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.



## **FLAG DOWN SLOW WHISTLE ENDS**

### **RULE 7-8-2 & 3 PAGE 88**

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**GOODIES** Slow whistle ends if no scoring play is imminent.

**Goal**

**Out of Bounds**

**Offense Commits Foul**

**Defense Gains Possession**

**Injury in Scrimmage Area**

**End of Period or Game**

**Subsequent Defensive Foul (this is new)**

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## **FLAG DOWN SLOW WHISTLE ENDS**

### **7.8.2 SITUATION PAGE 88**

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- A1, in the attack area, is slashed by B1, flag-down, and A1 drops the ball as a result of the slash. During the resulting loose ball, B2 pushes A2.

**Ruling:** The whistle is blown upon the second foul unless a scoring play is imminent. B1 serves one-minute for slashing, and B2 serves 30 seconds for pushing.