

Riverside Boys Lacrosse 2022 Tryout Policy

1. Open to all students in good academic standing.
2. Participants will have all required paperwork on file **before 2/18/2022**. Required paperwork guidelines can be found on www.Riversiderams.net under "Required Forms for Participation".
3. Equipment required: Stick, Shoulder Pads, Arm pads, Gloves, Protective Cup, Cleats, Sneakers, Mask, and Water. We will provide Helmets and Mouthguards to you. Please discuss with a coach if you do not own equipment.
 - Be sure to have warm clothing (sweat shirt/pants) if the weather is below 45 degrees. Coaches will mandate sweats to be worn
4. Members of the teams are expected to demonstrate the following:

Accountability:

- Student-Athlete (good GPA and BEHAVIOR as a student)
- Good Sportsmanship
- Teamwork/ "Team-First" Approach
- Positive "Attitude, Effort, & Hustle"
- Good Listener and Communicator
- Dependable/ Reliable/ No Excuses
- Participates in Off Season activities to improve game and ability to compete

Integrity:

- Willingness to do the right thing at all times
- Will not lie
- Will not cheat
- Will not steal
- Will not tolerate teammates that do
- Willingness to sacrifice personal interests for the good of the team

Toughness:

- Physical and mental toughness
- Follows Directions/Coachable. Sets the example
- Willingness to take a hit or give a hit to make a play
- Willingness to step up as a positive leader
- Prepared physically and mentally to compete and execute
- Addresses issues/concerns directly with coaches
- Competitive

5. Physical Attributes to be assessed in the Tryout Setting:

- Athleticism (speed, strength, coordination)
- Field Sense, Vision and Decision Making
- Stick Skills
- Ground Balls
- Defensive Skills
- Offensive Skills
- Communication Skills
- Unique specialist skills (Goalie/Face-Off ECT...)
- Conditioning/Strength

6. Timing:

- Each player will receive a minimum of **3 tryout sessions**.
- Tryouts are planned for **February 21-23, 2022**
 - **2/21** There will be **2 Tryouts**. Practice will be from **8-10am and 12-2pm** on the Practice Turf.
 - Players will bring lunch and are not permitted to leave in between practice. There will be meetings.
 - **2/22 and 2/23** Practice will be from **4:15-6:15pm** on the Practice Turf.
 - **2/23** Be prepared to stay later to allow for individual coach/player meetings.

7. Estimated Team Roster Size:

- Varsity- **23-25 players**
- JV- **25-30 players**

Thank you all for your positive attitude, effort, and cooperation! ALL IN!

Please Sign and Date if you agree to the terms of the tryout process:

Parent _____

Player _____

Coach Worek Nicholas.Worek@lcps.org