

# 2016 BHS Boys Lacrosse Program Overview

Coaching Staff: Jack Visco, Head Varsity Coach

Other Coaches (to be finalized): Cody Bludorn, Kris Skotheim, Andy Constan, Jacob Hayashi

## Season Overview

- Preseason Practice and Conditioning – Schedule will be posted on the BILAX website.
- Regular Season Timeline: February 29 – June 1, 2016
- Practice Times & Locations:
  - Tentatively 5:30 - 7:30 M - F Alternating with Girls Lax (BHS Stadium or BP Turf)
  - 10 AM - 12 PM Saturdays @ BHS Stadium
  - Attendance at all practices is mandatory. Preseason Practice and Conditioning is strongly encouraged unless you are participating in a winter sport. Obviously there will be instances where a player's absence from practice is unavoidable; in these cases the player is responsible for notifying his Coach or his Team Captain of his upcoming absence as far in advance as possible. It is critical to note that whenever ANY player is absent from practice it has an impact on both their teammates and their coaches since practice plans are based on the assumption that all players will be present at practice.

## Other Considerations

- The move into High School Lacrosse represents a change in focus from the primarily instructional teams of middle school leagues to teams that are focused on competition.
- Playing Time: At the high school level playing time is not guaranteed, it is earned on the basis of skills and team needs and at the discretion of the coaches. As parents it can be very difficult to accept that our children are not playing as much as we had hoped they would or they are not playing the position they want to play but our coaches are professionals and their decisions are made with the best interests of the team in mind.
- Team Assignments: Players are no longer assigned to teams based on age. They are judged on skill level and performance and placed on the team that coaches believe is the best fit for them.
- Finally, coaches expect and demand that the players take responsibility for themselves to communicate directly to their coaches instead of always running things through the parents.

## Game Schedule

- Up to a total of 20 games including some Saturday games.
- Parent drivers will be required for JV games when HS buses are not provided.
- All Varsity away games and trips will not require parent drivers.

## Travel

- Possibly two weekend trips to Portland in April.

## **Program Costs**

- 2016 Registration fee is \$710 - includes \$35 US Lacrosse membership. Game shorts are required for each high school player. New players must have one blue and one white pair of game shorts. Returning players may not need to purchase shorts.
- Players will have additional out-of-pocket expenses as follows: gloves: \$150 - \$200; white shorts: \$40/pair; blue shorts: \$40/pair; 1 shooting shirt: \$33; 1 pinnie: \$20
- Other additional expenses include the Retreat at Fort Worden (\$80) and travel trip(s) to Portland.

## **Registration**

- Dec 2015 – Registration Opens
- February 15, 2016 – Registration deadline to be eligible to participate in first practice on March 2, 2016.
- If player is not registered, player does not have US Lacrosse Insurance and cannot step on the field.
  - Payment Option: Deadline for choosing this option is Feb 15, 2016.
  - There is a 3 installment payment option: 1/3 @ Registration; next two payments (1/3 of reg. fee each) due on the subsequent next two 15th day of the month.
  - Scholarships: Limited scholarship support is available; please apply early. Contact Registrar, Cathy Oden @ [bilax.registrar@gmail.com](mailto:bilax.registrar@gmail.com)

## **BHS Athletic Forms Required**

- Must be turned in to BHS front office by February 1, 2016
- Online at BHS website: Athletics; Athletic Clearance Forms- <http://www.bisd303.org/domain/736>
- Sports Physicals - Valid for 2 years--cannot expire before 6/1/16 – PLEASE CHECK THE DATE of your son's last physical
- Signed Code of Conduct

## **Volunteering & Fundraising**

- Bainbridge Island Boys Lacrosse Club is run by volunteers and is funded solely through player registration fees and our own fundraising efforts.
- Parents will need to sign up for volunteering opportunities at the time of registration. (There is a \$100.00 Volunteer Buyout Option available for parents who don't feel they will be able to volunteer but we would much prefer that all parents volunteer.)
- This year we are consolidating our fundraising activities into 3 events in an effort to reduce the hassle and financial burden of dealing with fundraising on our club members.

## **Communications with Club and the Coaches**

Communication is the key to our program's success and misinformation can spread quickly and lead to misunderstandings between Coaches and Players, Coaches and Parents, and others.

For general information and to contact the BI LAX Board:

- Please check the BILAX website frequently for information - <http://www.bainbridgelax.com>
- Includes Contact information for Board Members

For Coaching Issues or Problems a Player may experience on the field:

(Note: some concerns are appropriate for parents to discuss with coaches while others are not.)

Appropriate Topics for a parent to discuss with the Coach are:

- Recruiting
- Summer Programs
- Other lacrosse playing opportunities outside the BI Lax Club
- The psychological and physical demands of the sport
- Personal concerns with outside difficulties
- Ways to help their son improve
- Concerns about their son's behavior.
- Concerns about their son's overall well being.

Inappropriate Topics that Coaches will not discuss with Parents are:

- Playing time
- Team Placement
- Team strategy or Play Calling
- Other team members
- Coaching decisions while teams are on the field
- Other Parent's issues and concerns

Thank you for your understanding, as we strive to communicate in the best way possible with our parents, players, and all of those involved with Bainbridge Island Boys Lacrosse.