



***Floyd E. Kellam High School
Lacrosse Club***

PLAYER / PARENT PACKET

MISSION STATEMENT

The mission of the Kellam Knights Lacrosse Program is to build a winning program on the foundation of respect, development, discipline, responsibility and pride. Respect for the game, teammates, opponents, coaches, referees, school administrators and fans. We will develop our players to be the best they can be on and off the field. Disciplined not only in the game, but also in the classroom and the community. Players will be responsible individuals and will be taught to believe in themselves and to believe they can win every game. We will teach our players to have a sense of pride in their efforts, for their teammates and the school they represent.

Kellam Knights Lacrosse is a school club (not a VHSL team) consisting of only Floyd E. Kellam HS students and is not funded by Kellam HS or Virginia Beach City Public Schools (VBCPS). Each player must be an active US Lacrosse (USL) member and have a current VHSL school physical on file, as well as registered on Southsidelacrosse.com for Fall Season (Sept-Nov) or HRLax.com for the Spring Season (Feb-May). Players will be responsible for supplying and maintaining their own certified lacrosse equipment. The lacrosse club will have spring dues to help supply team uniform items, goals, nets, field paint, and necessary supplies the program needs for practices and games. The Knights Lacrosse Booster Club will also run fall and spring fundraising opportunities and every player is expected to participate.

Club and Coaching Staff -

Steve Djunaedi, Program Manager
Email Stevedj97@gmail.com
Phone 757-343-2511

Sara Walker, School Sponsor
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Phone 757-635-7060

Mike Burke, Boys Head Coach
Email M.Burke1313@gmail.com
Phone 757-509-3051

Natalie Petroskey, Girls Head Coach
Email Natalie.petroskey@gmail.com
Phone 619-888-4143

What you can expect from the club and coaching staff:

1. To provide leadership, support, and coaching to help your player attain his/her goals as a player, student and a responsible member of society.
2. To care about your player as a person and maintain a safe environment for players to succeed.
3. To prepare the team to perform to the best of our ability.
4. To teach your player the importance of respecting the game of lacrosse, to respect his/her teammates and opponents, referees, school administrators and fans.
5. To make decisions based on what is best for the team and lacrosse program first, and what is best for the individual player second.
6. The coaches will use player evaluation criteria in determining a player's position and depth on the team. Here are some key factors:
 - a. Knowledge of the game – Lax IQ
 - b. Effort – Do it full speed with intensity
 - c. Execution of techniques and fundamentals – Making corrections and always improving
 - d. Knowledge of the assignment – Know what needs to be done and team gameplans
 - e. Consistency of execution – Do it the correct way every time
 - f. Production – Make plays
 - g. Talent – Physical ability
 - h. “Coachability” – Great attitude, listens to coaches & captains, unselfish play

Kellam Lacrosse Club Guidelines & Policies

Club / Player Guidelines:

1. Obey all school (*in accordance with the VBCPS HS Student Handbook & Code of Student Conduct*) and coach/team rules and policies.
2. All players must have a current VHSL physical on file with the lacrosse club and Kellam HS in order to participate in any team practice or conditioning.
3. Develop a solid work ethic on and off the field and budget time wisely to maintain satisfactory school grades and academic eligibility.
4. Alcohol, drugs, smoking/vaping, cursing, foul language and disrespectful behavior (in person, in messages, or on social media) will not be tolerated.
5. Be on time, geared up, and prepared for all team functions at the prescribed arrival time by the Coaches.
6. Have a great attitude – bring it with you every practice and game. Good attitudes AND bad attitudes are contagious – we want to be around players with good ones!
7. Address all administrators, faculty members, coaching staff, and referees as Sir, Ma'am, Mr., Mrs. or Coach.
8. Do not question a coach's decision on the field. Have your athlete request a meeting with the Coach. If this cannot be resolved, contact the Program Manager or School Sponsor.
9. Communication is "key" to program success - The coaching staff cannot read minds, nor can we be present at all moments of the day. If something has happened that needs to be discussed, please do so in a timely manner. Any personal concerns should be addressed with the Coach as soon as possible. If a player will be late or will be missing practice or a game, *the player* will message their respective Coach.
10. Attendance at team events and practices is critical to team success (even if injured). All decisions concerning the amount of competitive playing time missed due to absences will be determined by the Coach and reviewed on an individual basis.

Team Policies:

1. ***Injuries & Concussions*** – Please make the coaching staff aware of any non-urgent injuries as soon as possible. An injury is not an excuse to miss practice. Your player is encouraged to attend all team functions in spite of his/her injury. If coaches, players or parents suspect a player has suffered a concussion, we will follow the **HRLax concussion policy and Return to Play procedures**.
2. ***Unsportsmanlike Conduct*** – Unsportsmanlike conduct and excessive penalties will not be tolerated. If you receive an unsportsmanlike penalty during a game or scrimmage, the coaches reserve the right to suspend you from the rest of the game and any or all of the remaining games. Continued sportsmanship violations will be handled by school administration using the VBCPS Student Code of Conduct.
3. ***Fighting, bullying, or hazing*** – Fighting, bullying, or hazing (in person, in messages, or on social media) will not be tolerated. The Coaches, Program Manager, and school administrators will determine disciplinary action in accordance with VBCPS Code of Student Conduct.
4. ***Talking back to a coach, volunteer or parent*** - We will not tolerate any back talk. Not to a coach, parent, volunteer or school representative. The player will face disciplinary actions.
5. ***Trash Talking*** – Let your play speak for itself. We will not tolerate trash talking during a game or excessive celebratory gesturing.
6. ***Talking back to an official*** – We will not tolerate any player talking back to or being disrespectful to an official. The coaches will deal with all officials before, during and after a game.
7. ***Disrespecting Designated Team Captains/Leaders*** – Throughout the year, we will designate team leaders and captains. Players will respect the designated leaders and follow their instructions. Remember – designated leaders are taking direction from the coaches. We expect them to get the same respect.
8. ***Use of School Facilities*** – During the season, some school facilities may be available for the team to use (i.e. practice and game fields, classrooms, locker rooms, etc.) Each player must conduct himself or herself in the highest standard and obey all posted rules, as well as respect any school administrator or staff member that may be in charge.
9. ***Team Plans and Procedures*** - We will have detailed plans on how we conduct practices, how we enter the field, exit the field, transport players to games and events, equipment storage, team functions, etc. There is a purpose for everything we do and how we go about conducting team business. The overall purpose and objective is to be efficient and eliminate team distractions and allow us to focus on becoming the best lacrosse team we can.

Message to Parents:

The lacrosse club coaches and staff would like to thank you in helping your player achieve their goal of being a Kellam Knights Lacrosse Player. Lacrosse is a team sport and in order to realize our potential this season, all coaches, players and parents must believe in the team concept.

The mission of the coaching staff is to give every player the opportunity to earn a starting position on the team. This does not mean every player will receive the same amount of on-field attention. The Fall Season is designed to develop skills and knowledge of the game. Your player will have the opportunity to play as much as possible during the Fall Season games. --- The Spring Season however is different. We play to win. The coaching staff will put the best team on the field to achieve this goal. The coaches spend a great deal of time with the players and can determine who the most productive players are at that time. Please respect the decisions we make regarding which players are on Varsity and JV squads and how playing time is decided. It is important that you understand the difference between a solid, dependable and productive player and the player who makes an occasional great play.

Finally, a very important aspect of our program is team parent support & sideline behavior. We hope that you will always do your best to support our players, teams, & coaches in a positive manner. We ask that our team parents stay clear of teams during practices and games. This is an important time for the players & coaches to work together without interference from parents. Please feel free to observe, but refrain from "coaching" from your observation point. Support our players & teams in a positive manner at our games. Encouragement goes a long way. Encourage your athletes to do the same. Please do not criticize another team player or team coach, and never criticize an opponent or official. Positive feedback & comments from our supporters, directed towards the other teams & officials goes a long way. Support your player and his/her team regardless of the results. We would love to see our teams win every time out, but there are many valuable lessons learned when the scoreboard does not end up in our favor. Our program will always stress the importance of playing the game the right way and respecting the game through great sportsmanship and competition.

Acknowledgment of Club Guidelines & Policies

By **accepting this on the website player registration form**, we acknowledge that we have thoroughly reviewed and understand all club guidelines, team polices, HRLax concussion procedures, and player/parent expectations in this packet and we agree to abide by them at all times on and off the field.

We understand that if any player fails to conform to any of the team guidelines or policies, the coaching staff reserves the right to recommend the player for dismissal from the lacrosse club by the Program Manager and School Sponsor.