



## **U. S. National Tournament Runner Up (2010 Select), Semifinalist (2011 U15)**

NDP / Dick's Sporting Goods Atlantic Cup Champions (2010 Select), Runner Up (2010 U15, 2009 Select, 2009 U15)

NDP / Dick's Sporting Goods Midwest Cup Champion (2008 Elite, 2008 Select), Runner Up (2008 U15)

Presidents Cup Champion (2010 U15, 2008 U15)

[www.brlax.net](http://www.brlax.net) ♦ 216.373.5684

*"The Best Coaches, The Best Facilities, The Best Competition, The Best Experience!" 2010 Parent feedback*

### **Burning River Lacrosse Team Rules**

#### **Discipline**

Discipline is very much a part of team building. Events and actions that are counterproductive to teamwork need to be punished, and the punishment must be meted out fairly, consistently and promptly. The coaching staff will discipline players for a variety of reasons including: being late to practice / meetings; selfish acts; not hustling; conduct that is detrimental to the team or individual. The coaching staff will punish transgressions individually and as a team. If a player commits an off field transgression the punishment will be handled on an individual basis. If a player commits an on the field/practice transgression the punishment will be handled on a team basis (e.g. the team will run, etc.).

#### **The School's Front Porch**

You represent yourselves, your family, your teammates, and the entire constituency of Burning River Lacrosse. Many people get their first impression of Burning River Lacrosse from your appearance and behavior. Therefore, you need to act accordingly. Remember, you are the most visible part of our program. Act accordingly and take that responsibility seriously.

#### **Punctuality**

You are expected to be on time for practice, meals, bus trips, and games. No exceptions. You are never more selfish / arrogant than when you keep a group of people waiting. In effect you are saying "My time is more important than yours." Being late to practice will result in your teammates running. Being late to a game will result in you not starting / playing.

#### **Attention**

When the coaches speak they expect your full attention. Anything less is not acceptable. Remember, not paying attention could affect the outcome of a game in a negative way.

#### **Profanity**

We discourage it in our program. We believe that anger and frustration can be expressed without using profanity; therefore, when a player curses in practice the entire team will be punished.

#### **Selflessness**

To build and promote teamwork and unselfishness the coaching staff believes it is important to have a strong, visible signal of thanks to acknowledge the effort of our teammates. Therefore, you are to 1) run over to pick up your teammate when he dives for a loose ball, dives to get possession of a shot wide of the cage, or gets knocked down fighting for a groundball that leads to a whistle, 2) point to the slider when he successfully slides to prevent a goal, and 3) point to the passer (or huddle up on him rather than the shooter) on a goal to thank him for the good pass that led to that goal.

#### **Practice (Come to work)**

Practice is the foundation for everything we do in our program. Therefore, it is important for you to realize that practice is a privilege. If you are not here to work, then leave. Not practicing with a purpose or not giving your teammates your full effort is the equivalent of letting your teammates down.

#### **Practice Uniform**

You are required to wear your practice pinnie and practice shorts everyday. Should the weather required it you can wear sweats or under armor leggings to practice. **DO NOT WEAR A PINNIE, SHORTS, TSHIRT, ETC OF ONE OF OUR COMPETITIORS TO ONE OF OUR EVENTS.**

### **Bus Rides**

We will not get on the bus (you may store your equipment) until everyone is present. Once everyone is present we will board in order of seniority; seniors first, juniors second, sophomores next, and than freshman.

### **Timeouts/Whistle**

When a whistle blows for a timeout, you are expected to sprint to the bench. This is for a couple reasons: 1) It reflects poorly on our program if you shuffle over to the bench, 2) We want our opponents to see us running and say don't those guys ever get tired, and 3) it gives the coaches more time to go over the adjustments needed coming out of the timeout.