



Carmel Girls Lacrosse

Student-Athlete Code of Conduct and Handbook

October 2011

Carmel Girls Lacrosse (CGL) is a club sport as defined by Carmel High School (CHS). The team is organized, coached, and managed by people for your benefit. The expenses incurred by the team are the responsibility of each parent/player. The game of lacrosse is a team sport and therefore, dependant on each player to contribute his maximum effort at all times. **The players and parents agree to the following:**

Mission

To develop and support a program that provides young women an opportunity to excel in competitive lacrosse at Carmel High School.

Vision

To be the premier high school lacrosse program in the Midwest.

Values *We commit to excellence in the following areas:*

1. **Team Development** - We are a team and our goals cannot be accomplished alone. We will model and teach the concept of "One Team, One Goal" -- that we are here for each other and will sacrifice for each other's good, both on and off the field.
2. **Character Development** – We want to develop our players into young women of outstanding character by teaching values that will last beyond their high school lacrosse experience. We will focus on these key areas:
 - a. *Academic Excellence* – We commit to Carmel High School that we will encourage all players to become scholar- athletes and will abide by all CHS, Indiana High School Women's Lacrosse Association (IHSWLA) and Indiana High School Athletic Association (IHSSA) rules pertaining to grades and playing sports.
 - b. *Respect* – We commit to show respect to each other, to other teams and coaches, to all referees, to our parents and family, and to all fans.
 - c. *Integrity* – We commit to play our sport with integrity and honesty.
 - d. *Sportsmanship* – We commit to play our sport fairly and gracefully accepting both winning and losing.
3. **Skill Development** - We commit to improving our players lacrosse skills by providing a conditioning and training program, and by scheduling competitive games in the Midwest. We will also provide workshops and camps, either directly or with other highly competitive programs.
4. **Community Development** – We support the entire Carmel lacrosse community and will continue to work with Carmel Dads Club to promote lacrosse. We will also hold our coaches and parents to the same standards we require of our players.

Goals for 2011

1. Qualify for the state championship tournament
2. Continue the process of making lacrosse a formal part of the CHS athletic program
3. Improve our tryout, training/practice and development program
4. Increase student and volunteer participation at all levels
5. Increase attendance at all games and general awareness of the sport
6. Better assist interested players with the college recruitment process
7. Improve our organizational structure
8. Meet our budget

Game & Team Selection

The Head Coach will set a schedule for the year with area lacrosse clubs, as well as clubs in the Midwest region. Players should anticipate at least one out-of-town trip to play highly competitive teams.

Carmel Girls Lacrosse will have a Varsity and Junior Varsity team. The Head Coach may add a third team if the number of student athletes is sufficient. Coaches will select team members through a tryout held early in the official lacrosse season of each year. All teams will have dedicated coaches, but team members may be called upon to play with another team, if the need comes up.

Organization and Finances

Carmel Girls Lacrosse is a 501 (c)(3) organization and is run by a volunteer Board of Directors and Coaching Staff. The Bylaws governing the organization are available on the organization's website.

We will be working with Carmel High School to build a closer relationship. In that interest, players' rules will be generally consistent with all IHSAA and Carmel High School rules and regulations.

The Carmel Girls Lacrosse Board of Directors will set fees and charges as needed to cover the organization's expenses for that season. A minimum of two payments will be assessed with the first non-refundable payment due in November. The balance will be due in mid-January. All payments must be paid before a player can participate unless financial hardship is proven and a written payment plan is agreed upon with the Treasurer. In addition, transportation and hotel charges will be assessed for games played outside our local area. These charges must be paid before boarding the bus to the game.

After teams are announced, there are no refunds on fees, even if the student-athlete is injured, suspended, or leaves the team for any reason. Exceptions may be petitioned to the Board by the parents.

The organization will have a number of fundraising activities throughout the year. Student-athletes are expected to participate in these events.

Eligibility

Carmel Girls Lacrosse follows the academic eligibility rules as defined by Carmel High School and IHSAA. To be academically eligible to play lacrosse for Carmel Girls Lacrosse, a student-athlete must:

- Reside in Carmel, Indiana or within the Carmel Clay School District boundaries.
- Be and remain enrolled at Carmel High School or in another high school that does not offer an age appropriate lacrosse program. Enrollment is defined as taking five full credit classes or the equivalent. (Audits and Incompletes CANNOT be counted towards meeting these requirements).
- Have passed five full credit classes or the equivalent during the previous grade period, with semester grades taking precedence;
- Students from another high school that does not have an age appropriate lacrosse program may join Carmel Girls Lacrosse, if they meet the residence requirement. However, IHSWLA has additional eligibility requirements for such players. CGL will adhere to the current IHSWLA policy.
- The student must be a member of US Lacrosse.

To determine academic eligibility, Carmel High School has established the following dates for certification of athletic eligibility for the 2011-2012 School Year. The following dates are subject to change:

1st Nine Weeks	ends October 7, 2011	Eligibility date is October 14, 2011
1 st Semester	ends December 15, 2011	Eligibility date is January 6, 2012
3 rd Nine Weeks	ends March 9, 2012	Eligibility date is March 16, 2012
2 nd Semester	ends May 24, 2012	Eligibility date is June 4, 2012

Eligibility for the First Nine Weeks is based upon 2010-2011 2nd Semester Grades and summer classes can be counted toward the five credit requirement for eligibility. Eligibility for the 3rd Nine Weeks is based upon 2011-2012 1st Semester Grades.

Additionally, all managers, trainers, and support staff members will not be allowed to continue any duties with a team if they become academically ineligible. This becomes effective on the grade certification dates. Student-athletes are required to submit a copy of their report card showing 1st semester grades in February, before final teams selections are made.

It is the responsibility of a CGL designee to collect copies of report cards from all student-athletes upon completion of each grading period in season.

If a head coach has any question as to the eligibility of a student-athlete, they should consult directly with the Carmel High School Athletic Director. If a student-athlete qualifies academically for an IHSAA sport at Carmel High School, they would qualify to play for CGL.

Academics must always be a higher priority than athletics. Student-athletes should manage their time in such a way as not to miss practices, competitions, or academic activities in order to participate in lacrosse and be successful in academics. If this cannot be done, student-athletes should NOT be involved in playing lacrosse. Special academic situations must be addressed directly with the head coach.

Conduct Rules

(CGL fully supports the Carmel Clay School Athletic Training Rules and will follow its guidelines, which are below)

Participation in school athletics is a privilege that carries with it varying degrees of responsibility, recognition and reward. Participating students represent their school and other members of the student body, and it is their duty to conduct themselves in a manner that is positive for themselves, their families, their school, and their community. As rationale for all Carmel Clay Schools training rules IHSAA Bylaw C-8-1 states:

Contestants' conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

The following training rules shall apply to all athletes, cheerleaders, stuntmen, student staff, or any other Carmel Clay student associated with athletic teams in grades 9 through 12. Training between seasons is important. The following training rules apply at all times throughout the calendar year.

Consequences for violations are cumulative, beginning with the 9th grade and ending with graduation from high school. Individual coaches may distribute additional training rules that are also valid and must be followed by students involved in their sport.

1. AN ACT WHICH WOULD OTHERWISE BE A FELONY, MISDEMEANOR, ACT OF DELINQUENCY OR STATUS OFFENSE.

Maximum Penalty: Exclusion from athletics for 365 days (one calendar year) from the day that the violation is determined. The penalty is to be determined by the principal. Any student arrested or detained as a juvenile on such a charge may be suspended from any participation pending investigation of the incident.

This offense may be included toward the three step consequences stated below for a drug, alcohol, or tobacco violation.

Rationale: IHSAA Bylaw C-8-1 (stated above).

2. USE, CONSUMPTION OR POSSESSION OF CONTROLLED SUBSTANCES (DRUGS), ALCOHOL (EXCEPT AS PRESCRIBED MEDICALLY BY A LICENSED PHYSICIAN), OR TOBACCO PRODUCTS (ANY FORM).

Penalty:

First Violation. The student shall be excluded from all athletics for 365 days (one calendar year) from the day that the violation is confirmed.

- a. Rehabilitation. The student may reduce the penalty to 50% of an athletic season by submitting to a substance abuse program of assessment, counseling, screening and/or indicated therapy. The program must have been approved by the Student Assistance Coordinator and may include a recommendation for parent or guardian participation. The cost of the program is the responsibility of the student and/or his parents or guardians. The student will serve the remainder of the entire 365-day suspension beginning with notification from the Student Assistance Coordinator that the student has violated any of the stated conditions of the substance abuse program.
- b. Self-reporting. The total penalty will be reduced to 25% of an athletic season if both of the following occur. 1) the student or the student's parents or guardians report the violation to a Head Coach within 48 hours of the violation or prior to the next athletic contest, whichever occurs first; prior to their independent confirmation of a violation and 2) the student submits to a substance abuse program as described above. A suspension will not be eligible for the self-reporting clause if: 1.) school personnel are a witness to the infraction; 2.) the incident occurs on school property or at a school function; 3.) the student receives school disciplinary action outside of the athletic department.

Second Violation. The student shall be excluded from all athletics for 365 days (one calendar year) from the day that the second violation is confirmed.

Third Violation. The student shall be excluded from all athletics for the remainder of their secondary school years (grades 9 - 12) from the day that the violation is confirmed.

Rationale: The use or possession of controlled substances (drugs) and/or alcohol is prohibited by law. Their use reduces physical and mental performance, and is injurious to one's health. Furthermore, the use of tobacco is injurious to one's health and in many cases is prohibited by law.

3. VIOLATIONS OF SCHOOL RULES.

Penalty: Students may not compete, practice or participate in any way with an athletic team during a suspension from school. Less serious violations of school rules are to be handled by the Head Coach.

4. PROBATION.

Any student who violates any provision of this policy may be placed on probation for a period of 365 days (one calendar year) from the day that the violation is confirmed. A student may be placed on probation for a violation of the Athletic Training Rules unless it is a drug, alcohol, or tobacco offense. A second or subsequent violation of any training rule (not already covered in the Athletic Training Rules) while on probation may result in the student being excluded from all athletics for up to 365 days from the day that the second or subsequent violation is confirmed.

5. SUSPENSION

For the purpose of determining the length of a suspension under this policy, "an athletic season" shall be defined at the high school as the maximum number of contests allowed by the IHSA. Appropriate

percentages shall be rounded to the nearest whole number. Suspensions under this policy will take effect immediately upon the verification of any violation and will include games in succession, including all tournaments. Suspensions, which cannot be fully served during an athletic season, may be carried over to the next athletic season in which the student successfully completes (i.e., an athlete may not quit or be removed from a team and count the suspension served during that sport). A student who is serving a suspension at the end of any athletic season is not eligible for any athletic awards. A suspended student may continue to practice with the team and sit with the team during contests (in street clothes) at the discretion of the head coach. Any suspension enacted at the beginning of the season will include the scrimmage game.

Example: A boy who competes in basketball and football receives a 50% suspension with only 5 games left in the basketball season (25% of basketball season). The suspension would carry over to the first 2 football games (25% of football season). The boy would serve a 25% suspension if he were to be involved in a spring sport, but this would only satisfy the suspension if he completed the spring season in good standing.

For the purposes of this rule, school summer contests will be considered practices and therefore will not be counted towards completion of a penalty. Participation in high school summer programs by a student with a confirmed violation will be at the discretion of the head coach.

Length of suspensions for a second or subsequent violation may be reviewed and amended by the high school administration if the previous offenses occurred at the middle school level.

Carmel Clay Schools Anti-Hazing Guidelines

Purpose:

The purpose of this policy is to maintain a safe learning environment for all students and staff members at Carmel Clay Schools. Hazing in any form is neither tolerated nor consistent with any educational goals of Carmel Clay Schools.

Definition to which be followed:

“Hazing” refers to any activity expected of someone joining a student organization that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate.

Hazing activities are generally considered to be: physically abusive, hazardous, and/or sexually violating. The specific behaviors or activities within these categories vary widely among participants, groups and settings.

Any activity involving personal servitude; sleep deprivation and restrictions on personal hygiene; yelling, swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such on one's skin; brandings; physical beatings; binge drinking and drinking games; sexual simulation and sexual assault.

Any activity involving the consumption of food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.

Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.

Any activity that causes or requires the student to perform a task that involves violation of state or federal law or school district policies or regulations.

Reporting Procedures

Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing shall report the alleged acts immediately to an appropriate member of the CGL Board or the coaching staff as designated by this policy. The CGL President or their designee is the person responsible for receiving reports of hazing at the club level. Coaches and volunteers shall be particularly alert to possible situations, circumstances or events that might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the Board immediately.

Complaints

A Student who feels that he or she has been harassed, bullied or subjected to hazing is invited to discuss his or her concerns with a coach or CGL administrator. There are no express time limits for initiating complaints; however, every effort should be made to bring complaints to the attention of appropriate authorities as soon as possible while memories are fresh and witnesses continue to be available. Complaints will be investigated and where it is determined that a violation has occurred, prompt corrective action will be taken. During the investigation, confidentiality will be maintained to the extent possible. Complainants will be offered counseling and other assistance when appropriate and will be informed of the results of any investigation.

Carmel Girls Lacrosse Action

Student complaints of harassment, bullying or hazing may be brought to any coach, sponsor or Board member who, after discussing the incident with the student, will contact the CGL President or their designee.

Upon receipt of a complaint or report of hazing, Carmel Girls Lacrosse shall undertake or authorize an investigation by Board administrators or a third party designated by Carmel Girls Lacrosse. Carmel Girls Lacrosse may take immediate steps, at its discretion, to protect the complainant, reporter, students or others pending completion of an investigation of hazing. Upon completion of the investigation, Carmel Girls Lacrosse will take appropriate action. Such action may include, but is not limited to, warning, suspension, exclusion or expulsion. Disciplinary consequences will be administered consistently. They will appropriately discipline prohibited behavior and deter others from hazing. Carmel Girls Lacrosse action taken for violation of this policy will be consistent with other Carmel Clay School policies.

Reprisal

Carmel Girls Lacrosse will take appropriate action against any student, administrator or other employee of Carmel Girls Lacrosse, or any contractor or volunteer who retaliates against anyone who makes a good faith report of hazing, or who testifies, assists or participates in an investigation or hearing about a hazing incident. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

Myths on Hazing:

Myth # 1: Hazing is no more than foolish pranks that sometimes go awry.

Fact: Hazing is an act of power and control over others --- it is victimization. Hazing is pre- meditated and NOT accidental. Hazing is abusive, degrading and often life-threatening.

Myth # 2: As long as there's no malicious intent, a little hazing should be O.K.

Fact: Even if there's no malicious "intent" safety may still be a factor in traditional hazing activities that are considered to be "all in good fun." For example, serious accidents have occurred during scavenger hunts and kidnapping trips. Besides, what purpose do such activities serve in promoting the growth and development of group team members?

Myth # 3: Hazing is an effective way to teach respect and develop discipline.

Fact: First of all, respect must be EARNED--not taught. Victims of hazing rarely report having respect for those who have hazed them. Just like other forms of victimization, hazing breeds mistrust, apathy and alienation.

Myth # 4: If someone agrees to participate in an activity, it can't be considered hazing.

Fact: In states that have laws against hazing consent of the victim can't be used as a defense in a civil suit. This is because even if someone agrees to participate in a potentially hazardous action it may not be true consent when considering the peer pressure and desire to belong to the group.

Myth # 5: It's difficult to determine whether or not a certain activity is hazing--it's such a gray area sometimes.

Fact: It's not difficult to decide if an activity is hazing if you use common sense and ask yourself the following questions:

Make the following inquiries of each activity to determine whether or not it is hazing.

- Will active/current members of the group refuse to participate with the new members and do exactly what they're being asked to do?
- Does the activity risk emotional or physical abuse?
- Is there risk of injury or a question of safety?
- Do you have any reservation describing the activity to your parents, to a teacher or Carmel Clay school official?
- Would you object to the activity being photographed for the school newspaper or filmed by the local TV news crew?

If the answer to any of these questions is "yes," the activity is probably hazing.

Hazing vs. Team Building

Hazing

Humiliates and degrades
Tears down individuals
Creates division
Lifelong nightmares
Shame and secrecy
Is a power trip

Team Building

Promotes respect and dignity
Supports and empowers
Creates real teamwork
Lifelong memories
Pride and integrity
Is a shared positive experience!

Other Eligibility Considerations

Elite lacrosse players should familiarize themselves with IHSWLA, IHSAA and NCAA eligibility rules and regulations to ensure they do not jeopardize college eligibility.

Other Team Policies (in alpha order)

ABSENCE DUE TO ILLNESS OR INJURY: An athlete who misses 5 consecutive days of school or athletic participation due to illness or injury must obtain written permission from a physician and present this to the Head Coach before they may again become eligible for participation.

AMATEURISM: Students shall not play under assumed names; accept remuneration directly or indirectly for athletic participation; or participate in athletic activities, tryouts, auditions, practices, and games held or sponsored by professional athletic organizations, clubs or their representatives.

ATTENDANCE: Student athletes are expected to make school attendance a priority. This includes attendance both the day of and the day after athletic contests. Student athletes and student staff are expected to be in attendance at school on time the day following any and all evening activities. Students must be in attendance at school during the last two blocks of the day to be eligible for extracurricular activities that day. All efforts are made to avoid late activities on school nights, but sometimes they are necessary. Students must be in attendance at school during the last two blocks of the day to be eligible for extracurricular activities that day. Exceptions would be pre-arranged absence and school-related functions.

If a player cannot attend a practice, game or team meeting, or any other team event, the coach must be notified not less than 24 hours prior. If a player fails to notify the coach, she may not play the next game.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES: Students should be cautious about participating in too many activities. Lacrosse requires a substantial time commitment, which usually extends Monday through Saturday from the first official day of practice until the end of the tournament season. A commitment to a high school athletic team indicates that all non-school conflicts will be resolved in favor of the team. This would not include such things as significant religious holidays, participating in a relative's wedding, a family member's funeral, etc.

If a conflict between activities arises, the student should notify the coach involved and attempt to resolve the conflict as equitably as possible. If the conflict persists, the student may contact the Board President.

DONATING BLOOD DURING THE SEASON: Student-athletes in season are strongly discouraged from participating in school blood drives due to the risks involved with strenuous activity and this procedure. Student-athletes who are out of season should be excused from conditioning sessions that evening if they have given blood that day.

EQUIPMENT: All equipment (women's lacrosse stick, women's lacrosse goggles, protective mouth guard) is purchased by the athlete.

FORMS: The student-athlete may not participate in the season without the following forms on file with a CGL Designee:

1. US Lacrosse online registration receipt or confirmation number.
2. Player Information and Waiver Form
3. Emergency Medical Information Form
4. CGL Consent and Release Certificate
5. Physical Examination Form

Forms can be found on the Carmel Girls Lacrosse website at www.carmelgirlslax.com

GROOMING AND APPEARANCE: Carmel Girls Lacrosse athletes act as representatives of the club, school and community and therefore, are required to exhibit a well-groomed and appropriate appearance. The coaches will determine guidelines, as needed, concerning the appropriateness of styles within the context of safety and accepted social norms.

INSURANCE: CGL coaches are safety conscious and are trained to instruct athletes in the safe and proper techniques of the sport. Due to the nature of athletic activity, however, injury may occur. The parent(s) retain the right of denial to participate in lacrosse and must carry the responsibility for providing medical care and insurance coverage for their daughter.

To insure that some insurance is carried, participants must be active members of US Lacrosse. Parents are also required to provide the name of their personal insurance carrier, in case of injury during a practice or game. IT SHOULD BE NOTED THAT NEITHER CARMELGIRLS LACROSSE NOR CARMEL HIGH SCHOOL CARRY ANY KIND OF FIRST DOLLAR MEDICAL INSURANCE FOR ATHLETIC INJURIES.

MULTIPLE SPORT PARTICIPATION

The Carmel Girls Lacrosse supports the concept of participating in more than one high school sport. High school coaches should not establish expectations "out of season" which would prohibit or restrict a student's participation in another sport which is "in season". A student athlete who wishes to participate in more than one sport in the same season must have prior approval of the head coaches.

PARTICIPATION IN PHYSICAL EDUCATION CLASSES AND INJURIES: Any student excused from participating in Physical Education with a parent's note or doctor's note shall not be allowed to participate in an athletic event or practice that same day.

PHYSICAL EXAMINATIONS: Students desiring to participate in interscholastic athletics must undergo a physical examination performed by a licensed medical doctor (M.D.) prior to the first official practice or high school team camp of any sport. The physical form, which must be signed by an M.D., may be printed off the Carmel Girls Lacrosse website (www.carmelgirlslax.com) or obtained at the Athletic Office. The doctor's signature must be dated after May 1 preceeding the current school year. The student must complete the medical history and sign it to be eligible for participation.

TRAVEL:

Local Travel: Players are expected to arrive at local games, via their own transportation, at the time designated by the coach staff.

Distance Travel: Distance travel is defined as any away game outside of the greater Indianapolis area. The following guidelines apply to such games:

- Such games frequently result in additional player fees. All travel fees must be paid before boarding the bus, unless the CGL Board has granted prior approval.
- No player will drive without a parent or coach. Also, while out of town, no player is permitted to drive at any time for any reason.
- All such trips will be chaperoned by team coaches.
- Any player abusing anyone else's personal property will be suspended, or terminated, pending a hearing with the coaches and team representative.
- All players will act appropriately at all times at all facilities (field, hotel, restaurant, etc.) during all team functions, bearing in mind that they are representing their community, school, team, coaches, parents, and most importantly themselves with their every action.
- Players will be assigned a hotel room with 4 players per room. There will be a curfew and players will be "taped in" their room. Any violations in curfew will result, at a minimum, in a suspension for the next game.

UNIFORMS: Appropriate team dress will be worn to all games. The coaches determine the dress code for all the teams. As a general rule:

- No jewelry of any sort will be worn at any time during a game.
- Clean game jerseys, kilts and socks will be expected for each game.
- Only royal, black or white compression shorts shall be worn under kilts.
- Mouthpieces will be worn in the mouth while on the field at all times. Mouthpieces must be fully in the mouth to provide proper protection. Mouthpieces that are significantly chewed must be replaced with a new mouthpiece.
- Goggles shall be worn at all times while on the field. This includes games and practices.
- Only black cold weather gear (long sleeve shirts and/or pants) shall be worn under uniforms during inclement weather.

At the beginning of the season, you will give the organization a deposit check for your rented uniform. This check will be returned at the end of the season when the rented uniform is returned in good condition.

WEIGHT TRAINING: We strongly encourage all student-athletes to participate in the Carmel High School Advance Physical Conditioning class. Students must speak to the lead teacher, to get permission to be in the class. However, participation in lacrosse will qualify you for the class.

Parent/Coach Communication

The coach has primary responsibility for administering and directing the team and the individual players. The coach has the authority to take whatever disciplinary actions are necessary to fulfill this responsibility and to determine which players play in games and how much play time each player receives. Players should be aware that because of the depth, experience and number of players on a team it is unlikely that all players will receive equal amounts of playing time during games.

Players and parents are encouraged to talk to the coaches if the reasons for their actions are not understood. If parents or players have further concerns after discussions with the coaching staff, they should contact the board president. Here are some general guidelines on successful communications with the coach:

Both parenting and coaching are difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to the student athlete. As a parent, when your child becomes involved in the Carmel Girls Lacrosse program, you have a right to understand that expectations are placed on your child. This begins with clear communication from the coach.

Communication You Can Expect From Our Coaches:

1. Sound coaching philosophy.
2. Coach's expectations of the student athlete and the team.
3. Locations and times of practices and contests.
4. Procedures for handling injuries.
5. A list of team expectations/rules.
6. Team requirements
7. Principles of sportsmanship, ethics, good behavior, etc.

Communication Coaches Can Expect From Parents: Some examples of appropriate communication would be:

1. Notification of schedule conflicts well in advance.
2. Specific concerns in coach's philosophy and/or expectations.
3. Support of the coach's sportsmanship efforts.
4. The treatment of your child mentally and physically.
5. Ways to help your child improve.
6. Concerns about your child's behavior.

If there is a particularly sensitive, or confidential matter, the parent should contact the player's team head coach or the CGL Board President directly. Some examples would be:

1. Criminal activity
2. Substance abuse
3. Financial hardship issues

As your child becomes involved in the Carmel Girls Lacrosse program, they will experience some of the most rewarding moments of their lives. However, it is important to understand that there may be times when things do not go the way you or your child wishes. If your child is having difficulty processing this disappointment we encourage them to talk directly to their coach.

As a parent, it is difficult to accept your child's not playing as much as you wish. Coaches are professionals. They make judgments based on what they believe is best for all student athletes and the team. As you can see from the above list, certain topics can and should be discussed. Other issues must be left up to the discretion of our professional staff.

Issues Not Appropriate to Discuss with Coaches:

1. Playing time.
2. Team strategy.
3. Play calling and offenses and defenses.
4. Other student athletes, aside from hazing, bullying or any other inappropriate behavior per this handbook.

There are situations that arise that may require a conference between the coach, the student athlete and/or the parent. This dialogue is encouraged. It is important that all parties have a clear understanding of the other position. When a conference is necessary, the following procedure should be used to help promote a resolution of the concern.

Procedure to Use in Discussing Concerns with a Coach:

1. Student athlete approaches the coach with any appropriate concern. If they are not satisfied:
2. Parent should contact the coach with any appropriate concerns.
3. **Please do not attempt** to confront the coach before or after a contest or practice (24 hour rule). These can be emotional times for both the parents and the coach. Meetings of this nature do not generally result in a productive outcome.
4. **All meetings between the coach and athlete/parent will include a minimum of two members of the coaching staff.**

What to do if the meeting with the Coach does not provide a Satisfactory Solution:

1. Call to set up an appointment with the Board President and Coach to discuss the situation.
2. At this meeting, the appropriate next step can be determined.