



2020 HANDBOOK

<http://mrsd.masconomet.org/teachers/amccarthy/lacrosse>
TWITTER @mascogirlslax

COACH & CAPTAINS

HEAD COACH

Al McCarthy

978-887-2323 x13000

amccarthy@masconomet.org

JV COACH

Krista Marcoulier

kboosh9@gmail.com

ASSISTANT COACH

Briana Gross

briana.gross10@gmail.com

CAPTAINS

Tara Gallagher

Liv McCarthy

TEAM RULES

1. HAVE FUN! Play Lacrosse and Join the Team to Have Fun!
2. Make a commitment to the team: unexcused absences and tardiness will result in limited playing time
3. Respect your teammates, be friendly, make friends, TOGETHERNESS = root of team success
break cliques – huddled in little groups contradicts the tradition of MGLAX TOGETHERNESS
4. Create and maintain a positive and productive sideline mentality!
5. Generally speaking, if you miss a game, you will sit a game. Some absences may be excused and will be assessed individually based on the circumstance but never based on skill or role
6. Lacrosse practices and games are held over April vacation. Being absent from team practices and games during this period will have an impact on playing time
7. Practice starts 3:00 (M-Th) 2:30 (Fri) 8:30 (Sat). Be early. If you are to miss practice or arrive late for any reason, discuss personally with coach beforehand & don't use the trainer as an excuse to be late
8. The bus typically leaves at 2:30 for away games. Do not arrive late as we will not wait for anyone
9. Everyone rides the bus to and from games which builds team chemistry
10. Be Prepared: bring extra equipment and both uniforms to all games
11. Do the drill the way we ask you to not the way it feels more comfortable
Learning techniques & fundamentals will make you stronger if you strive to do it correctly
12. Be focused and concentrate on what you are doing and why you are doing it
Execute!! Carry strategy over to games and don't give up
13. Be dynamic at all times including warm-ups, be big and loud, put ZIP on the ball & move your feet
14. Run to and from drills and breaks
15. Work on left and right equally in practice and this will make you a much stronger player
16. Positions are not set in stone: know each position & the responsibility that goes along with it
17. Be responsible for yourself: If you have questions or concerns, address them directly with your coach
18. Practice, pre-game & game time = players only: let friends & family know this ahead of time
19. Check your EGO at the door! It doesn't matter if you are a 4-year starter, captain or first year player; everything is earned and nothing is given! Know your role and ACCEPT your role!
20. Hard work, execution, game readiness, and a good attitude will help you advance
21. Goggles, Mouth guards, AND CLEATS (outdoor) are REQUIRED for practice and try-outs

EXPECTATIONS

Academics

Must meet Masconomet eligibility requirements

Be a good student, go to class on time, take notes and plan ahead

Respect

Treat teachers, trainers, support staff, opponents, and fans with respect

Treat other people the way you want to be treated

School Rules

Read the school handbook: know and follow the school rules

Building a Tradition

Respect those who have come before you and build upon the tradition of this program

Hard Work

We can always outwork our opponent and we know hard work puts us in position to win

Playing Smart

Play with composure and poise

Be prepared mentally and make good decisions

We can always outsmart our opponent

Winning Attitude

We believe we can beat any opponent, we are always looking for a way to win

We are fighters, and we never quit and other teams know this about us

Team Attitude

The team is bigger than any one player and we are a team of unselfish players

Believe in our System

Commit to our philosophy, learn and accept your role and do your job the best you can

Believe in Yourself

Play with confidence, think positively and strive to be better

Have a short memory and put bad experiences behind you

Believe in Your Teammates

Communicate with your teammates and support and encourage each other

Believe in Your Coaches

Your coaches are trying to make you better people and players: listen and learn

Trust your coaches and learn to take constructive criticism

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STRIVE

Strive to be a better person, player and teammate

- Push yourself in practice
- Sprint hard & finish hard
- Be alert and pay attention
- Give 100% effort 100% of the time
- Think about game scenarios
- Be confident, believe in yourself and the team
- Arrive early to practice
- Talk to your coach and teammates
- Work out in the off-season, run & lift weights
- Practice: shooting, cradling, passing, catching
- Work on moves, shot fakes, pass fakes, footwork
- Work left & right equally, become unpredictable
- Work on your weaknesses
- Motivate your teammates
- Encourage your teammates
- Hang out with your teammates
- Set goals and talk about your goals
- Create a plan for your goals

TRY-OUTS

START DATE: MONDAY MARCH 16TH, Time & Location TBD (field house or outside TBD)

Times vary widely and will become more clear the closer we get. Try-outs typically last 3 days with teams most likely posted by Thursday morning on the MGLAX website

PLAYER TRYOUT NUMBERS # All potential players with the exception of returning varsity will wear an assigned number on their back for tryouts

Use duct-tape to create number (choose appropriate colors to make number stand out)

Placing number on T-Shirt AND Jacket is recommended

#'s will be assigned at pre-season informational meeting in February

IMPORTANT: Spring weather is unpredictable!

Times and locations may change last minute, so be prepared for anything

Changes are announced by me (Twitter) & Captains (Text)

You can always stop by room 3000 after school to check in

Pay Attention to Announcements & Website & Twitter

"Not Knowing" is Not an Acceptable Excuse

MAKE SURE:

1. Register ASAP - Forms Due February 28th- found on Masco Athletic Site

(If you are not on my list, you will not be able to try out)

2. Clear Obligations. (Outstanding obligations will not be able to try out)

3. Physical is Current: (Expired physicals will not be able to try out)

4. Scholarship application due February 28th

*Take care of all of these items in advance

*Do not set a bad first impression and have me chase you down for any of the above

BRING WARM CLOTHING: hats, sweatshirts, gloves, wind resistant, water resistant, whatever you need. We have played games in cold driving rain, wind and snow, so we will practice and we will run in all conditions to prepare for game conditions. Don't complain about the cold.

READ THE HANDBOOK: Know our philosophy, strategy, rules, and the game of lacrosse

Prepare: come to tryouts in good physical condition and skills fine-tuned

SEE A CAPTAIN OR A COACH WITH ANY QUESTION

Coach McCarthy is in Room H3000

Captains: Tara Gallagher, Liv McCarthy

UP-TO-DATE GAME AND DAILY SCHEDULE HERE:

<http://mrsd.masconomet.org/teachers/amccarthy/lacrosse/pdfs/schedule.pdf>

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Commonwealth of Massachusetts: Anti-Hazing Law

Chapter 269: Section 17. Hazing; organizing or participating; hazing defined

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation. Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Chapter 269: Section 18. Failure to report hazing

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

Chapter 269: Section 19. Copy of Secs. 17 to 19; issuance to students and student groups, teams and organizations; report

Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the board of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of higher education and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.