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## **2011 Carlsbad Girls Lacrosse Expectations and Policies**

As an athletic sport, lacrosse offers the opportunity to become or improve oneself as an athlete. This involves the following qualities and behaviors:

### **Physical Discipline:**

- 1) Conditioning oneself to successfully compete on the field.
- 2) Engaging oneself to drills and exercises to promote coordination, strength and endurance.
- 3) Pushing toward one's limits.
- 4) Becoming a TACTICAL player (visionary player) as well as a TECHNICAL one.

### **A Positive Mental Attitude**

- 1) Seeking to improve one's skills by welcoming advice and guidance from coaches and more experienced players.
- 2) Participating in all levels and rigors of the workout.
- 3) Focusing on your successes rather than your shortcomings, but working to improve those shortcomings.
- 4) Be confident (not conceited) in yourself as a lacrosse player.

### **As a Team Sport, Lacrosse Demands the Following:**

Cooperation with: 1) Coaches, 2) Team Captains, 3) Fellow Teammates

### **Putting Aside Personal Interest for the Good of the Team:**

- 1) Solid Attendance. "Failure to prepare is preparing to fail."
- 2) Following the coaches' directions as faithfully as possible.
- 3) Supporting others.
- 4) Focusing on LACROSSE when you are at practice and games.
- 5) Absolute and undivided attention to coaches when they are speaking to the team.

### **Team Spirit:**

- 1) Actively encouraging others.
- 2) Participating in all team activities (just 'being' there doesn't count).

### **You Owe Your Team the Following:**

- 1) Your full effort and dedication during practice.
- 2) Your encouragement to fulfill *their* responsibilities to the team.
- 3) Fulfill your weekly duties without complaining (see Weekly Duties schedule).

### **Grade Policy:**

- 1) Student first, Athlete second. Being a student-athlete is what separates you from the rest.
- 2) Strive for good grades!
- 3) You must maintain a GPA of 2.0 and no more than one F in order to play.

### **Attendance Policy:**

- 1) Practice begins at 4:30. You must be ready to warm-up promptly at 4:30, which means you should get to the field by 4:15.
- 2) TWO unexcused absences will lead to missing 1 game.
- 4) You are expected to be at every practice, all games—playing or not.
- 5) If you cannot make practice, you must inform Coach Melissa or Coach Brooke (email or call/text) and let them know personally. Unless you have the flu, strep, or some other infectious illness, please be at practice and sit on the sidelines.

### **Other Expectations:**

- 1) Bring Cleats or Turf Shoes, Running shoes, Mouth Guard, Goggles, and Stick to every practice.
- 2) No bad language.
- 3) You must ride the bus to and from games.
- 4) Not everyone will get equal playing time. This is a competitive sport and us coaches will only play the people we feel will give our team a win.
- 5) Everyone on the sideline stands together in front of the bench and watches the game. NO side conversations. Be ready to go in when I tell you. Cheer for your teammates.
- 6) Know our quote we say before every game!

**“To dream anything you want to dream, that is the beauty of the human mind.  
To do anything you want to do, that is the strength of the human will.  
To trust yourself, to test your limits, that is the courage to succeed.”  
-Bernard Edmonds**

Signature\_\_\_\_\_

Date\_\_\_\_\_

## **My philosophy and goals for the season:**

1. Develop you into productive citizens. By committing to participate in a team sport, you will learn many valuable life-long lessons. Some of them include:
  - a. Time management
  - b. Overcoming adversity
  - c. Team player  
“A chain is only as strong as the weakest link”
  - d. Character  
“Be more concerned with your character than with your reputation, because your character is what you really are while your reputation is merely what others think you are.” –John Wooden (retired UCLA basketball coach)
  
2. Improve, develop, win
  - a. Individually, you would work hard and be committed
  - b. Corporately, you would help one another and learn from one another
  - c. Win games!  
“Winning is a pleasant by-product to what I am really supposed to be doing as a coach.”

## **Your goals:**

What are your goals as an individual player?

What will you do to attain those goals?

What do you expect from your teammates?

What do you want to remember most at the end of the season?

What do you want in your coaches?

## Weekly Duties

- 1) Take out the goals and put them away
- 2) Lead stretches
- 3) Pick up the balls, pinnies, cones, etc. after practice is over
- 4) Carry the ball bags, med kit, etc. to my car.
- 5) Other miscellaneous duties I may assign

### **Week 1 (2/28-3/4)**

1. Audrey
2. Caitlin
3. Carly

### **Week 2 (3/7-3/11)**

1. Courtney
2. Dani
3. Hanna

### **Week 3 (3/14-3/18)**

1. Jenna
2. Kate
3. Keeghan

### **Week 4 (3/21-3/25)**

1. Kelly
2. Korri
3. Melissa

### **Week 5 (3/28-4/1)**

1. Michelle
2. Natalie C.
3. Natalie S.

### **Week 6 (4/4-4/8)**

1. Nerissa
2. Spencer
3. Taryn

### **Week 7 (4/11-4/15)**

1. Tiani
2. Turi
3. Audrey

### **Week 8 (4/18-4/22)**

1. Caitlin
2. Carly
3. Courtney

### **Week 9 (4/25-4/29)**

1. Dani
2. Hanna
3. Jenna

### **Week 10 (5/2-5/6)**

1. Kate
2. Keeghan
3. Kelly

### **Week 11 (5/9-5/13)**

1. Korri
2. Melissa
3. Michelle

### **Week 12 (5/16-5/20)**

1. Natalie C.
2. Natalie S.
3. Nerissa

