



# STORM RVA

## High School

### Lacrosse Policies

**Mission:** The STORM RVA HS team will be comprised of current 9-11 grade outstanding players that aspire to receive top level training, skill building, and exposure at some very competitive tournaments (very helpful for the player looking for the college coach/recruiting exposure). The knowledge and skills gained from STORM's highly qualified coaching staff will give you the tools needed to develop, compete and excel at the high school level and the college level if you so choose. In addition to developing stronger lacrosse skills, STORM is also committed to an overall positive experience for the individual player and her particular team.

#### **Player Policy**

**Practices:** When players try out for the STORM teams they are demonstrating their desire to commit to their personal development and the development of their individual team. Once a player is selected for a roster spot, it is the player's duty to attend all practices and arrive on time. If a player has to miss practice, she must give the coaching staff written notice using the attendance policy (see below).

**Attendance:** All players are expected to go to their team page (or the page for their graduation year) and click the attendance link to record each of their planned absences for the season. The attendance link **should be completed prior to tryouts**. Every planned absence requires a new form to be filled out. If an unexpected or unplanned absence occurs during the season, it is the player's responsibility to go to the attendance link and record the absence. The player will not be allowed to participate in the following practice or event if the attendance link is not completed for an absence.

**Player Performance:** Similar to most competitive and successful travel organizations, the player's roster spot is determined by the player's level of performance. If a player excels in performance and meets the commitment level for the player policy, she may be moved up to play at the Elite level for the same graduation year.

**Tournaments:** Once a player is selected for a roster spot, it is the player's duty to attend all tournaments and to arrive on time to each game. If a team has more than one goalie, playing time for a goalie is also not guaranteed and it is up to the coaching staff and the Goalie Director to determine playing time. Finally, all tournament absences should be recorded prior to tryouts using the attendance link system. If a player has an unplanned tournament absence during the season, the player must complete the attendance link and

be prepared for the possibility of losing playing time at the next contest or tournament. Excessive absences will result in the loss of roster position.

**Excused absences include:**

- Weddings
- Funerals
- Family Reunions
- Severe illness/injury
- Family emergencies

**Unexcused absences include:**

- School work It is expected the players understand time management
- Minor illness (cold) It is expected that the players view practice but do not participate
- Concerts/recreational activities

**Goalie Information:** All goalkeepers will receive training for the first 35-45 mins of practice from a specified curriculum. We will make every attempt to have a floating goalkeeper coach at all practices and some tournaments to give goalies individualized attention.

**Responsibilities:** Players should be fully equipped and prepared to play at every STORM practice and tournament. STORM practice reversibles should be worn at every practice and all components of the uniform should be present at every tournament. Players should always have: mouth guard, goggles, stick, cleats/turfs, and running sneakers at every practice and tournament. It is highly recommended that players bring backup equipment as well.

**Conflict of Interest Clause:** When players try out for a STORM RVA HS roster spot they are demonstrating their desire to be loyal to the STORM program and to their teammates for the entirety of the year around program. Once a player is granted a roster spot, she is expected to refrain from trying out, playing with, or soliciting other players to participate in other travel lacrosse organizations. The STORM staff spends an extraordinary amount of time coaching, assisting the players in skills, and guiding the players in recruiting process. It is expected that STORM player considers the dedication that STORM staff has shown her and abides by this clause. If it is discovered that STORM player breaks this clause, she will be asked to leave the STORM program without a refund. Any questions and/or concerns should be immediately directed to STORM RVA Program Director.

**Parent Policy**

**Practices & Tournaments:** It is the **player's** responsibility to complete the attendance link for their seasonal absences. It is also the player's responsibility to discuss with the coach why she is late for any STORM practice. Please allow the player to perform the communication, as the STORM brand is trying to prepare the players for life and assist them in developing communication skills necessary for leadership in the high school program and/or college level.

**Responsibilities:** No member of the STORM staff should be approached after games or practices regarding any issue (playing time, game tactics, etc). *The STORM rule is for a parent or guardian to wait 24 hours to present the issue and to allow the coaching staff 24-48 hours to respond to the concern. This prevents emotional conversations and allows all parties to logically prepare their side.*

### **Coaches Policy**

**Practices & Tournaments:** Coaches should be fully focused on their STORM team for the entire practice session and should be teaching current game strategies. Coaches should be positive and empower their players at all times. Coaches should be open and honest about the player's ability, but mindful of criticism. The goal is for STORM coaches to prepare the players to play at a higher level, but also to allow the players to enjoy the sport.

**Tournaments:** Coaches should be fully focused on their STORM team for the entire game in every tournament. All coaches should prepare to give constructive feedback during substitutions, half-time and after the games. Coaches should be positive and empower their players at all times. Coaches should be open and honest about the player's ability, but mindful of criticism. The goal is for Storm coaches to prepare the players to play at a higher/college level, but also to help each player enjoy the sport.

**Responsibilities:** Coaches should arrive to practice on time with a prepared practice plan. Coaches should also be prepared to respond to any parent feedback within a 48 hour time frame. STORM coaches should be providing post practice feedback in an email form, so that the players can review the skills covered in practice.

### **Program Composure Policy**

All STORM players, parents, coaches, staff members and family members represent the STORM program. It is expected that all members of the organization treat other STORM members, referees, opponents, and opposing coaches with respect. Positive language should be used at all times. Parents should refrain from discussing any player's ability (including their own child) publicly at tournaments and practices. If any parent or player fails to abide by this policy, it will cost the player playing time at tournaments. If any coach or member of the STORM staff fails to abide by this policy, he or she will be removed from the situation or even suspended from the STORM organization. More than one composure offense will result in the individual's removal from the STORM organization. Remembering that NO HIGH SCHOOL/COLLEGE COACH will want those actions from a parent, player and/or our staff.

### **SOCIAL MEDIA POLICY**

*The STORM community plays a huge role in the the development of lacrosse in the greater-Richmond area. Therefore, it is the expectation of the organization that all players, families, and coaches understand the responsibility of representing STORM on and off the field. Any sort of negative social media (Facebook, Instagram, Twitter, etc.) regarding other club programs, high school programs, or STORM itself is not acceptable. If negative social media is identified, the individual will be addressed and playing time and/or the roster spot*

*of the player associated with the social media incident may be jeopardized.*

### **Recruiting Policy**

**Expectations of STORM:** The STORM staff will provide STORM HS players with educational resources regarding the college bound process. STORM Lacrosse will provide webinars and the tools to handle their OWN recruiting process if the family/player so chooses.

**Expectations of Players/Parents:** *Although STORM will provide players and families with educational resources, it is the primary role of the player and the player's family to take ownership of the recruiting process.* Players must create their own athletic resumes, create their own highlight videos, create their own college list, complete their own student athlete questionnaires, and compose their own email to the college coaches. All timelines and samples are provided by the STORM staff.

**Extended Guidance:** For players that desire a more hands on approach to the recruiting process, STORM offers a recruiting service please check it out here <http://newworldsports.biz/nwsrecruiting/>

### **STORM Support**

President - Sue Murphy at [sue@newworldsports.biz](mailto:sue@newworldsports.biz)

NWS Director of Operations- Missy Wells at [missy@newworldsports.biz](mailto:missy@newworldsports.biz)

To apply for Financial Assistance, kindly contact Missy Wells immediately. STORM Financial Assistance applications can be found on team webpage and are due 5 days prior to tryouts.

***It is our PHILOSOPHY & MISSION to provide a safe and excellent platform for girls lacrosse development. We expect all parties involved player, parents, coaches, administrators to be great ambassadors of the sport of lacrosse and the STORM Organization. Thank you in advance for allowing us to share our passion of lax with your daughter! Sue Murphy, Director***