



STORM RVA Middle School Lacrosse Policies

Mission: The STORM RVA MS team(s) will be comprised of current 4-8 grade outstanding players that aspire to receive top-level training, skill building, and exposure at some very competitive tournaments. 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. It is our goal to TRY to get close to PURE graduation years if we are able to for the sake of player development and eventually recruiting – we are unsure until post tryouts if we can get there and make it competitive/fair to the talent pool.

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 well in advance of practice. TO EXCEL AS AN INDIVIDUAL AND AS A TEAM, our limited practice opportunities MUST be efficient, team orientated and PREPARE us for competition. You HURT the team when you don't commit.

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. **Players SHOULD have received pre-tryout approval if missing a tournament by emailing completing ATTENDANCE LINK PRIOR TO TRYOUTS** (knowing we are cutting girls that could commit), the following is a list of excused & unexcused absences:

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

Responsibilities: Players should be fully equipped and prepared to play at every STORM practice and tournament. STORM practice reversible 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 MS 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 the Director of STORM.

Parent Policy

Practices & Tournaments: It is the **player's** responsibility to communicate an expected absence in advance from any practice. 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 while putting a focus on the fundamentals/skill set. 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, halftime 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/high school and 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, Snapchat 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.

Use of STORM Logo

Individual use/reproduction of STORM logo without prior written consent of New World Sports President, Sue Murphy, is not permitted.

Recruiting Policy (for your future reference)

Expectations of STORM: The STORM staff will provide STORM HS players with educational resources regarding the college-bound process (10 grade and older). STORM Lacrosse will provide webinars and the tools to handle their OWN recruiting process if the family/player so chooses. STORM will deliver rosters via email to DI, DII and DIII college coaches prior to summer tournament season for 10 grade and older. If contacted by a college coach, the STORM staff is expected to correspond in a timely manner and to offer

honest feedback about the individual player. Please note that this feedback may include areas of attendance, attitude, work ethic, skill level, dedication and coachability.

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. Staff is expected to provide advice and feedback, not perform actions for the player/family. Educational webinars produced by Sue Murphy are FREE to players & families.**

Extended Guidance: If families or players want to explore a more hands on recruiting approach, please consider <http://recruiting.newworldsports.biz>

STORM Support

New World Sports President, Sue Murphy, can be reached at sue@newworldsports.biz

NWS Director of Operations, Missy Wells, can be reached at 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 accepting a roster spot/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 of STORM Lacrosse***

New World Sports * P.O. Box 35110 * Richmond, VA 23235
<http://www.stormlacrosse.biz>