

## Tualatin Varsity/JV Lacrosse: 2020 Expectations

### Off Season Practice Schedule (for those not in a winter sport):

- OSAA now allows coaches to have 6 hours of practice a week for spring sports, prior to the start of the regular spring season. This will be an hour of stations ( like last year) with an hour of normal practice. **If you are not playing a winter sport, we need you to attend.**
- Our pre-season practice schedule starts Monday the 13th at 6:30 pm on the main HS turf. We will be practicing, full equipment, every Mon, Wed, and Fri from 6:30-8:30 pm through the month of January and early February before regular season team practice begins.
- Saturday's box team games in the fall and winter

### Program Philosophy/Rules:

- Family/ School / Lacrosse. In this order!
- We have been a very successful program in the classroom and want to keep it that way. (Including two Academic All Americans in 2019!)
- Put your Athlete in a position to be successful on and off the field.
- Coaches are Certified US Lacrosse approved and we take safety very seriously.
- We are an extension of our entire lacrosse family. We are all under one roof.
- We do NOT permit hazing.
- We support multi-sport athletes.
- JV Lacrosse is developmental lacrosse. We will get the kids in the game but when and how much kids play is up to the coaches.
- Varsity Lacrosse-We always do our best to play as many as we can, but who plays and how much is up to the coaching staff.
- If an athlete has issues with his playing time, he needs to talk with the positional coaching staff first. Each player will know throughout the year where he is ranked in his position.
- Follow the chain of command. If parents have an issue, email Coach Spilker and make an appointment. If you still have an issue, email Keith Jehnke, the Lacrosse Board President at keith@kagdproperties.com.
- Leave the assistant coaches alone.
- If there is an injury during a game, do not come down on the field. We will come get you if needed.
- You are responsible for all handed out uniform gear.
- **Effort, attitude, and reliability!**

### Spring/In- Season Mode:

- Your athlete has made a commitment to our team
- Unexcused missed practices will result in lost playing time or subject to removal from the team. Excused absences are: family emergencies, academic reasons, appointments, and "sick enough to miss a game".
- If you are going to miss practice, the ATHLETE must notify Coach Spilker themselves. These are young men and they need to learn to communicate.
- If you get hurt, you need a doctor's note to return to play for a serious injury.

**Time to work hard and earn the respect we deserve! Coach Spilker – [dspilker15@gmail.com](mailto:dspilker15@gmail.com) or 443-848-8090 cell**

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Player Signature

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Parent Signature

Player Name Printed: \_\_\_\_\_