



2023 A/C Lacrosse Season

Middle School Boys Team, includes 5th through 8th grades
High School Boys Team, includes 9th through 12th grades



A/C Lacrosse Boy's & Men's Team Staff

- Boy's Middle School & Men's High School Head Coach, Jeff Jett
8th year of coaching, 1 as an assistant and 7th as Head Coach
- Assistant Offensive Coach, NEEDED
- Assistant Defensive Coach, Houston Pulliam
3yrs MS Player, 4yrs HS Player, 1yr College Player, 3rd yr. Assistant Coach
- Assistant Goalie Coach – NEEDED
- Assistant Face Off Coach, Kip Ethington
2nd yr. Assistant Coach of Lacrosse, 4yrs assistant coach wrestling
- Assistant Film & Stats Coach, NEEDED

Lacrosse in Kentucky is a Club Sport

As a club we are not regulated by KHSAA, USA Lacrosse is the main governing body.

Middle School plays in the CYLA League out of Lexington.

High School plays as an independent team in central Kentucky.

ALL players must be a USA Lacrosse member USAL carries the player and general liability insurance that covers the players, coaches and team.

Club sports generally do not receive funding or financial assistance from the schools.

A/C Lacrosse is operated by the A/C Lacrosse Association. Parents are encouraged to participate in the Association.

My Expectation from Players

1. To give 100% effort Every Practice & Game.
2. Learn Something at Every Game & Practice.
3. Treat your Teammates with respect.
4. Treat your Coaches with respect and follow their instructions.
5. SHOW respect for Officials, Opponents, & Fans.
6. Remember who you represent as a team and act right.
7. Clean up after yourself on the field. ANY Field, we leave it better than we found it.
8. If practice starts at 4. I expect you on the field and geared up at 4. Get to practice at 3:50 to leave time to gear up & talk or come geared up!!!
9. Let's work hard & have a fun season!!! No negativity, no bad mouthing anyone!
Make a positive contribution every day, laugh and have a good time!!!

THIS YEAR'S FOCUS IS ON PRODUCTIVITY

We are going to focus this year on being productive:

Being productive to me means, we work on the following:

1. Continually trying to improve your skills,
2. Never being satisfied with what you've already accomplished,
3. Never needing to redo it since you did it right the first time,
4. Not standing around while others carry the load,
5. Leading the movement forward.

PARENTS CODE OF CONDUCT

1. Children have more need of example than for criticism. Remember, your child is involved in organized sports for their enjoyment, NOT YOURS.
2. Attempt to relieve the pressure of the competition, not increase it.
3. Applaud good plays by your team AND by members of the opposing team. Do not openly question an official's judgement and honesty. Officials are symbols of fair play, integrity, and sportsmanship. Accept the result of each play.
4. No parent or fan will be allowed to coach a child or a team from the stands. No parent or fan will be allowed to openly or mockingly criticize a child, official, opposing team's parents and/or fans or either team from the stands.
5. No parent or fan will be allowed to walk onto the field from the stands and talk to a player, official or team. Failure to abide by this rule will result in removal of parent or fan from the field or facility. Excluding the circumstances of an injury and the parent(s) or fan(s) is/are the legal guardians of the child injured.
6. Swearing, cursing, using foul or inappropriate language while attending any activity of ACLA whether such language is directed at or toward anyone in particular or not, SHALL NOT, be tolerated by the ACLA.

FAILURE TO ABIDE BY THESE RULES MAY CAUSE THE REMOVAL OF YOUR CHILD FROM THE TEAM AND SAID CHILD WILL NOT BE ALLOWED TO RETURN AS A PLAYER TO ANY TEAM OF THE ACLA FOR 12 MONTHS.

PLAYERS CODE OF CONDUCT

1. Players agree to follow the Code of Conduct of KY & USA Lacrosse Association.
2. No player shall act in an un-sportsmanlike manner or manner that embarrasses the team and community while on or near any playing field before, during or between games or practices.
3. Players shall attend team meetings, practices and fundraising events with a positive attitude, willingness to improve and a helpful spirit.
4. Players shall seek proper medical attention for injuries and to follow the physician's instructions regarding treatment and recovery. Players will not put themselves at risk by returning from an injury.
5. Players understand that practice is the key to being successful on the field and will obey coach's rules during practices and follow the instructions given by the coaches.
6. Players understand that failure to attend practices may result in the reduction or elimination of game time.
7. High School Varsity team players understand that Lacrosse is a competitive sport and as participants of the Varsity team you understand that game time is not guaranteed.
8. Un-sportsmanlike conduct by a participant includes but is not limited to:
 - a. Use of disconcerting acts or words.
 - b. Disrespectfully addressing the game officials, coaches, opponents, and/or parents and fans.
 - c. Showing disgust with game officials' decisions.
 - d. Using profane or insulting language or gestures or baiting or taunting any other participants, parents or fans.
 - e. Making contact, including spitting, with any other player which is deemed unnecessary and/or incites roughness or additional un-sportsmanlike actions.

Practice Schedule is posted on lacrossebearcats.com in Schedules.

FEBRUARY 15
IS THE OFFICIAL START OF THE SEASON

Strength & Conditioning Practices Start January 10th.
We will have 3 practices a week through January & into Mid-February.
Strength & Conditioning practice will be held at Planet Fitness in Frankfort.
Players (must be 14) will need to purchase 2 months of membership.

Regular Season Practices will be announced every Sunday for the next week on
the appropriate team Remind.

ALL IMPORTANT NOTIFICATION WILL GO OUT IN THE TEAM REMIND!

Middle School Team Remind Code: [2f7k2](#)
High School Team Remind Code: [lacrosseh](#)

First HS Game
March 7th
Home Game v Bryan Station
2nd Annual MS Scrimmage Day
March 4th

High School game schedule and player stats will be on Maxpreps.com

BOTH SCHEDULES ARE ON THE TEAM WEBSITE!

USA Lacrosse Membership

All players MUST be a USAL member. NO EXCEPTIONS

To get a membership go to www.usalacrosse.org click the players tab a drop-down menu will appear and click on join USA Lacrosse.

Cost is \$30 MS and \$35 HS per player.

This covers players for any injury playing Lacrosse at any time or place for a year.

There are a lot of other benefits for joining but the insurance is the Biggy!!!

Players need to keep their USAL number and expiration date in their gear/equipment bag.

Club Dues & Team Budgets

Middle School Boys Team

Player Dues	\$125.00
Team Jersey Rental	\$ 20.00
Personalized Jersey	\$ 60.00

High School Boys Team

Player Dues	\$215.00
Junior Official Certification	\$ -50.00
Team Jersey Rental	\$ 20.00
Personalized Jersey	\$ 60.00
MS Players playing up	\$ 30.00*

DUES OR PAYMENT ARRANGEMENT DUE BY FEBRUARY 18TH

We set the dues to cover the team's expenses only.

As head coach I DO NOT get paid, I do this for the players.

I do insist the assistant coaches receive a small stipend.

If you don't think they should not get a stipend, come do what I expect from them,
and you will rethink that idea.

Our budget is always available for anyone that wants a copy.

Player Gear

Equipment Needed to Play

- Helmet
- Shoulder Pads*
- Elbow Pads
- Gloves
- Mouthpiece
- Athletic Cup*
- Lacrosse Stick
- Jersey

*Must be NOC compliant

Costs

Complete Starter Kits

*doesn't include cup/mouthpiece/jersey

\$180 Middle School

\$250 High School

1st Year Loaner Program

* doesn't include cup/mouthpiece/jersey

No Cost - Subject to Availability

Gear Rental

* doesn't include cup/mouthpiece/jersey

\$40 - Subject to Availability

Jersey w/Name on Back

\$60

Blank Team Jersey

\$20.00 - Subject to Availability

Areas the teams need help with.....

Middle School Team

- Concession Stand
- Lining the Field (Twice a Season)
- Pre-Game Set Up for Home Games
- Post Game Clean Up, Home Games
- Keeping Stats for Home Games
- Keeping Stats for Away Games

High School Team

- Collecting Gate Fee's Home Games
- Concession Stand
- Lining the Field (Twice a Season)
- Pre-Game Set Up for Home Games
- Post Game Clean Up, Home Games
- Keeping Stats for Home Games
- Keeping Stats for Away Games

All Paperwork-----DUE DATE 2-18-23

Middle School Team

- A/C Lacrosse Waiver Form

DUE IMMEDIATELY

- Signature Pages of Other Forms on Website
- KHSAA Sports Physical
- US Lacrosse Membership #
- Register for League at lexingtonlacrosse.com
- Dues Paid or Payment Agreement Form Turned In

High School Team

- A/C Lacrosse Waiver Form

DUE IMMEDIATELY

- Signature Pages of Other Forms on Website
- KHSAA Sports Physical
- US Lacrosse Membership #
- Dues Paid or Payment Agreement Form Turned In

Team Website - lacrossebearcats.com

Helpful Information on the Website

- 3 Schedules, one for practices, one for Mustangs games, one for Bearcats games.
- All the necessary forms to play, USA Lacrosse Member number look up link.
- Player LAX IQ learning videos.
- Answers to almost all your lacrosse team questions.
- Pay for player dues, spirit wear, and other donations directly online.
- Lacrosse rulebook, common lacrosse terms, and insurance information for parents.
- Direct link to team's Facebook Page and YouTube Game Film Channel

How I Communicate

- Facebook Page – Anderson Co. Boys Lacrosse
- Remind App – High School Code = lacrosseh
- Remind App – Middle School Code = 2f7k2
- YouTube – Anderson County Boys Lacrosse
- Band App – This is for the coaches to communicate with the players.
- Text – My cell # 502-216-3453
- Email – coach@lacrossebearcats.com

This Season Lets Make Every Field “OUR HOUSE”

