

Player Participation

At the youth levels, the coaching focus is developmental with roughly equal playtime on the field. At the 78 "A" and High School levels, where there is a championship to play for, the focus changes from developmental to competitive and game time is earned at practice. At all levels, regardless of the circumstances, missed practices during the week may impact playing time during the next game(s).

- **Keep Coaches Informed** – It is expected that the team coach will be notified by the parents/guardians/player prior to any planned absence or shortly after an unplanned absence. Our coaches take time away from their primary businesses and personal lives to provide a positive experience for all of our children. Please respect this and contact them when you will be absent. They have made sacrifices to be there. The least we can do is tell them when we will not.

- **Multi-Sport Athletes:** The growth of lacrosse has created more opportunities to play the sport year-round, but the BLC strongly advocates that young players continue to pursue playing other sports as well during the other seasons. Research has shown that early specialization can lead to overuse injuries and burnout, and there are many lessons and skills to be learned from other sports. In general, young athletes should rest their bodies for at least one season each year. Sports complementary to lacrosse include football, basketball, hockey, and others.

- **Select Lacrosse:** Our athletes can take advantage of the accelerated development opportunities afforded by select lacrosse programs during the summer, fall, and winter seasons. "Select" lacrosse is defined as any program that requires a try-out to be considered for the team. The league works with these programs to avoid any overlaps. However, if conflicts arise, it is expected that Club practices and games during the spring season will take priority over select lacrosse events. Further, it is greatly appreciated when the Club practices and games during the post-spring June tournament season also take priority. Regardless, it is vital that the parents/guardians/player keep the coaches informed.

Please consider the following situations that will likely result in absences from practices and games:

- **Overlapping Sports:** It is understood that several winter sports may continue into the start of the lacrosse season and we instruct all of our coaches to be sensitive to children's participation as these sports finish up. While it is permissible to participate in sports that overlap seasons with lacrosse, it is the player's responsibility to clearly communicate any conflicts with the coaches. Every effort should be made to balance schedule conflicts so that neither program is negatively impacted.

- **Concurrent Sports:** Experience has shown that it is extremely difficult to play other spring sports that have practices or games at the same time as lacrosse.

- **Other Activities** – We recognize that most children have multiple interests and time commitments and that special family functions, scholastic events, band concerts, tryouts for fall sports, etc. are a normal part of their lives. The Club's expectations regarding participation are not intended to limit or exclude involvement with these kinds of occasional special events. It is expected, however, that routine things such as homework, scheduled music lessons, medical appointments, etc. would be arranged to not result in regular absences from practice or games.

The main impact created by the situations above occurs when the number of players who register for a given division grows between whole team sizes. When an uncommitted player joins the roster but is rarely present, that spot is potentially lost to a wait-listed player who we were not able to accommodate on the team. Please remember, your spot comes at the expense of someone else. We ask you to be aware of this and be considerate of it.

Please plan ahead:

- **Car Pools** – Carpooling is encouraged. However, if your child's attendance at practices or games is dependent on a carpool, it is the parent's obligation to make arrangements for that carpool. The Club is not able to set up carpools to meet the needs of individual players. To assist you, the club provides access to the schedules, rosters, and contact info via the website and a mobile app where you can communicate with other teammates and their parents/guardians.

- **Special Concerns** – Nothing in the Club's expectations regarding participation is intended to limit the participation of youth with special needs or medical conditions. If your child has any special needs or medical condition that may limit his ability to attend practice or games, please advise us when you register so that we can make appropriate adjustments to ensure the most positive experience for everyone.