

Florida Express Lacrosse Player Handbook 2024-2025

Welcome

Welcome to the Florida Express Lacrosse Club (FELC)! As an elite private club, our mission is to offer top-level training and opportunities for athletes aiming to compete at the highest levels in high school and ultimately play at the collegiate level. This handbook provides important information about our policies, rules, and expectations. We're excited to support your journey and look forward to a successful season!

Table of Contents

1. About Florida Express

- Purpose and Membership
- Team Rules and Expectations

2. Player Responsibilities

- Academic and Behavioral Expectations
- Training and Preparation
- Uniform and Equipment Guidelines
- Communication and Attendance

3. Game Day and Tournaments

- Schedule and Preparation
- Playing Time and Competition Levels

4. Policies and Procedures

- Financial Information
- Membership and Insurance
- Refund Policy

5. Contact Information

1. About Florida Express

Purpose and Membership

Florida Express Lacrosse is dedicated to providing elite training and exposure opportunities for athletes with aspirations of competing at the highest levels. Membership

is by try-out only, and players must renew their membership at the start of each summer and fall. Previous membership does not guarantee future placement, and team designations may change annually.

Team Rules and Expectations

- **Academic Priority:** All players must be students first and maintain good academic standing.
- **Respect:** Players are expected to show respect to everyone involved in the program, including teammates, coaches, parents, officials, and opponents. Disrespectful behavior, including inappropriate language or physical altercations, will not be tolerated and can result in termination from the team.
- **Personal Responsibility:** Players are responsible for their actions both on and off the field and must conduct themselves appropriately.
- **Training Commitment:** Players are expected to train outside of scheduled practices to improve their skills.
- **Dress Code:** Adherence to the team dress code is required, which includes wearing shorts/skirt over spandex.
- **Community Building:** Players are encouraged to include "Florida Express (Grad year)" in their social media bio to foster a sense of community pride.
- **Hydration:** Players must bring water bottles to each practice.
- **Work Ethic:** Players should dedicate themselves to improving daily by working hard, maintaining a positive attitude, arriving on time, and encouraging teammates.
- **Respect for Officials: Players must always show respect for coaches, opponents, and officials.**
- **Attendance:** Attendance at all practices and tournaments is mandatory. Persistent absence without communication may jeopardize a player's position on the team and may result in dismissal.
- **Profile Maintenance:** Players must keep their profiles up to date on the IWLCARecruits site, including US Lacrosse numbers and dates of birth.
- **US Lacrosse Membership:** All players must have current membership with US Lacrosse. Failure to maintain this membership will result in removal from the roster due to insurance and liability requirements.
- **Communication:** Players and parents should ensure they receive and regularly check emails from the administration, group me, TeamSnap and visit the website frequently.

- **Arrival Times:** For tournaments, players should arrive 1 hour before their first game and 30 minutes before subsequent games, fully dressed and prepared to warm up. Punctuality is the player's responsibility; late arrivals may result in reduced playing time.
- **Player Responsibility:** Players are responsible for all communications with coaches, which is essential for their development and future college play.

2. Player Responsibilities

Academic and Behavioral Expectations

Maintaining good academic standing is crucial. Your behavior both in and out of the field should reflect the values of respect, responsibility, and sportsmanship.

Training and Preparation

Players should supplement team practices with individual training to continuously improve their skills. Commitment to personal and team growth is essential.

Uniform and Equipment Guidelines

Players must adhere to the team dress code, which includes wearing shorts/skirt over spandex. Uniforms and equipment should be maintained in good condition.

Communication and Attendance

Regular communication with coaches and attendance at all scheduled practices and tournaments are mandatory. Consistent absenteeism can affect team dynamics and individual status on the team.

3. Game Day and Tournaments

Schedule and Preparation

Game schedules will be available the week of the tournament and posted on our website as soon as they are finalized. Players should be punctual and prepared for warm-ups according to the outlined schedule.

Playing Time and Competition Levels

Playing time will be managed according to the tournament's nature. In competitive tournaments, focus may shift towards winning, which can impact individual playing time. While some tournaments are geared towards exposure and participation, others may have a championship format where performance is crucial.

4. Policies and Procedures

Membership and Insurance

Maintaining current US Lacrosse membership is non-negotiable due to insurance and liability purposes. Players must keep their profiles updated on IWLCARecruits.

Refund Policy

No refunds will be issued for tryouts, membership, or tournament fees. In the event of a tournament cancellation, teams will be entered into an alternative tournament only if a refund is granted to the club. Individual refunds are not available.

5. Contact Information

For any questions or concerns, please contact:

- **Club Administration: Admin@Southfloridaexpresslacrosse.com**