

Florida Express Lacrosse Parent Handbook

Welcome

Welcome to Florida Express! We're thrilled to have your daughter join us for an exciting and enriching season. This handbook is designed to provide you with essential information about our program, outline our expectations, and guide you through our guidelines and policies.

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1. About Us

Mission Statement

The Florida Express Lacrosse Club (FELC)'s mission is to foster lacrosse by providing safe and competitive opportunities for our players, while emphasizing the importance of good sportsmanship, fitness, and teamwork. FELC believes athletic competition plays a vital role in developing young adults. The values of commitment, discipline, sportsmanship, respect, integrity, and diversity are all practiced daily. By promoting these principles through a high level of lacrosse competition and coaching, FELC strives to inspire our players to become the best that they can be, both on the field and as members of our community, while providing them tools for their future success.

Club Philosophy

At FELC, we believe in the power of athletic competition to foster personal growth and community spirit. Our approach emphasizes the development of core values such as commitment, discipline, and respect. We provide a supportive environment where players can excel in lacrosse while learning important life skills.

Coaching Staff

Our coaching staff consists of skilled and passionate individuals committed to each player's development. They bring a wealth of experience and are dedicated to creating a positive and impactful lacrosse experience.

2. Program Overview

Age Groups and Teams

We offer teams for various age groups and skill levels. Please see the following categories:

Youth

- **U10:** Ages 7-10

Middle School

- **U12:** Ages 11-12
- **U14:** Ages 13-14

High School

- Grades 9-12

Teams are structured to cater to different developmental stages and skill levels, ensuring that every player gets the most out of their experience.

Practice and Game Schedules

Practices are scheduled twice a week for each team, and tournament schedules are provided at the start of the season. Regular attendance is crucial for both player development and team cohesion. All Players are expected to attend most to all practices and tournaments. If a player is consistently absent, their playing time during tournaments will be in jeopardy.

Equipment and Uniforms

Players need the following equipment daily:

- Lacrosse stick
- Mouthguard
- Goggles
- Appropriate footwear (cleats or turf shoes)
- Appropriate training clothing

Uniforms and practice pinnies will be provided and must be worn for tournaments and practices. Please handle uniforms with care to maintain their condition.

3. Expectations for Players

Commitment and Attendance

Players should attend all practices and games. If your child cannot attend, please inform the coach in advance. Regular attendance is essential for the development of skills and team dynamics.

Behavior and Sportsmanship

Respect towards coaches, teammates, opponents, and referees is paramount. Players are expected to display good sportsmanship and handle both victories and defeats with grace.

Academic and Personal Conduct

Players should maintain good academic standing and adhere to school rules. The skills learned through lacrosse extend beyond the field, contributing to overall personal development.

4. Expectations for Parents

Support and Communication

Encourage your child and maintain open lines of communication with coaches. Address any concerns directly with the coach or club administrator rather than during games or practices.

Volunteering and Involvement

Parental involvement is crucial for the success of our program. We welcome and encourage parents to volunteer for team events, fundraising activities, and other club needs. Your participation enhances the overall experience for everyone.

Game Day Etiquette

Support the team positively from the sidelines. Refrain from coaching from the sidelines and respect referees' decisions. Provide constructive feedback through the appropriate channels.

5. Guidelines and Policies

Code of Conduct

We expect all players, coaches, and parents to adhere to our code of conduct, which emphasizes respect, integrity, and sportsmanship. Any violations will be addressed according to club policies.

Safety and Health Policies

Player safety is our top priority. Please inform us of any medical conditions or concerns. We follow strict injury management protocols and ensure that safety measures are observed during all activities.

6. Contact Information

For any questions or concerns, please reach out to:

Administration: Admin@Southfloridaexpresslacrosse.com

Thank you for being a part of the Florida Express Lacrosse Club family. We look forward to a rewarding and successful season!