



2011 Prince Albert Predators

RE: Team and player rules

1. There will be a tryout fee per player (includes camp) and then a separate registration fee once final roster is determined
2. Final roster will be 18 runners and 2 goalies. Number of affiliated and carded players to be determined
3. Attendances to practices and camps with full equipment are mandatory. Text my cell @ 961-8116 with your name if you cannot make it, one day prior, with legit excuse. I need the one day to redo my practice plan and make sure an A/P or carded player is attending.
4. Help keep practices flowing and puts lacrosse balls in buckets after each drill
5. Read your player handbook, it will help when explained at practices or camps
6. Bring your own water bottles or sports drink to practice, NO Redbull or Rockstar
7. During any warm ups on floor, helmets are mandatory
8. SJLL/PGLL policy on mouth guards and fighting rules, 2011 CLA rule changes, will be reviewed during team meetings
9. Important, check, fix, and adjust your equipment prior to practices and games. You should carry two sticks, spare mouth guard, spare mesh & strings, screws, tyrap, helmet parts, extra dry socks, water bottle, tape, and tools
10. Game day or travel attire, team shirts. Arrive at arena one hour prior. Players in high school to travel with parents on out of town games.
11. Individual stretching and warming up can be done in dressing room, hallway or outside. Team warm up will be done on court depending on time allocated



12. Pre-game team meeting in dressing room, 15 minutes prior to start of game time. Be dressed, ready to play. Hang up jerseys on hangers after game
13. Brief coach discussions after each period and game in dressing room
14. Suspended or injured players to dress with team shirt and attend dressing room discussions
15. No alcohol one day prior to games or game day. Absolutely no alcohol on road trips. Canadian Lacrosse Association has a no tolerance drug/alcohol policy
16. Captains will be determined by the coaches. Only captains may discuss matters with officials and must be done respectfully
17. Most goals in box lacrosse are scored on power plays or man up advantage, remember that and don't lose the game for us on a bad or stupid penalty
18. Team correspondence from coaching staff or managers will be via handouts with date or revision #, not emailing or texting. Only text for absence report to coach
19. Feel free to discuss team or player items with myself or the assistant coaches at anytime except practice times or coach discussions during games
20. Format for practicing per week
 - a. 60 min off floor (stick/ball skills, example: walling), player determined
 - b. 180 minutes (2 x 90 minutes) on floor, coach determined
 - c. Cross-fit (endurance training), start when final roster set, then weekly to June 30th

Dave Werrett
Head Coach
961-8116