

PE 315: INTERCOLLEGIATE CLUB LACROSSE
HUMBOLDT STATE UNIVERSITY
SPRING 2010

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GENERAL COURSE PURPOSE AND GOALS

The goal of this class is to learn individually and collectively as much as possible about the sport of lacrosse. This class is designed to provide a positive learning environment in which each student can develop not only their lacrosse skills, but also improve their physical, emotional and social well being.

TEAM GOALS

- To develop strong, positive team cohesion and team pride.
- To work together as a team and improve throughout the season.
- To build community on and off the field.
- To learn how to deal with challenges in a responsible and caring way.
- To appreciate and learn from each person's contribution to the team effort.
- To experience victory or defeat and place both in their proper perspective.
- To never give up on oneself or your teammates.
- To increase Humboldt State Lacrosse's exposure on campus and around the North Coast
- To fulfill all our obligations to the Western Collegiate Lacrosse League (WCLL).

INDIVIDUAL GOALS

- To set realistic personal goals at the beginning of the season and to strive to exceed them through discipline, commitment and competitiveness.
- To set an example as a team member for the whole team and school.
- To appreciate everyone's contribution to the team, and to understand and accept each position's specific role on the team and your own contribution as a starter or non-starter.
- To accept and carry out responsibilities as a team player to the best of your ability.
- To never give up, but rather to give the best effort possible everyday while enjoying the opportunity of being a member of the HSU lacrosse team.
- To show respect for yourself and for others.
- To develop the necessary skills to become a strong team player.

COACHING GOALS

- To prioritize academic success first. It is my responsibility to ensure that each student's participation in lacrosse does not negatively impact their academic performance in other classes.
- To provide both on and off the field experiences to enable each player to grow and develop an understanding of loyalty, pride, integrity, commitment, and the pursuit of excellence within the scope of athletic participation.
- To introduce and explain the sport of lacrosse to the best of my ability, and communicate the rules and etiquette required to play the game safely.
- To challenge each player to be the best that they can be on and off the field.
- To clearly communicate the team rules and expectations to the players.
- To enjoy the process of developing good lacrosse players while instilling and upholding high standards of sportsmanship values.
- To convey the importance of each player's contribution to the program.
- To teach players to accept appropriate criticism and guidance from coaches or teammates in a positive manner.
- To never give up, and to lead by example.

COURSE REQUIREMENTS

- 1. Attend Practice:** All students must attend practice to pass the course. Practice is held four times a week. I ask that you attend at least 3 practices a week, which works out to a meager 6 hours a week.
- 2. Attend Games:** All students are expected to attend all home and away games.
- 3. Participate in Committee Meetings:** All students must join one of two team committees (Fundraising or Team Development) and attend meetings.
- 4. Pay Dues:** Student's that want to participate in games must pay the team dues prior to the first game of the season.
- 5. Equipment:** Students must purchase their own equipment in order to practice.
- 6. Follow WCLL Rules:** These rules pertain to team equipments, GPA requirements, Transcript requests, and other eligibility checks.

EVALUATION

All grades will be credit/no credit based on attendance. If you show up to practices and games, and contribute to committees you will receive a passing grade for this course. If you consistently miss practice, games, and committees you will fail this course. When you become part of the team at HSU you are making a commitment of time and effort. You are making this commitment to your teammates, your coaches, and yourself.

Lacrosse is a TEAM sport, and each athlete needs to be on the field practicing to fulfill his potential and to help the team to the best of his ability. **Attending practice is mandatory.** Again, this works out to a meager 6 hours a week. Most of you spend this amount of time watching television or playing video games, so devoting this amount of time to lacrosse should detract from your academic performance. Be warned: I fail students every semester for not being team players and missing practices.

I will expect the team **dressed and on field before the start time** of practice and stretching. Team captains/officers will be selected by the team to serve as a liaison between team, Associated Students, and coach and to promote team cohesiveness.

Player's note this*

I try to keep tabs on all of my players' academic progress to make sure they are showing up to class and living up to their obligations in the classroom. If you are not doing well, I will not let you participate until you improve your academic performance. You come here first for academics - sports are low priority. If you sign up for this course you are agreeing to the condition that I check in on you with your instructors about your grades.

COURSE SCHEDULE

PRACTICE TIMES

Monday	6:00 – 7:50 pm	Redwood Bowl
Tuesday	5-6:50 pm	Field House
Wednesday	8:00 – 9:50 pm	Redwood Bowl
Saturday	11- 1:50 pm	Events Field

Spring 2010 Game Schedule

Saturday Feb 13th	12 pm	@ St. Mary's
Sunday Feb 20th	1 pm	@ Southern Oregon University
Saturday March 6	1 pm	@ Willamette University
Sunday March 7th	1:30 am	@ Portland State University
Saturday March 27th	12 pm	@San José State
Saturday April 10th	3pm	CAL MARITIME
Saturday April 17th	11 am	SANTA CRUZ
Sunday April 18th	10 am	UC MERCED
Saturday April 24th	12 pm	@ UN Reno
Sunday April 25th	1pm	University of Pacific @ Redding

If students are injured while participating in an on campus Physical Education or Recreation Administration class, they are not covered by any University insurance policy. Each student is responsible for obtaining his /her own insurance plan through a private insurance agency or through the student insurance plan of the Associated Students (@ University Center). Disabled students are welcome in all Physical Education activity classes.

All students who participate with the club must be enrolled in the class. I _____, hereby acknowledge that I have read and understand the above statements and will be able to abide by them.

Signature _____ Date _____