



Saint Paul's Lacrosse Guidelines and Expectations 2022-2023 Season

Director of Lacrosse Operations and Head Coach: Aaron Falkenstein

2012 Graduate from Saint Paul's School. Helped found the original Saint Paul's Lacrosse team back in 2008. Played college lacrosse at Millsaps College. Coached for six years at Christian Brother's High School in Memphis TN, and Defensive Coordinator for CBHS for four years. Head Coach of the True Lacrosse (TN Chapter) for two years. Assistant Coach for 901 Lacrosse program (field and box) for five years. Defensive Coordinator for Saint Paul's during the 2021-2022 season. Named Saint Paul's Head Coach in 2022. Coach Falkenstein is a full-time employee with Saint Paul's School. Married and has a 2 year old daughter.

Please feel free to contact me with any Questions or Concerns. I am here every day at least 30 minutes prior to school start time, my "off" periods are C/D which I will be available most of the time (unless I have a meeting) and after school, I will be present at various times depending on practice/meeting schedules.

However, I am available at all hours of the day via email.

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Our theme this year is Brick by Brick

New Coaching Staff, New Players, New System...start with a foundation and build from there. We are a championship team and the best team at the school and in the state...but we have to prove it by building this program up!

Policies and Basics:

Be Together

A Band of Brothers who are humble, super-fit, well-versed in the fundamentals, and are committed to achieving something greater than themselves.

Be Present

We do not rise to the level of our expectations, we will fall to the level of our training. We must stay focused on the task, do not dwell on the past, and do not worry about the future. If we do not win the championship, it will not be because of one bad pass or one bad play, but because we let it slip in our training months before.

Act With Class

The standard we walk by will be the standard we become. We must exhibit respect, courage, loyalty, and selflessness on and off the field. We all must recognize the responsibility to hold one another to a high standard, allow our play to do our talking, and have the self-awareness to value competition in order to better ourselves.

Follow the basics- Be on time; be respectful; be prepared; be a teammate. Practice and Class behavior are active, regular elements of your grade/playing time. Requirements of appearance and behavior as outlined in the Saint Paul's Student Handbook will be enforced – that means you will be held accountable for all school infractions that occur.

Practice- You are expected to arrive no later than 15 minutes prior to the start time of the scheduled practice. You are expected to be dressed appropriately and have started stretching before practice. The captains will be held accountable for this.

Tardiness or Absence- Communicate with the head coach about any know absences or known tardiness. If you are late or absent with no communication, you will be suspended for the following practice and it could impact playing time. If you miss or are late to a number of practices your position on the team may be impacted.

Gear- Starting in January, you are expected to be in full Saint Paul's Gear (Helmet, Pinnie, Team Shirt, Team Shorts). If you are not properly equipt, you will be asked to leave the practice. You are expected to have a backup stick for all practices and games, if your stick breaks in any way and you do not have a backup, you will be asked to sit out for the remainder of practice. If you have holes in your gloves, you will not be allowed to play games. If you do not have a mouthpiece for practice, you will be asked to sit out for all contacted-related aspects of practice.

School GPA- You are a STUDENT-athlete. Notice student is first. You are expected to have a 2.5 GPA minimum. If you have any D's or F's, you will be suspended from the team until those grades are fixed.

Detention- If you receive school detention, you are expected to serve it before you attend practice. You will also receive an additional punishment from the Head Coach upon your arrival.

Misconduct- If any of the coaching staff is made aware of any misconduct (in school or out of school) you will be punished by the team as well. You not only represent yourself but this lacrosse program. If you make this program look bad in any way, there will be consequences (even to the point of being asked to not return to the team).

Substance Abuse- ALCOHOL, TOBACCO, AND ELECTRONIC CIGARETTE USAGE
Alcohol, tobacco, and e-cigarette usage is not allowed at Saint Paul's. The possession of smoking materials (cigarettes, electronic cigarettes, lighters, etc.) and/or chewing materials (Skool, tobacco, etc.) is forbidden. Students found with another student violating the drinking and smoking rules are subject to the same consequences. Students who break the rules against tobacco will be assigned the following penalties: missed games, Suspension by the team until the school says that you are back in good standing, and removal from the program if the infraction is bad enough. If any coach is made aware of you doing any of these activities outside of school, your position on the team could be compromised. DWI, DUI, MIP, etc. will also impact your standing on the team.

NOTE: By state law smoking (including "vaping") or the use of tobacco products is prohibited on school campuses at any time. This law not only applies to students and staff but also to any guest or visitor to the campus.

Expectations for the Team:

1. *****Respect yourself, all other students, and faculty members***.**
2. **Be prepared for practice with the proper gear.**
3. **Cellphones must remain in your locker, car, or backpack (Unless told otherwise).**
4. **Abide by the rules outlined in the Student Handbook.**
5. **Attend all games and practices for all levels.**
6. **Be the best students and young men on and off campus**
7. **Make this the premier team at Saint Paul's and in the State of Louisiana**

Behavioral Expectations:

A simple way student-athletes can be sure they are acting appropriately in and out of school and team-related activities is to possess these characteristics: **"HOLD THE LINE"**

1. **Honest**
2. **Hard work**
3. **Fair**
4. **Positive**

This means, among other things, that:

- Student-athletes do not speak when the teacher/coach or anyone else speaks.
- Student-athletes are to be on time for class and practice. This means being seated by the time the bell rings or being fully ready to practice when the coach blows his whistle.
- Students are to keep the classrooms and fields clean. Do not leave trash on floors. Do not write or draw on desks or walls.

Parent Behavioral Expectations:

As parents, you all are responsible for being role models for how you wish your children to behave. You also are the biggest representation of Saint Paul's School when you are in the stands. With this being said, there will be some new rules for how to act and what is acceptable behavior.

1. Parents are expected to cheer on the team in a positive way.
 - a. Do not shout things such as "Take his head off" or "Kill him"
2. Parents are expected to leave the coaching to the coaching staff
 - a. Do not attempt to coach from the stands or sidelines
 - b. If you wish to coach come speak with the head coach or the Athletic Director, otherwise just be a fan and leave the coaching to the coaches.
3. Parents are expected to not speak with, shout at, or in any way speak with the officials/referees.
 - a. The referees will make mistakes, it is okay.
 - b. The head coach is the only person who may speak to the referees
 - c. We do not have a lot of lacrosse officials, if they decide that they do not wish to officiate our games, we cannot play.
4. Parents are expected to be good hosts to our away parents when we have home games.
 - a. We want to be the model school and be the team that everyone else is envious of
 - i. Do not heckle or start fights with them
5. Parents are expected to be good guests
 - a. When we travel, you all represent the school and the team in the stands
 - i. Do not heckle or start fights with home fans
 - ii. Be respectful of the home teams facilities
 - iii. Show the host school that we are the better team both on and off the field.

This year there will be punishments for parents as well. The school and the lacrosse coaching staff have agreed that we cannot have a repeat of years past. If you are caught breaking any of the rules above, you will be given a warning by either the head coach or the Athletic Director. If the behavior continues to the next game, you will be asked to leave the event. If you continue the behavior in the following game, you will be asked to not attend any other lacrosse events (home or away games). If you decided to ignore any of these punishments, your son will be suspended or even removed from the program in full.

