

## Crusaders Playing Time Philosophy

The purpose of the Crusaders Lacrosse Club is to instill within our players a true love for the game of lacrosse and to develop lacrosse skills, good sportsmanship and the camaraderie that comes from competing in a team environment. We believe that kids learn these things best on the field rather than on the sidelines. Therefore, our philosophy is that all players, regardless of ability, should receive approximately equal playing time relative to other players at their position over the course of a season subject to the following conditions:

- Some positions in lacrosse are rotated more frequently than others. Teams will typically have 3 lines of midfielders due to the amount of running required while they may rotate only 4 or 5 players at the defense and attack positions. If the team has only one goalie, he or she will play the entire game.
- Substitutions in a lacrosse game can also be unpredictable. There are only certain situations in a game where play slows to a point where substitution is possible. Those situations are hard to predict and therefore some shifts may be longer than others.
- The Northern California Junior Lacrosse Association (NCJLA) designates divisions as A (competitive), B (intermediate) and C (developmental). The Crusaders may field teams at each of these levels. Roles for players on A level teams will be explained fully by the coaches but players on A teams may not necessarily receive equal playing time. Players on B and C level teams are subject to this playing time philosophy.
- Because we believe that team success can help foster a beneficial camaraderie, coaches are given more latitude in choosing players during the fourth quarter of a close game or during a close playoff game.
- There are personal behavior factors that will impact playing time as well. Missing practices can result in reduced playing time. If a coach determines that a player is not willing or able to give 100% effort during a game that player may be substituted for more frequently. Lastly, if a player presents discipline problems such as a lack of respect for coaches, teammates, opponents or officials, their playing time will be impacted. All of these situations will be discussed between player and coach.