

MEMORIAL GIRLS LACROSSE CLUB POLICY (7/24/15)

The Memorial Girls Lacrosse Club is a competitive girl's lacrosse program whose goal is to grow the game of lacrosse, as well as compete at a championship level.

Our team is a registered member club of US Lacrosse; therefore all members of the program (players, coaches, volunteers) must be current members of US Lacrosse in order to participate. Lacrosse is not a UIL sanctioned sport and is not sponsored by or affiliated with Spring Branch Independent School District (SBISD), Memorial High School (MHS) or any other SBISD School. Our teams, however, do practice and play at SBISD facilities and are included in some school events throughout the school year. This Club applies annually for a field permit and pays rent to SBISD for usage of the fields. Please note that usage of SBISD fields is only granted to the Club once all other UIL school sports schedules have been accommodated.

The Memorial Girls Lacrosse Club is a private club. Members must register, try out annually, and pay dues. Prior membership or assignment to a given team (Varsity, JV etc.) does not guarantee future membership and/or assignment to the same team. Membership and team assignment is a privilege that must be earned and maintained. The Club operates off dues, donations, MHS Booster Club grants, and the generosity of volunteers.

Attendance

Attendance at all practices and competitive events is mandatory and vital to the success of our program. A player's absence from practice is disruptive to the development of the individual and the team. Consistent attendance at practices is not only critical for progression of individual skills but also for the progression of team skills and strategies. If players are consistently absent from practices, even for excused reasons, it will be difficult for coaches to effectively assess and develop the player's skills and integrate them into game plans, therefore, it could impact opportunities for playing time.

Student Athletes are expected to make academics their top priority. Players are, however, responsible for managing their time and priorities effectively. Girls participating in another school sport or activity that overlaps part of lacrosse season are still expected to honor their commitment to lacrosse, even if that means going to both activities on the same day. If an activity will not allow you to meet the attendance requirement a discussion must take place with a coach prior to tryouts. Athletes who are participating at the Varsity level will be held to a higher standard.

Players, not parents, are responsible and will be held accountable for communicating conflicts to their coach in a timely manner. Players are required to give the coach appropriate advance notice for all practices and games to which they will be absent, arrive late or leave early. Appropriate advance notice for practices is at least one hour before the scheduled start time; an appropriate advance notice for a game is at least 24 hours. Acceptable notice should always be via email and include the specific reason for the absence.

Playing Time

- ❖ Must be earned and maintained
- ❖ Every player will be afforded an opportunity to earn playing time, but no player will be guaranteed playing time

Team Equipment

Players will be held personally responsible for all team equipment issued to them. Players are responsible for cleaning practice and game uniforms regularly. Equipment must be CLEAN and in good condition when turned in or the player will be expected to pay for replacement as appropriate.

Player Equipment

All players (including goalies) are expected to purchase and maintain the following equipment for the duration of the lacrosse season:

- ❖ Women's lacrosse goggles (Cage style only)
- ❖ Mouth guard (Must be colored)
- ❖ Women's Lacrosse stick
- ❖ Cleats and Running shoes

All equipment must be legal per the USL rules for Women's Lacrosse in effect at the time. Players are required to possess, wear, and use this equipment at every practice and every competitive event.

Player Grievances

Players with grievances relative to their Memorial Lacrosse experience, whether with the coaches or other players, are expected to take the initiative for mature and timely resolution of those issues so they do not become a distraction to themselves, the coaches or the other players. Practice time is not for grievance resolution -- players must schedule time with coaches to discuss grievances. Before or after games is not an acceptable time for players to discuss grievances.

Player Communication

- ❖ Players are responsible for communicating with coaches not their parents
- ❖ Players must have their own email address (No parent or family email address)
- ❖ Players are responsible for keeping track of team information (practice time, games times, forms, team rules, etc.)
- ❖ Practice time, coach emails, club emails, team website, & teammates will be your main source of team information in that order
- ❖ When players send emails they must carbon copy the head coach and assistant coach(s) - further details will be given at the beginning of the season by your coach

Parent - Coach Communication

- ❖ Will not be granted until player has met with a coach to resolve issue first
- ❖ Meeting must be scheduled at agreeable time with coach - not during practice time
- ❖ May never occur on a game day (before, during or after a game)
- ❖ Meeting will be terminated immediately if not civilized
- ❖ Questions or comments concerning the following are NEVER acceptable:
 - Team Selection
 - Playing Time
 - Game strategy and tactics
 - Other players
 - Starting line-ups
 - Player substitutions
 - Playing position

Grades

No lacrosse player may participate if they are failing any subject for the prior six weeks grading period.

Substance Use/Abuse

The following rules apply to all athletes and/or prospective athletes at all times:

- ❖ No tobacco
- ❖ No drinking of alcoholic beverages
- ❖ No controlled substance or dangerous drug as defined by law
- ❖ No athlete should possess, use, transmit, attempt to possess, or be under the influence of any of the substances named above on or off school premises

Off-Campus Health Fitness Credit

Is offered for the benefit of team members who would like to fulfill their health fitness requirement to graduate from high school. The following applies:

- ❖ Students must tryout and make the Memorial Girls Lacrosse team to be eligible
- ❖ The Club reserves the right to revoke this benefit at any time
- ❖ The Club must apply and be approved by SBISD to offer Off-Campus Health Fitness credit
- ❖ The Club's right to offer Health Fitness credit can be revoked by SBISD at anytime
- ❖ Students are responsible for knowing and abiding by the Off-Campus Health Fitness rules as set by SBISD and the rules of the Club
- ❖ Please see Physical Education Credit Policy located in Documents Tab of the Memorial Girls Lacrosse Website for specific details, rules and eligibility.

Hazing

Hazing includes any willful act done by a student either individually or with others, to another student for the purpose of subjecting the other student to indignity, humiliation, intimidation, physical abuse or threats of abuse, social ostracism, shame, or disgrace. "Hazing" is against state law and will not be tolerated by the club. Hazing incidents will be reported to SBISD police for investigation.

Bullying

The club has a NO TOLERANCE policy regarding bullying against FELLOW TEAMMATES. This will include anything from verbal, physical, text messages, or by the web. The web includes emails, Facebook, Twitter, or any other current/future social network site. We are a team so let's be sure to treat our teammates with the same respect we would want to receive.

Code of Conduct

The essential elements in our "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization. Sportsmanship and fair play are essential to the game of women's lacrosse, and must be taught, developed and adhered to during practices, games and all affiliated events and activities. The emphasis on winning shall not be placed above the value of good sportsmanship, fair play, player health or the skills of the game.

Player Code of Conduct

- ❖ Respect for your teammates, opponents, officials, coaches, board, parents, and for yourself is mandatory
- ❖ Issues among team members will be handled through captains and coaches. Non-lacrosse issues that occur off the field are to stay off the field
- ❖ Negative attitudes are not acceptable or tolerated

- ❖ Varsity and JV players will support each other
- ❖ Refrain from “Disease of me”
- ❖ Play with self control or don’t play
- ❖ Have a teachable spirit
- ❖ Always ask yourself if your actions are contributing to the team

Parent or Guardian Code of Conduct

- ❖ Provide positive support, care, and encouragement to my student-athlete and her team, coaches, board members & parents
- ❖ Provide positive support and encouragement to the visiting team, their coaches, and school
- ❖ Maintain positive behavior and attitude at all athletic contests
- ❖ Respect the position and professionalism of the game official(s)
- ❖ **Refrain** from the use of foul language
- ❖ **Refrain** from yelling criticism at your student-athlete and her coaches or team
- ❖ **Refrain** from yelling instructions to your daughter or the team from the sideline. Well-intentioned instructions are often in direct conflict with the coach’s instructions. I.e. Coach is asking player to “hold the ball” and parents are yelling, “shoot!”
- ❖ **Cheer positively**
 - “Go, (insert player name here)!”
 - “Great play!”
 - “Awesome defense!”
 - “Stay strong!”
 - “Keep playing hard!”
- ❖ **Avoid** yelling anything negative or cheering for poor sportsmanship
 - Wake up!
 - Catch the ball!
 - Come on girls play defense!
 - I am not going to watch this anymore!
 - Nice hit!
- ❖ Willing to let the coach be responsible for your daughter during practice, games, and team related activities
- ❖ Will assist in providing for student safety and welfare
- ❖ Will not attempt to circumvent any rules or guidelines of Memorial Girl’s Lacrosse Club
- ❖ Never approach the referees before, during or after a game
- ❖ Discourage poor behavior from fellow parents and fans

Coach Code of Conduct

- ❖ Will act in professional manner
- ❖ Provide a safe environment for student athletes
- ❖ Strive to know and play within the rules
- ❖ Refrain from using abusive language
- ❖ Establish consistent and uniform expectations and consequences