

Shawnee Mission Girls Lacrosse Club

Parent/Player Handbook Guidelines and Expectations

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Team website - www.smgirlslacrosse.com Team Twitter/Instagram - @SMgirlslacrosse

The Shawnee Mission Girls Lacrosse Club (SMGLC) is an athletic organization that gives high school girls in the Shawnee Mission area, an opportunity to learn and compete in high school level girls lacrosse during the spring season of the school year. This handbook will explain the requirements for both players and parents to successfully complete a lacrosse season with SMGLC.

Academic Requirements:

The player must be a high school student in good standing with their respective school.

Financial Requirements:

The SMGLC is a self-funded athletic club that uses club dues, costs direct to parents, and fund-raisers to generate an operating budget to cover all costs throughout the season.

Club Dues: All players will be required to pay annual club dues before being allowed to participate. Club dues will be determined by the Lacrosse Board before the start of each season.

Uniforms: All players will be required to purchase a game uniform. The uniform will consist of two jerseys (home and away), one game skirt, a set of game socks, practice jersey. The uniform set will include a practice jersey that will be used during practice sessions. All players, parents, and friends will have the opportunity to purchase optional "team spirit wear".

U.S. Lacrosse Membership: All players must have an active U.S. Lacrosse Membership on file. This membership will not only welcome the player into the national lacrosse family, but will also cover the player from an insurance perspective as well.

- A U.S. Lacrosse membership for a high school player is approximately \$35/year, and can be purchased at www.uslacrosse.org

Equipment: Each player will be responsible for the purchase of all required safety equipment.

- Eye Goggles
- Mouthpiece (must be a colored mouthpiece)
- Girl's lacrosse gloves (optional)
- Girl's Lacrosse Stick

All **Goalie equipment** will be supplied by the club.

If a player wishes to participate but cannot afford the required equipment, financial hardship cases will be considered by the Lacrosse Board on a case by case basis.

Participation Requirements:

All players should understand the team policy concerning attendance. The coaching staff expects players to be at all practices and all games. Team commitment begins with attendance. The 2021 Spring Season starts late February and ends approximately the end of May. The team practices Monday, Tuesday, Wednesday, Thursday and Saturday. The team will play at least 10 local, regular season games. Most games will be played during the week however; some tournament games will be schedule over some weekends and may include out of town travel.

Absences:

- An **unexcused** absence is described as an absence from a practice or game without prior notification to the coaching staff. The absence may include but not limited to: being unprepared for practice, arriving severely late for practice, absence from a practice/game for another sport, absences not arranged with coaching staff prior to the season.
- An **excused** absence may include illness, injury, school function (one that will result in a grade), conflict arranged with the coaching staff prior to the season.
- Absences from practices (whether excused or unexcused) may affect the amount of playing time allowed to that player in the next game. Missed practice time will result in missed game time. Players with unexcused absences may risk their playing minutes – this includes not starting a game and/or not playing in a game. Practices are very important in preparation for a game, and an absence from practice may affect the player's ability to execute the coach's strategies for that game.

- Repeated unexcused absences will result in an indefinite loss of playing time until the situation has been worked out with the coaches.
- Alert the coaching staff as soon as possible if an illness or conflict comes up. Failure to contact the coaching staff will result in an unexcused absence and loss of playing time. The required method to notify the coaching staff is by a personal, verbal phone call; please do not inform another player and/or send a non-personal, non-verbal text or email.

Playing Time:

- Playing time is earned by each player, and the amount of time a player participates in games is at the coaching staff's discretion. Playing time is "earned" through attitude and effort during each practice and game. The coaching staff will decide who is to play in each game, and how much time each player will play. Playing time is NOT a right, but a privilege that is earned at every practice.
- Any questions about playing time should be taken up by the player with the coaching staff directly. Please contact or email the coaching staff to set a time to meet and discuss your concerns. We will not address these issues before, during, or after games. If any player feels that a situation needs to be addressed outside of the normal team time, we ask that the same procedure be followed.

Varsity Squad:

The decision of who plays on the Varsity squad will be the determination of the coaching staff. Players will be evaluated at the beginning and throughout the season for team placement. KCMGLA guidelines will be followed should a player be classified a "swing player" and eligible to play at both the Junior Varsity and Varsity level.

***KSHSAA/MSHSAA:** Lacrosse is not a KSHSAA/MSHSAA ratified sport. SMSD has not ratified lacrosse as an official sport, thus lacrosse will remain a club activity.*

The SMGLC uses MSHSAA standards for guidance, but is not bound by MSHSAA requirements.

Varsity Lettering Requirements

All players participating with the Varsity squad will be eligible to earn a SMGL Varsity letter for lacrosse. **Whether or not a player earns a varsity letter is the subjective decision of the varsity coaching staff.**

Below is a list of items that may be considered when determining if a player earns a varsity letter:

- Participation – did the player participate in varsity practices and games? Were there a high number of excused or unexcused absences?
- Citizenship & Attitude – does the player exemplify the qualities of a good student athlete by being a good teammate, no suspensions or detentions, respect for coaches, referees, opponents and teammates, etc.
- Academics – did the player meet or exceed all academic requirements?
- ***NOTE** – Earning a varsity letter in lacrosse is a privilege, not a right. Earning a letter requires exceptional Attitude and Effort every practice and every game.

Transportation Requirements:

- All students and parents will be responsible for transportation to practices and games.
- The school district or club will NOT supply transportation to games.
- Students with personal vehicles will NOT be allowed to transport teammates to away games without written permission that will be kept on file with the coaching staff and members of the Board.
- Parent volunteers will be allowed to offer rides to multiple players to games.
- Rides can be coordinated through the coaching staff or parent volunteers for away games.

Announcements: Players and parents should check the team website on a regular basis for club and specific team announcements. Announcements and schedule changes will also be sent via email and text messages. Players should give their contact information to the team captains to be included on the player GroupMe. Regular announcements will also be made via the team Instagram/Twitter account. Parents and players are encouraged to follow the team account and can send announcements and photos to the account administrator.

Parent and Player Sign-off Sheet

Player's Name (Print Clearly): _____

Player's School: _____

Grade (circle one): Freshman Sophomore Junior Senior

U.S. Lacrosse Number: _____

I have read and understand all of the following requirements in order to participate in the Shawnee Mission Girls Lacrosse Club:

- Academic
- Financial
- Participation
- Varsity Lettering
- Transportation

Player Signature: _____

Parent Signature: _____

Date: _____