



Player Registration Forms

Player Name: _____

Mailing Address: _____

City: _____ Zip Code: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Name of School: _____ Grade: _____

Gender: Male Female Date of Birth: _____

Guardian #1 Information

Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Email: _____

Guardian #2 Information

Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Email: _____

SPONSORSHIP T-SHIRT INFORMATION

All VLC players (HS and Youth) will receive a sponsorship t-shirt (to keep).

Please CIRCLE desired size in the sizing chart.

Sizing Chart:

T-Shirt Size	Size on Form	Chest	Width (in.)	Length (in.)	Size Equivalent
Youth X-Small	YXS	31	15.5	19.5	2-4
Youth Small	YS	34	17	21.5	6-8
Youth Medium	YM	36	18	23	10-12
Youth Large	YL	38	19	25	14-16
Youth X-Large	YXL	40	20	26.5	16-18
Adult Small	AS	36	18	28	
Adult Medium	AM	40	20	29	
Adult Large	AL	44	22	30	
Adult X-Large	AXL	48	24	31	
Adult 2X-Large	A2XL	52	26	32	
Adult 3X-Large	A3XL	56	28	33	

UNIFORM SIZING INFORMATION (Youth Boys)

Shorts: All boys will receive pocketed shorts (to keep). These shorts are to be worn in conjunction with their uniform jersey (which is provided by and retained by the Club). NOTE: The Waist (Relaxed) is measured on the width of the shorts (one side), not the waist of the player.

BOYS YOUTH ONLY: Please CIRCLE desired size in the sizing chart.

Sizing Chart:

Short Size	Size on Form	Waist (Relaxed)	Inseam
Boys Youth Small	YS	10-1/2"	7"
Boys Youth Medium	YM	11-1/2"	7"
Boys Youth Large	YL	12-1/2"	7"
Adult Small	AS	13-3/4"	10"
Adult Medium	AM	14-1/4"	10"
Adult Large	AL	15-1/4"	10"
Adult X-Large	ALX	16-1/4"	10"
Adult 2X-Large	A2XL	17-1/4"	10"
Adult 3X-Large	A3XL	18-1/4"	10"

UNIFORM SIZING INFORMATION (Youth Girls)

Compression Shorts: All girls will receive compression shorts (to keep). These compression shorts are to be worn in conjunction with their kilt (which is provided by and retained by the Club).

GIRLS YOUTH ONLY: Please CIRCLE desired size AND inseam (if women's) in the sizing chart.

Sizing Chart:

Short Size	Size on Form	Waist	Inseam
Girls Youth Small	GS	21"-23"	2.5"
Girls Youth Medium	GM	24"-26"	2.5"
Girls Youth Large	GL	27"-29"	2.5"
Womens X-Small	WXS	23"-24"	2.5" or 4.0"
Womens Small	WS	25"-26"	2.5" or 4.0"
Womens Medium	WM	27"-29"	2.5" or 4.0"
Womens Large	WL	30"-32"	2.5" or 4.0"
Womens X-Large	WLX	33"-35"	2.5" or 4.0"
Womens 2X-Large	W2XL	36"-38"	2.5" or 4.0"

SUPPLEMENTAL PLAYER REGISTRATION INFORMATION

This next section contains a variety of contact and player-related medical information, which is recommended to be collected by Badgerland Lacrosse Association (BLA) and is required to be collected in compliance with Concussion Law 2011. This information will be shared with coaches, managers, and others, as deemed necessary that are involved with the Verona Lacrosse Club.

By signing below, I am consenting to Verona Lacrosse Club's collection and storage of the information contained herein in an electronic format and in accordance with the policies and procedures of the Verona Lacrosse Club's internet service provider. In addition, by providing this information, I am consenting to the use and distribution of this form to coaches, managers, and others, as deemed necessary that are involved in the Verona Lacrosse Club.

Signed: _____ Date: _____

Emergency Contacts

Emergency Contact #1 (if Guardians aren't available)

Name: _____

Phone: _____ Relationship: _____

Emergency Contact #2 (if Guardians aren't available)

Name: _____

Phone: _____ Relationship: _____

Allergies & Medications

Please specify any allergies for your player and recommended medical treatment:

Please specify any medications your player is taking and why they have been prescribed. Type n/a if not applicable.

Concussion History

Has your player ever had a concussion? Yes No Not Sure

Has your player ever experienced concussion-like symptoms? Yes No Not Sure

Please provide additional information on your responses above, including, the number of concussions, whether concussions or concussion-like symptoms were reported, and any additional information that is pertinent to your player's health.

Insurance & Medical Provider Information

For any insurance-related information that you do not want to provide on this form, please type "not provided" as a required response. In accordance with the Consent to Treat (below), parents/guardians accept full responsibility for any issues arising from incomplete or inaccurate insurance-related information.

Insurance Information:

Company Name: _____

Address: _____

Phone Number: _____

Policy Number: _____

Member Number: _____

Physician Name: _____

Physician Phone Number: _____

Clinic Address: _____

Hospital Preference: _____

Emergency Treatment Response

If emergency treatment is required and the parent/guardians or alternative emergency contacts cannot be reached immediately, may team coaches and representatives use their own judgment in calling the physician listed above or if not available, an alternate physician or medical provider?

Yes No

If you responded no above, you are required to provide an alternative plan to be followed:

Other Supplemental Information

Is your player's tetanus booster up to date? Yes No Not Sure

If the doctor has placed any restrictions on your player's activity, please describe. If not applicable, type n/a in the required response.

Please check any of the conditions that apply to your player (check all that apply):

- Head injury (concussion, skull fracture)
- Asthma
- Heart murmur
- Fainting spells
- Convulsions/epilepsy
- High blood pressure
- Kidney problems
- Hernia
- Diabetes
- Impaired Vision
- Impaired Hearing

If a condition is not listed and/or if any of the above are checked, please describe the problem/condition further and its implications for proper first aid treatment. If not applicable, type n/a in the required response.

Please describe any current or prior injuries for your player (shoulder, knee, ankle, fingers, neck, back, other) that should be communicated to your coach. If not applicable, type n/a in the required response.

Please provide any additional medical information not addressed in prior responses that is pertinent to your player and you feel is important to share with the coach. If not applicable, type n/a in the required response.

Please check other sports your player participates in (check all that apply)

- Football
- Soccer
- Track and Field
- Gymnastics
- Baseball/Softball
- Golf
- Cross Country
- Tennis
- Basketball
- Volleyball
- Cheerleading
- Swimming & Diving
- Hockey
- Wrestling
- Skiing/Snowboarding

List any other sports that are not listed above:

Please identify any other sports that your player will participate in during the Lacrosse season

CONSENT TO TREAT SIGNATURE AND WAIVER

CONSENT TO TREAT WAIVER AND RELEASE 1. I certify that I am the parent or legal guardian of the participant and that unless noted otherwise, the participant is able to participate in all program activities. 2. I, as parent or guardian for my player, have provided true and factual answers to the above questions to the best of my knowledge. 3. I acknowledge that I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses, associated with participation in physical events and lacrosse events. 4. I agree that on behalf of myself, my heirs and personal representatives and personal representatives, U.S. Lacrosse, Badgerland Lacrosse Association, Verona Lacrosse Club, Verona Area School District, the host organization and the sponsor or sponsors with respect to a Covered Event, along with the coaches, volunteers, employees, and directors or sponsors of these organizations, shall not be liable for any injury, loss of life, or other loss or damage occurring as a result of my son's or daughter's participation in the event, or as a result of equipment that may have been provided to me for these activities. 5. I am consenting to the collection and storage of the information contained herein in an electronic format and in accordance with the policies and procedures of the Verona Lacrosse Club's internet service provider. In addition, I understand that player medical information can and will be shared with coaches, managers, and others, as deemed necessary, that are involved in this program. 6. Unless specifically indicated otherwise, I, as a parent or guardian for my player, give my consent to the Verona Lacrosse Club staff, team coaches and representatives to obtain and provide, through a medical staff of its choice, customary medical and/or athletic training attention, transportation and/or emergency medical services for any injury as warranted in the course of my son's or daughter's participation in this program. 7. I, as a parent or guardian for my player, accept full responsibility for any issues arising from medical treatment due to inaccurate or incomplete insurance information. This Waiver & Release shall also be for the benefit of and run in favor of any youth organization that requires participants to become members of US Lacrosse as a condition to their participation in such events, which shall constitute Covered Events for purposes of this Waiver & Release, and any such lacrosse league shall constitute the host organization for such Covered Events.

FOR ANY PARTICIPANT WHO IS NOT YET 18 YEARS OLD: As legal parent or guardian of this participant, I hereby verify by my signature below that I fully understand and accept each of the above conditions for permitting my child to participate in any Lacrosse event and accept each of the above conditions of the waiver and release. I further agree that by signing this Agreement. I am consenting to be legally bound by this Agreement's terms and conditions.

Signed: _____ Dated: _____

PHOTOGRAPHY WAIVER

As guardian, I hereby grant permission to Verona Lacrosse Club to use photographs and/or digital images of my child/player participating in this event for use in: (1) electronic communications, such as the club's Facebook site and website and/or (2) media articles including newspapers, radio, television, printed publications/brochures or educational materials. I further understand that my child's name may be revealed in descriptive text or commentary in connection with the image(s) and that I authorize the use of these images without compensation.

Yes No

VERONA LACROSSE CLUB - VOLUNTEER FORM

The Verona Lacrosse Club (VLC) is a volunteer organization, which requires the participation of its members' families to ensure its success. Volunteer hour commitments are 6 hours for one player, 10 hours for two players, and 14 hours for three or more players. Families who don't want to volunteer can elect a buyout option at the start of the season. All other families will be asked to submit a volunteer deposit check of \$150 for one player, \$250 for two players, and \$350 for three or more players. This check will be shredded/returned upon the successful completion of volunteer hours. Visit volunteerinfo.veronalacrosse.com for questions on volunteering, details on the VLC Volunteer Policy, a listing of volunteer opportunities, and volunteer Buyout Options.

I agree to volunteer in accordance with the VLC Volunteer Policy (YES) or I do not want to volunteer and agree to the VLC Volunteer Buyout (NO)

Yes No

Please identify how your family plans to fulfill its VLC volunteer requirements.

The information provided will be used for planning purposes only and to identify areas of interest to you. It does NOT commit you or your family to a volunteer position for a specific date or time.

*** Denotes a volunteer opportunity that fulfills all volunteer requirements for ALL players.**

I already hold a position that fulfills all volunteer hours.

OR - PLEASE CHECK ALL AREAS OF INTEREST

Game day volunteering (field set-up/take-down, penalty timer, culture keeper, score keeper)

High School Only: Video

High School Team Dinners

*Youth Coach (head or assistant)

*Youth Team Parent Rep or HS Team manager

*Youth Age Level Manager (ALM)

*Youth Team Representative Coordinator

*Field Prep

Spirit wear committee (Chair position fulfills volunteer requirements for all players)

Uniform Coordinator

*Graphic Design Coordinator

*Social Media Manager

Sponsorship Committee

Fundraising Committee (Chair position fulfills volunteer requirements for all players)

Trivia Night Committee (Chair position fulfills volunteer requirements for all players)

Survey Coordinator

*Webmaster

*HS or Youth Registrar

Badgerland Rep

Interested in a Board Position (President, VP, Secretary, Treasurer, Youth or HS Director)

High School ONLY:

Step 3: High School only. All high school players must also complete the VAHS sports registration process, which includes the completion of the physical card. No fees are paid to the high school so the "Athletic Fees" do not apply.

A student athlete will have ONE registration at VAHS for all sports plus ONE registration at Verona Lacrosse Club for the spring season.

- **Complete the on-line VAHS Athletics Registration Process:**

- Go to: <https://www.vahswildcats.com/>
 - **Steps to follow follow if you registered for a school sport already for the 2018-2019 school year.**
 - Click on Login (top menu bar).
 - After logging in, click on the player login (upper left) to access your player information. Click on Account Settings (or the listed name)
 - Click on "Registrations" on the left menu bar.
 - Click on 2018-19 VAHS Sports Registration (do NOT create a new registration, but edit the existing registration if necessary)
 - Under the fifth line below the Player Name, make sure that "Lacrosse" is listed for the question: What sport(s) are you registering for?
 - If Lacrosse is listed, you don't need to do anything further.
 - If you need to list Lacrosse, click the pencil icon and edit accordingly next to the Player & Parent/Guardian Information.
 - Review contact / medical information and edit as needed.
 - **Steps to follow if this is a new sports registration for the 2018-2019 school year.**
 - Click on "Registration Link" on right side (above Upcoming Events).
 - Create an account (upper left menu) and complete the applicable documents OR Login if you already have an account with Sports Engine..
 - Click Continue at the bottom of the page and follow the instructions to register your player.
 - If your player name is listed, simply check it before continuing (this could happen if your player used Sports Engine for an offseason league.
 - If your player name is not listed, enter the applicable contact/guardian information. Some of the information provided will be duplicative to what is requested in the VLC online registration.
 - *If you are having difficulty with this step, please contact Jody Witte-Davis at the High School at 608-845-4498 or email. Physical cards can be uploaded or handed into the office, but all other VAHS forms need to be completed online.*
 - **Physical Questions**
 - If the physical card is signed by a doctor showing it took place April 1, 2017 or after AND is on file in the high school office, you do not need a physical for the 2018-19 school year. But, you will still need an Alternate Year card. If an Alternate Year Card was signed May 1, 2018 or after, it is good for the 2018-19 school year.
 - Where do physical cards go? To Ms. Witte-Davis' office across from the vending machines at the entrance to the HS commons.

Contract of Commitment

Between Lacrosse Parents and VAHS Lacrosse Team

I _____ and _____ along with our

child _____ have read and understand the policies and procedures as outlined by the coaching staff. We agree that the parental involvement in high school sports should be that of full support for not only our child, but our child's teammates as well.

We have read and understand all of the procedures as outlined by the coaching staff. Also, we understand that being a part of the Verona Lacrosse team is a privilege, not a right and if our child should violate any of these rules, he/she may be dismissed from the team permanently. We agree to not criticize our child's teammates at any time or talk negatively about his teammates. We agree to this as we realize that for the team to have success and for there to be team unity, that this type of conversation is counterproductive.

We understand that there may be times when we don't understand or agree with the coaches' decisions, but realize that we are not at practice every day, we are not in team meetings during games and before and after practice - therefore we understand that we don't possess all the information that the coaches have when they make their decisions. With this understanding, we will not put our son/daughter in a difficult position by questioning or criticizing coaches.

It is our commitment to the players and coaches of the VAHS Lacrosse Team that we will be supportive (win or lose), display sportsmanship at all times that will positively represent our community, program and school. In addition, we will cheer equally for all members of our team and display sportsmanship with opponent parents and players. We will also behave ourselves on the stands as adults at games and NOT communicate with any official in any way, shape or form. Only coaches are allowed to talk to game officials. If we violate this rule and are removed from a game, we will remove ourselves from this game as well as 4 future games, no exceptions.

Signed this _____ day of _____, 2019.

Print Parent or Guardian's name

Signature

Print player name (for the team)

Signature

NOTE: This form can be completed and accepted as part of the online registration process.

If not completed online,

SIGN AND RETURN THIS FORM BEFORE TEAM TRYOUTS IN MARCH.

Grade Release Form

In an effort to assist players in making sure that they are students first and athletes second, it has been my practice to assist with the monitoring of the academic progress and attendance of each student athlete. There are strict laws as to the release of this information. As an educator and coach, this information will be kept confidential and used solely for the purpose of encouraging and assisting with good academic progress. This program should have a TEAM GPA's of over 3.0. With the level of influence that coaches have with their players, it can only be a good thing if we can encourage good attendance and grades. I give my child's coach permission to access my child's academic status, attendance records, as well as copies of mid-quarter reports for the purpose of encouraging good academic progress and good attendance.

Student Name

Grade

School

Parent or Guardian Name (Please Print)

Parent or Guardian Signature

Date

NOTE: This form can be completed and accepted as part of the online registration process.

**If not completed online,
SIGN AND RETURN THIS FORM BEFORE TEAM TRYOUTS IN MARCH.**



US LACROSSE 2 Loveton Circle, Sparks, MD 21152 | P: 410.235.6882 | F: 410.366.6735

Member ID# (if renewing and known): _____ circle one: Male Female
Name: _____ D.O.B: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Email Address: _____ Phone: _____
Group/Team Name: _____

STEP 1 - SELECT YOUR MEMBERSHIP CATEGORY (BASED ON YOUR AGE)

- 14 and under\$30
15 - 18\$35
Adult (19+)\$55

STEP 2 - SELECT ALL CATEGORIES WHERE YOU PARTICIPATE:

(Identify each category of participation to obtain insurance coverage for that category. There is no additional charge for multiple categories.)

- PLAYER
COACH (CHECK ALL THAT APPLY)
Men/Boys' Women/Girls'
Youth Youth
High School High School
College College
Post-College Post-College

Primary Team/Program: _____

- OFFICIAL (CHECK ALL THAT APPLY)
Men/Boys' Women/Girls'
Youth Youth
High School High School
College College
Post-College Post-College

Officials and coaches receive one rulebook complimentary and may purchase additional rulebooks at \$8 each. Please indicate number for each type:

- Men's NCAA Women's NCAA
Men's HS/Youth (NFHS) Women's HS/Youth (NFHS)

Total additional rulebooks purchased at \$8 each: _____

- FAN (FOR MEMBERS WHO DO NOT PARTICIPATE AS A PLAYER, COACH OR OFFICIAL - \$55, ADULT ONLY)

CHARITABLE INFORMATION:

Please consider a tax-deductible gift to support the growth of lacrosse nationwide!
US Lacrosse Fund \$ _____

Total Fee (membership cost and contribution)\$ _____

STEP 3 - COMPLETE YOUR PAYMENT INFORMATION

- Check enclosed for \$ _____ (payable to US Lacrosse)
Please charge my credit card \$ _____

Card Number Exp.
Signature

STEP 4 - PLEASE SIGN WAIVER TO THE RIGHT

ENROLLMENT FORM AND MEMBER AGREEMENT

FOR ANY PARTICIPANT WHO IS NOT YET 18 YEARS OLD THIS WAIVER MUST BE READ AND ACCEPTED BY THE LEGAL GUARDIAN OF THE PARTICIPANT.

By signing below, I hereby verify that I have read and fully understand each of the following conditions for participation in any US Lacrosse activities and/or a US Lacrosse recognized or sanctioned event, and I agree to and accept each of the conditions below, including but not limited to the entirety of the waiver and release and mandatory individual arbitration provisions set forth in the DISPUTE AND MANDATORY ARBITRATION AGREEMENT summarized in Paragraph 7. I also verify that I have read and agreed to the terms in the Code of Conduct. If I am a parent or guardian acting on behalf of a participant who is not yet 18 years old, I agree on my behalf and on behalf of the minor participant..

ACCEPTANCE OF ALL TERMS SET FORTH IN PARAGRAPHS 1-7, INCLUDING BUT NOT LIMITED TO THE WAIVER AND DISPUTE AND MANDATORY ARBITRATION AGREEMENT IS REQUIRED FOR ACCEPTANCE OF MEMBERSHIP

In consideration of my membership as a Cross Participant, participating in more than one category of Player, Coach, Official, Referee and/or Umpire in US Lacrosse, and my participation in US Lacrosse recognized or sanctioned events, I agree to the following:

1. Waiver and Release: I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis and even death, as well as other damages and losses, associated with participation in a lacrosse event. I further agree on behalf of myself, my heirs, and personal representatives, that US Lacrosse, the host organization, and sponsors of any US Lacrosse recognized or sanctioned event, along with coaches, officials, referees, umpires, volunteers, employees, agents, officers and directors of these organizations, shall not be liable for any injury, loss of life or other loss or damage occurring as a result of my participation in any such US Lacrosse recognized or sanctioned event.

2. Medical Attention: I hereby give my consent to US Lacrosse and the host organization of any US Lacrosse recognized or sanctioned event to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation and emergency medical services as warranted in the course of my participation in US Lacrosse recognized or sanctioned events. Notwithstanding the foregoing, I understand and agree that neither US Lacrosse nor the host organization has any obligation to provide any such medical/athletic training attention and both the lack of any such medical/athletic training attention and the provision thereof on a voluntary basis by US Lacrosse and/or the host organization is and shall be covered by the release set forth in Paragraph 1 above.

3. Readiness to Compete: I will only participate in those US Lacrosse competitions or activities in which I believe I am physically and psychologically prepared to participate.

4. Photographic Use Release: I grant US Lacrosse the right to photograph and/or videotape me, my member child or ward and further display and use name, face, likeness, voice and appearance as deemed appropriate in all media (known or hereafter) in perpetuity. I understand that all photographs captured of me by US Lacrosse staff and/or their officially contracted event photographers/videoographers will forever be the property of US Lacrosse and may be used as deemed appropriate by US Lacrosse to include, but not be limited to: event organization publications, training/educations materials, websites, promotional materials, and/or advertisements.

5. Code of Conduct: I have read and agree to all terms in the Code of Conduct on the second page of this form, especially with regard to my responsibilities as a Player, Coach, Official, Referee and/or Umpire.

6. Insurance: Membership benefit of insurance is provided only to residents of the U.S. International members are not eligible to receive the insurance coverage.

7. DISPUTE AND MANDATORY ARBITRATION AGREEMENT: PLEASE READ CAREFULLY. I and US Lacrosse agree that any claims or disputes arising from or relating to my membership, including but not limited to participation in US Lacrosse activities and/or recognized or sanctioned events, unless resolved informally or through mediation or eligible for small-claims court, will be resolved by binding arbitration before a neutral arbitrator or panel of arbitrators. Arbitration will replace the right to go to court and may limit my and US Lacrosse's rights to discovery or appeal. I and US Lacrosse agree that we will not be able to bring a class, private attorney general, collective or other representative action in Court, nor will I or US Lacrosse be able to bring any claim in arbitration on a class, private attorney general, collective or representative basis. We will also not be able to be part of a class, private attorney general, collective, or other representative action brought by anyone else. THE FULL AND SPECIFIC TERMS OF THE MANDATORY ARBITRATION AGREEMENT ARE SET FORTH IN THE "INSURANCE" PORTION OF THE WEBSITE UNDER THE "DISPUTE AND MANDATORY ARBITRATION AGREEMENT" SECTION. I CONFIRM THAT I HAVE REVIEWED, ACCEPTED AND AGREED TO THE PROVISIONS OUTLINED HERE AND IN DETAIL IN THE "INSURANCE" PORTION OF THE WEBSITE UNDER THE "DISPUTE AND MANDATORY ARBITRATION AGREEMENT" SECTION.

If participant is under 18, then a parent or legal guardian of this participant must sign. As member, or as parent or legal guardian of a member under 18, I hereby verify by my signature below that I fully understand and accept each of the above conditions.

Signature: _____

Date: _____

Printed Name: _____

All official category memberships expire 9/30, regardless of date joined.

VIEW YOUR MEMBERSHIP INFORMATION AT USLACROSSE.ORG/MEMBERSHIP QUESTIONS? CALL 410.235.6882 OR EMAIL MEMBERSHIP@USLACROSSE.ORG



US LACROSSE CODE OF CONDUCT AND THE POSITIVE COACHING ALLIANCE

US Lacrosse and the Positive Coaching Alliance have partnered to establish and promote positive coaching throughout the sport of lacrosse. US Lacrosse is committed to preserve the “Honor of the Game” for all who enjoy the sport of lacrosse. To help fulfill this commitment, US Lacrosse requires all players, coaches, officials, parents and spectators to sign and abide by a “Code of Conduct” that embodies basic common sense principles; demonstrates consideration of others; and projects a positive image to our young men and women.

Individuals and/or teams participating in US Lacrosse events that fail to abide by this code will be subject to ejection and disqualification from future US Lacrosse events. Thank you for your help in promoting these principles.

CODE OF CONDUCT US LACROSSE AND OFFICIALS

Officials are expected to read, understand, and abide by the US Lacrosse Code of Conduct, and the additional Code of Conduct specifics which are outlined in the Officials Manuals. These comprehensive ethics policies are minimum standards of behavior for all officials. These manuals are updated on a yearly basis, and are required reading. By agreeing to this statement you agree to familiarize yourself with and abide by these policies.

THE CODE OF CONDUCT

Players, coaches, spectators and parents are to conduct themselves in a manner that “Honors the Game” and demonstrates respect to other players, coaches, officials and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this “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. It is only through such conduct that our sport can earn and maintain a positive image and make its full contribution to youth sports in the United States and around the world. US Lacrosse supports the following behaviors for those participating or involved in any way with US Lacrosse in general:

- The essential elements of the “Code of Conduct” must be adhered to.
- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught and developed both at home and on the field during practices and games.
- The emphasis on winning should never be placed above the value of good sportsmanship, the concepts of fair play, or the skills of the game.
- Derogatory comments are unacceptable. Use positive reinforcement with players and adults alike. It should be remembered that criticism once made can never be retracted.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as with adults.
- Officials are expected to conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties, while exercising their authority on the field.
- Adults involved with the game must never permit anyone to openly or maliciously criticize, badger, harass, or threaten an official.
- Knowledge of the Rules of Lacrosse must be respected and adhered to by all who participate in the game of lacrosse, both in the letter and the spirit of the game. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, such as age and previous level of participation, must be followed. They have been established to encourage and maximize participation, as well as promote safety.



Verona Lacrosse Club Scholarship Request

The Verona Lacrosse Club (VLC) provides registration fee scholarship assistance to families who demonstrate a need or hardship that prohibits their child the opportunity to play the game of lacrosse without some financial relief. Note that scholarships are not intended to waive the entire registration fee, but only to assist. Financial assistance is not provided for the annual U.S. Lacrosse membership fee and/or equipment purchase or rental.

Eligibility: Families receiving free or reduced school lunch programs qualify for scholarship assistance. Other families experiencing hardship may also qualify. The VLC President and Treasurer will review each circumstance for scholarship awards.

Scholarship Requirements:

1. *Participation:* Scholarship recipients are expected to attend a minimum of 80% of scheduled practices and games.
2. *Volunteerism:* Scholarship recipient families are expected to volunteer the minimum commitment identified in the VLC Volunteer Policy. Alternatively, scholarship recipient families can fulfill all volunteer requirements through board-level or other seasonal volunteer opportunities. Failure to fulfill the volunteer requirements may result in scholarship ineligibility in future years.
3. *Payment:* Players will be liable for the registration fee balance remaining after the application of the scholarship amount. If that balance is not paid by the date agreed upon, the player will not be able to practice or play games until payment is made.

Application Deadline and Requirements: Completed applications with supporting documentation of your need must be postmarked or received by the VLC President and Treasurer no later than February 15, 2019. Scholarship funds will be applied only toward VLC registration fees. Online registration forms and forms required for high school level play must also be completed and given to the appropriate Age Level Director.

Scholarship Award Date: Applicants will be notified of their scholarship award no later than March 1, 2019.

Parent/Guardian Name: _____

Address, City, State, Zip Code: _____

Phone: _____ E-mail: _____

2018 Income: _____ 2017 Income: _____

Our family qualifies for: Free Lunch Reduced Lunch Other Hardship (explained below)

Player 1 (Name, Age, Grade, Girl/Boy): _____

Player 2 (Name, Age, Grade, Girl/Boy): _____

Player 3 (Name, Age, Grade, Girl/Boy): _____

Please explain as thoroughly as possible your request for financial assistance: _____

Authorized Parent/Guardian Name (print) _____

Authorized Parent/Guardian Signature: _____



Conduct Handbook

2019

Verona Area High School Lacrosse Parent and Player Handbook 2019

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Introduction

The purpose of this handbook is to introduce players and their families to the procedures and policies that are in place for the Verona Lacrosse Team’s 2019 season.

Verona Lacrosse follows the same code of conduct criteria as other high school sports and delivers a consistent approach to the development of individual players, our teams and these policies. This handbook will by no means be inclusive of all policies as policies may change over the season depending on different situations; however, this is a good starting point for all questions or concerns you may have.

If at any time a player or parent has a question about what is in this handbook, they are to ask for clarification from the coaches.

Team and Coach Philosophy

At this time, Verona Area High School's Lacrosse program is technically considered a "club" sport that carries a pseudo-varsity status but allows for players to letter. We, however, will conduct ourselves as a fully sanctioned WIAA sponsored varsity program. The word "club" is interchangeable with varsity program in our eyes and does not denote a lower level of competition or commitment from each and every player.

We, the coaching staff, believe in the personal development of each player. We will do our best to script practices, our season schedule, and game plans that will enhance individual player knowledge of lacrosse as well as what it means to be on a team. This will come from a positive, supporting environment on and off the field and will create valuable life lessons, friendships and memories.

Verona's program is the oldest in the Madison Area. Playing for Verona Lacrosse is considered a privilege and not a right. We will play the players that the coaching staff believes will give us the best chance of a winning outcome in every game. Every player on the bench for varsity plays a vital role that the player and parent may not fully understand and this may not always manifest itself as playing time on the field for games. We will do our best to remind each player of their role on the team and how he contributes to the greater good of the team. Junior varsity will play student-athletes more equally.

For those that earn a position on the Verona lacrosse program, the following are the requirements and responsibilities that each individual **MUST** fulfill to remain on the team:

- a. Good academic achievement and attendance records. (Minimum 2.0 G.P.A.)
- b. Following of **VAHS athletic code and team rules**.
- c. Behaving at school and in the community on a year round basis in a way that only reflects positively upon our program. (**NO lacrosse sticks or balls in school building at any time**, practice is not until later in the day so there is no need to bring them into school. If you must, please stow them in an upperclassman's car.)
- d. Working hard and listening in practice
- e. Working to develop positive team relationships.
- f. Taking care of shared responsibilities and duties.
- g. Working hard to improve your individual lacrosse skills and knowledge of the game.
- h. Working to improve your team play.
- i. Reviewing all offensive or defensive sets, understand each play and ASK QUESTIONS
- j. Putting the team first and you second, become a family. **COUNT ON ME.**

Communication

Communication is the key to our program's success. Misinformation can spread quickly and lead to misunderstandings between coaches and players, coaches and parents, or the program and the school administration. We must work hard to foster a positive environment where every player encourages and does not tear down their fellow teammates.

If a player has a concern of any kind, they should set up a time to talk to the head coach either before or after practice, NOT during. Players are encouraged to ask for clarification if there is something they don't understand. Varsity players are expected to behave as men and women and should be able to confront and deal with problems as they arise.

Our staff will maintain an "open door" policy, in that we don't mind talking to parents about lacrosse or their child's development (ex. camps, extra drills, etc.). We can be reached by phone, email and/or after games/practices as time permits. We will NOT discuss playing time or personnel decisions made during games. First hand communication is the most accurate, and questions that players have should come from the players directly, not through a parent. If a parent has a concern about their player's health or well-being, they are encouraged to call immediately so that we can work together to help their child.

If a parent wishes to file a complaint about the coach, they are to set up a time with the club president. This meeting must be at a time when the coaches, parents, president, and player can meet as one group.

Team Rules

1. Players are to treat others with respect - whether it is teammates, coaches, opponents, referees, fans, teachers, etc.
2. Players are to let the coaches do the coaching.
3. Players are to be at practice ON TIME - dressed and ready to go.
4. Players are to follow all rules as outlined in the VAHS code of conduct. Consequences are pre-determined and we have no ability to interpret/modify any of these rules or disciplinary actions.
5. Any activity relating to or including hazing will result disciplinary action according to the VAHS code of conduct.
6. Players are responsible for any and all club issued equipment and apparel. Items must be turned in at the end of the season.
7. Players on suspension for VAHS athletic code violations will not be allowed to practice or play in games. They are required to attend practice and help out by shagging balls, etc. They will continue learning plays and offensive and defensive sets. If they are subject to VAHS code of conduct violations that prohibit them from being on school grounds, they are unable to attend practice for any reason until they are reinstated in school.
8. Players will maintain a minimum of a 2.0 grade point average and understand that participation in VAHS Lacrosse is a privilege and not a right. Accrual of 2 F's, even before semesters end, may result in your inability to participate in practice according to the VAHS code of conduct. Players need to be students **first** and lacrosse players second. If there are problems in school, we encourage the player **and** parents to contact the coaches immediately. Our coaching staff understands the importance of education and will do what we can to help.

Practice Procedures

We have the **privilege** of using practice fields from the Verona School District, it is not our RIGHT and therefore we must always leave the field in better condition than when we found it. Also, these privileges **can be revoked at any time**, so all players must be on their best behavior when traveling to and from all fields so as to not disturb the neighborhoods or other property.

All players are expected to arrive at practice **at least 15 minutes early** to provide for adequate time to have ALL equipment on, including helmets buttoned up, by the time practice starts. The coaching staff will do their best to arrive at practice early; however, due to unexpected traffic problems that may arise, the captains are to start warm-ups exactly at the designated practice time start. Coaches or captains will designate players to remove the soccer goals (if applicable) from the field and place the goals in their creases, this is to be completed prior to the start of warm-ups.

Players who are inexcusably late for, or miss practice/meeting, will not be able to practice and will miss up to the first quarter of the next game. The coach will consider extenuating circumstances with his decision being final. The coaches will deal with additional tardiness as they see fit.

Players that arrive with less than 15 minutes prior to practice, must be in full equipment by the time the captains start warm-ups or will pay the penalty of disciplinary actions to be determined by the coaches.

All players should have proper protective equipment INCLUDING MOUTH GUARD, a reversible practice pinnie, as well as running shoes and adequate clothing to run or practice outside no matter what the weather conditions.

All players must have TWO sticks (required for HS Boys; recommended for HS Girls) at practice that are LEGAL. The coaching staff will periodically check the legality of each player's sticks and depending on the cause of the penalty the stick may be banned from use. Occasionally, coaches may also select which stick a player will use for practice on any given day. This is to ensure that players are comfortable with "back-up" sticks should their primary stick break during a game. Defensemen should have an extra head at practice and (*if possible*) another long pole – can be a cheap aluminum shaft to keep practice going.

After practice, goals are to be removed from the field and locked to the fence (or folded up).

Game Day Procedures

We encourage parents to rotate hosting a pasta dinner on the night before a game. It is a tradition that we have had for the past several years and we hope it will continue. It is a good opportunity to continue building our family and our team.

Home games – parent volunteers will need to arrive early to help set up the field, these responsibilities will be predetermined by parent team representatives or coaching staff.

Away games – If on a school day, we will apply for early release from school if necessary to make game time. Players are encouraged to car pool or make arrangements with parents to get to the game field on time. In the past, team transportation has been provided by bus for special games or away venues that the travel is substantial.

Home and Away games:

- Players are to arrive at least 45 minutes before game start time. Any equipment problems should be dealt with prior to these 45 minutes (ex. shooting strings, pocket depth, etc.)
- Players must have all equipment on, including helmets, 30 minutes prior to game start.
- Warm-ups will include one lap around our half of the field, 10 minutes of static and dynamic stretching, pre-determined line drills and pre-game shooting.
- Goalies are to be dressed 45 minutes prior and fully stretched 30 minutes prior to game time.

It is the responsibility of each player to be in by no later than 11 PM the night before a game. Rest is of utmost importance. This is a strong recommendation of the coaching staff and may be enforced by parents if they so choose; however, as young adults we expect you to make the right decisions for the team. Teams will determine school attire on the day of games.

Players with Jobs

We understand that having a job is very important to some of our players. Players who have jobs during the lacrosse season must assure that they do not miss lacrosse practice or games for their work. Players should inform their employers that they are a member of the lacrosse team at VAHS and that there may be occasions from time to time when a special practice or activity could be called on short notice and that they may have to miss work. We will do our absolute best to have the practice and game schedules posted on the website so each player can plan accordingly. Should the coach call a team practice, meeting, or function that conflicts with the player's work schedule,

it is the player's responsibility to immediately contact their employer and inform him/her that they will have to miss work (or part of work) for the scheduled time or arrange for someone to cover your shift. You will find that most employers understand if the player meets with them early in the season and shares this policy with them.

Concluding Remarks

We have a unique opportunity to make Verona Lacrosse the best program in the state of Wisconsin. The combination of dedicated parents and players will elevate this program to the next level. The coaching staff appreciates the commitment that each family makes to provide for their child to play and grow this sport in the State of Wisconsin. Although the wording in this handbook may be a bit harsh or inapplicable to our current team, we want to plan for every potential problem and hopefully curtail problems before they arise. We hope to run a fun and successful program but to do that; we will need a little guidance and discipline. Our staff is proud to be a part of VAHS lacrosse and hope that together we can be the leaders in the Madison area and the state of Wisconsin.

Contract of Commitment – player copy

Between Lacrosse Parents and VAHS Lacrosse Team

I _____ and _____ along with our

child _____ have read and understand the policies and procedures as outlined by the coaching staff. We agree that the parental involvement in high school sports should be that of full support for not only their child, but teammates as well.

We have read and understand all of the procedures as outlined by the coaching staff. Also, we understand that being a part of the Verona Lacrosse team is a privilege, not a right and if our son/daughter should violate any of these rules, he/she may be dismissed from the team permanently. We agree to not criticize our child's teammates at any time or talk negatively about teammates. We agree to this as we realize that for the team to have success and for there to be team unity, that this type of conversation is counterproductive.

We understand that there may be times when we don't understand or agree with the coaches' decisions, but realize that we are not at practice every day, we are not in team meetings during games and before and after practice - therefore we understand that we don't possess all the information that the coaches have when they make their decisions. With this understanding, we will not put our child in a difficult position by questioning or criticizing his coaches.

It is our commitment to the players and coaches of the VAHS Lacrosse Team that we will be supportive (win or lose), display sportsmanship at all times that will positively represent our community, program and school. In addition, we will cheer equally for all members of our team and display sportsmanship with opponent parents and players. We will also behave ourselves on the stands as adults at games and NOT communicate with any official in any way, shape or form. Only coaches are allowed to talk to game officials. If we violate this rule and are removed from a game, we will remove ourselves from this game as well as 4 future games, no exceptions.

KEEP THIS COPY FOR YOUR RECORDS

Contract of Commitment

Between Lacrosse Parents and VAHS Lacrosse Team

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child _____ have read and understand the policies and procedures as outlined by the coaching staff. We agree that the parental involvement in high school sports should be that of full support for not only our child, but our child's teammates as well.

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Signed this _____ day of _____, 2019.

Print Parent or Guardian's name

Signature

Print player name (for the team)

Signature

NOTE: This form can be completed and accepted as part of the online registration process.

If not completed online,

SIGN AND RETURN THIS FORM BEFORE TEAM TRYOUTS IN MARCH.

Grade Release Form

In an effort to assist players in making sure that they are students first and athletes second, it has been my practice to assist with the monitoring of the academic progress and attendance of each student athlete. There are strict laws as to the release of this information. As an educator and coach, this information will be kept confidential and used solely for the purpose of encouraging and assisting with good academic progress. This program should have a TEAM GPA's of over 3.0. With the level of influence that coaches have with their players, it can only be a good thing if we can encourage good attendance and grades. I give my child's coach permission to access my child's academic status, attendance records, as well as copies of mid-quarter reports for the purpose of encouraging good academic progress and good attendance.

Student Name

Grade

School

Parent or Guardian Name (Please Print)

Parent or Guardian Signature

Date

NOTE: This form can be completed and accepted as part of the online registration process.

**If not completed online,
SIGN AND RETURN THIS FORM BEFORE TEAM TRYOUTS IN MARCH.**