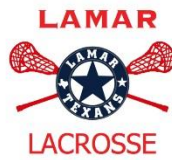


Lamar Women's Lacrosse General Information 2018-19

- **Coaches:**
 - Coach Kristin Marchese, Athletic Director and Varsity Head Coach
 - Coach Myleka Booze, Junior Varsity Head Coach
 - Coach Ana Vick, volunteer coach
- **Player Eligibility (determined in accordance with THSGLL rules):**
 - Girls from 9th-12th grades who are enrolled Lamar High School
 - Girls from 9th-12th grades who attend a high school with no women's lacrosse program and are zoned to Lamar High School
 - Girls from 9th-12th grades who attend a high school with no women's lacrosse program and live closer to Lamar's game field at South Campus (3600 West Bellfort Avenue, Houston, TX 77025) than any other school's lacrosse program "physical address" as defined in THSGLL rules.
 - Freshmen are eligible to play on Varsity
- **Player Responsibilities:**
 - 100% commitment
 - Required to sign a contract provided by the coaching staff (attached)
 - Expected to work on skills and conditioning in addition to practice
 - Proper equipment and attire required for every practice and game (goggles, stick, mouth guard, water, cleats, and **running shoes**)
 - Players must arrive on time to practice and games
 - All practices must be attended or an excused absence must be obtained from the coach prior to practice. Attendance is taken at each practice and game.
 - For those receiving PE Credit (OCPEEP) for Spring semester lacrosse, absences will affect grades received, and excessive absences could result in no PE Credit.
 - **ABSOLUTELY NO WEAPONS, TOBACCO, E-CIGARETTES, JUULS, ALCOHOL OR DRUGS WILL BE TOLERATED** at any practice, game or team function. Immediate expulsion from the team and removal from the event may result.
 - Participation in all fundraising activities.
- **Dress Code:**
 - No jewelry at practices or games
 - Practice and fall playdays and tournaments: reversible Lamar WLAX pinny
 - Games and spring playdays and tournaments: Team uniform consists of two skirts and 2 jerseys (white & blue)
 - Must bring both uniforms to every game
 - Must wear black fitted shorts under the skirt
 - Uniforms are checked out by players in January, remain the property of LWLAX, and must be returned at the end of the season

- \$75.00 (\$50 deposit; \$25 usage fee) is due by January 15 to check out the uniform for the season. It is each player's responsibility to return the uniform in the condition in which it was received, except for normal wear and tear. At the end of the season, each player is to return the team uniform complete and washed. At that time, the full deposit of \$50 will be returned, or at the election of the player rolled forward to the next year. The usage fee of \$25 will not be returned. If any pieces of the uniform are missing, the full deposit will be retained to attempt to reorder any missing piece(s).
 - Visible Undergarments (long or short sleeved tops) will consist of a black (single color) with the blue away game uniforms and white (single color) with the home game uniforms.
 - Leggings will be black (single color) with both uniforms.
- **No Pass – No Play:**
 - Players must be passing all school courses at all times. Grades will be checked on a regular basis. If a player receives a progress report that indicates that she does not have a passing grade for that grading period, that player will not be able to practice with the team. She must, however attend all games and sit with the team. She may not wear her uniform during a game. The player will be reinstated once proof of passing provided to the coach.
- **PE Credit (Off Campus Physical Education Equivalent Program or OCPEEP):**
 - Lamar Women's Lacrosse is an HISD authorized program to sponsor athletic training for the state required high school physical education graduation credit.
 - 0.5 Credit for the Spring Semester is *available* for HISD students
 - Students are responsible for following procedures directed by their coach and HISD to ensure that their hours of participation are documented.
 - At the end of the spring season, a list of students who completed their requirements towards their PE credit, and a request for credit approval will be sent to the Lamar High School administration.
 - Parents and players that have applied for OCPEEP will be required to sign a form acknowledging their understanding of HISD rules.
 - **Credit must be requested the spring prior to the upcoming season. 90% attendance of spring semester lacrosse is required for all practices, playdays and games in order to receive a passing grade. Absences will affect the grade received.**
- **Registration Requirements:**
 - **ALL FORMS (see attached) AND FEES MUST BE SUBMITTED BEFORE PLAYERS CAN BEGIN PRACTICING WITH THE TEAM**
 - Incomplete packets will not be accepted
 - Must obtain a physical after May 15th of each year and submit the results of that physical on the "HISD Athletic Department Physical Examination Form" before the first practice.
 - Must have a current US Lacrosse Membership (\$35) valid through the end of May of the spring semester. To register or renew membership, go to uslacrosse.org. Proof of membership (printed copy of registration, expiration date and membership number) must be submitted before the first practice.
 - Players will be cleared to participate by a LWLAX Board Member before the player may take the field.
 - All required forms are also on TeamSnap under the "Media" tab
- **Lamar WLAX fees:**
 - \$300: LWLAX fall fee is due by September 16, 2018
 - \$500 LWLAX spring fee is due in full by January 15; or may pay in two installments of \$250 due January 15 and \$250 due February 15

- LWLAX fees cover lodging and food costs for players for Aggieland Classic.
- Fees do not cover player uniforms, equipment or team gear; nor, any expenses of parents/chaperones.
- Partial scholarships are available but very limited; contact a Coach or Board member to make a confidential application
- **HYLAX fees:**
 - Lamar Women's Lacrosse partners with Houston Youth Lacrosse (HYLAX) for practice facilities and fields for our home games. Lamar WLAX does not pay HYLAX directly for the use of their facilities; instead, each player also registers with HYLAX and pays the HYLAX registration fee (for additional information, see LamarWLAX.org/HYLAX)
 - ***THIS INFORMATION IS SUBJECT TO CHANGE and we will notify you as soon as we get updated information.*** \$575 spring HYLAX registration fee is due December 15, 2018 register online at hylax.org; a late fee of \$150 will be assessed after December 15. Scholarship requests must be made directly to HYLAX **no later than November 9 for consideration.** HYLAX fees cover expenses including but not limited to: field costs, game referee fees, TGHSLL association dues, tournament fees, and insurance coverage.
 - \$120 fundraising commitment for HYLAX
 - **Failure to submit all required forms, failure to submit US Lacrosse membership documentation or failure to register and pay all dues and fees on a timely basis will result in your daughter's suspension from practices and games.**
 - Refund policy: All fees are subject to forfeiture if player elects to not participate.
- **Transportation policy:**
 - LWLAX does not provide transportation to or from practices or games. It is each player's responsibility to obtain safe and parent-approved transportation to practices and games. LWLAX encourages all players to practice safe driving habits.
- **Communication**
 - LWLAX uses TeamSnap as its primary mode of communication. Once you receive the TeamSnap invitation, please sign up and complete your player AND communications profiles as soon as possible as communication will begin immediately. There is no cost to the players or their families to participate in TeamSnap.
 - All forms will be posted on TeamSnap under the "media" tab.
 - LWLAX will post information about fundraisers and non-practice or game events on TeamSnap as well. You can subscribe to the TeamSnap calendar from the "Schedule" tab.
 - All players are required to keep their availability updated on TeamSnap for all upcoming events, including fundraisers.
 - Each team (Varsity and JV) will communicate via group text to players and Coaches only. It is imperative that players read these group texts, as any last minute schedule changes will be sent via these group texts.



**2018-19 Important Dates
(As of August 2018)**

September 12	LWLAX Kick-off meeting, Lamar cafeteria, 6:30-7:30 pm
September 15	Optional Grit Skill Session (see flyer posted on TeamSnap)*
September 16	Due Date: Registration packet and Lamar WLAX fall fees due (\$300)
September 16	Due Date: Purchase practice pinny (\$23; new players only)
September 16	Due Date: US Lacrosse annual membership fee due (\$35); pay online at www.uslacrosse.org and provide documentation; must be valid at least through May 31,2018
September 16	Due Date: Obtain physical and complete HISD Athletic Department Physical Examination Form/Health History (2 pages); need signature of health care provider
September 17	Practice begins at St. Catherine's, 9821 Timberside Dr, 77025 Each team will practice two days per week (Monday, Wednesday and/or Friday) from 4:30-6:30 from September 17-December 3
September 22	Car Wash Fundraiser, 10:00-2:00 Crosspoint Church, 4601 Bellaire Blvd.
September 22	Optional Grit Skill Session (see flyer posted on TeamSnap)*
October 6	Optional Grit Skill Session (see flyer posted on TeamSnap)*
October 13-14	Playday in Round Rock, TX; details TBD
October 20	Optional Grit Skill Session (see flyer posted on TeamSnap)*
October	Car Wash Fundraiser
November 10	Optional Grit Skill Session (see flyer posted on TeamSnap)*
November	Bingo Fundraiser
December 1-2	CyFair Burning Flower Tournament
December 15	THIS INFORMATION IS SUBJECT TO CHANGE: Due Date: HYLAX Spring Registration fee (\$575); \$150 late fee after December 15; register online at hylax.org
December	Gift Wrapping Session(s) Fundraiser
January	Super Bowl Squares Fundraiser
January-May	Home Game Concession Stand Fundraiser
January 14	First Spring practice
January 15	Due Date: LWLAX spring fee due (either in full, \$500, or the first installment of \$250)
January 15	\$50 Uniform deposit/\$25 Usage fee due
January 15	THIS INFORMATION IS SUBJECT TO CHANGE: \$120 fundraising commitment for HYLAX (Birdies for Charity)
January 25-27	Aggieland Classic Tournament, College Station, TX, weekend trip
February	Valentine's Themed Clinic Fundraiser
February 15	Due Date: If paying spring fee in installments, the second installment of \$250 due
February	St. John's Varsity Playday

March 13-17	Spring break trip to Georgia (Varsity); details TBD
April	JV End of the Season Tournament
May	Varsity City Playoffs
May	Varsity State Playoffs

***Grit Skill Sessions are an additional fee**

Checks are made payable to "Lamar Women's Lacrosse".

Secure credit card or PayPal payment can be made through TeamSnap under "Payments" tab



LAMAR
LACROSSE
Lamar Women's Lacrosse
2018-19 PLAYER EXPECTATIONS

Practice/conditioning will be held from September 17 through the end of the season (usually late April).
Times, dates, and location:

- **Fallball September 17-December 4: Coaches will split players into two teams and players will practice 2 days per week on Mondays, Wednesdays and/or Fridays at St. Catherine's field, 9821 Timberside Dr., 77025
4:35 - 6:30 pm**
- **Spring season: January 14 through the end of the season: Practice 5 days/week, Mondays through Fridays, 4:35-6:30 pm at South Campus, 3600 West Belfort Avenue, Houston, TX 77025**
- In the event of inclement weather, the coaching staff will make every attempt to notify players via group text between 2:00 and 3:00 pm if practice is cancelled or relocated. If the field is closed or the weather doesn't allow the team to practice at St. Catherine's, every attempt will be made to obtain space at The Zone (10371 Stella Link, 77025) or an alternate location for practice, conditioning and/or running.
- Keep a large plastic garbage bag in your lacrosse backpack at all times so you can keep your personal items dry in the event of rain during practice or games.

Essential Lacrosse Skills and Attitude:

A strong and enthusiastic team-player attitude is crucial. This also involves respecting your coaches, fellow players and the game at all times. All athletes must be willing to commit the time and effort it will take to continue to develop as a player and contribute positively to her team.

After the completion of the fall practices and prior to the regular season spring games, our coaches will designate players as either varsity or junior varsity based on their skill level, maturity, level of commitment, and other relevant factors. Mastering the following stick skills, field skills, and conditioning will enhance your ability to secure a spot on the VARSITY roster:

- Strong cradle in both hands
- Ability to pass/catch consistently with both right and left hand
- Execute effective defensive body positioning (without checking). This applies to one on ones or settled defense where you need to slide
- Ability to make controlled checks
- Clean ground ball pick-ups
- Able to execute at least two different types of dodges on offense and/or ability to protect the ball when challenged
- Ability to place shots
- Know how to handle 8m shots (offense and defense)
- Passing and catching while running

- Smart field positioning in relation to your team mates (spreading out, passing back, setting up, transitioning)

Goalies:

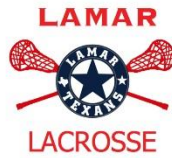
- Quick feet/hands or reaction times
- Proper positioning on all seven points
- Accurate clears
- Knowing when to step out and challenge crease shots
- Speed and execution outside of crease
- Productive vocal direction to your defense

Conditioning:

- Test to be given in the Spring

Contract:

- Players will be required to sign a contract (attached)



LWLAX MEMBERSHIP CHECK LIST 2018-2019

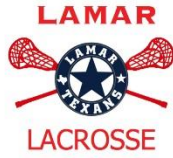
FORMS/FEEES TO RETURN BY SEPTEMBER 16, 2018:

Player's Name: _____

Check Box	Forms to be Completed
	LWLAX Contact Information Sheet
	LWLAX Approval of Participation in Athletics and Emergency Medical Authorization
	TGHSL Code of Conduct Form/Certification of Residency
	HISD Athletic Department Physical Examination Form/Health History (2 pages)
	HYLAX Release and Indemnity Agreement
	LWLAX Media Release form
	Player Commitment Contract
	Copy of valid and current medical insurance card (front & back). If none, please indicate
	USLAX DUES (annual membership fee, paid to USLAX online: www.uslacrosse.org , due September 16 – must be valid through May 31, 2019) – PLEASE PRINT COPY OF RECEIPT
	Fall fee of \$300, payable to Lamar Women's Lacrosse (can be paid online: lamarwlax.org)
	Subscribe to Lamar Women's Lacrosse Google Group (our email notification system) by emailing: lwax-info+subscribe@googlegroups.com . This is how we keep in touch!

It is mandatory that all forms be submitted together; we are not able to accept incomplete packets. Please mail all documents to: Sandy Lapp, PO Box 300573, Houston, TX 77230.

Please make checks payable to *Lamar Women's Lacrosse*. Fees can also be paid online via credit card or PayPal at lamarwlax.org.



CONTACT INFORMATION SHEET 2018-2019

PLEASE PRINT LEGIBLY

Player Information

Player's Name: _____ DOB: _____

Player's Home Address: _____ ZIP: _____

Player's Home Phone: _____ Cell Phone: _____

Player's Email Address: _____

School: _____ (circle one) Fr. So. Jr. Sr.

USLAX Membership #: _____ Exp. Date: _____

Parent 1 Information

Name: _____

Home Address (if different than player's): _____

Home Phone (if different than player's): _____

Cell Phone: _____ Work Phone: _____

Email Address: _____

Parent 2 Information

Name: _____

Home Address (if different than player's): _____

Home Phone (if different than player's): _____

Cell Phone: _____ Work Phone: _____

Email Address: _____

Emergency contact in event parents cannot be reached:

Name: _____

Phone: _____

Medical Information

Insurance Company: _____

Policy Number: _____ Group Number: _____

Name of Insured: _____

Family Doctor: _____

Phone: _____

Do you wear contacts while competing? YES NO

CIRCLE: Diabetes Heart Problems Seizures Asthma Allergies (Life Threatening)

Additional Information: _____

Allergies: _____

Medications taken regularly _____

Volunteer Interests:

_____ HOSPITALITY _____ FUNDRAISING _____ SCORE/TIMEKEEPER _____ MEDIA

**LAMAR HIGH SCHOOL WOMEN'S LACROSSE CLUB
APPROVAL OF PARTICIPATION IN ATHLETICS AND
EMERGENCY MEDICAL AUTHORIZATION
2018-2019 SEASON**

I hereby certify that _____ has my approval to participate on the Lamar High School women's lacrosse club athletic team in any practice session, scrimmage, contest played at home or away from home, or other club-related activities, and travel with the coach or other representative of the club on any trips.

I understand that although the student wears protective equipment, lacrosse is potentially a dangerous sport and the possibility of an accident remains.

I understand and agree that the HISD Board of Education, employees and agents of HISD, Lamar Women's Lacrosse club, and any club representatives, including but not limited to the high school advisor, club coaches, club officers, club volunteers or club parents and employees, and Houston Youth Lacrosse Association ("HYLAX") assume no responsibility of liability for any accident or injury as a result of any aspect of participation in the Lamar High School women's lacrosse club.

I understand and acknowledge that participation in lacrosse, including the travel to / from practices, scrimmages, contests, or other related activities, creates the potential for receiving an injury. With the knowledge of this potential risk of injury, I am giving my daughter permission to participate in the activities of the Lamar High School women's lacrosse club and accept full responsibility for this decision.

If, in the judgment of any representatives of the club, the above student needs immediate care and treatment as a result of any injury or sickness, I do here by request, authorize, and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, hospital or club representative from any claim by any person whomsoever on account of such care and treatment of said student.

I do hereby agree to indemnify and save harmless any school district, the Lamar Women's Lacrosse club, HYLAX, their coaches, officers, volunteers or employees and any school or hospital representative from any claim by any person by reason of such care and treatment for said student.

In consideration of the acceptance of my child (or ward) for entry in the Lamar Women's Lacrosse club, a HYLAX club team and student lacrosse program, I hereby waive any and all claims for damages, for death, personal injury, or property damage that I may have, or that may subsequently accrue to me or my child (or ward), as a result of my child's (ward's) participation in lacrosse. *This release discharges in advance the Lamar Women's Lacrosse club team, Houston Youth Lacrosse, it's members, the coaches, the officials, any involved organizers or related entities (and their respective agents and employees), and Houston Independent School District from and against any and all liability arising out of or connected in any way with my child's (ward's) participation in lacrosse, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.*

If, between this date and the beginning of the competition, and while my child (ward) participates in the sport of lacrosse, any illness or injury should occur that may limit this student's participation, I agree to notify the Lamar Women's Lacrosse club team authorities of such illness or injury. I hereby state that, to the best of my knowledge, the answers to all of the above questions are complete and correct.

(both parents / guardians if possible)

Date _____ Signed _____
(Parent/Guardian signature)

Date _____ Signed _____
(Parent/Guardian signature)

If the club participant is not a minor, then her signature is required below.
I have read the statements and releases of liability cited above and agree to them.

Date _____ Signed _____
(Player's signature if not a minor)

PLEASE ATTACH A COPY (FRONT AND BACK) OF PLAYER'S MEDICAL INSURANCE CARD.

Texas Girls High School Lacrosse League



Objective: *To promote sportsmanship, fair play and respect for all members of the Texas Girls High School Lacrosse League.*

The Code of Conduct:

- All Texas Girls High School Lacrosse League (“TGHSLL”) members should play in the spirit of the game.
- All TGHSLL members are to HONOR the game. Each person should respect the rules of the game and treat officials, opponents, teammates and coaches with respect.
- The value of winning shall never be placed above the value of instilling the highest ideals of character.
- The head coach shall act in a courteous manner and also shall endeavor in every way to achieve the same from players, coaches and parents.
- One of the team’s coaches shall be designated the head coach. The head coach is responsible for making all decisions for that team not delegated specifically to the team’s game captain. It is the head coach’s responsibility to see that players and substitutes are equipped properly, both mentally and physically, to play.
- Coaches are responsible for controlling their players, spectators and any other persons associated with their program.
- Abusive, profane or violent behavior or language by coaches, players or fans at any League function will not be tolerated at any TGHSLL event. Behavior in this manner may result in member suspension or expulsion from participation or attendance at any League game or activity. The Conduct Committee(s) shall decide suspension or expulsion.
- No alcoholic beverages or any intoxicating substances or intoxicated individuals are allowed at any League function.
- A player must not conduct him/herself in a rough, dangerous or unsportsmanlike manner. Please see TGHSLL Girls Bylaws for enforcement of unsportsmanlike conduct.

ALL listed below MUST sign and date this and deliver it to your District Vice-President No *Later than TWO weeks prior to the first regular season game*. Failure to do so will result in forfeiture of any regular season games until received by the Vice-President.

Player Signature	Player Name and Email	Date
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Parent/Guardian Signature	Parent/Guardian Name and Email	Date
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Parent/Guardian Signature	Parent/Guardian Name and Email	Date
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Kristin.Marchese.LWLAX@gmail.com		
Coach Kristen Marchese Signature	Coach Marchese Email	Date

Address claimed as legal residential Domicile of guardian(s):

Player Name: (PRINT) _____

Address: _____

City: _____

State / Zip Code: _____



Release and Indemnity Agreement:

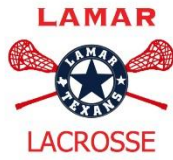
I request that my child, identified in this registration form, be permitted to participate in the Houston Youth Lacrosse Association (HYLAX). I represent and warrant that (i) I am familiar with the game of lacrosse, (ii) I understand that lacrosse necessarily and inherently involves exposure to severe injury, (iii) I understand that any injury that may occur will not be the responsibility of South Campus Sports Association, Houston Youth Lacrosse Association, St Catherine's School, their officers, directors, staff, coaches, agents, organizers, volunteers and parents volunteers.

On behalf of my child and myself and for good and valuable consideration, including this writing and my child's participation in the Houston Youth Lacrosse Activities, the sufficiency of which consideration is acknowledged, I hereby (1) release and forever discharge and (2) agree to defend, indemnify, and hold harmless the South Campus Sports Association, Houston Youth Lacrosse Association, St Catherine's Montessori School, their officers, directors, staff, coaches, agents, organizers, volunteers and parents volunteers from any and all claims, demands, actions, lawsuits, damages, costs, expenses, attorney's fees and other liabilities arising from or relating to (I) any injury to my child, or (II) any injury to others or property damage caused by my child, including, but not limited to any claims or damages caused or contributed to by the negligence of any of those above. This release and indemnity agreement shall be binding on me, my child, and, if applicable, my and my child's heirs, executors, administrators and personal representatives. This release and indemnity agreement shall be governed and construed under the laws of the State of Texas.

_____	_____
Print Player's Name	US Lacrosse #

Print Parent's Name	

Parent Signature	Date



MEDIA RELEASE FORM

I hereby grant permission to Lamar Women's Lacrosse to print, photograph, interview, and record my child, _____ for use in audio, video, film, or any other electronic digital and printed media. It is my understanding that this photograph/interview or portions thereof will be used for public view.

I agree to participate in this project without financial remuneration, and I understand that this releases Lamar Women's Lacrosse and its representative/photographer/interviewer from any future claims as well as from any liability arising from the use of said photograph/interview.

Name of child _____

Address _____

City, State, ZIP _____

Signature of parent or guardian _____

Date _____

Lamar Lacrosse Player Commitment Contract

Athlete's Name: _____

As student athletes, you are bound by a stricter moral and behavioral code than non-student-athletes. As such, you will be responsible for conducting yourself in a manner above and beyond non student-athletes. If you choose to accept this responsibility, you must sign this contract, and in doing so, you agree to abide by the consequences set forth below:

Every member of the Lamar Women's Varsity/JV Lacrosse Team has a duty to represent herself, the team and the school in the best manner possible.

1. Practice Begins at 4:35 P.M. If you are not ready with all equipment and in line to begin at that time you are late.
 - Each person late= sprint added on to conditioning at the end for entire team
2. You may not have more than 3 unexcused practices in the spring (fall is more flexible)- may result in dismissal of the team (up to the coaches discretion)
 - Excuses for missing = sick- must let coach know night before but preferably 24hrs in advance, death in the family or friends, family emergency.
 - Athlete must let coach know, not your parents
3. Any member of the team that misses a practice before a game, regardless of the reason, will not be allowed to start that game, even if we do not have enough players on the field.
4. **NO complaining**
5. **NO sorrys** on the field, in lacrosse you are going to make mistakes, it is ok=PUSH-UPS :)
6. **3 second rule**- cannot be down on yourself or mad about a mistake longer than 3 seconds
7. **Cell Phones**
 - No phones at practice and/or team functions
 - No phones on the on sidelines before a game (only if listening to music)
8. **GIVE 100%**- how you practice is how you will compete in a game

Being a student athlete requires a lot of time management. If there are conflicts with school functions you need to let coach know in advance. Lacrosse is a commitment as well and all of your teammates are counting on you being there and putting in the time as much as they are.

Student-athletes should not post pictures on Facebook, twitter etc. showing alcohol or drug involvement nor have anything on page that reflects negatively on their team, the athletic department or the school. Student-athletes doing so could face dismissal from the team. It is important to note that coaches do not monitor social networking sites.

By signing below, you affirm that you have read this and fully understand the rules set forth by this Contract. You are also stating that you understand that violations of the lacrosse team behavior policies could result in your being dismissed from the team.

Player's Signature: _____ Date: _____
Parent's Signature: _____ Date: _____