

Lamar Women's Lacrosse

General Information 2011-2012

Coaches: Anthony Petrucciani, Head Coach
Jess Riley and Anna Standley, Assistant Coaches

Player Eligibility: Girls from 9th – 12th grades who are enrolled at or zoned to Lamar
Freshmen are eligible to play on varsity.
Seniors cannot play on JV but can play on JV2 as per TGHSLL rules.

Player Responsibilities:

- Full time commitment
- Players are expected to work on skills and conditioning on their own time and to come prepared for practice.
- Proper equipment and attire for practices and games is required.
- Dress Code:
 - Reversible jerseys and uniform shorts for practice. Former players may wear their reversible jersey from last year, shorts are available for purchase now.
 - No skinny-strapped garments or sports bras without wearing t-shirt over such garments.
 - No jewelry / earrings at practices or game
- Equipment:
 - Bring your goggles, stick, mouth guard(s) and cleats to every practice and every game.
- Bring your uniform to all games and keep uniforms in good condition.
- Be on time!!

ABSOLUTELY NO TOBACCO, ALCOHOL OR DRUGS WILL BE TOLERATED AT ANY TEAM FUNCTION. Immediate expulsion from the team and removal from the event will result.

Grades: 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.

Attendance: 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. Five absences may result in demotion or termination of participation of LWLAX. This decision will rest solely at the discretion of the coaches. Players must arrive on time to practice. Tardy arrival to practices and games will not be tolerated.

P.E. Credit: 0.5 hours for Spring Semester is available for Lamar students. Students are responsible for following procedures directed by their coach 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. Credit must be requested the spring prior to the upcoming season.

Registration Requirements:

Physical: Each player must obtain a current physical after May 15th of each year and submit the results of that physical on the "HISD Athletic Department Physical Examination Form" to the Lamar Women's Lacrosse Steering Committee before the first practice.

US Lacrosse Membership: Each player must obtain a current US Lacrosse Membership (\$35) that is valid through the end of May 2012. To register or renew your membership, go to ww.uslacrosse.org.

Due to liability/insurance issues, proof of membership (i.e. printed copy of your registration, expiration date and membership number) must be submitted before the first practice. Membership will be verified.

Forms: It is mandatory that all forms be submitted together.

Sorry – we will not accept incomplete packets.

No player will be allowed on the fields to practice until all forms and fees are turned in. After all completed forms are received and each player is registered, the player will receive "Cleared To Participate" email that can be given to the coach at the first practice.

Note: If you did not participate in LWLAX last school year, the "HISD Parent's Approval For Participation" form must be notarized.

Registration	\$150.00	Fall Pre- try out practices Fees due September 19.
Fees:	\$425.00	Spring Registration Dues due December 15.

Scholarships are available if financially unable to cover fees. Contact one of the team coaches to make an application.

Registration fees cover expenses including but not limited to: field costs and expenses to HYLAX, game referee fees, TGHSLL association dues, tournament fees, and insurance coverage.

Does not cover player' uniform and equipment (stick, goggles, cleats, mouth guards), team gear(t-shirts, sweatshirts), chaperones' gas, lodging or meals, lodging and transportation for out of town tournaments, meals/ snacks for all tournaments, year-end team dinner or coaches end of season stipends.

*** **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.

Uniforms: The **JV Team** uniform consists of one skirt and 2 jerseys (red & blue). In order to reduce the financial burden on players' families, the uniforms are checked out by players and shall remain the property of LWLAX.

A deposit of \$ 75.00 is required 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 will be returned minus a \$25.00 usage fee. If any pieces of the uniform are missing, the full deposit will be retained to attempt to reorder any missing piece(s). The forms and deposit are due January 15, 2012.

The **Varsity Team** uniform consists of one skirt and two jerseys. These are purchased by team members and remain the property of the player. The cost is to be determined.

Black shorts are worn under the skirt for both teams. In cold weather, black long-sleeved shirts (Under Armor-type) and leggings are worn under the uniform. These items are purchased by the player.

Transportation Policy:

Parent drivers only:

- Out of town tournaments and events
- Games/Scrimmages at Clear Lake, Cy-Fair, Kingwood, Klein, Westchester and Woodlands

Players may drive: -Games/scrimmages/practices at South Campus, Dynamo Practice Fields/ Houston Amateur Sports Park, Bellaire, Episcopal, Kinkaid, Memorial and St. Johns.

Fall Practices/Workouts (September 19 – December 1)

September 19th through November 4th : Monday/Wednesday/Friday , 4:45pm until 6:30pm, St. Catherine's field

November 8th through December 1st : Tuesday/ Thursday, 5:00 pm - 6:30pm, Dynamo Practice Fields/ Houston Amateur Sports Park

Sundays, 3:00-5:00, St Catherine's

Lamar Women's Lacrosse

2011 – 2012 TEAM EXPECTATIONS

Head Coach Anthony Petrucciani
Assistant Coaches Jess Riley and Anna Standley

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 players 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 MENTALLY and PHYSICALLY..

The following stick and field skills will be looked at to be considered for a spot on the VARSITY roster.

- Strong Stick skills, dodges, ground balls
- Ability to pass/catch consistently with both right and left hand
- DEFENSE>>>FOOTWORK>>>Understanding that your job is to *s l o w* the ball down not necessarily looking for the check or steal....being smart
- Smart field sense
- COMMUNICATION!!!!!!! Knowing when to speak and not to speak.
- COMMON SENSE
- Being versatile

Physical Fitness

- 3-mile run in ≤ 30 minutes 2 times a week
- 1-mile run in ≤ 8 minutes 3 times a week
- 15 x 100 yards sprints, 20 seconds each; players will have an additional 40 seconds to return to the starting line and go again do this on the weekends
- Make sure to throw in some resistance training. Lunges, squats, upper body and core. (cross fit)

Use the above as a guideline.

*Players are held accountable for their own fitness away from the game/season. We will work on cross training and a mile run at every practice. But remember we do not have much time at practice. If you are not active away from practice you must do so to not get left behind.

I do understand that all of you come from different programs, so I DO LOOK FOR POTENTIAL and REWARD those who capitalize during practices. So, it's important to work outside of practice.

LWLAX 2011- 2012 IMPORTANT DATES/Tentative Schedule

as of 9/01/2011

Fall Practices: Sept 19-Nov 4: Mon/Wed/Fri, 4:45-6:30pm, St. Catherine's field
Nov 8-Dec 1: Tues/Thur, 5:00-6:30 pm, Dynamo Practice Fields/Houston Amateur Sports Park
Sundays, 3:00-5:00, St. Catherine's field

September 8	Kickoff meeting of LWLAX at Lamar High School cafeteria, 6 pm	
September 19th	1st day of Fall Practice – ALL FORMS and FALL PRACTICE FEE DUE	
October 16th	Woodlands Play Day	2 teams
October 1st – December 15th	Online HYLAX registration Spring dues \$425 \$150 late fee for any registration after December 15 th , with final registration by January 2 nd	
November 11th-13th	UT Texas Best Tournament Austin, Texas Overnight trip	Players selected by Coaches
December 3rd -4th	Cy Fair Tournament	2 teams
December 4th	End of fall season	
December 15th	\$425 HYLAX spring dues due (see above re: due date)	
January 3rd	1st day spring practice	
January	Team Parent Meeting – date TBA	
Late January / early February	Teams chosen by coaches and announced Just prior to A&M Tournament	
Late January / early February	A&M Classic Tournament College Station, Texas Overnight trip	Varsity & JV
February	St John's Play Day	Varsity
February	Regular Season Games begin	Varsity & JV
March 9 th – 12 th (1 st long weekend spring break)	St Petersburg Florida Fly out after school on Friday and return late Monday Play top teams from Florida and others from around the Country	Varsity & possibly some JV players to play up for this weekend
April 14th (April 21 st rain date)	JV Tournament South Campus Fields	JV playing Varsity helping run tournament Parents helping run tournament
April	Regular season ends late April	Varsity & JV
April (late)	Division playoffs / City Championship	Varsity
May	TGHSLL 2012 State Championships	

LAMAR WOMEN'S LACROSSE FEE SUMMARY 2011-2012

AMOUNT DUE	DATE	DESCRIPTION
\$150	SEPT. 19	FALL PRACTICE FEE DUE at first practice. Includes all fall practices
\$22.50 \$23.00		Practice reversible jersey (new players only) Practice shorts (all players)
\$35	SEPT. 19	USLAX Dues (Annual Membership Fee) Paid to USLAX online Proof/documentation must be provided MUST BE VALID THROUGH MAY 31, 2012.
\$120		TYPICAL EQUIPMENT COST FOR NEW PLAYER (GOGGLES, STICK, CLEATS AND MOUTHGUARDS)
\$425	DEC. 15	SPRING TEAM DUES, payable to HYLAX (late fee of \$150 if registered after Dec. 15) All dues and fees are forfeited in event player elects to not participate at any time.
\$75	JAN. 15	\$50 UNIFORM DEPOSIT/ \$25 USAGE FEE (Uniform—skirt, red jersey, blue jersey) (Shorts, t-shirts, sweatshirts and Varsity Jackets are optional & extra)
Undetermined		Travel, food, and hotel expenses for any out of town tournaments that the coaches and steering committee elect to attend (e.g. TAMU tournament)
TBD		Optional contribution for Coaches Stipend at the end of the season.

CHECKS ARE TO BE MADE PAYABLE TO "LAMAR WOMEN'S LACROSSE".

PLEASE MAIL OR HAND DELIVER ALL DOCUMENTATION TO Kelly Teague
2327 Sheridan, HOUSTON, TX
77030

(Note: when possible, attempts will be made to collect documentations/checks during practice)

FOR QUESTIONS OR CONCERNS PLEASE EMAIL : Kelly Teague, klteague@yahoo.com



LWLAX MEMBERSHIP CHECK LIST 2011-2012

FORMS/FEEES TO RETURN BY SEPTEMBER 19, 2011:

- _____ LWLAX Contact Information Sheet
- _____ LWLAX Approval of Participation in Athletics and Emergency Medical Authorization
- _____ TGHSLL Code of Conduct Form
- _____ HYLAX Release & Indemnity Form
- _____ HISD Parent's Approval For Participation Form (must be notarized if a new player)
- _____ HISD Athletic Department Physical Examination Form (exam completed after May 1, 2011)
- _____ FALL Try Out Practice Fee \$150, payable to LWLAX.
- _____ USLAX DUES (annual membership fee, paid to USLAX online: www.uslacrosse.org , due September 30 – must be valid through May 31, 2012)
- _____ ***PRACTICE JERSEY/SHORT ORDER FORM (DUE SEPTEMBER 8)***

Copy of the following:

- _____ A valid and current medical insurance card (front & back)

**It is mandatory that all forms be submitted together.
Sorry – we will not accept incomplete packets.**

FORMS/ FEES DUE AFTER SEPTEMBER 30, 2011:

- _____ Spring Dues \$425 due December 15, 2011.
- _____ Uniform fee due January 1 (\$75 for Junior Varsity, TBA for Varsity)

FORMS FOR YOU TO KEEP:

- _____ LWLAX Information, Fee Summary, Projected Calendar

TO DO:

- _____ Sign up to volunteer.
- _____ Sign up for Fund Raisers

*****Checks should be made payable to “Lamar Women’s Lacrosse”**

LAMAR WOMEN'S LACROSSE
CONTACT INFORMATION SHEET 2011 - 2012

PLEASE PRINT LEGIBLY

Participant Information

Player' Name: _____ DOB: _____

Player's Home Address: _____ ZIP: _____

Player's Home Phone: _____ Cell Phone: _____

Player's Email Address: _____

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

Years of LAX experience: _____ Position Played: _____

USLAX Membership #: _____ Exp. Date: _____

Parent Contact Information

Mom's Name: _____

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

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

Mom's Cell Phone: _____ Work Phone: _____

Mom's Email Address: _____

Dad's Name: _____

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

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

Dad's Cell Phone: _____ Work Phone: _____

Dad's Email Address: _____

Emergency contact in event parents cannot be reached:

Name: _____ Phone: _____

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 _____

**LAMAR HIGH SCHOOL WOMEN'S LACROSSE CLUB
APPROVAL OF PARTICIPATION IN ATHLETICS AND
EMERGENCY MEDICAL AUTHORIZATION
2011 - 2012 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 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, Houston Youth Lacrosse League, its 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 PLAYERS 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 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.

Coach Sign TEAM

Player Sign / Date

Parent/Guardian Sign / Date

Coach Print & E-mail

Player Print & E-mail

Parent Print & E-mail

Coach Phone

Player Phone

Parent Phone

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

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

LAMAR WOMEN'S LACROSSE
PRACTICE UNIFORM ORDER

Dear Players and Parents:

Please fill out the order form below to order the Lamar Women's Lacrosse Practice Uniform. **Orders are due at registration, September 8th, 2011.**

FYI, if you have a practice jersey from last year you only need to order the shorts.
Questions please call 713-922-8063 or email, cslade@visiontexas.com.

We will have a sample short and top at registration if you are not sure about sizing.

You must have order form and payment to place order

Thank you,

Cyndi Slade
Cindy Demeris
2011-2012 Uniform Chairs

Name: _____

Phone Number: _____

PRACTICE JERSEY (circle size)	S	M	L	XL	Cost: \$22.50
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PRACTICE SHORT (circle size)	S	M	L	XL	Cost: \$23.00
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Total Costs \$ _____
(Make check payable to Lamar Women's Lacrosse)