



Sarpy Lady Knights Lacrosse Club Handbook

Sarpy Lady Knights Coaching Staff:

- Shannon Mechels-Struby (402) 490-3153
- Jason Brilz (402) 871-7840

Sarpy Lady Knights Support Staff:

Team Manager/Equipment Manager

- Joni Spence

Board Members:

- Melissa Grzywa
- Rebecca Kyle
- Brenda Mechels-Struby
- Amanda Brisbois
- Rebecca Brilz

Player Equipment:

Required:

- Lacrosse Stick
- Goggles
- Mouth Guard (any plain color except clear or white)
- Cleats (soccer or lacrosse)

Highly Recommended:

- Gloves (women's lacrosse style preferred but can be any thin gloves)
- Long Spandex (black) for cold game days
- Navy long sleeve compression shirt for cold days
- White long sleeve compression shirt for cold days

Optional:

- Women's lacrosse helmet
- Team Spirit Wear

Costs to Play:

- **Team Fees: \$400**

Covers all costs associated with MGLL dues, facility rentals, officials, trainers, etc. All players are additionally expected to participate in fundraising, as team fees do not cover all costs. Without fundraising, fees would be higher.

- **Uniform and Pinnie: \$100**

Uniform kit is required. The kit includes one home and one away jersey, one skirt, and one practice pinnie.

- **Volunteer Deposit: \$150**

All families are expected to volunteer, in order to make our club successful. At the end of the season, checks from families who volunteered will be shredded. Checks from families who did not volunteer will be deposited into the club account.

- **USA Lacrosse Membership: \$35**

An active membership to USA Lacrosse is required in order to play and/or practice. USA Lacrosse provides all of our insurance coverage. Please sign-up/renew your membership via the USA Lacrosse website. Membership must be active through the entire season (May). Your membership number will be verified prior to being allowed to participate in any practice or game. Additionally, you will need this number to register for the Midwest Girls Lacrosse League. Registration can be completed at: <https://www.usalacrosse.com/membership>

- **MGLL League Registration: Free**

Registration to the Midwest Girls Lacrosse League (the league we belong to) is free. However, registration is required by Feb. 25, 2024. Registration can be completed at: www.MidwestGirlsLax.com

NOTE:

Refund Policy: **NO** refunds will be granted after the player is registered with the team and uniform has been ordered.

Returned Check Policy: A “re-deposit fee” of \$35.00 will be charged for each returned check.

Registration:

Prior to participating in any team activities (including practices starting on Feb. 4th), the following must be completed:

- Signature Page must be returned to a coach, with player and parent(s) signature
- Payment of Team Fees
- Payment of Volunteer Deposit
- USA Lacrosse Membership (www.usalacrosse.com)
- Concussion Baseline Test (scheduled for 4:00pm Feb. 4th)

MGLL League Registration must be completed by Feb. 25th, 2024. This can be done online at www.MidwestGirlsLax.com

Parent Volunteers

We need parents to help make our program successful! There are many opportunities to help and we ask that you sign up for an area you are interested in. If you are unsure about a specific position, or where you might best help, please reach out to a board member to discuss!

All families are expected to volunteer in some way to ensure a successful program. As part of the registration process, each family is required to write a \$150 check made payable to the club. At the end of the season, checks from families who volunteered will be shredded. Checks from families who did not volunteer will be deposited into the club account.

Below are volunteer positions for the spring season and the number of positions needed:

- Fundraiser Coordinator (2)
- Corporate Sponsor Coordinator (2)
- Lining of the Practice Field (2)
- Game Day Photographer (1)
- Game Day Videographer (1)
- Game Day Set-Up (2)
- Home Game – Table Score Keeper (2)
- Home Game – Electronic Score Board Operator (1)
- Game Day Statisticians (5)
- TeamSnap Game Score (1)
- Spirit Wear Coordinator (1)

The QR Code can be used to learn more about each position and to sign up:



Concussion Awareness Information

The Sarpy Lady Knight Program follows the USA Lacrosse Concussion Management Plan and adheres to the below protocol.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. All concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious.

Athletes are responsible for reporting a head injury and/or concussion to the coach.

Symptoms reported by the athlete may include:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise

Signs observed by people other than the athlete include:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

An athlete exhibiting signs and symptoms of a concussion will be removed from play immediately and should be evaluated by an appropriate healthcare provider with experience in concussion assessment and management. An athlete with a suspected or diagnosed concussion will not be permitted to return to play until evaluated by an appropriate healthcare provider and written consent to resume participation is obtained from the provider.

All athletes will participate in Preseason Baseline Testing. This test can be used by a healthcare provider to assist in post injury evaluation.

More information can be found on the USA Lacrosse website (<https://www.usalacrosse.com/concussion-awareness>)

Sarpy Lady Knights Lacrosse Club Policies

The Sarpy Lady Knights Lacrosse Club believes in the values of teamwork, sportsmanship, and leadership by example. As a player, your actions reflect not only on you, but also on your teammates, your coaches, and the club. The following Codes of Conduct apply to all Sarpy Lady Knight players and parents at all club events. An ‘event’ includes practices, games, fundraisers, volunteering, recruiting, team trips, or any other activity where a player is representing the Sarpy Lady Knights organization.

Players and parents are to conduct themselves in a manner that “Honors the Game” and demonstrates respect to other players, coaches, officials and spectators. Each player and her parent(s) are responsible for understanding and abiding by their respective code of conduct.

PLAYER CODE OF CONDUCT AGREEMENT

As a player in the Sarpy Lady Knights Lacrosse Club, I agree to abide by and follow the below rules and guidelines:

- Positively contribute and abide by the team’s culture
- Treat my teammates and coaches with respect.
- Maintain my grades and do well at school.
- Only post to social media sites respectful and appropriate content.
- Use language during practices, games, and other club events that is supportive and positive.
- Leave communication with officials during games to the coaches and team captains.
- Refrain from breaking the law. This includes using or being in possession of drugs, alcohol, vaping, and tobacco products.
- Show good sportsmanship at all times, both when winning and losing.
- Advocate for myself. If a problem or concern arises, I will speak directly to my coach (in person, not through text).
- Attend all practices and games. If I must miss, I will contact my coach at least one day in advance (or as soon as possible if it’s an emergency).

PARENT CODE OF CONDUCT AGREEMENT

Parents and/or guardians of players on the Sarpy County Lady Knights Lacrosse Club should understand the following expectations. Failure to follow these expectations could result in disciplinary measures, including disallowance of attending club practices, games, tournaments, or any other events.

- Coaches are not to be approached before or after games with issues or concerns. If issues or concerns exist, the coach can be contacted 24 hours after the game. This allows everyone a “cooling off” period.
- Concerns or issues about the team, or your daughter, should be addressed directly with the coach or a board member.
- The coaches assign positions and allocate playing time. This is their responsibility. Your responsibility is to positively support your daughter.
- During games, all cheering and encouragement from the stands is positive and supportive. There will be no shouted comments about the opposing team, their players, their parents, or coaches.
- Officials are not to be shouted at or berated.

Academic Requirements

The Sarpy Lady Knights Lacrosse Club follows the NSAA (Nebraska School Activities Association) Scholastic Requirements. To be eligible, a player must pass 20 hours of credit from the immediate past semester and be currently enrolled in at least 20 hours of credit.

Playing Time

The Sarpy Lady Knights Lacrosse Club is a competitive program. Some players will receive more playing time than others. Playing time is based on the ability of the player to handle the responsibilities given to her by the coaching staff, including but not limited to academics, off-the-field actions, on-field behavior, and role within the team. Conversations regarding playing time or a player's role on the team are to be held between the coach and the player. Coaches are not to be approached before or after games with issues or concerns. If issues or concerns exist, the coach can be contacted 24 hours after the game.

Grievance Procedure

If a parent has a concern with the coaching staff, the parent must contact the head coach to arrange a face to face meeting to address any concerns with coaching staff. This meeting must be attended by parent(s), player, head coach, and board member. The head coach and player must first try to work out any concerns before this action is taken. Coaches are not to be approached before or after games with issues or concerns. If issues or concerns exist, the coach can be contacted 24 hours after the game.

Club Website

The Sarpy Lady Knights Lacrosse website (www.ladyknightslax.com) has further information about our club, including bylaws, schedules, sponsorships, and volunteer opportunities.

Signature Page – Please return to a Coach

PLAYER:

By signing this agreement, I understand and agree to the following:

- I have been provided concussion awareness information and the Sarpy Lady Knights Lacrosse Concussion Protocol. Furthermore, I understand the information provided and the importance of reporting a head injury and/or concussion to the coach.
- I will uphold the Sarpy Lady Knight Player Code of Conduct and realize that violation of this Code of Conduct may result in loss of playing time, suspension for part or all of a game, or even removal from the Sarpy Lady Knights Lacrosse program.

Player Name (Printed) _____

Player Signature _____ Date _____

PARENT(S):

By signing this agreement, I understand and agree to the following:

- I have been provided concussion awareness information and the Sarpy Lady Knights Lacrosse Concussion Protocol. Furthermore, I understand the information provided and the importance of encouraging my daughter to report a head injury and/or concussion to the coach.
- I will uphold the Sarpy Lady Knight Parent Code of Conduct. Furthermore, I realize that violation of this Code of Conduct may result in disciplinary measures, which could include prohibition from attending Sarpy Lady Knight Lacrosse Club practices, games and/or tournaments, and removal from any facility where the Sarpy Lady Knight Lacrosse Club is playing.

Parent/Guardian Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____