



Sarpy Lady Knights Lacrosse Club Handbook

Sarpy Lady Knights Coaching Staff:

Head Coach: *Ellie Pierce*

Assistant Coach: *Amy Rose*

JV Coach: *Keith Rose*

Sarpy Lady Knights Support Staff:

Team Manager: *Joni Spence*

- Maintain TeamSnap by entering in all games/practices for the schedule.
- Reserve facilities for all games and practices
- Bring equipment to games and practices

Team Treasurer: *Sonia Elkins*

- Provide updated statements to the Board for review
- Manage bank accounts
- Coordinate when payments need to be made

Board of Directors: *Sonia Elkins, Melissa Grzywa, Rebecca Kyle, Brenda Mechels-Struby, Joni Spence*

- Fundraising
- Regular meetings
- Organize Budget
- Support Head Coach
- Organize parent volunteer needs

Equipment for players

Required:

- Crosse (Lacrosse Stick)
- Goggles
- Mouth Guard (any plain color except clear or white)
- Black sports bra and spandex shorts

Highly Recommended:

- Cleats (soccer style)
- 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

Parent Volunteers

We need parents to help make our program successful. We have many different opportunities to help. Please reach out to a coach or board member with the area you would like to volunteer in. All Families are expected to volunteer in some way to ensure a successful program.

- **Spirit Gear Coordinator:** Work in the fall to prepare the online store with Abante. Orders go out in January for return in March ready for season.
- **Fundraiser Coordinator:** Work in the late spring/early summer to launch fundraiser in late summer
- **Game Day Photographer:** Take action shots during games
- **Equipment Coordinator:** Keep track of all equipment
- **Home Game Day Set Up:** Help set up flags, goals, etc.
- **Home Game Day Score/Timekeeper:** Work at the score table
- **Home Game Day Stats Recorder:** Record stats
- **Home Game Day Stats Spotter:** Help keep stats
- **Video Game for Facebook Live Stream**
- **Practice Field Lining:** Using supplies provided, go over the practice field lines at Papillion South HS (2 times per season)
- **Home/Away Game Day Flag Set Up:** Team manager will bring the flags but they need to be set up at every game
- **Home/Away Game Day Canopy Tent Set Up:** Set up tent for players

What are the costs to play?

A. Team Fees: \$400

Covers all costs associated with MGLL dues, facility rentals, officials, etc. We do expect every player to participate in fundraising because our team fees do not cover all the costs. If we are not successful in fundraising team fees will be higher.

Uniform and Pinnie: \$100

Uniform kit is required. Everyone will be getting new uniforms in 2023. This includes one home and one away jersey, one skirt, and one practice pinnie.

B. 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 as soon as possible. Your active membership number will be verified prior to being allowed to participate in any practice or game. Additionally, you will use this number to register for the Midwest Girls Lacrosse League.

C. MGLL League Registration: Free

Registration to the Midwest Girls Lacrosse League (the league we belong to) is free. However, registration is required by Feb. 12, 2023. 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.

Sarpy Lady Knights Lacrosse Club Policies

Complete Registration

In order to be officially listed on the team roster and participate in any team activities, please complete the following steps by **February 1st, 2023** (unless otherwise stated):

1. Read the **Concussion Awareness Information**
2. Sign and return the **Player Code of Conduct**
3. Sign and return the **Parent Code of Conduct**
4. Pay **Club Fees** of \$400.
5. Complete the **Online Registrations** for the following prior to Feb. 12, 2023:
 - a. USA Lacrosse (www.usalacrosse.com)
 - b. MGLL (www.MidwestGirlsLax.com)

Concussion Awareness Information

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. Even though most concussions are mild, **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. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms of concussions may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the

first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. **No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical signed documentation.**

Sarpy Lady Knights Lacrosse - Player and Parent Code of Conduct

The Sarpy County 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 Lady Knights 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 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 County 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, 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.

Attendance policies:

Lacrosse is a team sport and without every player present the team is at a disadvantage. We ask that you make a commitment to be there for your team.

- Players need to attend and be on time for all practices. This rule also applies to injured players so they can observe and learn.
- Players (NOT PARENTS) who believe they will miss a practice must contact a member of the coaching staff to inform them of the possible absence and the reason for the absence. If a player is going to miss multiple practices, they must contact the coaching staff EACH DAY to remind them of the absence. Contact with the coaching staff should be made in the morning, prior to every practice and every game.
- Players (NOT PARENTS) are responsible for monitoring email and text messages sent through Team Snap and responding to them.
- Players (NOT PARENTS) are responsible for their equipment to include upkeep, game readiness and accountability (having everything for games and practices).
- Players (NOT PARENTS) are responsible for their time management as it pertains to team readiness. Balancing school, work and athletics is part of growing and being a high school athlete.

Playing Time

The Sarpy County 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 procedures

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.

Please refer to the SARPY COUNTY LADY KNIGHTS LACROSSE CLUB website for further information including our By-laws. <https://www.ladyknightslax.com/>

Signature Page—Please return to Coach

I understand that by signing this agreement I agree to uphold the **Sarpy County Lady Knights Player Code of Conduct**. I 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/Guardian Name (Printed) _____

Parent/Guardian Signature _____ Date _____

I understand that by signing this agreement I agree to uphold the **Sarpy County Lady Knights Parent Code of Conduct**. I realize that violation of this Code of Conduct may result in disciplinary measures, which could include prohibition from attending Sarpy Lady Knights Lacrosse Club practices, games and/or tournaments, and removal from any facility where Sarpy Lady Knights Lacrosse Club is playing.

Player's Name: _____

Parent/Guardian Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____