

2017 November Meeting Agenda

Nebraska High School Lacrosse Association
Board of Directors Meeting
November 29, 2017, 7:00 PM
For Participants Dial – 402-609-1766

Nebraska Orthopedic Hospital
2808 S. 143rd Street, Omaha NE 68144
Conference Room: Aquarium

Meeting started at 7:00 pm

1. Members present:

Ames - Present - Phone	Millard West - Present
Ankeny - Absent	Northstar - Present
West Des Moines Valley - Absent	Sarpy County - Present
Burke - Present	Westside - Present
Cobra Lacrosse - Present	Chris Howe, President - Present
Creighton Prep - Present	Jon Pohlmann - Vice President - Present
Elkhorn - Present	Tim Mausbach - Treasurer - Present
Lincoln - Present	Kimberly Kuszak - Secretary - Present

2. Approve minutes from October 25, 2017 Meeting

Chris Howe stated West Des Moines Valley (WDV) was present at the October 25, 2017 meeting however left off the minutes. The minutes have been corrected to reflect WDV was present via phone. Minutes were approved.

3. President's Report

- a. US Lacrosse Summit Update - Saturday, January 9th at TD Ameritrade building, upstairs in the training area beginning at 9:00 AM. Please arrive at least 15 minutes early to get your ID badge and sign in. Invitations will be going out hopefully within the next week. Attendee names will need to be given no later than the December 27, 2017 meeting. An agenda will be created incorporating topics given by the teams. There will be large group meeting then the possibility of break out sessions.
- b. Please make changes/additions on your team's tab on the schedule Nick Clausen sent out and then send it back to Nick no later than 12/9/17 (even if you don't have changes back for me please let me know that it is good from you). If you have any question, contact Nick Clausen.
- c. Helmet orders: Burke would like to put in a team helmet order the month of January. If anyone else would like to get in on this please let me know. Just remember the min order for each team is 12 helmets. Example: 12 Cascade R's or 12 Cascade S's, not 6 and 6. The option for team gloves is possible.

- d. Player Transfer and 8th grade waiver forms are being updated to a Google Form; Time and date stamp. Once the form is completed a draft of the form will be sent out for everyone to look at.
- e. Concussion forms need to be updated as well, working with Rusty McKune
 - i. Need to document Return to Learn being completed so player can begin Return to Play
 - 1. Baseline: Back to School First**

Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities, and has the green-light from their health care provider to begin the return to play process.
 - 2. Step 1: Light aerobic activity**

Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.
 - 3. Step 2: Moderate activity**

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight from their typical routine).
 - 4. Step 3: Heavy, non-contact activity**

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
 - 5. Step 4: Practice & full contact**

Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.
 - 6. Step 5: Competition**

Young athlete may return to competition.

4. VP's Report

Jon Pohlmann stated he has the balls in his vehicle and teams will need to pick up prior to leave the meeting. John will also bring any invoices at the December meeting.

5. Secretary's Report

All rights for teams have been granted back, if there are any issues to let Kimberly know.

6. Treasurer's Report

Tim Mausbach stated he only has one check to deposit and there are no outstanding bills. Tim read off who still owes for balls, invoices will be given at the December meeting

9. LaxCon January 19-21, 2018 • Baltimore

Two people entered their names into the hat for attendance. Chris Hanke, Burke and Austin, Ames. Cory Damgaard entered his name as a last minute entry however removed it for fairness. Chris Hanke's name was draw from a cup. Congratulations Chris Hanke! Chris Howe reminded Chris to submit all receipts to NELAX and he would be reimbursed up to \$1500.00

10. 2018 JV Tournament Scheduled April 14, 2018

Northstar is going to host this tournament and stated he anything special needs to be done prior to the field to please let them know. Jon Pohlmann stated depending on the number of teams will determine the type of tournament which will be held. He is looking at a single elimination tourney. Cobra asked who would be providing the game balls and the board stated NELAX will provide game balls for the Tournament.

11. Boundaries Vote - open discussion

The revised document was sent out on November 17th for review. Are there any questions? Is there any discussion? The vote to approve the boundaries as distributed has been approved.

- Elkhorn stated they did not like rules being created which could be hard to enforce in the future when it comes to boundaries
- Nays - Elkhorn & Westside
- Chris Hanke - Burke stated he would like to see some language created for a cut off to when teams are forced to split off and make new teams because of the numbers. For example: if there are 10 players who are coming from Central, when do they decide a new team needs to be created for just Central.

12. Player Transfer Procedure Vote

The revised document was sent out on November 17th for review. Are there any questions? Is there any discussion? The vote to approve the Player Transfer Procedure Rule as distributed/amended has been approved.

- Elkhorn asked the question why Jacob was being singled out getting a transfer request because they have two a player from Brownell Talbot and Concordia. The board explained that these two schools did not fall under any umbrella and they were grandfathered. However any new players would have to request a transfer.
- Westside asked on average how many transfer requests are being processed a year

13. Player Transfer Vote -Jacob Lue from Cobra Lacrosse to Elkhorn South

Due to the sensitivity of this issue, Kimberly has prepared a document for each team in order to vote. Please fill out your voting ballot and Kimberly will pick those up. Votes were collected by Kimberly and counted 11 Aye and 4 Nays. The Transfer request was approved for Jacob Lue

- Prior to discussion Kristin Lue asked to speak and she stated that she did not realize this was an issues about the transfer request submission until early fall. She gave history of how Jacob Lue came to start playing for Elkhorn Storm and that forcing her child to play for Cobras would not easy for their family of three kids and all of their activities. Kristin also stated that most practices and games are a few blocks from their home and having to drive them back to the Cobra's practices/games would cause hardship.
- Kristin also states the transfer request includes their younger son Nicholas Lue and she would like the board to approve this request at this time. Chris Howe stated that the board is only working on Jacob's request and that Nicholas would have to submit a new request when the time is right.

- Jancie from Cobra's asked Jacob if he plays any other sports at Scutt and Jacob stated he plays basketball
- Steve Haney asked if this player transfer would be such an issue if Jacob was not the player he is; meaning he is a very good player
- Travis from Cobra stated that he wants Jacob to play for the Cobras, was disappointment he didn't even try to come out and look at the Cobras and did not speak to the coaches at Cobra
- Elkhorn comments were they did not recruit Jacob, however they firmly believe kids should be allowed to play for the community they live in and their parents pays taxes in.

14. New Business

- a. Revision of Bylaws
 - i. Send suggestions to NELAX executive board by December 15th
- b. Opening registration date (this will be the official start of the Spring season)
 - i. Spring season will officially start on March 1, 2018
 - ii. No 8th graders or non NELAX players can participate in practices/games at the high school level after March 1, 2018
- c. Set up ImPACT Testing with Rusty McKune 402-552-3522 RMckune@nebraskamed.com
 - i. Elkhorn stated their schools have performed all of their ImPACT testing

15. Upcoming Events

- a. Christmas Box Tournament - email nepremierlax@gmail.com with questions or to register your team. Cost is \$775 per team
- b. Kick Off Clinic at Speedway Village in Lincoln, March 4th from 10 am - 4 pm. All players are invited (youth - high school, boys and girls) Cost is \$25 per player. Registration will open soon

Meeting Adjourned at 9:13 pm