

The Stratford Girls Lacrosse Club (SGLC) is a competitive girl's lacrosse club with aspirations to compete for high school varsity state championships. We are a member club of US Lacrosse - the national organizing body for Lacrosse in the United States.

In Texas lacrosse is not a UIL sanctioned sport and, therefore, the SGLC is not sponsored by Spring Branch Independent School District (SBISD), Stratford High School (SHS) or any other SBISD School. Our teams, however, do practice and play at SBISD facilities.

The SGLC is a private club. Members must register and try out annually. Prior membership to SGLC and assignment to a given team (e.g. Varsity) does not guarantee future membership and/or assignment to the same team. Membership and team assignment is a privilege that must be earned and maintained.

The club reserves the right to make cuts if deemed necessary to ensure the roster size is manageable for the coaching staff and optimized to achieve our objectives to play at the highest levels of girl's lacrosse available in Texas. Cuts may also be made due to behavior or attitude issues or lack of commitment to and compliance with club policies.

Membership Eligibility

In addition to a passion for the sport of women's lacrosse and a commitment to uphold the values of the SGLC, there are 2 key eligibility requirements for membership in the SGLC:

- US Lacrosse Membership
- TGHSLL eligibility (High School only)

US Lacrosse Membership

Active membership in US Lacrosse (USL) is required for membership to SGLC. Your US Lacrosse membership will be validated as part of the online registration process. Coaches are also required to maintain membership in USL.

TGHSLL Eligibility

At the High School level, the SGLC is a member of the [Texas Girls High School Lacrosse League](#) (TGHSLL). The TGHSLL defines club eligibility by school attendance zones. Girls who live in the SHS attendance zone but go to some other SBISD school or a private school are also eligible if the school they attend does not have a lacrosse program. If a player's school does have a lacrosse program but she prefers to play for our club, she will have to be waived by the school she attends. More details about eligibility requirements for can be found in the TGHSLL By Laws on the league website.

Attendance

Attendance at all practices and competitive events is mandatory and critical to the success of SGLC. Player absences from practices are disruptive to the development of the individual and the team. Consistent attendance at practices is not only critical for progression of individual skills but also for the progression of team skills and strategies. If players are consistently absent from practices, even for excused reasons, it will be difficult for coaches to effectively assess and develop the player's skills and

integrate them into game plans, therefore, it could impact opportunities for playing time and eligibility for varsity.

SGLC players are encouraged to participate in other sports and school related activities. Players are also expected to make schoolwork a top priority. Players are, however, responsible for managing their time and priorities effectively. Girls playing another school sport that overlaps part of lacrosse season are still expected to honor their commitment to lacrosse, even if that means going to a practice for both sports on the same day. If there are extenuating circumstances, it should be discussed in advance of the season with the coach.

Below are samples of excused and unexcused absences. The lists are not intended to be exhaustive but rather to provide an indication of the level of commitment that is expected.

Excused Absences

- Contagious illness with doctor's note
- Non-contagious illness with doctor's note
- Injury with doctor's note
- Family event (Wedding, Death)
- Pre-approved school-related functions
- Pre-approved competitive functions
- Pre-approved religious holiday functions

Unexcused Absences

- Parties or other social activities
- Doctor/Orthodontist/Dentist appointments not related to illness/injury
- Homework/tutoring/studying/group projects
- Lack of reliable transportation
- Disciplinary actions by parents, school, etc.
- Church functions not in observance of a religious holiday

Unexcused absences will result in disciplinary action for each instance which may include loss of playing time. Frequent absences, whether excused or unexcused, may result in loss of playing time, ineligibility for the varsity squad or, in extreme cases, dismissal from the club.

Players are responsible and will be held accountable for communicating conflicts to the coach in a timely manner. Players are required to give the coach appropriate advance notice for all practices and games to which they will be absent, arrive late or leave early. Appropriate advance notice for practices and scrimmages is at least one hour before the scheduled start time – not within the hour before while the coach is in transit or otherwise preparing for practice. Appropriate advance notice for a game is 24 hours. Appropriate notice should always include the specific reason for the absence.

Team Equipment

Players will be held personally responsible for all team equipment issued to them. Team equipment will generally include practice jerseys (high school), game jerseys and skirts, back pack (high school), and goalie gear. Players are responsible for cleaning practice and game uniforms regularly. Team issued equipment should not be altered without the explicit permission of a coach - this includes removal of tags from uniforms. Remember that someone else could be using your equipment after your career at SGLC comes to an end.

Team equipment issued to players **MUST BE TURNED IN** at the conclusion of each season so that it can be inventoried and assessed. Equipment must be **CLEAN** and in good condition when turned in or the player will be expected to pay to have it cleaned, repaired and/or replaced as appropriate.

Player Equipment

All players (including goalies) are expected to purchase and maintain the following equipment for the duration of the lacrosse season.

- Women's lacrosse goggles
- Mouth guard
- Women's Lacrosse Stick
- Cleats (highly recommended for safety and optimal performance)

All equipment must be legal per the USL rules for Women's Lacrosse in effect at the time. Players are required to possess, wear and use this equipment at every practice and every competitive event. Players without required equipment will be subject to disciplinary action.

The following additional cold weather equipment is highly recommended:

- **Black** base undergarments for cold weather layering
- Head band or beanie for warmth
- Athletic gloves for warmth

Player Grievances

Players with grievances relative to their SGLC experience, whether with the coaches or other players, are expected to take the initiative for mature and timely resolution of those issues so they do not become a distraction to themselves, the coaches or the other players. Practice time is not for grievance resolution -- players must schedule time with coaches to discuss grievances. Parent conferences with coaches regarding player grievances will not be granted until the player has met with the coaches.

Grades

No lacrosse player may participate if they are failing any subject for the prior six weeks grading period. Simply put, **NO PASS-NO PLAY**.

Substance Use/Abuse

The following rules apply to all athletes at all times:

- No tobacco
- No drinking of alcoholic beverages
- No controlled substance or dangerous drug as defined by law.
- No athlete should possess, use, transmit, attempt to possess, or be under the influence of any of the substances named above on or off school premises. This applies to all athletes and/or prospective athletes at all times.

The Director of the SGLC will maintain exclusive decision-making authority over all SGLC activities and operations including, but not limited to, coaching appointments, player evaluation and assignment, league placements, public relations, finances, and disciplinary action related to player and/or family member conduct.

Code of Conduct

Membership in Stratford Girls Lacrosse Club requires that all players, coaches, volunteers, parents and spectators abide by a "*Code of Conduct*" (the Code) that embodies basic common sense principles, elements of high moral character and the concept of good sportsmanship, consideration of others, promotion of good health and safety practices and conveyance of a positive image of SGLC, its coaches, players, club volunteers and parents.

Individuals participating in or affiliated with SGLC that fail to abide by the Code are subject to potential disqualification from SGLC events and possible dismissal from the Club. Thank you for promoting and living these principles.

THE CODE OF CONDUCT

Players, coaches, club volunteers, parents and all those affiliated with SGLC shall conduct themselves at all times and in all things pertaining to SGLC on and off the field of competition in a manner that “Honors the Game” and demonstrates respect and the characteristics of good sportsmanship and promotion of good health practices and safety to themselves and other players, coaches, parent volunteers, officials and spectators. In becoming a member of SGLC, an individual assumes certain obligations and responsibilities to the game of women’s lacrosse and SGLC. The essential elements in this “Code of Conduct” are HONESTY, INTEGRITY, GOOD SPORTSMANSHIP, HEALTH AND SAFETY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of women’s lacrosse, themselves and SGLC. Only through such conduct can SGLC develop, earn and maintain a positive image and make its full contribution to youth sports. SGLC supports and expects the following behaviors for those participating or involved in any way with SGLC:

- The concepts of sportsmanship and fair play are essential to the game of women’s lacrosse, and must be taught, developed and adhered to during practices, games and all SGLC affiliated events and activities.
- The emphasis on winning shall not be placed above the value of good sportsmanship, fair play, player health or the skills of the game.
- Derogatory comments toward others are unacceptable, including comments made through the use of any type of electronic device (e.g., computers, cell phones, video cameras, audio recorders), text messaging, or social media platforms (e.g., Facebook, Twitter, MySpace). Only positive comments and reinforcement toward all players, coaches, volunteers, referees, officials and spectators shall be practiced by all members of SGLC including its coaches and volunteer participants. It should be generally remembered that if you can’t say something positive and constructive, say nothing at all and criticism, once made, can never be retracted.
- The health, safety and welfare of players and participants are of primary importance to all members of SGLC at all times.
- SGLC coaches and volunteers must always be aware of the tremendous influence they have on the student athlete participants at SGLC. They shall maintain the highest character in all things related to SGLC and be positive role models in dealing with SGLC players, officials, administrators, parents and event spectators.
- Anyone affiliated with SGLC shall not permit anyone to maliciously criticize, badger, harass, or threaten an official.
- Knowledge of the Rules of Women’s Lacrosse must be respected and adhered to by all who participate in the game of women’s lacrosse, both in the letter and the spirit of the game. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, such as age and previous participation in women’s lacrosse, must be followed. They have been established to encourage and maximize participation, as well as promote safety.
- SGLC coaches shall have the final word as to the position(s), playing time, general participation level and disciplinary matters pursuant to all student athlete members of SGLC.

Practice Rules

Practice starts and ends at the scheduled time.	Plan to arrive at least 10 minutes early to be prepared. Expect to leave practice no earlier than the scheduled end time. Ending practice early once does not obligate the coaches to do it again. If practice times are going to be amended permanently, the calendar on the website will be updated and the team will be notified.
Players must wear goggles and mouth guards at all times unless specifically given permission by coaches to remove them.	Safety gear is never optional or at the discretion of players. Proper precautions are important to ensure safety on the field at all times. Since you play like you practice, it is important to learn during practice how to see with goggles on and how to talk and run with a mouth guard in place.
Never ask, “Do we need our sticks?”	As a lacrosse player, a stick is an extension of your arm. You are always required to carry it unless otherwise instructed.
Practice jersey must be worn at every practice and with appropriate undergarments.	Many drills require breaking groups into green and white teams and players who don't have their jersey limit the coaches ability to execute their practice plan and may cause confusion by other players. Appropriate undergarments enable the player to reverse the practice jersey on the practice field quickly and with modesty in the presence of male coaches and any other spectators. In the event of cold weather, players are expected to wear the practice jersey ON TOP OF any warmth layers.
All players sprint while transitioning between drills and water breaks.	Practice time is limited so hustling ensures we are maximizing the time we have on productive activities. Lacrosse requires a high level of conditioning and a always hustling means we are also always conditioning.
Maintain focus even when standing in line waiting your turn.	Even when you are “off ball” or waiting in line you should be focused on the action and waiting for your opportunity to contribute. Drills will run smoothly if every player is ready to go when it is her turn. Safety is another purpose for this rule. If a player misses the ball and you are not paying attention, you will not be able to avoid getting hit or injured.
Do not talk when a coach is talking.	It is important that you have fun and get to know your teammates, however, when a coach is explaining a drill or concept or answering a question everyone should be listening. While you may understand what the coach is saying, the girl next to you may not. If you wish to make comments, ask questions or otherwise add to the discussion, please raise your stick until recognized.
The practice field is a safe zone for learning lacrosse at all levels.	Practice is the time when everyone on the field should be pushing themselves to improve. If a drill is too easy, you aren't pushing yourself to improve. Nobody on this team should be afraid to push themselves and their abilities due to fear of failure or embarrassment. Extra effort is to be commended, respected, and encouraged on any SGLC team. Any derogatory comments or behaviors that threaten this safe zone and inhibit effort and improvement will not be tolerated.

CLUB POLICY ACKNOWLEDGMENT

This page must be signed by the player and a guardian and turned in prior to first participation

I acknowledge that I have read the Stratford Girls Lacrosse Club Policy Manual in entirety and understand and commit to all expectations set forth therein. Furthermore, I have read, understand and acknowledge the following:

- Ignorance of the Club Policy does not exempt me from consequences of not following the policy.
- I will be held to a Code of Conduct on and off the field due to my affiliation with the Club and will uphold that Code and behave in such a way that brings honor to myself, my teammates, the Club in general and the sport of women’s lacrosse.
- I understand that the Stratford Girls Lacrosse Club plays in a highly competitive league and equal playing time is not guaranteed.
- If I am absent, arrive late or leave early for any unexcused reason from a mandatory practice or game, I understand that I am subject to disciplinary measures which may include loss of playing time.
- It is my responsibility to give my coach adequate notice that I will be absent, late or leaving early. “Adequate notice” should be given at least 1 hour before a mandatory practice or scrimmage and at least 24 hours before a game.
- I have a responsibility for ensuring that I practice productively by being on time and prepared, pushing myself to improve and providing a supportive safe zone to allow my teammates to push themselves and improve.
- It is my responsibility to arrive early enough to practice to ensure I am ready to start practice at the scheduled time. I understand that being “on time for practice” means I am suited up with practice appropriate and required gear and on the practice field at the scheduled start time ready to follow instructions provided by coaches or captains.
- If I repeatedly exhibit actions or behavior that go against the word or intent of the policy, exhibit persistent or significant lack of commitment to my team or persistent lack of respect for other club members, coaches, officials, opposing teams, etc. I can be dismissed from the club and required to return club issued equipment.

Signature of Parent or Guardian

Signature of Player

Print Name of Parent or Guardian

Print Name of Player

Date

Date