

# West Salem Lacrosse Program Handbook



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## **1. Introduction**

West Salem Lacrosse Club (“Club”) is a volunteer organization dedicated to providing a premier lacrosse program to high school lacrosse players. Providing this program requires a number of key ingredients including principled leadership, commitment to excellence, a structured approach, and ability to recognize and develop team oriented athletic talent.

The Club normally runs a Varsity program and a Junior Varsity program. The Varsity program is focused on competitive play for skilled and senior players, and the JV program is focused on bringing up the next generation of varsity players with a focus on player development. Players will be assigned to teams based on performance.

This handbook is one way of explaining in detail our Club rules and expectations of you as a member of the West Salem Lacrosse Club. Please take the time to read the following pages carefully. On the West Salem Lacrosse registration form you will be asked to sign stating that you have read the handbook and are responsible for knowing and consenting to the content contained within.

## **2. Club Vision and Mission**

### Vision

To be recognized as a **premier lacrosse organization** in the Pacific Northwest, **respected** for a culture of **competitiveness** and **integrity** while **honoring the game** of lacrosse.

### Mission

- Dedication to developing Titans - student athletes, balancing athletic and academic achievement
- Desire to achieve greatness through sportsmanship, work ethic, teamwork and competitive spirit

- Discipline in teaching and practicing fundamental lacrosse skills
- Developing quality leadership built on mentoring and positive reinforcement

### **3. Registration Process**

- a. Read West Salem Lacrosse Club Handbook
- b. Download, print, fill out and return the registration package

The Club holds one or two registration sessions before the start of season, forms can be obtained at these sessions or by contacting the club at our email address.

### **Registration Period**

Registration is accepted without penalty until February 1. The club may accept or decline late registration at its discretion. Late registration will be assessed a fee.

### **4. Fees and Dues**

West Salem Lacrosse Club is a club sport that is not supported financially or administratively by the Salem-Keizer School District. All costs associated with running the program, including field fees, referees, US Lacrosse membership, transportation and association dues, etc. are paid directly by the program. The annual operating budget for the boys program is approximately \$35,000 for the season, which equates to approximately \$875 per athlete. These are the minimum costs to run the program so every registration fees and fundraising dollar is critical.

Fees will be announced prior to commencement of the open registration period. All fees are to be paid in full prior to the first practice of the season. Participation in team events including games and practices, and issuing of club equipment will be withheld until payment is received in full.

In addition to registration fees, a refundable equipment deposit of \$200 (in the form of a check that will be held uncashed, then destroyed when gear is returned) will be collected prior to the start of season.

#### **a. Scholarships**

The club may elect to provide scholarships to players facing financial hardship. Scholarships are limited, and if available will be allocated based on need, dependent upon information collected through the scholarship application process.

#### **b. Corporate Sponsorship**

Players and families have the opportunity to reduce or eliminate their registration dues by finding sponsors to support them.

#### **c. Refunds**

West Salem Lacrosse dues are non-refundable after the first official practice of the season. There are no exceptions to this policy. Any refund requests prior to this cutoff date will be subject to a \$50 service charge.

### **5. Fundraising**

Fundraising is critical to the program and each athlete and family is expected to participate. Players will be required to participate in mandatory fundraisers. Athletes and families can choose to opt out of all fundraising by paying \$300 in addition to their registration dues.

## 6. Volunteers

The West Salem Lacrosse Club runs almost entirely on volunteers. A volunteer form with a list of activities that need to be coordinated by volunteers will be provided at the Parent Meetings and online. Please contact the Volunteer Coordinator if you are willing and able to help volunteer.

## 7. Equipment

The Club will issue each player 2 sets of uniforms. A refundable deposit is required to offset the cost of replacement if gear is lost or damaged outside of normal wear and tear.

Players will provide their own lacrosse gear. Required gear includes:

- Black helmet (can be purchased from team at cost)
- Shoulder pads with shoulder cups
- Arm guards
- Gloves
- Moulded mouth guard
- Athletic cup
- Lacrosse stick (backup stick is recommended)
- Molded cleats – no metal spikes

If new to lacrosse and purchasing gear for the first time please contact the club for assistance on gear selection.

## 8. Participation Requirements

- Each athlete must complete registration forms and pay a Club registration fee (dues). This fee covers participation only – no insurance included other than that provided by US Lacrosse Membership.
- Each athlete must pass a sports physical exam prior to participating in this program. This exam follows the guidelines set forth by Oregon School Activities Association. Once passing a physical exam, no other physical exam is required for his/her participation unless the athlete sustains an accident, injury or serious illness. The athlete must then be cleared by their medical provider prior to participating again in any athletic activity.
- Medical Insurance is required of all students participating in this school club activity. It is to be understood that the West Salem Lacrosse Club, its members, its sponsors, playing sites, event organizers, coaches, officials, land lords and volunteers are not liable for any medical, dental, or hospital bills occurring as a result of athletic injuries incurred by a student while participating in a supervised sport, and that such bills, in excess of insurance benefits, shall be the responsibility of the student's parents or guardians.
- All Club members are expected to conform to the rules of scholastic eligibility, participation, and training rules as prescribed by the Oregon School Activities Association, Oregon High School Lacrosse Association, Salem-Keizer School District 24J, and the athletic coaching staff. (This information will be reviewed by the coaching staff with each athlete.)
- Certain Club activities or events may involve overnight stays. During these occasions, supervision will be provided by coaches or parent chaperones. Club members will be expected to follow all rules for safe and appropriate conduct. Failure to follow those rules may result in your athlete being sent home at the parents' expense.

## 9. Responsibilities

The Board of Directors is responsible for developing the program structure and overseeing the general management of the program.

- A. Coaching Staff is responsible for team management, player selection, and scheduling official events.
- B. Players are responsible to perform their roles on the team, abide by club policy, and for their conduct and attendance.
- C. Parents are encouraged to be supportive, encourage their players to take personal responsibility for their performance and team bonding, and participate in volunteering to support the team.

## **10. Evaluation, Selection, Team Assignment**

The coaching staff is responsible for evaluation, selection, and team assignment. Player performance will be evaluated by observing the player under the pressures of pre-season tryouts, practices, scrimmages, and games. Only the coaches will confer in matters of player evaluation and selection. For the purpose of this document the term “tryout” means that period of time during which the coaches evaluate and assess a player in those areas the coaching staff deems important to the club’s and teams’ success.

Present and new team members will be evaluated in areas including overall contribution to the team objectives (cohesion, spirit, organization), character dimensions (discipline, leadership, work ethic), physical dimensions (endurance, strength, and speed), technical competence (skills), tactical awareness (situational, plays).

Coaches are responsible to make decisions for the good of the club and team. Politics, friendships, personal relationships, and financial contribution to the club or team will not enter into these decisions. In return for your commitment to the club, the club will honor its commitment to you. No player will be cut from the team during a lacrosse season unless it is for disciplinary reasons or failure to fulfill participation or financial obligations.

## **11. Attendance**

Team events will be categorized as optional or mandatory. In general, games and practices during the regular season are considered to be mandatory unless specifically indicated otherwise in advance by the coaching staff.

If for some reason a player is unable to attend a mandatory event, the coaching staff must be notified in writing (including email or text) immediately in order to modify plans. Absences are serious matter, and if avoidable can result in reduced playing time or team demotion.

## **12. Disciplinary Action**

Our desire is to work in a positive, constructive manner with our players, in accordance with our Club vision and mission..In the event of behavior that is in violation with participation requirements, player responsibilities, etc, the coaching staff will address the problem directly with the player. The assumption is that the player will correct the inappropriate behavior immediately. In the event that the inappropriate behavior persists, coaching staff will use sanctions including restricting play time, team demotion, and ultimately suspension or removal from the program.

The parents of any player recommended for removal from the club may request to meet with the Board of Directors.

## **13. Questions and Concerns**

Players participating in West Salem Lacrosse are considered to be young adults, and will be expected to behave in a responsible and proactive manner when interacting with coaching staff. The primary channel of communication for players who have questions or concerns is to raise these questions directly with the coaching staff. In the event that the player's direct coach is unable to resolve the question, the player is encouraged to raise the question with the head coach.

Parents or guardians who have questions or concerns are to direct their communication to the Board. Depending on the nature of the question or concern, the board may either seek a resolution by arranging a meeting between the player and coaching staff, or responding to the query directly. In respect for the coach/player relationship and team cohesion, parents are expected to refrain from contacting the coaching staff directly with their concerns.