



Liberty Falcons Girls Lacrosse

Participation on the LIBERTY HS Team is the player's choice and is a privilege, not a right. No student is required to take part in this activity. It is imperative that all members acknowledge and understand the following rules and responsibilities, set forth by Liberty Girls Lacrosse Club, its coaches and program coordinators. The organization has every right to revoke these privileges for improper behavior. As a member of this team, the player agrees to abide by all OGLA and Liberty High School rules.

Players

- Must be in good academic standings
- Do what's right.
- Support your team
- Be on time
- Be a good communicator
- Commit to giving your best effort every day
- Have fun

Basic Expectations

- **Players are expected to be at every practice and every game. If for any reason a player is unable to make a practice or game, they must contact a coach prior to the absence.** This does not automatically excuse a player but will most likely prevent additional disciplinary action.
- Absolutely no hazing. All forms of hazing, harassment, or bullying are strictly prohibited and will not be tolerated.
- Follow the Hillsboro Athletic Code of Conduct & OGLA
- Be a good student and leader in the classroom.
- Exhibit great sportsmanship at all times.
- Refrain from using profanity or illegal tactics
- Respect officials, coaches, and opponents

Minimum GPA Standard

Liberty Lacrosse players are expected to maintain a minimum GPA of 2.75. Players are required to submit bi-weekly progress reports to coaches on their due date. If a player falls below a 2.75 GPA, they will most likely be asked to utilize practice time as a study hall until grades are up. A homework station will be set up in the gym. If a player fails to submit their progress report or does not turn it in on time, the student athlete will be required to sit out a game, or up to a full match. This decision will be up to the respective team coach(s) and head coach Melanie Miller's discretion.

Infraction Discipline

Typical infractions include: being late to practice, unexcused absences from practices or games, academic concerns, misconduct and/or behavioral issues. It is imperative that when a scheduling conflict occurs with a practice or game, players communicate with coaches **prior** to the absence or late arrival. **Early communication is key!** Infractions will be handled on a case-by-case basis since circumstances vary and not all infractions are equal or merit the same discipline. Discipline will typically, but not always, follow the guidelines below with a strong understanding that these are minimum guidelines:

- Infraction 1: Additional conditioning and/or sit out a minimum of $\frac{1}{4}$ - $\frac{1}{2}$ of an upcoming game
- Infraction 2: Additional conditioning and/or sit out a minimum of $\frac{1}{2}$ up to one whole of an upcoming game
- Infraction 3: Meeting with parents, player and the head coach. Possible removal from the team.

**If a parent/guardian has concerns regarding a player and a discipline matter, please do not make assumptions regarding discipline or compare discipline to that of other players. Often, there is more information available to the coaching staff than what may be known to a parent/guardian. If there is a concern, contact the appropriate coach and set up a meeting. Remember, discipline is not a means to punish or cause retribution.*

Medical

- Player must see the trainer immediately with any medical issues
- Player must be cleared by the trainer and/or a doctor before returning to play
- **Players will treat the trainer and medical staff with the utmost respect at all times**

Lettering

- **Play in 60% of the varsity games with no unexcused absences during the season**
- **Senior who misses no practices or games**
- **Head coach's discretion**

Coaches/Management

Head Coach – Lexis Pearson

Assistant Coach – Brandon Nguyen

Team Managers – Jason & MaryAnne Bynon

Athletic Trainer - Angie Bond

Athletic Director - Alan Foster

Parents

- Support and encourage your daughter and all other players in a positive manner.
- Display good sportsmanship. Always respect players, coaches, opponents, and officials.
- Avoid comparing your daughter to other players in public places; you never know who is listening.
- Let the coaches do the coaching. Please remember that coaches put in more time than you do to prepare the team and make decisions with the best interest of the team in mind.
- I agree to be a positive role model for my child and to refrain from public displays of anger.
- I agree to accept the officials' decisions and I understand that verbal abuse or harassment of an official could be detrimental to my daughter, the team, and the league.

Appropriate Coach/Parent Communication and/or Conferences

- Treatment of your daughter
- Behavior issues of your daughter
- Academic assistance
- Injury concerns
- How to improve your daughter's ability

Inappropriate Coach/Player Communication and/or Conferences

- Playing time (it is the responsibility of the player to talk with the coach if they have an issue with their playing time)
- Team strategy/plays
- Other players

Player, Parent, and Coach Communication - proper steps

- **1st level (communication with coach)**
 - Player speaks with head coach
 - Issue resolved, move forward in a positive manner
 - Unable to resolve issue, move to 2nd level

- **2nd level (communication with head coach)**
 - Parent contacts Head Coach to set up a meeting with parent, player, and athletic director
 - Issue resolved, move forward in a positive manner
 - Unable to resolve issue, move to 3rd level
- **3th level (communication with AD)**
 - Parent contacts Team Managers/Athletic director due to inappropriate action on the coach's part that requires immediate action.

****24 Hour Rule - If you are upset about something regarding your daughter and the program, wait 24 hours before contacting the head coach. Often this 24-hour period will lead to a more balanced perspective and a more productive discussion.***

General

Practices

Our practices will run from (Late) 6pm-8pm during the season.

Games

Please arrive 45 minutes prior to game start time

Team Dinners

Mandatory for players when there is a Fundraiser be held at the participating restaurant.

Team locker room

- Players may keep their practice gear in the Girls lacrosse team room. Player will provide her own lock and should lock her locker during practice and every night after practice.

Gear

- Game uniforms should be washed and hung to dry, as should shorts/kilt and sports bras.
- **If a player forgets a portion of their uniform on game day, they will sit for the first half of the game regardless if parent brings in time for the game. If a player forgets their full uniform, they will sit out the ENTIRE game, regardless if parent brings in time for the game.**

Social Media

- Players are expected to conduct themselves on social media in accordance with team expectations. Never insult a teammate, coach, official, or opponent. Remember that you represent yourself, your family, our team, and Liberty High School in everything that you do, even on-line!

Fundraising

- Each player is expected to participate in the fundraising opportunities provided by the program or can donate a flat fee of \$150.00 to Liberty Girls Lacrosse
- **It is expected that each player shows up for AT LEAST two fundraising opportunities put on by the Team throughout the school year (car wash events, basketball or volleyball tournaments, etc. If in financial hardship please contact the Team Managers to work out a plan.**

TeamSnap App – New Liberty Team App will be created this year....

- Each player is expected to download and communicate with teammates and coaches through this app.
- It is the players responsibility to get ALL communication from coaches via TeamSnap or text/email. If they fail to get correct information for games, practices, team bonding, events, etc. they will be subject to sit out partial or full games at the coach's discretion.

Drugs, Alcohol, and Tobacco (District Policy)

Players will not use, possess, or be around alcohol, tobacco, or other illegal/unauthorized drugs at any time. The Hillsboro School District Athlete Drug and Alcohol Policy will be enforced at all times.

Definitions and Standards

1. An athlete is defined as a student who is member of a team, seventh through twelfth grade. Athletic training standards require that athletes agree not to possess, use, sell, or provide alcohol, tobacco, or illegal/unauthorized drugs or related paraphernalia at any time. Athletes agree not to be present where unlawful use of alcohol or drugs may occur.
2. Activity participants are defined as participants in school-sponsored groups which represent the school publicly or in competition with other school. Activity participants will not possess, use, sell, or provide alcohol, tobacco, or illegal/unauthorized drugs or related paraphernalia at any time. Activity participants agree not to be present where unlawful use of alcohol or drugs may occur.

Penalties

1. **First Offense:** Participants in athletic/activity programs who violate drug, alcohol, or tobacco standards shall be suspended from participation and lose the right to represent the school for ninety (90) calendar days.
Participants in athletic/activity programs lose the right to represent the school in competitions but may continue to practice with the team.
As a condition of reinstatement and before representing the school in any activity thereafter, students who violate drug, alcohol, or tobacco standards will:
 - Submit verification and summary of the completion of chemical abuse evaluation and treatment or tobacco cessation program to the administration or athletic director, and meet with parents or guardians, coach, and administrator (or designee) prior to reinstatement.
 - Upon completion of the above procedure, the student may petition the principal or designee for reinstatement after not less than twenty (20) school days.
2. **Second Offense:** Participants in athletic/activity programs who commit a second offense shall lose participation privileges for one calendar year.

In case of alleged violation, due process in the form of notification of alleged violation and the right to a hearing must be extended to students involved. The implementation of this policy rests with the building administration and high school athletic/activity director. Consequences begin as soon as a building-level decision is made. Requests to appeal this policy shall be directed to the building principal.

2020 Liberty Falcons Girls Lacrosse

Player/Parent Expectation - Acknowledgement

Your signature below indicates that you have read and reviewed all of the rules, procedures, and guidelines. This acknowledgement and your understanding of our program will help us maintain good lines of communication this season.

PRINT parent/guardian name

SIGNATURE of parent/guardian

Date

PRINT player name

SIGNATURE of player

Date

**PLEASE RETURN THIS SHEET PRIOR TO THE FIRST PRACTICE
YOU WILL NOT BE ABLE TO PARTICIPATE IN ANY GAMES UNTIL THIS FORM IS TURNED IN**