

Harrison Raiders Women's Lacrosse

Sign-up Information / Call Out Parent & Player Meeting



Coaching Staff

Isabel Lowry, Head Coach, (412)639-7473, ilowry@purdue.edu

Elle Hibler, Assistant Coach

Required equipment:

- Girls' Lacrosse Stick
- Goggles minimum, Helmet is available for the girl's game.
- Goggles must be SEI certified, ASTM standard F3077
- Mouth guard – color (not clear or white)
- Athletic shoes for indoor practice
- Cleats for outdoor practice/games

Suggestions on where to buy equipment:

- Dick's Sporting Goods
- [Play it Again Sports, Carmel](#) (used equipment)
- [Perani's, Indianapolis](#)
empirelax.com
- eBay, new and used
lacrossemonkey.com
- Other online sites

Team Rules and Expectations:

Will be distributed at the first practice. In general, players will be required to maintain their grades, conduct themselves as responsible young women at all times, comply with the HHS Athletic Rules, & attend practice regularly and on time. Use of drugs, alcohol, or tobacco will result in discipline or suspension.

Volunteering:

Volunteering is important to our success and helps keep costs as low as possible. Each player registered (or their parent/guardian) must sign up to volunteer for at least 2-3 activities. Volunteer signups will utilize the website "Signup Genius" and will be available after registration and game schedules are finalized. If you do not sign up to volunteer you will be assigned to an activity. Opportunities will be provided for you to sign up by visiting the "Important Links and Forms" tab at www.hhslax.org.

Fees:

Club fees* <i>*Club fee scholarships are available if needed. Contact a board member for more information. Players who are awarded scholarships must complete at least 2 volunteer activities.</i>	\$270.00*
Travel Fees - mandatory Bus Transportation to/from HHS for away games	\$ 40.00
Uniform Fees (new players or as needed for returning players): Game Kilt - mandatory Home and Away game jerseys (Set of 2) - mandatory Practice Pinnie – mandatory	\$30.00 \$70.00 \$20.00
Compression Shorts and/or Compression Pants NAVY ONLY – mandatory. Purchase on your own.	Varies
Warm Ups (Optional) Tops Bottoms	 \$35.00 \$35.00
Club T-shirt included with fees	included
US Lacrosse - players must join to meet INGLA requirements and for insurance - mandatory	\$ 35.00

Required Forms Due January 10th

- o Complete Electronic Registration Form ([Important Links and Forms \(hhslax.org\)](http://hhslax.org))
- o Concussion Form [Parent and Student Athlete Acknowledgement and Signature Form \(in.gov\)](#)
- o [Sports Physical Information: Physical and Health History Forms](#)
- o Register for [Indiana Girls Lacrosse Association](#) (INGLA)
- o Join [US Lacrosse](#) and turn in USL membership number, expiration date
- o Review [HHS Athletic Handbook](#) and all forms, Turn in signed agreements/paper (p. 16)
- o Harrison Girls Lacrosse Fee and Uniform Payment (Check/Cash) Form

Last day for fee refunds (NO REFUNDS for uniforms) - February 28

Important Dates

- First practice - Family Sports Center, Schedule to be distributed via email.
 - o February 13th
 - o Paperwork (Physicals, INGLA, USL, etc.) must be turned in before.
 - o Payments must be received.

- Outdoor practice: Begins in March at the Indiana Veterans Home Athletic Field
3-4 times per week - Schedule to be distributed via email.
 - o First Game: Game and practice schedule to be distributed before practice begins.
 - March 11th Evansville IN
 - o No games or practices during spring break

Transportation to Away games - Bus transportation will be provided for away games.

Sponsorships - Do you know someone who might sponsor HHS LAX?

If so, contact Joy Plassard (theplassards@gmail.com) for a sponsorship letter.