

## Lamar Women's Lacrosse General Information Spring 2023

### Coaches:

- **Myleka Booze** –Varsity Head Coach

### Board of Directors:

- **Sue Mullen** – Co-President
- **Kristin Johnson** – Co-President
- **Jerry Davis** – Vice President & Volunteer Coordinator
- **Mel Davis** – Treasurer & Fundraising Coordinator
- **Amy Behan** – At Large Member
- **Alex Vasquez** – At Large Member

### Player Eligibility (determined in accordance with TGHSLL league rules):

- Girls from 9th-12th grades who are enrolled at Lamar High School.
- Girls from 9th-12th grades who attend a high school with no women's lacrosse program and are zoned to Lamar High School.
- Girls from 9th-12th grades who attend a high school with no women's lacrosse program and live closer to Lamar's game field at South Campus (3600 West Belfort Avenue, Houston, TX 77025) than any other school's lacrosse program "physical address" as defined in TGHSLL rules.
- Freshmen are eligible to play on Varsity.

### Player Responsibilities:

- 100% commitment.
- Required to sign a contract provided by the coaching staff, included in online registration.
- Expected to work on skills and conditioning in addition to practice.
- Proper equipment and attire required for every practice and game (goggles, stick, mouth guard, water, cleats, and running shoes).
- Players must arrive on time to practice and games.
- All practices must be attended or an excused absence must be obtained from the coach prior to practice. Players must contact their coach about missing practice, not the parent/guardian. Attendance is taken at each practice and game.
- For those receiving PE Credit (OCPEEP) for Spring semester lacrosse, absences will affect grades received, and excessive absences could result in no PE Credit.
- **ABSOLUTELY NO WEAPONS, TOBACCO, E-CIGARETTES, JUULS, ALCOHOL OR DRUGS WILL BE TOLERATED** at any practice, game or team function. Immediate expulsion from the team and removal from the event may result.
- Participation in all fundraising activities.



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### Registration Requirements:

- **A player must be fully registered before practicing or participating in any team activities. This includes fully completed required documents, fees payment, and verification of registration information by a board member.**
- Registration is fully online this year via TeamSnap. Registration link is at [www.lamarwlax.org](http://www.lamarwlax.org).
- Must obtain a physical dated no earlier than May 15<sup>th</sup>, 2022 using the latest version of the HISD athletic physical form. This form is provided during registration, and can also be found online [here](#).
- Must have a current USA Lacrosse membership valid through the end of May 2023. To register or renew membership, go to the [USA Lacrosse website](#). Valid USA Lacrosse membership is verified as part of the online registration process using the player's USA Lacrosse number.
- Must provide current health insurance policy and insurance company contact information.
- All required forms are provided as part of online registration. Detailed instructions on how to download, complete, and sign required documents are at the end of this document, and included on the registration site.
- Players will be cleared to participate by a LWLAX Board Member before the player may participate in team activities.
- Failure to submit all required forms or failure to register and pay team fees on a timely basis will result in your daughter's suspension from practices and games.

### LWLAX fees – Spring 2023:

- **Total team fees are \$1,560 per player – covering spring team fees, and HYLAX fees.**
- Team fees cover all program activities for the season and comprise team fees of \$600, and fees paid to Houston Youth Lacrosse (HYLAX) which are approximately \$600.
- HYLAX fees cover expenses including field costs, game referee fees, game medical trainers, league dues, and tournament fees.
- Team fees cover expenses including coaches' compensation, game uniforms, practice pinnies, team equipment, game video services (varsity only), and other miscellaneous program expenses.
- Payment: Fees are due at registration via online payment (bank/ACH, or credit card).
- Payment options:
  - Pay in full up-front (bank/ACH or credit card), or
  - Pay by installment payments (**credit card only**) - \$260 at registration followed by three (5) equal installment payments monthly from 10/15/2021 to 2/15/2022.
- Fees do not cover player equipment costs, players' USA Lacrosse membership fees, transportation expenses, or any other expenses of parents/chaperones.
- All fees are subject to forfeiture if player elects to not participate, however the board of directors will consider refund requests on a case-by-case basis.
- Limited scholarships funds are available; contact a coach or board member to make a confidential application. If granted, scholarship awards can be applied during online registration.



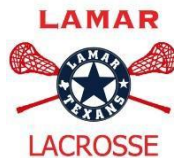
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### Refund Policy:

- Refund policy upon PLAYER cancellation of participation: Determined by the board of directors on a case-by-case basis.
- If Lamar Women's Lacrosse (LWLAX) is required to cancel the season based on State of Texas, Harris County, HISD, TGHSL or HYLAX directives due to COVID-19:
  - Prior to January 10, 2023, a full refund of spring team fees will be issued.
  - On or after January 10, 2023 but prior to February 6, 2023, a 75% refund of spring team fees will be issued.
  - On or after February 6, 2023, but prior to February 21, 2023, a 50% refund of spring team fees will be issued.
  - After February 21, 2023, there will be no refunds.
- Fees will not be refunded due to a player's non-participation for periods of time due to COVID-19 infection, exposure, or quarantine.

### Volunteering, Fundraising, Donations, and Community Sponsorships:

- Lamar Women's Lacrosse is a volunteer, parent driven club. We need your help to make your daughter's experience the best it can be.
- While the club is affiliated with Lamar High School, lacrosse is not a UIL sport and we do not receive financial, facilities, or personnel support from HISD. The club relies on volunteers, fees, fundraisers, donations, and sponsorships to continue as a club and cover operating expenses.
- You will be requested to contribute your time and talents to the club. We are in need especially of parents to serve on the board of directors. Other volunteer opportunities are available including one-time commitments, and ways to help on your own time. See the list below for more information and email us at [lamarwlax@gmail.com](mailto:lamarwlax@gmail.com) or contact a board member about how you want to help the team.
- **Players are required to participate in all team fundraising activities.**
- **Parents/Guardians are expected to contribute their time participating in one or more volunteer opportunities throughout the season.** See the list below of ways you can volunteer.
- If you are unable to pitch in with your time, please consider a donation to the team which can further help the program. Donations can be made at our website, [www.lamarwlax.org](http://www.lamarwlax.org), during registration, or at any other time by contacting a board member or sending us an email.
- The club offers a Community Sponsorship program giving organizations various ways to promote their business while supporting Lamar Women's Lacrosse. Contact a board member if you, a family member, friend, or associate are interested in participating.
- Lamar Women's Lacrosse is a registered 501(c)(3) non-profit organization and monetary contributions are tax-deductible to the extent permitted by law.



## Lamar Women's Lacrosse General Information Spring 2023

### Dress Code:

- No jewelry at practices or games.
- Practice and fall playdays and tournaments: reversible Lamar WLAX pinnie. Pinnies included with registration fees, are players' responsibility and yours to keep.
- Games and spring playdays and tournaments: team uniform consists of two skirts and 2 jerseys (white & blue). Uniforms costs are included with registration fees.
  - Must bring both uniforms to every game.
  - Must wear black or dark navy fitted shorts under the skirt.
  - Uniforms are checked out by players in January, remain the property of LWLAX, and must be returned at the end of the season.
  - It is each player's responsibility to return the uniform in the condition in which it was received, except for normal wear and tear. At the end of the season, each player is to return the team uniform complete and washed. If any pieces of the uniform are missing or damaged beyond normal wear and tear, a replacement fee will be assessed to the player's account.
  - Visible Undergarments will consist of:
    - With white uniforms: white long/short sleeved tops and fitted shorts/leggings
    - With blue uniforms: black or dark navy long/short sleeved tops and fitted shorts/leggings
    - Undergarment fitted shorts are required at a minimum, tops (shirt) are optional under the uniform

### No Pass – No Play:

- Players must be passing all school courses at all times. If a player receives a progress report that indicates that she does not have a passing grade for that grading period, that player will not be able to practice with the team. The player must, however attend all games and sit with the team. The player may not wear her uniform during a game. The player will be reinstated once proof of passing provided to the coach.

### PE Credit (Off Campus Physical Education Equivalent Program or OCPEEP):

- Lamar Women's Lacrosse is an HISD authorized program to sponsor athletic training for the state required high school physical education graduation credit.
- 0.5 Credit for the Spring Semester is available for HISD students.
- Students are responsible for following procedures directed by their coach and HISD to ensure that their hours of participation are documented.
- Parents and players who have applied for OCPEEP will be required to sign a form acknowledging their understanding of HISD rules.
- **PE credit must be requested in the spring prior to the next school year. 90% attendance of spring semester activities is required for all practices, playdays and games in order to receive a passing grade. Absences will affect the grade received.**



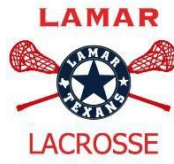
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### **Transportation policy:**

- LWLAX does not provide transportation to or from practices, games, or other team events. It is each player's responsibility to obtain safe and parent-approved transportation. LWLAX encourages all players to practice safe driving habits.

### **Communication**

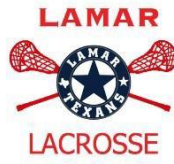
- LWLAX uses TeamSnap as its primary mode of communication. As part of registration, you will be registered with the LWLAX TeamSnap account and the contact information you provide will be used for communication, as well as through the TeamSnap app.
- LWLAX will post information about fundraisers and non-practice or game events on TeamSnap as well. You can subscribe to the team calendar from the "Schedule" tab.
- All players are required to keep their availability updated on TeamSnap for all upcoming events, including practices, games, and fundraisers.
- Each team (Varsity and JV) will communicate via group text to players and coaches only. It is imperative that players read these group texts, as any last-minute schedule changes will be sent via these group texts.



**Lamar Women's Lacrosse General Information Spring 2023**

**LWLAX Important Dates:**

<b>Date</b>	<b>Event</b>
December 4-5	CyFair Burning Flower Tournament, Hockley, TX (local)
January 12	Spring Practice begins, date to be confirmed. HYLAX West Campus fields. 3600 W Belfort Ave, Houston, TX 77025 Spring practices are 4 to 5 days per week, Monday to Friday from 5:00pm-6:45pm from January to April/early May
January 29-30	Aggieland Classic Tournament, College Station, TX, weekend trip
April	Senior Night
April	JV End of the Season Tournament
May	Varsity City Playoffs / State Playoffs
May	End of Season Social

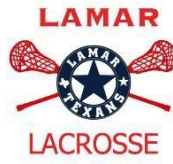


## Lamar Women's Lacrosse General Information Spring 2023

### Volunteer Opportunities:

Position / Opportunity	Description	Term / Timing
Board Member	President, VP, Treasurer, Secretary, or At Large positions	1 year, minimum
Fundraising Chair	Plan, organize, and ensure team fundraisers are carried out, track funds raised, solicit parent volunteers to lead fundraisers, coordinate with coaches for player participation. Events include car wash, Valentines and Easter egg events, Super Bowl squares, March Madness. Generate ideas for other events. This position is usually also a board member, though not required.	1 year, minimum
Fundraiser Leads	Plan, organize, and oversee one or more fundraising events. Solicit player and parent participation, manage the event(s), and manage funds. Events include car wash, Valentines and Easter egg events, Super Bowl squares, March Madness.	1 or more event
Community Sponsorship Coordinator	Communicate and promote CS program, reach out to team families and local businesses for sponsorships, coordinate with coaches for players to solicit sponsors, update & distribute CS program information letter, obtain & coordinate sponsor promotion items (obtain sponsor logos & information, coordinate getting logos & information on fan shirts, signs, website, etc., order and deliver thank you plaques).	1 year, minimum. Primarily in late fall and through the spring season
Aggieland Coordinator	Overall coordination of the January travel tournament weekend in College Station - registration, team hotel booking and coordination, arrange team dinner.	Mid-Fall through December
Event Coordinator	Plan and coordinate one or more club events. Coordinate with the board. Examples: parent social, senior night, end of season banquet.	Coordinate one or more events throughout the year
Lamar HS Liaison	Serve as point of contact with our sponsor and others at Lamar HS. Should be a parent of a player attending Lamar.	1 year, minimum. Typically serves on the board
Team Spirit Gear Coordinator	Design/sell/distribute fan shirts and other LWLAX gear. Maintain inventory.	1 year, minimum
Middle School Liaison and Clinics Coordinator	Liaison for middle school teams and contacts at middle schools without a team for future recruitment. Plan and coordinate middle school clinics.	1 year, minimum

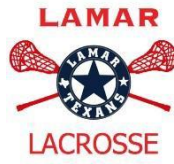




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<b>Position / Opportunity</b>	<b>Description</b>	<b>Term / Timing</b>
Uniform Coordinator	Issue team uniforms before spring season, maintain inventory of uniforms, hold unissued uniforms.	1 year, minimum. Primarily prior to and at end of spring season
Off Campus PE Coordinator (OCPEEP)	Coordinate with parents, Lamar HS contacts, and head coach to coordinate PE credit program.	1 year, minimum
Statistician	Capture player statistics at all games. Record and maintain stats online for coaches. Positions available for JV and Varsity teams.	1 year, minimum. All games (either JV or Varsity)
Scorekeeping Coordinator	Enlist parent volunteers to run the scoreboard and clock for JV and Varsity home games in the spring season.	1 year, minimum. All JV and Varsity home games in the spring
Scorekeepers	Run the scoreboard and clock for JV or Varsity home games in the spring. Volunteer for one or more games.	JV or Varsity home games in the spring
Video Coordinator	Liaison with videographer, upload game video to online service for all spring Varsity games.	All Varsity games in the spring
TeamSnap Administrator	Set up and maintain online registration, general administration of TeamSnap features and content.	1 year, minimum
Registration Coordinator	Verify player registrations, coordinate with families with incomplete registrations, coordinate with coaches to confirm player eligibility based on completed registrations.	1 year, minimum. Primarily late summer through mid-September. Some ongoing coordination through the spring season
Social Media Coordinator	Maintain team social media accounts - Facebook, Twitter, Instagram. Solicit content. Post pictures, graphics and other content on a regular basis.	1 year, minimum
Webmaster	Update and maintain website content.	1 year, minimum
Concessions Coordinator	Purchase and maintain concession items, set prices, enlist volunteers to run concession stand at all spring home games, complete proceeds form and provide form and proceeds to Treasurer.	1 year, minimum. All JV and Varsity home games in the spring





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Position / Opportunity	Description	Term / Timing
Concessions Volunteer	Run the concession stand at one or more JV/Varsity home games.	JV and Varsity home games in the spring
Tournament Canopy, Snacks & Drinks Coordinator	Keep team canopies. Solicit donations from families of snacks, drinks, coolers, and ice for players at tournaments. Coordinate canopy, table, snacks/drinks setup and breakdown at tournaments.	Burning Flower in December, Aggieland in January, city and state playoffs in April/May, other tournaments TBD



## Lamar Women's Lacrosse General Information Spring 2023

### **Instructions for Completing and Signing Registration Documents**

You can complete and sign registration documents for the LWLAX online registration in two ways, manually or electronically.

**Note:** The Athletics Physical Form has a section that requires completion and signature by a physician/medical practitioner, and will need to be completed manually.

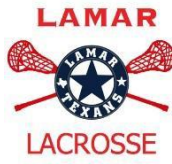
#### **A. Manual Method**

1. Download and save the form to be completed, from the LWLAX registration site to your computer.
2. Print the document.
3. Complete the required information including signatures (like, with an actual pen).
4. Scan the completed document into a PDF or image file to your computer.
  - a. If you don't have a scanner, you can take a picture with your phone, then save the picture file to your computer.
5. Upload the scanned file from your computer to the appropriate section of the LWLAX registration site.

#### **B. Electronic Method**

**\*\*You will need to have the Adobe Acrobat Reader application installed on a computer/laptop to do the electronic method. Download the free Adobe Acrobat Reader [here](#) if you don't already have it.**

1. Download and save the form to be completed, from the LWLAX registration site to your computer.
2. From the Adobe Acrobat Reader application, open the downloaded form. Be sure not to open in any other application (like in the web browser, or "preview" mode).



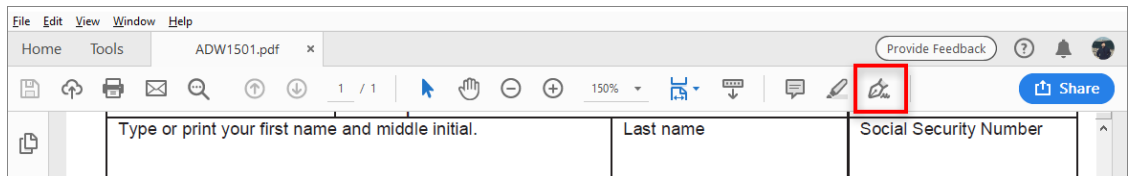
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3. With the PDF file open in Adobe on your computer, enter all fillable fields (printed name, dates, etc.). Example:

**Lamar Women's Lacrosse Player**

Player's Name:

4. To add a signature, click the “Sign document” icon in the toolbar (looks like a fountain pen tip):



5. Click “Add Signature”, type or draw your signature with the mouse, click “Apply”, then place the signature on the appropriate signature line on the form using the mouse/track pad on your computer.



6. If a second or third separate signature is required on the form, repeat step 5. You may need to remove the previously saved signature to create a new one, by clicking the “-” icon next to the previously created signature.
7. Save the PDF file, then upload the PDF file from your computer to the appropriate section of the LWLAX registration site.