

2021 Harrison Raiders Girls Lacrosse Sign-up Information / Pre-Season Parent & Player Meeting



Coaching Staff

Bob Rode, Head Coach, 765-496-7910 day; 765-418-5509 anytime (within reason),
rrode@purdue.edu

Required equipment:

Total costs: Highly variable but start at about \$100 for starter kit and lots more depending on quality.

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 Carmel
Play it Again Sports, Carmel or Fishers (used equipment)
Perani's, Indianapolis
empirelax.com – – – online
eBay – – – online, new and used
lacrossemonkey.com – – – online
Other online sites

Assistant Coaches:

Team Rules and Expectations:

Will be distributed at mandatory team meeting (date TBD – late January). But, 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, and attend practice regularly and on time. Use of drugs, alcohol, or tobacco will result in discipline or suspension.

Volunteering:

2-3 signups are required, depending on the number of needs and LAX families involved. This number of signups will be communicated after the schedule and signup genius is finalized. Opportunities will be provided for you to sign up by visiting the "Important Links and Forms" tab at hhsjax.org. If you do not sign up you will be assigned.

Fees:

<p>Club fees* <i>NOTE: These are an example from the 2020 Season. 2021 Fees have not been finalized</i> Volunteering is important to our success and helps keep costs as low as possible. Beginning this year each player registered (or their parent/guardian) must sign up to volunteer for at least 2 activities. Sign up to volunteer at the call-out meeting or online. If you do not sign up to volunteer you will be assigned to an activity. <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></p>	<p>Example (not finalized) \$250.00*</p>
<p>Travel Fees - mandatory Bus Transportation to / from HHS for away games</p>	<p>\$ 40.00</p>
<p>Uniform Fees (for new players or as needed for returning players) Game Kilt - mandatory Home and Away game jerseys (Set of 2) - mandatory Practice Pinnie – mandatory Compression Shorts and/or Compression Pants NAVY ONLY – mandatory. Purchase on your own.</p> <p>Warm Ups (Optional) Tops Bottoms</p> <p>Club T-shirt included with fees</p>	<p>\$20.00 \$50.00 \$16.00 Varies \$45.00 \$30.00 included</p>
<p>US Lacrosse - players must join to meet INGLA requirements and for insurance - mandatory</p>	<p>\$ 35.00</p>

Required forms and Deadlines

- o Registration for Harrison Lacrosse (www.hhslax.org) February 1
- o Join US Lacrosse and provide USL membership number to HHS Lacrosse (<https://www.uslacrosse.org/membership>) February 1
- o Physical exam completed and form turned into Coaches or Board (If you have a physical on file at HHS please provide a copy.) February 1
- o Concussion Baseline testing – See info on last page February 1
- o Review HHS Athletic Handbook and all forms, sign all agreements/paper (http://www.harrisonathletics.com/information/HHS_ATHLETIC_HANDBOOK.pdf) February 1
- o IHSWLA/INGLA Registration (<https://leagueathletics.com/Default.asp?org=IHSWLA.COM>) February 1
- o Fee and Uniform Payments (payment info will be available soon) February 1
- o Last day for fee refunds (NO REFUNDS for uniforms) February 28

Important Dates

- Pre-season Team meeting – Mandatory TBD (Late January) TBD
 - o Turn in paperwork (physicals, concussion, INGLA, USL, etc.) and payments
 - o Go over expectations
 - o Distribute Schedules
 - o Try on uniforms if needed
 - o Go over deadlines (see below)
- Start of practice --- Indoor practice starts in February. Schedule to be distributed mid Feb
 - o We may also meet at Harrison one night a week to watch video, film, discussion, etc.
- Outdoor practice starts in March at Veteran's Home Athletic Field, Soldiers Home Rd., 3-4 times per week, schedule to be distributed March
- First Game: Game and practice schedule to be distributed before practice begins. TBD
 - o No games or practices during spring break.

Transportation to Away games. (TBD with Covid Precautions)

In the past we have taken a school bus to away games. 2021 transportation is TBD given Covid precautions and requirements.

Sponsorships

Do you know someone who might sponsor HHS LAX? If so, contact Joy Plassard for a sponsorship letter.

Home game admission and Game Passes

Adults \$5.00 per game/Students FREE

Game passes are \$25 through December 31, 2020

Purchase a game pass now! Game passes are available through December 31 (and may be available at a higher cost beginning in 2021.) A game pass allows adult admission to any men's or women's home game (away games and tournaments not included). Can be purchased online by credit card (fees apply) or by contacting Joy Plassard, Fundraising Chair.

Women's Lacrosse Baseline ImPACT Assessment (Concussion Screening)

All women's Lacrosse players are required to obtain a baseline ImPACT assessment before playing. Assessments are required every two years (Freshman and Junior) and for all new players regardless of year in school. If you have had a baseline as a Freshman or Junior please provide proof of assessment to Coach Rode.

You can have an assessment completed anywhere. This year Franciscan Health will offer assessments for \$10 HHS LAX for \$10. We will send out an email when the dates are set. You cannot practice or play without an assessment on file.