

Etowah Girl's Lacrosse 2024-2025

Parent & Player Information Packet



Welcome to Etowah Girl's Lacrosse. Here is all the information that you will need to know regarding expectations and requirements for the privilege of being a member of the Etowah Girl's Lacrosse Team. **Please read over all the information and sign and return the last page in the packet to Coach Strougo or Coach Hackney before February 3rd, 2025. Failure to return this form will result in loss of practice time for your player.**

Team Dues (Player Fees): \$530. The fees are structured to support the ongoing operational expenses of the team. These expenses include website maintenance, payment processing systems, promotional materials such as flyers and signage, meals for away games, team equipment, and the "player packs" distributed to each player upon payment of dues. This year's player packs consist of a white Nike Club Fleece Hoodie, Nike Sweatpants, and two BSN Sports Phenom Short Sleeve T-Shirts. **If a player quits or is removed from the team, the fees will not be refunded.**

Fundraisers: All players are expected to actively participate in our fundraising initiatives. This year, we have two primary fundraisers that will involve player participation.

The first is the Jeep Ticket sales, where each player is required to sell a minimum of 15 tickets. Any additional tickets sold will be matched dollar-for-dollar to help offset their player dues.

The second fundraiser is our annual Daddy Daughter Dance, scheduled for February 8, 2025. Player participation is mandatory in the morning for setup in the new gym, as this will require several hours of preparation. Additionally, players are expected to assist during the event and contribute to cleanup afterward. Each family is required to volunteer either in the morning for setup or in the evening for cleanup.

Booster Club Meetings: Our Booster Club Board meets regularly once a month. All board members are volunteers. Our current Board Members are as follows:

President: Anne Trent

Vice President: Kathryn Dumas

Treasurer: Patrick Beale

Secretary: Olivia Strymecki

Jr. Program Director: Jamie Dunne



Parent Volunteers: To effectively operate our high school lacrosse program, we rely on the support of parents to manage various auxiliary positions during games and events. We encourage you to consider volunteering. With more volunteers, we can distribute responsibilities more evenly, reducing the workload for everyone involved in supporting the team.

Volunteer Positions (more positions may arise as needed):

- **At home games (needed for JV and Varsity games):**

○ **Pre-game**

- Move goals to proper location
- Place pylons in proper location

○ **During the games on the field**

- Timekeeper
- Statistician (2 people)
 - One person spots
 - One person records
- Photographer – takes “action shots” of the team and works with Booster Club to have photos available for parents
- Videographer – takes B-roll (action footage) before, during and after the game.
 - NOTE: photos and videos would be used for end of year banquet as well as used on our website
 - If you WOULD NOT like your child’s photo to be used, please contact Coach Strougo or Coach Hackney so we are aware.
- Concessions

○ **During the games in press box**

- Score keeper – manages scoreboard and time
- Announcer – announces team, sponsors, and manages music
- Jumbotron – manages Jumbotron content before and during the games

○ **Post-game**

- Return goals to proper location
- Return pylons in proper location
- Stats Recorder – person responsible for inputting player/team stats onto the MaxPreps.com platform

- **End of Season**

- End of season video montage
 - Would like to provide players with access to this at the banquet

Note: Coach Strougo will hold training sessions on all these positions prior to the beginning of the season. Additionally, we will send out sign-ups via the Band App and email communications. It is also recommended that JV parents volunteer during Varsity games and Varsity parents volunteer during JV games when feasible to allow parents to enjoy watching their child play.

Information: Information will primarily be communicated through the Band App. For longer content, we will also utilize email, and a notification will be sent via Band to alert you to check for the email. If you have any questions or concerns, please do not hesitate to reach out to our Booster Club Board at ehsglbc@gmail.com or contact Coach Strougo at guill.strougo@cherokeek12.net.



Player Responsibilities: If you make the team this year, you will become an important member of our family. Your reliability is essential, and we must be able to count on you. You are expected to attend practice every day unless you have received prior clearance from your coach (Strougo or Hackney). Our practice sessions are designed with your development in mind, and your absence can impact our plans.

Players are expected to adhere to the Player Contract included in this document. For those interested in earning a Varsity Letter, the requirements are outlined in our Lettering Policy, which is also included here.

Illness & Injury: Illness and injuries are unfortunately a part of life. If your daughter is sick and unable to attend school, please email her coach (Strougo or Hackney) to inform us of her absence from practice. In the case of an injury, please notify us as soon as possible. We will ensure that your daughter sees the athletic trainer and, if necessary, is referred to a doctor.

If your daughter is injured but can still attend school, she is expected to come to practice and games to assist in any way she can. She remains a valued member of the team. However, if she is able to attend practice but chooses not to, disciplinary action will be taken as outlined in the Player Contract.

Note: Each player will be required to take the Concussion Impact Test. If your child does not take the test they will not be allowed to participate in competitions. The test will be taken online at school before one of our practices.

Outstanding Performance Awards: Players exhibiting outstanding performances throughout our spring season will be recognized at the end of year banquet. Each team will have their own set of awards determined by the coaching staff.

Rank One Accounts: Every player is required to create a Rank One Account and upload all necessary documents to the online platform. More information on how to accomplish this, including step-by-step instructions can be found under the HS Program Tab on our website (www.etowahgirlslacrosse.com)

Player Contract for Girls Lacrosse - Etowah High School



This agreement ("Contract") is entered into between [Player's Name] _____ ("Player") and Etowah High School Girls Lacrosse Team ("Team"), effective as of [Effective Date].

1. Commitment to Team Participation:

____ As a Player on the team, I agree to actively participate in all team practices, games, meetings, and other related activities as scheduled by the coaching staff.

____ As a Player on the team, I agree to notify the coach about absences due to illness via email, GroupMe, or text and to inform the coach at least 24 hours in advance if I need to miss practice, I also understand that being late or having an unexcused absence will also result in disciplinary action.

____ As a Player on the team, I understand that I am representing Etowah High School on and off the field. Team apparel is meant for players of the Team only and should not be loaned out. The only exception is for the previous year's apparel. When travelling with the team, I will dress appropriately as determined by my coaches.

____ As a Player on the team, I understand that I am responsible for uniforms, equipment, and gear that are issued and, if lost or damaged, will be replaced by the player at her expense.

____ As a Player on the team, I understand that playing time is earned as a result hard work and ability. I understand that playing time may be discussed between player and coach at an appropriate time outside of competition.

2. Code of Conduct:

____ As a Player on the team, I agree to conduct myself in a manner that reflects positively on the Team and Etowah High School. This includes but is not limited to:

- Demonstrating sportsmanship and respect towards teammates, coaches, opponents, officials, and spectators.
- Upholding the values of integrity, honesty, and fair play.
- Avoiding behavior that may bring discredit to the Team or violate school policies.

____ As a Player on the team, I understand that if I receive ISS or OSS, that these infractions will result in reduced playing time in games and possible dismissal from the team.

____ As a Player on the team, I understand that if I receive OSS, I will be suspended from games that are played during the suspension time. Excessive disciplinary action may result in permanent dismissal from the team.

____ As a Player on the team, I commit to always maintaining a positive attitude towards teammates and coaches. This includes:

- Offering encouragement and support to teammates.
- Accepting constructive criticism and feedback from coaches with grace.
- Avoiding negative comments, gestures, or actions that may undermine team morale.

3. Disciplinary Action:

Failure to adhere to the provisions outlined in this Contract, may result in disciplinary action. This may include, but is not limited to:

- Verbal warnings from coaching staff.
- Temporary suspension from team activities.
- Loss of playing time during games.
- Removal from the team roster

Disciplinary actions will be determined at the discretion of the coaching staff and may vary depending on the severity and frequency of the misconduct.

4. Acknowledgment:

By signing below, I acknowledge that I have read, understand, and agree to abide by the terms and conditions of this Contract.

Player's Signature: _____

This Contract shall remain in effect for the duration of the current lacrosse season, unless terminated earlier by mutual agreement or by the coaching staff due to violation of its terms.

Lettering Policy for Girls Lacrosse - Etowah High School



Purpose:

To recognize and reward student-athletes for their commitment, performance, and contributions to the Etowah Girl's Lacrosse Program.

Eligibility Criteria:

1. Participation:

- Must not have more than two unexcused absences from practices, games, or events.
- Must attend all team meetings and events, including end-of-season banquets.
- Must sell a minimum of 15 Jeep Tickets Fundraiser items
- Participation in a minimum of five Varsity games, with a significant offensive or defensive contribution while on the field.

2. Performance:

- Must be proficient at passing and catching with both right and left hand while stationary and moving
- Demonstrate an understanding of the game (LAX-IQ).
- Must display knowledge of all plays incorporated during the season
- Must contribute positively to the team's performance (e.g., through goals, assists, defensive plays).

3. Attitude and Sportsmanship:

- Must maintain a positive attitude during practices and games.
- Must exhibit good sportsmanship toward teammates, coaches, opponents, and officials.
- Must adhere to all school and team rules, including those regarding conduct during games and practices.
- Any disciplinary actions taken by the school may affect eligibility for lettering.

4. Grade Requirements:

- Must maintain a minimum GPA of 2.5 during the season.
- Coaches reserve the right to check on players' grades throughout the season.

Awarding Letters:

- A varsity letter will be awarded to athletes who meet the above criteria by the end of the season.
- Coaches will review each athlete's contributions and overall performance before finalizing letter awards.

Additional Recognition:

- Athletes who letter in subsequent seasons may receive a certificate or pin to commemorate their continued involvement in the program.

Acknowledgment:

By signing below, I acknowledge that I have read and understand the terms and conditions of this Lettering Policy.

Player's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____



Understanding Offense and Defense

As a player on the Team, it is important to understand the system we will use on the field. The following is a summary of the responsibilities of each player depending on what is happening at any given moment during competition. This system will be further explained and rehearsed during all practices. We will often refer to this as the **2-2-3 Rule to Winning**.

Offensive 3rd

When you have the ball:

1. Drive (drive, drive, pass) to score
 - a. Attempt to drive into the 8M and shoot
 - b. If unsuccessful after 2 consecutive drives, pull out and look to feed the middle or move the ball on the outside
2. Look to feed the ball to someone who will drive to score

When you are off ball:

1. Look to create space for girl with ball to drive
2. Cut towards cage to receive ball and shoot

Midfield

Transitioning Offensively:

1. When you have the ball:
 - a. Look to pass as this moves the ball faster
2. When you are off ball:
 - a. Be an asset; go to open space and make sure the ball carrier can see you when they have pressure

Transitioning Defensively:

1. Always keep an eye on ball and zone your player
2. Always stay ahead of the ball (closer to the goal we are protecting)

Defensive 3rd

When you are defending ball:

1. See girl you are defending and ball (should be easy here)
2. Decide where to encourage her to move
3. Stand closer to goal you are defending

When you don't have ball:

1. See girl you are defending and ball
2. Stand closer to goal you are defending
3. Take away the cutter's lane (when applicable)



Our Coaching Philosophy

As players and parents, it is important for you to understand the coaching philosophy being utilized with the players. Below you will find a summary of the approach we use to maximize the performance and well-being of each player. This is taken from the Positive Coaching Alliance.

Double-Goal Coaching Approach

The "Double-Goal Coach" is a training program administered by the Positive Coaching Alliance and is derived from successful coaching strategies and behaviors common among a broad range of sports and successfully demonstrated by prominent coaches throughout our nation.

As your coach I am committed to the principles of the Positive Coaching Alliance and against a "win-at-all-cost" mentality. By comparison, a win-at-all-cost coach has only one goal in mind – to win. A Positive Coach shares that goal (wants to win) but has a second goal that is equally important – to use the sports experience to help young people learn "life lessons" and build positive character traits that will help them be successful throughout their life.

Help me promote the three PCA principles which have the power to "transform youth sports so that sports can transform our youth."

The three principles, explained in this letter, are:

1. Redefining "Winner"
2. Filling the Emotional Tank
3. Honoring the Game



REDEFINING WINNER

In professional sports (entertainment), there is only one goal – to have the most points at the end of a contest. However, in youth sports (which is education), there is a second goal: to produce young people who will be winners in life.

To help our children get the most out of competitive sports, we need to redefine what it means to be a "winner." Winners are people who:

- Make maximum effort
- Continue to learn and improve
- Refuse to let mistakes (or fear of making mistakes) stop them

This is called a Mastery Orientation. Mastery is described as an ELM Tree where ELM stands for **E**ffort, **L**earning, and rebounding from **M**istakes.

If our athletes keep these things in mind, they will develop habits that will serve them well throughout their lives.

There is an added benefit. Athletes who are coached with a Mastery Orientation tend to have reduced anxiety and increased self-confidence. And when athletes feel less anxiety, they are more likely to have fun playing their sport and ultimately do better!

Here's how you can help:

1. Tell your child that it's OK to make a mistake.
2. Let your child know you appreciate it when she tries hard even if unsuccessful.
3. Ask rather than tell. Try to get your child to talk about her play rather than telling her what you think about it. Ask open-ended questions to get them to talk (e.g., "What was the best part of the game for you?")
4. Recognize that Mastery is hard work. Let the coaches criticize your child's play. Tell your child you are proud of them regardless of the outcome of the game.



FILLING THE EMOTIONAL TANK

Research shows that the home team wins about 60% of the time because of the emotional support a team receives when it plays in front of its own fans. Like gas tanks in cars, athletes have "Emotional Tanks" that need to be filled to do their best.

There will be times when you need to correct and criticize. Research has shown that a "Magic Ratio" of 5:1 (praise to criticism) is ideal. Help us achieve this Magic Ratio with your child.

Here's how you can help:

1. Our #1 job is to fill your child's Emotional Tank. Encourage her regardless of what happens in the game.
2. Try not to give your child a lot of advice (which after a tough game can seem like criticism, which drains a person's tank). Remember, it's difficult to do well with a low tank. When she makes a mistake, you might say, "Don't worry. Let's get the next one. You can do it." After tough losses, it's often helpful to acknowledge feelings of disappointment. For example, you might say "I can imagine you must be disappointed to have lost."
3. Use the "3-Pluses-and-a-Wish" technique. Before you give advice, find three good things about your child's performance. Phrase the advice as a wish:
 - *You really tried hard in the game today (Plus #1).*
 - *I also saw you encourage your teammate after she made a mistake (Plus #2).*
 - *And that play you made toward the end of the game shows how much you are improving (Plus #3).*
 - *I wish you wouldn't get down on yourself when you make a mistake.*If you can't come up with three pluses, then don't say the wish because then it may drain her emotional tank rather than fill it.
4. Remember the Magic Ratio*. Praise your child about 5 times for every time you criticize. If you do, she will be better able to hear your criticism without becoming defensive.

It's called the Magic Ratio because great things happen when we get close to it with our children.

HONORING THE GAME

Honoring the Game gets to the **ROOTS** of positive play, where ROOTS stands for respecting:

1. **Rules:** We don't bend the rules to win.
2. **Opponents:** A worthy opponent is a gift that forces us to play to our highest potential.
3. **Officials:** We treat officials with respect even when we disagree.
4. **Teammates:** We never do anything that would embarrass our team on or off the field.
5. **Self:** We live up to our own standards regardless of what others do.

Here's how you can help:

1. Let your child know that you want her to Honor The Game. Discuss the meaning of each element of ROOTS with your athlete.
2. Be a good role model. Honor the Game when you attend games. Cheer both teams when good plays are made. If, in your opinion, an officiating mistake is made, be silent! Use this as an opportunity to think about how difficult it is to officiate a game perfectly.
3. Encourage other parents to Honor the Game

Closing

If you have any questions or concerns regarding this packet, please do not hesitate to contact Coach Strougo(guill.strougo@cherokeek12.net) or Coach Hackney (michael.hackney@cherokeek12.net) On the last page, you will find a section that needs to be signed and returned by February 3rd for your daughter to attend practice. This packet will also be available for download on our website.



Acknowledgement of Receipt

We, the undersigned, acknowledge that we have received the informational packet for the Etowah Girl's Lacrosse Program. We understand the contents and requirements outlined in the packet.

Player's Name: _____

Parent's Name: _____

Player's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____

Please return this signed acknowledgment by February 3rd to ensure participation in practice.
Thank you!



Excellence in Everything