

# **Dutchtown Lacrosse Club**

*Player/Parent Handbook*



2011-2012

# **Dutchtown Lacrosse Club**

## **Mission**

The mission of the Dutchtown Lacrosse Club is to enrich the lives of Ascension Parish school student-athletes through promotion of the sport of lacrosse while also spreading awareness of the sport of lacrosse in Louisiana, specifically in southeast Louisiana.

Our goal is to provide athletes with a chance to play an uncommon sport in Louisiana and to be instrumental in its growth in the state. We also are committed to improving students academically, athletically and personally through the development of character and good sportsmanship.

## **Team Administration**

### **Coaches**

Ryan Empson, Head Coach

Tim Neff

Tim Wilson

### **Board Members**

President – Vickie Farrar

Secretary – Annemarie Neff

Treasurer – Carla Snell-Hatfield

Agent – RaeJean Tubre

Communications – Penny Ringe

### **Website**

**[www.dutchtownlacrosse.com](http://www.dutchtownlacrosse.com)**

## Player Behavior/Sportsmanship

As a Dutchtown Lacrosse Club athlete, you will be expected to treat everyone with dignity and respect. This includes all coaches, moderators, officials, parents, spectators, teammates, and opponents. No berating, taunting, or profanity will be tolerated at any time, even if our opponents choose such a course. No Dutchtown Lacrosse Club athlete will be granted authority over any other.

As a Dutchtown Lacrosse Club athlete, you will be expected to be on time and ready to play at the appointed time for all practices, games, scrimmages, or any other team function. Single absences will impact game playing time. Repeated absences will impact continued involvement with the team. Discipline for absences and tardies will be enforced by the coaches for each occurrence. Excessive absences will result in the dismissal from the team.

As a Dutchtown Lacrosse Club athlete, you will be expected to learn your position and to learn the game. There will not be sufficient time at practices to truly condition yourself for the game of lacrosse; therefore, you will be expected to develop that conditioning on your own.

As a Dutchtown Lacrosse Club athlete, you will be expected to play to the utmost of your ability at all times. Anything less is letting your team and yourself down.

Any player found in the possession of drugs, alcohol, or tobacco products will be expelled from the team immediately.

Any player receiving school issued disciplinary time outs, Saturday detentions, In-School or Out of School suspensions will also be disciplined by the coaching staff of the Dutchtown Lacrosse Club. Expulsion from high school is an automatic termination from the Dutchtown Lacrosse team. Any player that drops out of high school, graduates from high school or is not enrolled in high school will also be ineligible to play for the Dutchtown Lacrosse Club.

## Player, Parent and Spectator Sportsmanship at Games

The Dutchtown Lacrosse Club believes parents play a vital role in the development of student-athletes. We ask that parents and their guest be aware of the code of conduct.

Your ticket to a Dutchtown Lacrosse event provides the privilege of observing the contest, not to berate the officials, coaches or players. Also note that disruptions by fans can cause you to be ejected from the game and penalize the team you are there to support.

If you have any concerns, please speak to the coach at an appropriate time and place, such as never before, during or immediately after a contest.

More information on the US Lacrosse Sportsmanship Card may be found at the following link:  
<http://files.leagueathletics.com/Text/Documents/4938/15112.pdf>

## Participation/Playing Time

Any Ascension Parish school student who signs up for Dutchtown Lacrosse Club will be allowed to participate.\* Once an athlete signs up, they will be expected to participate to the best of their ability. **Participation in games will be determined exclusively by the coaches** and will vary based on physical abilities, attitude, leadership, practice participation, or specific game situations. Disciplinary or medical play restrictions will be the sole responsibility of the moderators.

\*The Dutchtown Lacrosse Board has the right to cap enrollment, if needed. If a limit is imposed, players will be enrolled based on the order in which paid registration fees are received.

In an attempt to offer more playing opportunities, the team will be divided into two or three units, depending on the opponent. Every game will be divided between Varsity, Junior Varsity, and possibly, Freshman squads. The team make-up will be based on limitations of the league as well as the criteria above. The squads are defined as follows:

- Varsity - Grades 9-12 (no 8th graders are allowed to dress for varsity)
- JV – Grades 8-11 (no seniors allowed on JV Squad)
- Freshman – Grades 8-10 (no juniors or seniors allowed on squad. Only Sophomores with no playing experience are allowed to be on the Freshman team)

## Academic Restrictions

All Dutchtown Lacrosse Club players will be expected to maintain a 2.0 or better GPA and maintain a “D” or better in all classes. Failure to do so will result in suspension until the above criteria is met. Players who do not present their report card to the coaching staff when they are issued will be automatically suspended until it is presented.

## 24-hour Rule

There is a 24-hour rule in effect for all players and parents of the Dutchtown Lacrosse Club. This means that any questioning about playing time or decisions made during the game cannot be addressed to the coaches for a 24 hour time period. This includes emails, texts, phone calls and face-to-face conversations. Please be courteous and respectful to the coaching staff and players and obey this rule.

## Travel

Dutchtown Lacrosse Club athletes will adhere to the following policy for all practices, scrimmages, games, and tournaments:

1. The student-athlete will be responsible for providing his own transportation to and from lacrosse events within a radius of 25 miles of Ascension Parish:
  - a. The student will drive himself to and from the event (OR)
  - b. The student will ride with another student to and from the event with a signed parental permission (for games) (OR)
  - c. The student’s parent(s) or guardian will provide transportation to and from the event.
2. For events beyond a radius of 25 miles from Ascension Parish:
  - a. The parent/guardian will provide transportation for the student to and from the event OR
  - b. The student will ride with another adult (21 years or older, with SIGNED PERMISSION) OR
  - c. Dutchtown Lacrosse Club will make travel arrangements for the entire team. Under these circumstances all team members must travel to and from the event with the team.

### **Clarification:**

No Dutchtown Lacrosse Club player may drive himself or ride in a vehicle driven by another student to any Dutchtown Lacrosse Club event beyond a radius of 25 miles of Ascension Parish. Any violation of this rule will result in disciplinary action taken by the Dutchtown Lacrosse Club coaches and officers, with penalties up to and including exclusion from Dutchtown Lacrosse Club.

# Equipment

All Dutchtown Lacrosse Club players will be required to purchase, maintain in playing condition, and utilize in all playing situations, the following pieces of equipment:

1. Stick, specific to the position(s) played.
2. Head, specific to the position(s) played -- must be NCAA approved (new rules are in effect for the upcoming season!)
3. Helmet (provided by Dutchtown Lacrosse Club)
4. Mouthpiece (x2) (do not go cheap)
5. Shoulder Pads (field positions only)
6. Elbow Pads/Guards (except goalies, specific to positions)
7. Gloves, unaltered (goalies should purchase goalie gloves that have extra thumb protection)
8. Athletic Cup
9. Cleats (soccer, football or lacrosse cleats only)
10. Throat Guard (goalies only)
11. Chest Protector (goalies only)
12. Rib Pads (optional but recommended for attackmen)

A lack of any of these pieces of equipment, even briefly, is not only a penalty in the game of Lacrosse, it is also a danger to the player.

# Parent Involvement

It is quite an undertaking to field a team of this size and caliber. It is the policy of Dutchtown Lacrosse Club to leave the on-field coaching to the coaches and the off-field work to the parents. There are many tasks that must be completed and maintained to allow for a successful season including, but not limited to:

- Concessions (Sales & Administration)
- Field Setup/Maintenance
- Gate Collections
- Statistics/Timing
- Announcing/Scoreboard
- Site Administration
- Photography/Filming
- Medical Support
- Financial Management

All Dutchtown Lacrosse Club parents will be expected to help in at least one of these areas. Lacrosse parents can sign up for one of these tasks or wait and have one assigned to you. The more help we get, the sooner we all get to go home.

# Sibling Involvement

There are opportunities for siblings to become involved in Dutchtown Lacrosse Club. We are always in need of practice managers, game day water boys/girls, and game day ball boys/girls. Game day ball boys/girls will be required to wear a helmet while performing this task. Helmets will be provided by the club.

# Finances

The Dutchtown Lacrosse Club is totally player/parent funded. We are a club of the Dutchtown community and, as such, are responsible for our own budget. The Louisiana High School Lacrosse League (LHSSL) requires that all Louisiana lacrosse players maintain active membership in US Lacrosse, the national governing body for lacrosse.

## 2011 - 2012 Projected Costs

- Equipment - \$350-\$400 (one time purchase that should last 4+ years)
- Team Registration Fee - \$300
- US Lacrosse Dues - \$35
- Travel - Location dependent
- Parent Fund - Voluntary

## Registration Fee Payments

The registration fee may be paid in full or split into two payments. The first payment of \$150 is due by September 30, 2011 and remaining balance due by November 15, 2011. Mail registration form and payment to:

Dutchtown Lacrosse Club  
c/o Annemarie Neff  
17406 Cherry Creek Drive  
Prairieville, LA 70769

*Please include player's name in memo section of check.*

**Notice:** In the event that a Dutchtown Lacrosse Club player either quits the team or is expelled from the team, the team registration fee of \$300 will not be refunded and any Dutchtown Lacrosse Club-owned equipment in that player's possession must be returned to the Dutchtown Lacrosse Club Head Coach within one week. If any Dutchtown Lacrosse Club-owned equipment is not returned within one week, that player and/or his parents/guardians are responsible for paying for the equipment. Equipment returned to the head coach must be in excellent condition.

## Medical Policy

1. All players must complete the LHSAA medical physical evaluation yearly. No player will be permitted to practice until coaches have received this evaluation.
2. There will be medical support for all home games. The support team consists of parent volunteer physicians, nurses and physical therapists.
3. No player receiving a closed head injury will be allowed to return to practice or league play without clearance from a physician.
4. Players sidelined for injury will be asked to remove their helmets and will not return to the game until cleared by the medical team member, moderator or coach.
5. Players will provide the coaches with one or more emergency contact numbers in case they are injured.
6. The medical team will provide Tylenol for players with a head injury.
7. Players missing practice or games for medical reasons are responsible for notifying the coaches. Players will be excused for medical reasons by the coaches if they are notified in a timely fashion.

# US Lacrosse Membership

All Dutchtown Lacrosse Club players are obligated by the LHSLL, and this document, to maintain active membership in US Lacrosse. US Lacrosse membership costs \$35 per year per player and is good for one calendar year from date of activation. No member will be allowed to take the field until their US Lacrosse # has been turned in to the coaches and their status verified. Players must turn in a copy of their US Lacrosse membership to the coaches and keep a copy of their membership with them for all practices, games, camps and any other lacrosse function. (<http://www.uslacrosse.org/membership>)

## Louisiana High School Athletic Association (LHSAA)

The sport of Lacrosse is not currently regulated by the LHSAA, the governing body for high school sports in our state. This involvement will take several years to come to fruition. (The requirement from the LHSAA is to have fifty teams spread throughout the state and a solid representation from public schools before they will accept the sport into the LHSAA.)

## Louisiana High School Lacrosse League (LHSLL)

The sport of Lacrosse in our state is controlled by the Louisiana High School Lacrosse League. The rules of this league define divisions and districts and govern league play, league pre-season events, league post-season events, and any and all related activities of the league.

LHSLL Website: <http://www.lhsll.com/>

## State League 2011-2012

### Division I West

1. Caddo Magnet (Shreveport)
2. Captain Shreve (Shreveport)
3. C.E. Byrd (Shreveport)
4. Loyola College Prep (Shreveport)
5. Lafayette High (Lafayette)
6. St .Thomas More (Lafayette)

### Division I East

1. Brother Martin (New Orleans)
2. Catholic (Baton Rouge)
3. Dutchtown (Baton Rouge)
4. Jesuit (New Orleans)
5. Mandeville High (Mandeville)
6. Ocean Springs (Mississippi)
7. Rummel (New Orleans)
8. St Paul's (Covington)

# District Play and State Championship

Dutchtown Lacrosse Club is obligated by LHSLL rules to play every team in our East District a minimum of one time. Non-district games are at the discretion of the respective teams. State playoffs will be played with the top four teams in each district in a "1 vs. 4" and "2 vs. 3" format based on season district records. The winners of the two district playoff games in each district will advance to the state semi-final game where they will face the two winners from the opposing district bracket. The two winners of the state semi-final games will meet for the state championship.

## Conclusion

We are excited to begin the third season of the Dutchtown Lacrosse Club and we are excited to have you be a part of this exciting sport. Dutchtown Lacrosse Club coaches and board members are committed to make this a challenging and rewarding experience for you. We are further committed to give you the tools and guidance to help you grow in the sport. So the question is....

### *Are You Committed?*



[www.dutchtownlacrosse.com](http://www.dutchtownlacrosse.com)

### Important Dates to Remember

- **September 30, 2011** – \$300 Registration Fee (minimum payment of \$150 required) and completed registration form due
- **October 1, 2011** – US Lacrosse Membership Due (copy of e-mail confirmation or card)
- **October 13** – Voluntary Practice Begins
- **November 15, 2011** – Registration Fee Due (remaining balance)
- **January 5, 2012** – Mandatory Practice Begins

Up-to-date information will be posted to the team website and Facebook page.