



# Colerain Lacrosse Club

Offered through

# The Clippard Family YMCA



We build strong kids, strong families,  
strong communities.

# Parent/Player Handbook 2010

**Colerain Lacrosse Club (Clippard Family YMCA)**  
**Schedule of Fees and Inclusions**  
**2010 Season**

*Team fees will be as follows:*

Youth Boys & Girls	\$ 150.00
Middle School Boys & Girls	\$ 155.00
High School Boys & Girls	\$ 200.00

Due by December 17, 2009

- o Registration form,
- o US Lacrosse Membership Application,
- o Signed Code of Conduct,
- o Signed MOU and,
- o \$50 non-refundable Registration Fee.

All remaining fees **MUST** be paid in full before the first practice. Players will not be permitted to practice with their team until all fees are paid in full.

Scholarships are available through the Clippard YMCA.

*Remit Payment to:*

Clippard Family YMCA  
8920 Cheviot Road  
Cincinnati, OH 45251

Attention: Lacrosse Club

*Team fees will include:*

1. Referee Fees
2. Club operating expenses
3. Post Season Celebration
4. Post Season Tournament Registration (if applicable)
5. US Lacrosse Membership

**\*Additional costs will be incurred for Uniform and personal equipment \***

If you have any questions, please contact Debbie Smith at [dsmith@colerainlax.com](mailto:dsmith@colerainlax.com) or

**513.884.9818**

## INTRODUCTION

Welcome to the Colerain Lacrosse Club (Clippard Family YMCA). We have put this handbook together to tell you a little bit about Lacrosse in general and about our Club's philosophies.

### COLERAIN LACROSSE CLUB (Clippard Family YMCA) MISSION

Our mission for the Colerain Lacrosse Club (Clippard Family YMCA) is consistent with the mission statement for the YMCA of the USA. To put Christian principles into practice through programs that build healthy spirit, mind and body for all. We will accomplish this goal through high standards for our players and our coaches.

### ABOUT THE COLERAIN LACROSSE CLUB (Clippard Family YMCA)

This is the sixth year that Clippard Family YMCA has offered lacrosse to families on the west side of Cincinnati. We emphasize quality coaching and training. Our goal is to bring a quality Lacrosse program to athletes in Grade School, Middle School and High School. Our goal is for each and every child to succeed.

### ABOUT LACROSSE

Lacrosse is the fastest growing team sport in the nation. School and Community teams are being formed throughout the Midwest. We would like the Colerain Lacrosse Club (Clippard Family YMCA) to be a leader in the sport in the Greater Cincinnati Area.

Please visit the US Lacrosse website (<http://www.uslacrosse.org>) to learn about the rules of the game. There are youth, middle school and high school rules. Boys and Girls rules are very different; in fact it is as if they are two totally different games. Also, if you have not seen a lacrosse game before; there are some incredible YouTube videos out there!

#### Boys Equipment –

- Helmet
- Mouth Guard
- Shoulder pads
- Arm pads
- Gloves
- Cleats
- Crosse (stick)

#### Girls Equipment -

- Mouth Guard
- Eye Goggles
- Crosse (stick)
- Cleats

General Information – Practice will begin in Mid-February. We will practice outside in rain and/or snow, and when the temperature is above 35<sup>0</sup>F. Colerain Lacrosse Club will attempt to make indoor practice facilities available through Rivers Edge or the Northwest Local School District. Player and parents will be notified of practice location changes through email and Coaches Call notification system. Games will begin in March and run through May. Please note that game times, locations and directions change frequently due to unpredictable weather and other variables. Parents and players will be informed of these changes as soon as possible. Please ensure that you provide contact information (email and cell phone numbers of player and parent) where you can be reached during the day.

**Colerain Lacrosse Club (Clippard Family YMCA)  
2010 Code of Conduct Agreement  
for Players and Parents**

**PLAYERS:**

We need players who are punctual, who are here to work hard and to pay attention to coaches and cooperate with teammates.

- It is vital to our club to have a deep commitment from each player and family. In order to be a better player you must be committed to improving.
- We know that each player cannot make it to every practice. It is important to attend as many practices as possible. It is mandatory that you inform your coach PRIOR to any absence.
- It is imperative that you follow the rules of the club. A team may have rules established by its coach in addition to Club Code of Conduct.
- We consider all athletes, student athletes, therefore, we expect all players to strive for the best grades possible.

Participation in the Colerain Lacrosse Club is a privilege, not a right. Students participating in the Colerain Lacrosse Club not only represent the Colerain Lacrosse Club, but the Clippard Family YMCA, the community and parents that support them. Student-Athletes should conduct themselves with PRIDE, HONOR, and DISCIPLINE at all times; on and off the field. When the student-athlete puts on the Colerain Lacrosse Club jersey or spirit wear, they should wear them with pride.

Being a Colerain Lacrosse Club player carries with it the additional responsibility of maintaining the highest personal and ethical conduct. Each player shall abide by the US Lacrosse Code of Conduct and the Colerain Lacrosse Club (Clippard Family YMCA) Player Handbook and the Code of Conduct outlined in the handbook. Student-Athletes shall conduct themselves both in and out of school in a manner that reflects good citizenship. Any behavior that results in dishonor to the player, the team, the Club, the YMCA, the community or their family will not be tolerated. Acts of unacceptable conduct include, but are not limited to, theft, vandalism, disrespect, and fighting. Colerain Lacrosse Club players shall not use or have in their possession, in any form, alcohol, tobacco, drugs or drug paraphernalia, in or out of season, at any time or at any place. A Student-Athlete who aids or assists another in committing any of the above infractions shall be deemed equally responsible for the offense and shall receive the same consequence.

**1. SUBSTANCE POLICY**

Use of alcohol, drugs, tobacco is prohibited. Alcohol consumption by minors (under the age of 21) is prohibited by Ohio law. Possession of drugs is illegal. If a player uses any of these substances while competing as a member of a junior team, the team may be declared ineligible for further competition. Thus, use of illegal drugs or alcohol will result in immediate suspension from the Colerain Lacrosse Club (Clippard Family YMCA) Club.

The sale of tobacco products is illegal to persons under the age of 18; therefore the use of tobacco carries the same penalty as alcohol and drug abuse.

If a player is suspended for violating the Colerain Lacrosse Club (Clippard Family YMCA) substance abuse policy, the Club Director will specify the terms of the suspension in writing. Each case will be reviewed individually and the Club Director has the authority to suspend the player for the entire season. Repeat violations may result in expulsion from the club.

A suspended athlete may appeal the suspension in writing. This appeal must be signed by the parent and the athlete, and must be submitted to the Club Director within 14 days of the decision.

## 2. CONDUCT DURING COMPETITION

This section pertains to any competition whether it is a sanctioned game or not. All athletes are subject to the rules of competition and conduct specified by US Lacrosse (See addendum, to this Handbook). These rules require that athletes treat coaches, teammates, opponents, and officials with courtesy and respect.

Coaches will announce the expected arrival time for an event to their team prior to the event. All athletes are expected to arrive on time or give notice to the coach if this is not possible.

Players may not leave competitions early unless excused by the coach.

All players must compete in official uniforms.

**High School players may not drive themselves to away games** (Games not played at Colerain High School or the Clippard Family YMCA).

Any violation of the US Lacrosse Code of Conduct or the Colerain Lacrosse Club Code of Conduct will result in the following:

**First Violation:** After Practice Motivation

**Second Violation:** Loss of 1 quarter of playing time at next scheduled game.

**Third Violation:** Full game suspension for next scheduled game.

**Fourth Violation:** Recommended suspension for the remainder of the season.

Player and Parent(s) must meet with Club Administrators, Coaches and Clippard YMCA Administration for review. The decision of this review Board is final and may result in suspensions for the following season.

Violations may include but are not limited to:

- Disrespect to Coaches, Teammates, Officials, Club Administrators or YMCA Staff/Administrators.
- Missing practice due to an unexcused absence
- Unacceptable behavior as outlined in this Code of Conduct Agreement
- Unacceptable school behavior, resulting in ASA, or suspension.

These consequences will be in addition to any consequences applied by the OHSAA guidelines, and as reported by Officials of the game. For example; if the Officials state a

suspension of game is warranted and this is a first violation, the player will ensue After Practice Motivation and the game suspension.

### **PARENTS:**

Please deliver and pick up players on time. Please remember that coaches have families and responsibilities too.

Please watch your son/daughter as he/she competes. PLEASE DO NOT COACH YOUR CHILD OR ANY OTHER PLAYER DURING A PRACTICE OR A GAME. Our coaches have been selected because they have training and expertise.

Please demonstrate sportsmanship in the same manner you expect your son/daughter to demonstrate sportsmanship on the field. Any use of profane language, or addressing of another player in a negative manner will result in expulsion from the field.

Please observe the 24 hour rule with the coaches. Do not contact a coach before, during, or after a game for 24 hours. Set up an appointment or talk to them at the end of practice if something needs to be addressed.

Pay fees on time. If fees are not paid, bills cannot be paid on time and players may not be permitted to practice or compete.

## **Memorandum of Understanding**

This Memorandum of Understanding is to confirm the acknowledgement that all Parents and Participants in the Colerain Lacrosse Club (Clippard Family YMCA) have received, reviewed and understand the **Colerain Lacrosse Club (Clippard Family YMCA) Handbook**.

It is also confirmed and understood that all Participants are responsible for the payment of all fees and expenses incurred on their behalf while they are Participants in the Colerain Lacrosse Club.

Should any Participant wish to withdraw from the Club before the scheduled completion of the season, they must notify the Club of their withdrawal in writing by sending such written notice to:

Colerain Lacrosse Club (Clippard Family YMCA)  
8920 Cheviot Rd.  
Cincinnati, OH 45241  
Attn: David Martorano

Participant's who withdraw from the Club are responsible for all fees and expenses incurred on their behalf up to the date of withdraw.

Failure to pay all fees and expenses due to Colerain Lacrosse Club (Clippard Family YMCA) prior to the first scheduled game will result in suspension from practice, games and any Club or league activities until fees are paid in full.

**Colerain Lacrosse Club Student-Athlete Pledge:**

As a Colerain Lacrosse Club Player, I agree to abide by the Colerain Lacrosse Club Handbook, the US Lacrosse Code of Conduct, the Memorandum of Understanding and this Agreement. I also understand the consequences if I am to break this agreement or the Codes of Conduct. To demonstrate my understanding, I pledge to:

- Support my teammates by setting an example and abstaining from alcohol, tobacco and drugs.
- Not cover up for a teammate by lying if this Code of Conduct is broken. I will hold my teammates responsible for their actions.
- Support my teammates by encouraging them and not putting them down, making fun of them or abusing them in any way.
- Respect my coaches at all times; during practice and games.
- Respect all Officials during, before and after games.
- Respect the opposing teams' players, Coaches and fans before, during and after games.
- HONOR and RESPECT the Game of Lacrosse!

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Player Printed Name	DATE	Player Signature
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**Colerain Lacrosse Club Parent Pledge:**

As the Parent(s)/Guardian(s) of a Student-Athlete participating in the Colerain Lacrosse Club, I will support \_\_\_\_\_'s agreement to abide by this agreement. To demonstrate my support, I pledge to:

- Report any and all incidents of school enforced discipline (ASA, suspension, expulsion) to my players Coach.
- Support all teammates of the Colerain Lacrosse Club by offering encouragement and not allowing my Student-Athlete to engage in insulting discussion or teasing behavior.
- Respect the coaches at all times; during practice and games.
- Respect all Officials during, before and after games.
- Respect the opposing teams' players, Coaches and fans before, during and after games.
- Abide by the Memorandum of Understanding
- HONOR and RESPECT the Game of Lacrosse!

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Parent/Guardian Printed Name	DATE	Parent/Guardian Signature
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Parent/Guardian Printed Name	DATE	Parent/Guardian Signature
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**2010 COLERAIN LACROSSE CLUB REGISTRATION**

Clippard Family YMCA  
8920 Cheviot Rd.  
Cincinnati, OH 45251  
513-923-4466 MyY.org

**PLAYER INFORMATION REGISTRATION FORM**

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**Player's Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Birth date** \_\_\_\_\_ **Age** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Gender** \_\_\_\_\_ **School** \_\_\_\_\_ **Grade** \_\_\_\_\_  
(must attend a Hamilton County School that does not offer Lacrosse)

**Email** \_\_\_\_\_ **Jersey Size** \_\_\_\_\_  
(Designate Youth or Adult)

**Cell phone (If player has one)** \_\_\_\_\_

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**Parent/Guardian Name (First and Last)** \_\_\_\_\_

**Email** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Parent/Guardian Name (First and Last)** \_\_\_\_\_

**Email** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Coaches Call Contact information:** (phone and email to be used to receive up to date Club information re: game changes, direction updates and any other timely information).

**First Phone number:** \_\_\_\_\_

**Second Phone number:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

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**Additional Information Helpful to the Club or your players Coach:** \_\_\_\_\_

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\_\_\_\_\_

**Colerain Lacrosse Club  
Clippard Family YMCA  
Permission and Emergency Information Form**

I, the undersigned, parent or legal guardian of \_\_\_\_\_ a minor, hereby authorizes a representative of the Colerain Lacrosse Club/Clippard Family YMCA to consent to the rendition of any emergency medical treatment deemed advisable by any licensed physician or surgeon. As used herein, "medical treatment" includes, but is not limited to: x-rays, anesthetics, medical or surgical diagnostics and treatment, and hospital care. As used here in, "emergency" means treatment which any physician or surgeon determines to be advisable under the circumstances, and which cannot reasonable be postponed.

I further agree that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being rendered and I agree to assume sole liability for any bills incurred by the Colerain Lacrosse Club, Clippard Family YMCA or its coaches.

This authorization shall remain in effect from \_\_\_\_\_ until revoked in writing. Revocation shall be effective upon delivery to coach or the Board of the Colerain Lacrosse Club.

**PART I**

Special medical Information: (allergies, medications being taken, or physical impairments)

Parent or Legal Guardian (signature in ink)	Relationship
Witness (over 21, signature in ink)	

Parent or Legal Guardian Address (Street, City, State, Zip)	Emergency Phone
Doctor	Doctor's Phone
Insurance Company Name	Insurance Policy Number
Other Emergency Contact Name	Phone Number

**DO NOT COMPLETE PART II IF YOU HAVE COMPLETED PART I ABOVE  
PART II – Refusal to Consent**

I do not give consent for emergency medical treatment of my child. In the event of illness or injury regarding emergency treatment, I wish the Colerain Lacrosse Club/Clippard Family YMCA to take no action or to:

\_\_\_\_\_

\_\_\_\_\_

Parent or Legal Guardian (signature in ink)	Relationship
Witness (over 21, signature in ink)	

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Complete the US Lacrosse Membership form. < Addendum to this packet>

To complete your registration, submit;

1. Page 7, 8 and 9 of this Handbook
2. US Lacrosse Membership form
3. And a check or money order made out to Clippard YMCA for your registration fees.

(Remember, you can pay a \$50 non refundable deposit before December 17, 2009 and pay the remainder of your fees before the first practice)

If you have any questions please contact: Debbie Smith

[dsmith@colerainlax.com](mailto:dsmith@colerainlax.com)

513.884.9818