

SHERIDAN LACROSSE CLUB

POLICY HANDBOOK

FOR THE

2024 SEASON

(Dated: January 1, 2024)



USA LACROSSE

LEADERSHIP IN THE SPORT

The future of lacrosse is dependent upon the vitality of community, town and recreation-based programs that provide increased accessibility to the sport and embrace diversity and inclusion as cultural priorities. USA Lacrosse will continue to lead and advocate for initiatives that increase accessibility, strengthen culture, improve player safety and expand awareness.

MISSION

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

VISION

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.

CORE VALUES

Fun and Player Centered - Fun is the #1 reason players participate in sports. Keep the experience about the players and don't be afraid to have some fun.

Small-Sided and Free Play - More playing, more creativity, more learning. Let players discover and learn through playing and competing.

Multi-Sport Participation - Many sports and physical activities make great players. Incorporate and encourage rest as well as other athletic activities.

Physical Literacy - Knowing how to move and having the ability to do what you want with your body are the building blocks of athleticism.

Trained Coaches - Having trained coaches yields better experiences for players. Keep learning and getting better at what you do.

Inclusive and Age-Appropriate - The right lacrosse at the right time. It's about development and a welcoming environment for all.

SHERIDAN LACROSSE CLUB (SLC) STATEMENTS

DISCRIMINATION

SLC will not discriminate on any basis.

SLC's MISSION

Sheridan Lacrosse Club is dedicated to fostering an environment where lacrosse and our youth can grow together.

SLC's VISION

Our vision is fueled by the ample opportunities lacrosse provides young athletes to thrive, develop character, leadership skills and integrity.

REGISTRATION

- Registration is to be performed online.
- Registration fees are expected to be **paid in full** before the season begins. Other arrangements may be considered (see online options).
- All players must also be registered with USA Lacrosse.
- The registration packet will contain; SLC Medical Release; SLC Assumption of Risk, Release and Waiver of Liability; and SLC Code of Conduct for Player and Parent/Guardian which must be read, signed, and turned in prior to any participation in SLC activities.

TEAM SELECTION

Team selection will be determined by the Board of Directors of SLC.

COACH SELECTION

It is our vision that, when possible, all lacrosse teams are coached by USA Lacrosse certified coaches for the benefit and quality of our sport. The certification process is designed to be completed over a period of 3-5 years and is for coaches of all levels. USA Lacrosse encourages all coaches to participate in some or all components of the Coach Development Program and encourages leagues and clubs to utilize the Coach Development Program for their needs.

The USA Lacrosse Coach Development Program is built upon:

- Teaching coaches to coach, not to play the game
- Teaching the game in a positive nature
- Providing the best quality of instruction, information, and delivery
- Being inclusive to all USA Lacrosse members

Coaches learn how to:

- Effectively teach everything from fundamental skills to advanced team tactics
- Work with youth in an age-appropriate, safe manner
- Choose drills in order to plan effective practices
- Implement a positive coaching philosophy

Coaching Education Level:

Bronze Level Requirements

- Valid USA Lacrosse Membership
- Current “Green Light” NCSI background check
- Abuse Prevention Course
- Cardiac Care Course
- Concussion Course
- Cultural Competency Course
- Annual Rules Test

Silver Level Requirements

- Valid Bronze Level
- Proper Contact Course (Men’s)
- 4 Silver Level Courses

Gold Level Requirements

- Valid Bronze and Silver Level
- 5 Gold Level Courses

Platinum Level Requirements

- Valid Bronze, Silver and Gold Level
- 5 Platinum Level Courses

Final coach selection will be subject to Board of Directors’ approval. Coaches must be able to attend coaches’ meetings as required. All coaches must submit to screening per and a background check. The Board of Directors has the authority to remove any coach from his/her coaching duties for acts discreditable to the organization at any time.

HOSTING NON-SLC GAMES

Members are required to obtain written permission from the Board of Directors to host non-SLC games (i.e. tournaments). SLC utilizes tournament fees from teams as a source of income. Hosting non-SLC games or tournaments potentially create unfavorable effects such as undermining revenues generated by SLC, undermining the rules and regulations of SLC and causing confusion to the public/members regarding SLC and non-SLC events.

RELEASES

Players seeking release from SLC must provide a written request to the Board of Directors or Officers of the Association a minimum of 10 days prior to release. The request for release must name the player, his/her date of birth, and current or most recent team assignment. Refunds will be granted at the discretion of the Board of Directors.

All fees must be paid in full.

Players requesting releases relinquish their team position. There are no guarantees that a player may return to his/her team if they change their mind about the release.

Once a release has been granted for the current season, all membership rights shall be terminated until the next membership season.

EQUIPMENT POLICY

The following NOCSAE approved equipment is mandatory for each boys player:

- Helmet
- Shoulder pads
- Arm pads
- Gloves
- Protective cup
- Formed mouthguard
- Stick (Crosse)
- Cleats
- White socks or leggings
- White undershirt or sleeves

The following NOCSAE approved equipment is mandatory for each girls player:

- Eye Goggles or Helmet
- Formed mouthguard
- Stick (Crosse)
- Cleats
- White socks or leggings
- White undershirt or sleeves

Parents, if you do not know how to properly fit your athlete with lacrosse equipment, contact your coach.

If your athlete does not have the required equipment, he/she will NOT be allowed to participate.

COMMUNICATION POLICY

A quarterly newsletter will be emailed. Head Coaches may choose to utilize mobile messaging applications for team communications throughout the season.

TRAVEL POLICY

Sheridan Lacrosse Club (SLC) is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct. Minors are vulnerable to misconduct during travel, particularly overnight stays. Adherence to travel guidelines helps to reduce the opportunities for misconduct and promote safety. Accordingly, all members shall adhere to this Travel Policy at all times.

Individual Travel (Local)

SLC does not sponsor, coordinate, or arrange for local travel to lacrosse activities. All local travel arrangements for minor members are the responsibility of the parents/guardian of the minor. Licensed athletes may transport themselves to local lacrosse activities.

Individual Travel (Overnight)

SLC does not sponsor, coordinate or arrange for overnight travel to lacrosse activities. All overnight travel arrangements for minor members are the responsibility of the parents/guardian of the minor. Athletes are not permitted to transport themselves to non-local lacrosse activities. Overnight, athletes must share a hotel room with a parent/guardian. A 9:00pm room curfew will be enforced on nights preceding a game.

Prohibited Conduct and Reporting

SLC prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassments and hazing, all described in the US Lacrosse Youth Athlete Safety and Protection Policy. Participants, employees or volunteers in SLC will be subject to disciplinary action for violation of the Travel Policies and/or for engaging in any misconduct or abuse or that violates the US Lacrosse Youth Athlete Safety and Protection Policy. Reports of any actual or suspected violations, should immediately be reported to the SLC.

FUNDRAISING POLICY

Organized youth lacrosse entails significant expense for the parents of the participants and the SLC. The fundraising efforts offset costs to parents. As SLC is organized for charitable purposes, the spirit of fundraising should be to benefit the entire organization, or select groups within the organization when doing so will increase participation in the program by youth that would otherwise not be able to participate.

High school aged players are required to participate in fundraising and sponsorship solicitation. SLC has set a (net) fundraising requirement of \$350 per player. To facilitate this goal, SLC will offer incentives for corporate player sponsorships and provide promotional item for sale.

Solicit Player Sponsorship = \$250.00

Sell Four King Ropes Caps = \$100.00

Players must complete fundraising requirements prior to the first scheduled game. Players will be deemed ineligible for competition until this requirement has been met.

FUNDRAISING COORDINATOR

All fundraising activities will be coordinated through the Treasurer. The Treasurer oversees the fundraising program in an effort to maximize donation amounts and to minimize conflicting fundraising endeavors.

All donations solicited will be done according to the laws, regulations and rules of the IRS so as to maintain the tax-exempt nature of the donations. Donors giving tax-deductible contributions will be given a receipt for their donation. Receipts for donations not meeting these criteria (donations for value or merchandise received) will not state that the amounts received are tax deductible.

Donations should be made to SLC indicating that the donation is restricted and intended for lacrosse.

TEAM FUNDRAISING

Team fundraising includes all moneys designated by the donor for a specified team and used towards its tournament fees, paying referee costs, and/or team apparel with prior approval from the Board of Directors. All team's fundraising money shall be held by SLC with any and/or all unused donation amounts after the season ends be transferred to the SLC general fund and become unrestricted. Donors should be informed about this when soliciting restricted donations.

All teams may be required to fulfill fundraising quotas as directed by the Board of Directors. The Board of Directors can impose quotas if the SLC cannot function without the liquidation of all its CDs as a result of a year-end projected operating cash deficit.

DONATIONS / RAFFLES POLICY

Policy: The SLC encourages scholarship donations but cannot be involved in the selection or award of any scholarships given.

Procedure: Scholarship funding which is received by the SLC shall be directed to the scholarship fund and shall be administered and awarded by the Board of Directors.

Policy: All donations received should be used for the benefit of all enrolled youth, without regard to age or locality.

Procedure: Donations received which restrict the use of funds donated to any particular locality shall be returned to the donor with the request that the funds be distributed directly by the donor through a scholarship program of their own choosing.

REQUESTS FOR EXCEPTIONS to these Board Policies and Procedures must be submitted in writing to the Board of Directors and be formally approved by the Board of Directors.

USA LACROSSE YOUTH ATHLETE SAFETY AND PROTECTION POLICY

The SLC has adopted the USA Lacrosse Youth Athlete Safety and Protection Policy, a copy of which is attached to the end of the Handbook.

SCREENING POLICY

It is the policy of SLC that it will not authorize or sanction in its program any volunteer or employee who would have routine access to children (anyone under the age of majority) who refuses to consent to be screened by SLC.

A person may be disqualified and prohibited from serving as an employee or volunteer of SLC if the person has:

1. Been convicted (including crimes the record of which has been expunged and pleads of "no contest") of a crime of child abuse, sexual abuse of a minor, physical abuse, causing a child's death, neglect of a child, murder, manslaughter, felony assault, any assault against a minor, kidnapping, arson, criminal sexual conduct, prostitution related crimes or controlled substance crimes;
2. Been judged liable for civil penalties or damages involving sexual or physical abuse of children;
3. Been subject to any court order involving any sexual abuse or physical abuse of a minor, including but not limited to domestic order for protection;
4. Had their parental rights terminated;
5. A history with another organization (a volunteer, employment, etc.) of complaints of sexual or physical abuse of minors;
6. Resigned, been terminated or been asked to resign from a position, whether paid or unpaid, due to complaint(s) of sexual or physical abuse of minors; or
7. Has a history of other behavior that indicates they may be a danger to children.

Upon proof of violation of this policy, the violator will be permanently banned from USA Lacrosse sanctioned programs and/or SLC.

There shall be no sexual abuse of any minor participant involved in any of USA Lacrosse or SLC sanctioned programs, its Training Camps, Lacrosse Clinics, Referee Clinics, Regional and National Tournaments or other SLC events by an employee, volunteer, or independent contractor.

Coaches, Assistant Coaches, Board members, Team representatives and officials may be subject to screening. A screening form must be filled out and signed by every coach, board member, and team representative upon acceptance of their position.

Screening will be done on a confidential basis and the results will remain confidential.

Any person failing the screening test will be investigated by the current President and SLC counsel if they still wish to be involved. Any involvement must be approved by the Board of Directors. The Board of Directors can place restrictions on that individual. Disputes will be handled by SLC counsel.

SLC is responsible for the cost of the screening.

FAIR PLAY PLEDGE

Fair Play Code for Athletes

- I will make a commitment to my team at all times by attending all practices, games, meetings, and special events and by playing to the best of my ability.
- I will respect my Coaches at all times, and I will remember that my Coaches are providing me the opportunity to learn and play the game of lacrosse.
- I will respect the safety of other athletes by playing the game within the rules at all times.
- I will respect the Officials and their decisions at all times.

Fair Play Code for Coaches

- I will be reasonable when scheduling games and practices, remembering that athletes have other interests and obligations.
- I will teach my athletes to play fairly and to respect the rules, officials, opponents and each other.
- I will remember that athletes play to have fun and must be encouraged to have confidence in themselves.
- I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.

GRIEVANCE PROCEDURE

All grievances must be submitted in written format within three (3) days of the incident. These grievances shall include:

1. Name of individual submitting grievance
2. Date and time of grievance
3. Description of grievance

The grievance shall be submitted to the appropriate individual.

The following chain of command must be observed:

Policy » President » Board of Directors

Parent » Head Coach » President » Board of Directors

Coach » President » Board of Directors

Athlete » Head Coach » President » Board of Directors

There shall be established within SLC a Discipline Committee whose responsibility is to deal with serious and repeated violations of the rules established herein. This Discipline Committee's membership may change for each violation presented to it. In all instances the Discipline Committee shall consist of the President and two additional Board members chosen by the President to serve on the Discipline Committee for each matter presented. For all actions taken by the Discipline Committee, a minimum of three members must be present.

Upon receipt of an allegation of a serious or repeated violation of the rules contained herein, the President shall prepare a notice to be mailed or otherwise served on the alleged offender. This notice shall contain a summary of the allegations made against the person, an indication the Discipline Committee will be considering sanctions against the person, and the date, time and location of a hearing at which these allegations shall be heard. The alleged offender shall be informed of his or her right to be present at this hearing and to present any evidence in an effort to show why no sanctions should be imposed. Pending the hearing date, the President and Discipline Committee may temporarily suspend the alleged offender from participation in any SLC activities upon their determination that such suspension is necessary to avoid disruption to the affected team. Following the hearing and upon a finding that the allegations are substantiated, the disciplinary may impose sanctions against the person including the following:

1. Issue a verbal or written reprimand.
2. Suspend the person from attending or participating in SLC activities for a particular period of time or a particular number of games.
3. Restrict the person's presence at any SLC activities and issue a trespass notice for any public facility while under SLC's use and control.
4. Terminate a coach or athlete's affiliation with a particular team.
5. Place the person on a probationary status with suspension or other restriction to be imposed upon any future violation.

An athlete may be terminated from a team if a parent's serious or repeated violation of the rules is found to be materially disruptive to the ongoing activities of the athlete's team or

to SLC and USA Lacrosse in general. No refunds shall be provided to an athlete who has been terminated from the program.

Any person subject to sanctions imposed by the Discipline Committee may appeal the sanctions to the Board of Directors by written notice mailed to or served upon the President within 10 days of imposition of sanctions by the Discipline Committee. The Board of Directors shall hear the appeal within 10 days of receipt of the notice of appeal at a special, closed meeting and in the same manner as the hearing before the Discipline Committee.

SHERIDAN LACROSSE CLUB

CODE OF CONDUCT

1. **Consent of Parents/Guardians**

I give permission for the athlete to participate in Sheridan Lacrosse Club (SLC) organized activities. This permission covers participation to play lacrosse and by granting this permission, I am also agreeing to the terms and conditions established by SLC for Activities as set forth herein and/or as otherwise established by SLC.

2. **Activity Insurance Waiver**

There is a potential that athletes participating in lacrosse may suffer injury during athletic practice or competitions. The coaches in our association take precaution to protect players from injury, however, injuries still can occur. On rare occasions these injuries or accidents can be so severe as to result in total disability, paralysis or even death. By providing consent herein you acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries or accidents are still a possibility.

SLC does not provide insurance for players' participation in Activities. Parents and players are expected to provide their own health insurance and agree to be responsible for any medical expenses incurred. By providing consent herein you are agreeing to accept financial responsibility for any medical expenses incurred by the player as a result in his/her participation. SLC may carry catastrophic insurance coverage in certain circumstances. You are encouraged to contact SLC with any questions in this regard.

3. **Personal Property Liability Waiver**

SLC will not be liable for the loss of any personal property during events, practices, travel or otherwise. This includes, but is not limited to, electronic devices of any kinds. SLC encourages all players to leave valuables and non-essential items at home that may become subject to theft or damage.

4. **Broadcasting of SLC Activities:**

Each player and his or her parent(s)/guardian(s) hereby acknowledge that SLC activities may be broadcast to the public via radio, television, internet, live video programming or other means of transmission. Each player and his or her parent(s)/guardian(s) hereby consents and agrees to such broadcasting and grants permission to SLC to utilize the player's image, likeness, actions and statements in any live or recorded audio, video, or photographic display or other transmission, exhibition, publication or reproduction made of or at SLC activities without further authorization.

5. **Eligibility:**

Athletes must be enrolled in school full time. Homeschooling, Charter Schools and programs meeting state accreditation are acceptable. Each player must maintain passing grades. SLC relies on parent/guardian or player self reporting for academic eligibility. If a student is failing a class, he/she will have one week to increase the failing grade to a

passing one. If the failing grade is not raised to a passing grade by the following Tuesday, the student will be declared ineligible for that week of competition. Knowing that reteaching and relearning may take over one week, a student actively engaged in bringing up their grade may not be considered ineligible with a recommendation from the teacher and parent. If a player is unable to attend school due to illness, they are not permitted to attend practice in the same day.

6. Parent/Guardian/Spectator Rules of Conduct

The success of Sheridan Lacrosse Club (SLC) depends upon the active participation of parents, guardians and volunteers. Parents/guardians are encouraged to participate in all activities of SLC. The ultimate responsibility for an athlete's behavior belongs with the parent/guardian. Detrimental or unsportsmanlike conduct by parents/guardians is not tolerated and may result in the suspension of the athlete, parents/guardian or both. Unacceptable conduct includes, but is not limited to:

I. Comments and Complaints

Parents/guardians/spectators are requested not to offer comments or advice during games or practices since these may conflict with the coaches' strategy or lesson plan at the time. Parents/guardians/spectators are expressly prohibited from complaining directly to coaches or referees. Any parent/guardian/spectator refusing to abide by the rule is subject to disciplinary action including being barred from future games, deemed appropriate by the Discipline Committee.

II. Seating for Spectators

Except at the expressed request of the coach, parents/guardians/spectators are required to be in the stands when available, or opposite from the players' benches during the game. Interference by parents/guardians/spectators during a game will result in disciplinary action including being barred from future games, deemed appropriate by the Discipline Committee.

III. Behavioral Misconduct Acts of abusive behavior, fighting, use of threatening language or obscene gestures or language towards staff, public, spectators, parents, players, coaches or officials, will result in disciplinary action including being barred from future games, deemed appropriate by the Discipline Committee

7. Player/Participant Rules of Conduct

During times of lacrosse activities, (including the season, tournaments, training camps and organized offseason activities) participants in SLC shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in lacrosse affords. Any conduct that results in dishonor to the player, the team or SLC will not be tolerated. Unacceptable conduct includes, but is not limited to:

I. Behavioral Misconduct Acts of unsportsmanlike conduct such as repeated personal fouls, and/or game ejections, cheating, fighting, use of threatening language or obscene gestures or language, acts of disrespect or insubordination to staff, public, spectators, parents, contestants, coaches, or the law. The player in violation of this rule is subject to disciplinary action including suspension, deemed appropriate by the Discipline Committee.

- II. **Cyber Image Misconduct** It is prohibited for a player to participate in any way in any identifiable image (including photographs, videos, typed communications, emails, text messages, blogs, social media, and other forms of electronic communications) which could be considered criminal, harmful, or in any other way deemed inappropriate. This includes, but is not limited to, images or language that could be considered sexual harassment in nature or that suggest the player has been in possession of or in the presence of drugs, tobacco, alcohol or vaping/e-cigarette devices, out of character behavior, or any crime. Since it may be difficult to establish a time frame for when or the location of where the image was taken, the player must assume the responsibility of avoiding these situations. Players should also be aware and should take precautions against persons who would attempt to implicate an athlete by taking images to place them in situations where they might be in violation of this standard. The player in violation of this rule is subject to disciplinary action including suspension, deemed appropriate by the Discipline Committee.
- III. **Hazing, Harassment or Assault** Hazing of any nature whether physical, mental or emotional is not accepted or condoned and will not be tolerated at any age level. Hazing is defined as any activity that recklessly or intentionally endangers the mental or physical health or safety of a player for the purpose of initiation, membership, or affiliation with any athletic team. All forms of Harassment and Assault whether verbal, physical, sexual or otherwise are condemned by SLC. All incidents shall be reported to a coach or SLC board member. The player in violation of this rule is subject to disciplinary action including suspension or termination, deemed appropriate by the Discipline Committee.
- IV. **Confiscation or Destruction of Private or Public Property** Players shall not confiscate, steal or destroy any public or private property for any reason. The player is required to reimburse, at the player's expense, all costs of items confiscated, stolen or destroyed. The player in violation of this rule is subject to disciplinary action including suspension or termination, deemed appropriate by the Discipline Committee.
- V. **Drugs and Banned Items** Players may not use, possess, sell, distribute, or be under the influence of alcohol, tobacco/nicotine, other drugs including but not limited to marijuana, psychedelics, unauthorized medication, performance enhancing drugs, look-alike drugs, or drug related paraphernalia including vaping devices. Weapons (guns, knives, bombs, etc.) shall not be brought to SLC activities on the grounds during practice or games during home or travel activities. All suspected violations shall be reported to a coach or SLC board member. The player in violation of this rule is subject to disciplinary action including suspension or termination, deemed appropriate by the Discipline Committee.
- VI. **Felony Charges** If a player is charged with a felony, he/she will be suspended immediately from all activities until the Discipline Committee determines the correct course of action. If a player is found guilty of a felony, he/she will automatically incur a minimum 365-day suspension from all activities.

All offenses may be reportable to other travel teams, USA Lacrosse or law enforcement if applicable. SLC staff, coaches, directors and volunteers are mandatory reporters of abuse as required by Wyoming statutes 14-3-205 & 35-20-103.

8. Disciplinary Actions

Any disciplinary actions imposed by the Discipline Committee will be served along with any USA Lacrosse imposed penalties. Disciplinary actions imposed by the Discipline Committee will be served concurrent to USA Lacrosse penalties if applicable, unless specifically noted. Discipline Committee actions will remain on file for a period of three (3) years from the time of the incident, and further offenses will be deemed consecutive within that time frame whereas related to sections I, II, III, IV and V.

PARENT/SPECTATOR INFRACTION	1st Violation	2nd Violation	3rd Violation	4th Violation	5th Violation
I. Comments and Complaints	Warning	Step 1	Step 2	Step 3	Step 4
II. Seating for Spectators	Warning	Step 1	Step 2	Step 3	Step 4
III. Behavioral Misconduct	Step 1	Step 2	Step 3	Step 4	Lifetime
III. Fighting	Step 4	Lifetime			

PLAYER/PARTICIPANT INFRACTION	1st Violation	2nd Violation	3rd Violation	4th Violation	5th Violation
I. Behavioral Misconduct	Step 1	Step 2	Step 3	Step 4	Career
II. Cyber Image Misconduct	Step 1	Step 2	Step 3	Step 4	Career
III. Hazing, Harassment or Assault	Step 2	Step 3	Step 4	Career	
IV. Theft or Property Destruction	Step 2	Step 3	Step 4	Career	
V. Drugs and Banned Items	Step 2	Step 3	Step 4	Career	
VI. Felony Conviction	Step 4	Career			

*** The disciplinary committee has final discretion with regards to punishment as necessary for all offenses. ***

STEPS OF INELIGIBILITY	
Step 1	Ineligible for 1 Game
Step 2	Ineligible for 2 Games
Step 3	Ineligible for 4 Games
Step 4	Ineligible for 1 Calendar Year

9. Honesty and Self-Admission

Self-admission includes a player/participant contacting a coach or board member within 48 hours of the infraction to self-report. Acceptable forms of notification by the player/participant include: phone call, text message, email or in person. If a player/participant self-admits within the 48 hours, the penalty may be reduced by the Discipline Committee. Must be the player/participant's first offense.

10. Additional Disciplinary Consideration

In addition to the infractions listed above, each Head Coach may have team or activity specific expectations that will be reviewed at the beginning of each season for which the participants will be responsible.

SHERIDAN LACROSSE CLUB CODE OF CONDUCT

PARENT/PLAYER SIGNATURE PAGE

I have read and understand the Sheridan Lacrosse Club Code of Conduct for Parent and Player. I will abide by all rules and regulations set forth and if I do not, I understand I will be held accountable for my actions.

Player Name

Player Signature

Date

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date