

2021-22 MEN'S LACROSSE STUDENT/PARENT HANDBOOK



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Dear YLHS Lacrosse Parents/Guardians and Students:

Welcome to the 2021-2022 Yorba Linda High School Men's Lacrosse program! The Men's Lacrosse program got its start thanks to the efforts of our 2009-2010 team members and parents. Keeping this incredible lacrosse program going for our students over the past eight years required some many parents, players, and coaches to pull together for our common goal, volunteer so much time, raise the funds needed, and support our kids fully.

Because the lacrosse program is largely self-funded, we will have to raise the money needed to pay for additional equipment, uniforms, coaches, assistant coaches, off-season training, and more. We need all of our lacrosse families to participate in the program in order to make it a success. Some of the details of this commitment are outlined here in the handbook, and others will be detailed as we move forward.

Lacrosse is the fastest growing high school sport in California, and the coaching staff and players are committed to continuing our success. We welcome all of you to our 13th season of what has become a great tradition in the sports programs at Yorba Linda High School.

Sincerely,

YLHS Lacrosse Booster Club Board

EXECUTIVE BOARD

President – Sara	laxylhs@gmail.com
Vice President – OPEN	
Treasurer – Chi Kemp	chikemp@pacbell.net
Secretary – OPEN	
Program Director and Head Coach – Tucker Amidon	coachamidon.ylhs@gmail.com

GENERAL POLICIES

Financial Information

Our booster club is responsible for the cost of uniforms, equipment, and off-season coach/assistant coach stipends. The school district pays for our head varsity coach and head JV coach during lacrosse season only (one per team).

In order to meet the program's financial commitments, the Booster Club requests a "fair share" donation of \$900.00. This includes \$150.00 for off-season coaching, as well as weight training and conditioning; \$350.00 initial fair share; and a \$400.00 fundraising portion (\$400 is due in January).

\$350.00 of this amount will be needed at the parent meeting on Thursday, November 4th. The off -season weight training, conditioning, and coaching portion of \$150.00 may also be paid in full at this time. Please plan to turn in all necessary paperwork at the parent meeting. YLHS Mustangs Lacrosse Booster Club is a 501(c)(3) organization (IRS EIN 27-0972713).

Fundraising

We need the help of all families to provide an excellent program. The students have the opportunity to participate in fundraising events each year. It is reasonable to expect each member to participate equally in these projects.

This season, each lacrosse participant will have the opportunity to participate in fundraising opportunities to achieve their \$400.00 Fundraising Fair Share donation for the season. **All fundraising donations need to be collected by January 15, 2022**, in order for the program to avoid budget cuts that could affect the integrity and success of the program. Those students/families who do not wish to participate in our fundraising efforts may opt out and donate the fundraising portion of \$400.00 in its entirety.

For those students who participate in a fall or winter sport, the YLHS Men's Lacrosse Booster Club Fair Share donations of \$350.00, plus the additional fundraising/donation amount of \$400.00 will be collected once the student enters our program.

It is necessary for the Booster Club to collect a large portion of our membership Fair Share donations up front as most of our expenses are incurred prior to the actual start of the spring lacrosse season.

Make checks payable to: YLHS Lacrosse Booster Club

OR

Pay by Venmo: @YLHSLAX

If there is a financial limitation/concern for your family, please contact Booster President, Sara Milroy via email at milroysara@gmail.com or Booster Treasurer Chi Kemp at chikemp@pacbell.net. The budget and financial information is available for review at any time.

Transportation Fees

The school district requires that every student involved in extracurricular activities pay a transportation fee to defray the costs of busing students to away games. Transportation fees are determined by PYLUSD. The transportation fee for men's lacrosse players this year is **\$85.00¹** and is **paid to the finance office at Yorba Linda High School** prior to the start of spring season. The transportation fee must be paid prior to the start of lacrosse season. No student will be allowed on the bus until this fee is paid.

Note: this is **not** part of the lacrosse Fair Share or fundraising donation amounts, and the Booster Club has no control over setting the amount or the due date.

ASB Card

All Lacrosse players are encouraged to purchase a Yorba Linda High School ASB Card, as outlined in the YLHS Student Handbook. This card is purchased at Registration in August. The holder of the card is entitled to discount admission to all home and away athletic events and reduced prices for the YLHS yearbook and dance tickets.

6th Period PE/Practice

We will utilize the fields at YLHS and possibly other fields in the community as needed for our off-season practices again this school year. All students who turn in their Booster Club membership paperwork at registration, have a current athletic clearance packet on file with YLHS, and have the approval of the Men's Lacrosse program Head Coach will be put into the 6th period PE class in order to accommodate our off-season and spring season schedule. **Transportation to and from offseason practice is not provided by YLHS or the Booster Club.**

Off-Season: Due to Fall and Winter sports, off-season practice schedule is to be determined.

In-Season: Times are TBA

Attendance

Punctual and daily attendance is required. If for any reason a student will be absent from practice, note that Coach Amidon will follow Yorba Linda High School rules for all absences.

Attendance will be taken at each practice. If for some reason a student will miss a practice or game for any reason other than sudden illness or injury, the Head Coach must be notified, by the student, at least two days in advance. In case of illness or injury, please notify the Head Coach the day of absence.

Uniforms

Team uniforms will be returned at the end of the season. It is the student's responsibility to see that his uniform remains in good condition. Students and/or parents are financially responsible for any damage caused to the uniform due to negligence or misuse. Guidelines for proper laundering can be found on the team website. Uniforms will be kept by students during lacrosse season. Students will return clean uniforms at the end of lacrosse season at a time to be determined by Head Coach Tucker Amidon.

¹ This amount is subject to change as directed by YLHS/PYLUSD. We will advise if this occurs.

Failure to return borrowed equipment or uniforms will result in an indebted notice generated by YLHS against the student's account.

Student Withdrawal from Lacrosse Program

In the event a student voluntarily withdraws from the YLHS Men's Lacrosse Program, a pro-rated refund of the Booster Club Fair Share donation will be given based on the date of the withdrawal from the program and the date the student entered the lacrosse program. **NO REFUNDS AFTER THE OFFICAL START OF SEASON, JANUARY 15, 2022.**

Any student choosing to withdraw should notify head coach Tucker Amidon in writing via letter or email at coachamidon.ylhs@gmail.com.

Athletic Clearance Packets

Each student must complete an Athletic Clearance Packet. This packet must be filled out online through an account on FamilyID. Please go to the YLHS website and click on ATHLETICS then, CLEARANCE FORMS. This packet includes various forms required by the school district including:

- ✓ Parent permission, Emergency Medical and Waiver of Claims for Transportation of Students
- ✓ Athletic/Auxiliary Insurance Certification
- ✓ DMV/Risk Management/PYLUSD Rules & School Driver Registration Form
- ✓ Residential Athletic Eligibility
- ✓ PYLUSD Athletic Code of Conduct
- ✓ CIF Code of Ethics
- ✓ CIF/District Eligibility Rules
- ✓ Early Release from Athletic Period & Student/Parent Athletic Agreement
- ✓ Androgenic/Anabolic Steroid Contract
- ✓ Sports Pre-Participation Assessment*
- ✓ **Copy of Front and Back of Insurance Card [Mandatory]**

These forms must be turned in prior to the start of off-season practice. Participation in lacrosse practice and games will not be allowed until all necessary paperwork is completed and turned in and athletic clearance is given by YLHS.

Forms are available to download and print off the school website at ylhs.org under the athletics tab.

Those students already participating in a fall sport (Football, Cross Country, etc.) do not need to file an additional athletic clearance packet. Just advise the counseling office that you will be playing lacrosse also.

YLHS MEN'S LACROSSE IMPORTANT DATES 2021-22

Parent Meeting Thursday, November 4th – 6:00PM (Nathan Shapell Stadium, YLHS). In this meeting, we will cover:

- ✓ Fair Share Contribution - \$350 (coaches fees, equipment refurbishment and/or replacement, inseason uniform replacements, off-season fees and costs (not already shown below).
- ✓ All fair share contributions may be off-set by sponsorship opportunities. Checks payable to YLHS Boosters Club. Also – if off-setting with a sponsorship, please identify the player.
- ✓ Fundraising to offset final \$400 Fair Share Contribution.
- ✓ Off-Season Conditioning/Weight Training/Coaching - \$150.
- ✓ Interest in purchasing new helmet - last years' price was \$148 (An order will be placed, but we need to know how many will be purchased) – players keep helmets.
- ✓ Athletic Clearance and Media Packet Forms – should have been completed as part of registration
- ✓ Come ready to volunteer – sign up forms for activities will be available.
- ✓ Communications – please provide email and cell numbers for easy communication related to practice times and instructions for the players. REMIND App instructions will be provided at the parent meeting. However, Coach Amidon will provide information at practices and players should be responsible to communicate with parents and coaches as well.
- ✓ Student/Parent Handbook – review and turn in signature pages.

January 2022

- ✓ Fundraising / Fair Share Contribution - \$400
- ✓ All fair share contributions may be off-set by sponsorship opportunities. Checks payable to YLHS Boosters Club. Also – if off-setting with a sponsorship, please identify the player.

February 2022 – prior to start of regular season

- ✓ YLHS/District Transportation Fee - \$85
- ✓ Due in YLHS Finance office, payable to YLHS. Athlete will not be able to take bus to games if this fee is not paid. *You may have paid with your student registration - will be itemized on your receipt.*

YLHS MEN'S LACROSSE PLAYER AND PARENT TEAM GUIDELINES AND CODE OF CONDUCT

The needs of the program will always be placed first for the benefit of the players and coaches collectively. We want to encourage and maintain open communication between players, parents, and coaches. Therefore, if you have a concern, please bring it to the attention of the head varsity coach, who will listen to your concerns and work to address them while keeping the needs of the program first in mind. Once a matter has been discussed, please understand that the head varsity coach is going to make the final decision. If you are still not satisfied with a coach's decision, you can request a meeting with the head varsity coach and the athletic director. *If the matter involves playing time, we ask first that the player himself personally discuss the issue with the coach* before or after practice so that he can understand what the coach requires him to do on the field at games or practices.

Please keep in mind that dissent or the appearance of divisiveness is counter to the team's goals. Therefore, when bringing a concern to a coach's attention, please communicate concerns privately. For example, directly after a game is not the appropriate time to approach any coach about concerns regarding playing time. **AT NO TIME should a parent approach any coach before or after a game to discuss playing time.** In the event a parent does approach a coach, the coaches have been instructed to respectfully end that line of discussion and, if necessary, walk away. Please email the head coach directly to set a more appropriate time to communicate your concern.

Coaches make all decisions related to our teams based on the performance of the players and the efforts they make to earn the right to represent this team on the field. Every player, whether he is starting or contributing in another way, needs to know that a combination of both hard work and good performance is the best way to improve the team and to achieve his personal goals, and that his success is the result of the effort he has made.

Missing Regular Season Practice:

If a player misses a practice, they will sit out a minimum of a half a game. If they miss two, then they will sit an entire game, and so on. Players can only be excused for YLHS educational purposes. Educational purposes must be cleared by the head coach ahead of time. Missing game time may result if not cleared beforehand.

Player Conduct:

All players represent the YLHS Men's Lacrosse Program on and off the field, and they must remember that their conduct can reflect both positively and negatively on the program as a whole. As a result, players may be suspended for multiple games if they demonstrate unacceptable conduct on and/or off the field.

Bus to Games:

All players are expected to travel on the bus with the team going and returning from all games. Failure to do so may lead to a single game or even multiple games suspensions. All players are expected to follow PYLUSD Bus regulations. Any unacceptable behavior may lead to game suspensions.

Gear/Equipment:

All players must wear the same helmets and uniform for all games. The helmet must be certified and provided by the school, and it must be worn for all official team activities (games and practices). In addition, US Lacrosse requires all boys lacrosse players to wear athletic cups during game play. Stick pockets can be any combination of the following colors: **black, blue, red, and/or white.** Loud or brightly colored mesh, heads, or strings will not be allowed on the field during games. Players should always ensure their gear is game-ready prior to any team event. Talk to the coaches if you have any specific questions.

Parent Signature: _____ **Player Signature:** _____

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**2021-2022 YORBA LINDA HIGH SCHOOL MEN'S LACROSSE
BOOSTER CLUB DONATION AND INFORMATION FORM**

The YLHS Men's Lacrosse Program is proud to offer its athletes and families the finest high school lacrosse program in North Orange County. Our program is 100% self-funded and provides its athletes a full year of exceptional lacrosse training. With eight years Century League Championships and two playoff berths over our last two complete seasons, the 2022 season is looking even brighter!

Our program offers:

- ✓ Varsity Head Coach & Varsity Assistant Coaches
- ✓ Junior Varsity Head Coach & Junior Varsity Assistant Coach
- ✓ September - June Lacrosse Training (two semesters)
- ✓ Weight Training, Conditioning & Endurance Training
- ✓ Game Day Shooter Shirt
- ✓ Uniforms, helmets, nets, and balls
- ✓ Professional game filming and breakdown with Yellow Hat/Hudl (Varsity)
- ✓ Player/team patches and trophies, Coaches Plaques and Thank you's
- ✓ Player Banquet Fee, End-of-Season recognition gifts and team DVD
- ✓ Senior Night

TOTAL FAIR SHARE DONATION – 2021-2022 YLHS MEN'S LACROSSE	\$900.00
Initial payment due at parent meeting (November 4 th)	\$350.00
Off-season Coaching/Weight Training/Conditioning	\$150.00
Fundraising portion of \$400.00 due by January 15, 2022	\$400.00

Pay by Venmo: @YLHSLAX

Make checks payable to: YLHS Lacrosse Booster Club. Turn checks in to a Coach or Booster Member OR Mail to: YLHS Lacrosse Booster Club - P.O. Box 845, Yorba Linda, CA 92885

STUDENT/PARENT CONTACT INFORMATION

Student's Name (including preferred name):		Grade:			
		9	10	11	12
Student's Phone:		Student's Email:			
Parents'/Guardians' Name(s):					
Parent's/Guardian's Phone #1:			Phone #2:		
Parent's/Guardian's Email #1:			Email #2:		
Additional Parent/Guardian info and emails:					
Student's T-shirt Size (Please Circle):			Adult size S M L XL XXL		

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VOLUNTEER OPPORTUNITIES

To insure we will have the necessary help to run a high-quality program, the team will expect all families to volunteer in some capacity. Positions will be assigned on a first come, first served basis.

FUNDRAISING:

- ✓ Volunteer to work with the Booster Board assisting with any team fundraisers. **Have a great fundraising idea? Please let us know!**
- ✓ Participate in the Savers clothing/shoes fundraiser
- ✓ Participate in the Blast Athletics Fundraising initiative

TEAM SUPPORT VOLUNTEER POSITIONS:

Banner Manager:

- ✓ Bring and post Yorba Linda Lacrosse banner and all sponsor advertising banners to each JV & Varsity home game. Take down and store banners in concession stand after all home games.

Photographer (at least one per team):

- ✓ Take candid shots of players throughout the year
- ✓ Submit selected photos to webmaster
- ✓ Work with banquet committee to produce end of year DVD
- ✓ Must have own equipment and be skilled at taking action photos
- ✓ Organize photos by player or team as needed

End of Season DVD Coordinator:

- ✓ Work with Booster Board & photographers to produce end of year DVD

Timekeepers:

- ✓ Run game clock and penalty clock at home games during season.
- ✓ 1 person needed for JV game clock & 1 person needed for Varsity game clock (**Training will be provided!**)

Varsity Home Game Announcer:

- ✓ Announce game commentary at all Varsity home games in Shapell Stadium during season

Announcer Assistant (helps in press box)