

LBJ Ladies Lacrosse

Parent’s Handbook - 2013 Season

**Welcome to LBJ Ladies Lacrosse!**

We are delighted you have joined LBJ Ladies Lacrosse and welcome you to the team. Regardless of your daughter’s skill level, experience, or athletic talent, she will find lacrosse a wonderful way to build friendships while playing a fast-paced, action filled sport that emphasizes fitness, finesse, and teamwork.

We are a tax-exempt organization, supported by membership dues and donations, and based at LBJ/LASA. The club is organized and run by parent volunteers. The club officers for the 2013 season are:

Jeanine Gilson, Co-President

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Margaret Menicucci, Vice-president

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Tom Stribling, Past president

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Chuck McClenon, Co-president

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Jeni Tubbs, Treasurer

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Our coaches for the 2013 season are:

Piper King, Head Coach

569-2651---cell

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Chuck Newell, Assistant Coach

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Rich Weigand, Field Administrator, and Coach Emeritus

626-4271---cell

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**Frequently Asked Questions about LBJ Ladies Lacrosse**

***What is the relationship between the LBJ Ladies Lacrosse Club and LBJ/LASA?***

The LBJ Ladies Lacrosse Club is an LBJ and LASA recognized club activity, which is expected to follow U.I.L. athletic organization requirements. As a tax-exempt sports club, we receive no funding from AISD or LBJ/LASA. The club is permitted to utilize practice field and building facilities, make announcements prior to class, and is recognized in the school newspaper, yearbook, and similar publications.

The U.I.L. “no pass – no play” requirements do apply to all players. Only LBJ/LASA students are allowed on the team.

***What will it cost for my daughter to play LBJ Ladies Lacrosse?***

Because lacrosse is not funded by AISD, all expense associated with participating in a sports league must be covered by membership dues, club fundraising, and other private donations. Club costs include: Texas High School Girls Lacrosse League dues; game day referee fees; home field use fees; tournament fees; and coach stipends.

Annual club membership dues are calculated based on projected expense divided by the anticipated number of players. Fund raising events may also off set club expense. However, to be successful, fundraising events require significant parent/player participation.

The annual membership dues for the 2013 season are $350 for a first year LBJ player, and $400 for a returning LBJ player.

A limited number of scholarships covering club dues are available.

***Will we be required to purchase equipment?***

Yes. Players must purchase their own equipment and uniforms. To be eligible, each player must have a lacrosse stick (approx. $40 to $90), eye protection goggles (approx. $30 to $60), and a mouthpiece (approx. $2). (It is recommended that players keep more than one mouthpiece on hand as they are often misplaced or lost.) A game bag or backpack is a handy item, but not a required piece of equipment. Cleats are also recommended but not required. The coaches can provide advice regarding the type of equipment best suited for your daughter and where to purchase such equipment.

In addition to the above basic equipment, players must purchase their uniform, which consists of two jerseys and a kilt (approx. $75). Uniforms must be ordered through the club. Orders will be taken later in the fall. A limited number of scholarships covering uniform costs are available.

***When is the season? When are games played?***

The official lacrosse season is January through May. We have an informal season in the fall, which is intended to hone the skills of experienced players and introduce lacrosse fundamentals to new players.

Games will begin in late January and extend through early May. Games may occur any weeknight, Monday through Friday, and Saturday mornings or afternoons. Sunday afternoon games are not common.

***What league do the girls play in?***

We are members of the Texas High School Girls Lacrosse League. This incorporated organization is not affiliated with the U.I.L. and is an independent organization that manages all league business. All league administrators are volunteers.

This league is composed of public and private high schools and consists of a North Division, a South Division, and the Central Division of which LBJ is a member. The breakdown of schools playing in the Central Division in 2012 is:

Division I Division II

Bowie HS Anderson/McCallum HS

Cedar Park H Austin HS

LBJ/LASA HS McNeil HS

St. Andrews HS Georgetown HS

St. Stephens Episcopal Leander Lacrosse Club

Westlake HS Stony Point HS

Westwood HS St. Michaels Catholic

*Are the players eligible for AISD P.E. credit?*

Yes. To receive credit, players will be required to participate at least 5 hours per week (game time is not included), must practice the entire semester (through the last week of classes), and must maintain a weekly journal that addresses specific physical education topics. Additional work, including tests, may be required by AISD. Credit is available only for the Spring Semester.

Players interested in receiving P.E. credit must fill out the registration forms, obtain the necessary signatures and turn them in BEFORE the start of the spring semester. Players seeking P.E. credit will be charged a $75 fee to offset costs incurred by the club in administering this program.

***How many players are in the club?***

Ideally, we would have between 32 and 36 members. This would allow us to comfortably field a Varsity and Junior Varsity team, each with approximately 18 players. In recent years, we have averaged 30 players in the club.

***How do the girls travel to away games?***

The players are responsible for making their own travel arrangements to and from away games. Normally, parents and players setup carpools in advance of all away games.

***Does the team travel out of town?***

In past years, members of the Varsity traveled to Houston (The Woodlands) in the fall for a weekend of games. The Varsity has also participated in the Aggieland tournament on the campus of Texas A&M early in the season.

Players are not permitted to drive themselves and/or other players to out of town events.

***What is US Lacrosse? Should we join US Lacrosse?***

US Lacrosse was founded on January 1, 1998, as the national governing body of men's and women's lacrosse. It is the result of a three-year strategic initiative to unify all national lacrosse associations in an effort to unify human and financial resources, as well as maximize the efficiency and effectiveness of lacrosse promotion and development. The result is an organization which combines the contributions and talents of individuals formerly involved with a number of independent national constituencies. US Lacrosse provides a leadership role in virtually every aspect of the game throughout the United States, and offers a number of programs and information services to its national membership and more than one million lacrosse enthusiasts throughout the country. [www.uslacrosse.org](http://www.uslacrosse.org)

Membership in US Lacrosse is $35 annually and we recommend it for players who will be participating in summer camps, all-star games, and other non-LBJ lacrosse activities. Membership benefits include player insurance and the monthly *Lacrosse Magazine*.

**Volunteer Opportunities**

LBJ Ladies Lacrosse cannot exist without your help and support. As a self governed and operated organization, there are always numerous opportunities to participate. Some ways to help include:

* **Game Day Coordinator – Varsity Games**

General Task: Ensure that games operate smoothly. This requires planning before the season and before each game, as well as coordination of the game itself.

More Specific Tasks:

1. Field lining: The game day coordinator organizes volunteers to line the practice field in January for pre-season scrimmages and line NOACK in the spring for our home games.

2. Maintaining game bags: The team has a game bag that contains the essentials for administering a lacrosse game, such as our game notebooks, score sheets, stop watches, horns, pencils, etc. The game day coordinator makes sure that the bag is stocked and at each game.

3. Overseeing game day volunteers: It takes several volunteers each game to do the scorebook, keep the clock, etc. The game day coordinator makes sure that there will be enough parents at each game to fulfill these tasks.

4. Pre-game notification: The game day coordinator sends an email before each game with all the essential details.

* **Game Day Coordinator – JV Games**

Same duties as above for the JV Games.

* **Uniform Coordinator**

General Task: Organize and implement the ordering of uniforms for new players or returning players who need new uniforms. This generally occurs in the fall, with each new player trying on uniforms from our returning players, choosing a size and placing an order. The uniform coordinator then orders the uniforms, distributes them to the players, and collects the appropriate payment from the players. He/She must also maintain an active roster of uniform numbers that are in use or available to assure that new uniform orders do not replicate existing numbers.

* **Fundraising Coordinator**

General Task: Identify and present opportunities for club fundraising to the Board of Directors and implement and oversee any fundraising opportunities the club chooses to pursue.

* **Tournament Coordinator**

General Task: The tournament coordinator organizes travel to tournaments. That includes finding a suitable hotel, booking a group of rooms, keeping track of which parents are driving, who the players are riding with, and who the players are rooming with. The tournament coordinator also makes sure that there are plans for meals and for water and oranges at the games.

* **Recruiting Coordinator**

General Task: Identify the several opportunities in the Spring and Fall to reach out to incoming LBJ students and students who did not play last year in order to showcase the club, provide information to interested students, and gather contact information for these students. The recruiting coordinator then follows up with interested students and finds ways to encourage them to join the club. There will be a new student fair this spring, as well as an extra-curricular fair next fall. There may be other opportunities to reach out to new players.

* **Orange and Water Coordinator**

General Task: Set up a system for making sure that there will be water available at all home and away games for both Varsity and JV. Often this simply involves a phone call to the host team, which will usually provide water. Also makes sure that someone brings oranges to each Varsity and JV game for half-time.

If you are interested in helping in any of these capacities, please contact one of the club officers. Getting involved is a great way to support your daughter, make new friends, and learn about the great sport of women’s lacrosse!

LBJ Ladies Lacrosse

Social Media Policy for Coaches and Players

Adopted November 3, 2010

General statement:

The Board of Directors of the LBJ Ladies Lacrosse Club recognizes that social media technologies provide popular and fluid mechanisms through which coaches and players are likely to be communicating. This type of immediate and potentially private communication, however, can raise problems when used by adult coaches and their minor players. These problems may range from the appearance of inappropriate social contact to actual inappropriate social contact transitioning into inappropriate relationships. The Board adopts this policy to establish clear guidelines for the use of social media between coaches and players, with the intention to promote healthy and appropriate communication between coaches and players, while protecting the coaches from allegations of impropriety and setting boundaries that will deter inappropriate contact and relationships.

Policy:

It is the policy of the LBJ Ladies Lacrosse Club that all official communication concerning games, practices, tournaments, schedules, gear, fundraising and any other official undertaking of the Club that involves players and/or parents should be sent via electronic mail to the player email list and/or parent email list. It is also the policy of the LBJ Ladies Lacrosse Club that coaches should feel free to communicate with players, either as a whole group, as subgroups, or individually, via email or other social media (such as texting and Facebook) as appropriate to exchange information and ideas on an informal basis as needed. This informal communication is important for the development of team leadership, for the ongoing exchange of ideas about the team, for fostering team spirit and camaraderie, and for keeping the players interested and engaged in the team. In order to contain this informal communication to its productive and appropriate uses, it is the Policy of the Club that communication between coaches and players should be limited as follows:

1. Subject matter – communications between coaches and current players should be limited to discussions that are directly related to lacrosse in general or the LBJ Ladies Lacrosse Club in particular. There should be no coach/player social media communications about social events unrelated to the lacrosse club, popular culture, music, or any other topic that is not directly related to their roles as coach and player for the lacrosse club.

2. Time – social media communication between coaches and current players should be limited, as much as is feasible, to between the hours of 7am and 8pm. Information that must be exchanged after 8pm should be exchanged via telephone call to the player’s or coach’s home telephone number. This time limitation does not apply to cell phone communications relevant to club matters when the team is traveling for games or tournaments, or to official emails sent to the player email list and/or the parent email list.

## Facts about Lacrosse (from US Lacrosse, Inc.)

Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians. Modern lacrosse has been embraced by athletes and enthusiasts of the United States and the British Commonwealth for over a century.

The sport of lacrosse is a combination of basketball, soccer and hockey. Anyone can play lacrosse--the big or the small. The game requires and rewards coordination and agility, not brawn. Quickness and speed are two highly prized qualities in lacrosse.

An exhilarating sport, lacrosse is fast-paced and full of action. Long sprints up and down the field with abrupt starts and stops, precision passes and dodges are routine in men's and women's lacrosse. Lacrosse is played with a stick, the crosse, which must be mastered by the player to throw, catch and scoop the ball.

Lacrosse is one of the fastest growing team sports in the United States. Youth participation in the sport has grown over 500% since 1999 to nearly 250,000. No sport has grown faster at the high school level over the last 10 years and there are now an estimated 200,000 high school players. Lacrosse is also the fastest-growing sport over the last six years at the NCAA level, and that's just the tip of the iceberg. There are more than 500 college club programs, including nearly 200 women's teams that compete at the US Lacrosse Intercollegiate Associates level.

**Brief History**

With a history that spans centuries, lacrosse is the oldest sport in North America. Rooted in Native American religion, lacrosse was often played to resolve conflicts, heal the sick, and develop strong, virile men. To Native Americans, lacrosse is still referred to as "The Creator's Game."

Ironically, lacrosse also served as a preparation for war. Legend tells of as many as 1,000 players per side, from the same or different tribes, who took turns engaging in a violent contest. Contestants played on a field from one to 15 miles in length, and games sometimes lasted for days. Some tribes used a single pole, tree or rock for a goal, while other tribes had two goalposts through which the ball had to pass. Balls were made out of wood, deerskin, baked clay or stone.

The evolution of the Native American game into modern lacrosse began in 1636 when Jean de Brebeuf, a Jesuit missionary, documented a Huron contest in what is now southeast Ontario, Canada. At that time, some type of lacrosse was played by at least 48 Native American tribes scattered throughout what is now southern Canada and all parts of the United States. French pioneers began playing the game avidly in the 1800s. Canadian dentist W. George Beers standardized the game in 1867 with the adoption of set field dimensions, limits to the number of players per team and other basic rules.

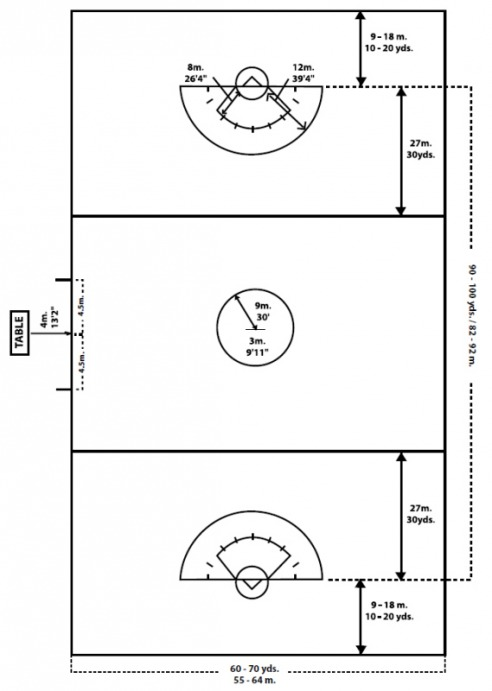
New York University fielded the nation's first college team in 1877, and Philips Academy, Andover (Massachusetts), Philips Exeter Academy (New Hampshire) and the Lawrenceville School (New Jersey) were the nation's first high school teams in 1882. There are 400 college and 1,200 high school men's lacrosse teams from coast to coast.

The first women's lacrosse game was played in 1890 at the [St. Leonard's School in Scotland](http://www.stleonards-fife.org/Index.asp?MainID=4382). Although an attempt was made to start women's lacrosse at Sweet Briar College in Virginia in 1914, it was not until 1926 that Miss Rosabelle Sinclair established the first women's lacrosse team in the United States at the Bryn Mawr School in Baltimore, Maryland.

Men's and women's lacrosse were played under virtually the same rules, with no protective equipment, until the mid-1930s. At that time, men's lacrosse began evolving dramatically, while women's lacrosse continued to remain true to the game's original rules. Men's and women's lacrosse remain derivations of the same game today, but are played under different rules. Women's rules limit stick contact, prohibit body contact and, therefore, require little protective equipment. Men's lacrosse rules allow some degree of stick and body contact, although violence is neither condoned nor allowed.

Field lacrosse is sometimes perceived to be a violent and dangerous game, however, injury statistics prove otherwise. While serious injuries can and do occur in lacrosse, the game has evolved with an emphasis on safety, and the rate of injury is comparatively low. Ensuring the safety of participants is a major focus for US Lacrosse and its [Sports Science and Safety Committee](http://www.uslacrosse.org/safety/index.phtml), which researches injury data in the sport and makes recommendations to make the game as safe as practicable.



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**Women’s Lacrosse Rules**

Women's lacrosse is a non-contact game played by 12 players: a goalkeeper, five attackers and six defenders. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

Women's lacrosse begins with a draw, which is taken by the center position. The ball is placed between two horizontally held crosses (sticks) at the center of the field. At the sound of the whistle, the ball is flung into the air as the crosses are pulled up and away. A draw is used to start each half and after each goal, and it takes place at the center of the field.

The high school girl's game is 50 minutes long, each half being 25 minutes. Teams are allowed two timeouts per game (including overtime).

The playing field is between 110 to 140 yards long and 60 to 70 yards wide, with the goals no more than 100 yards and no less than 90 yards apart. Additional markings on the field include a restraining line located 30 yards from each goal line, which creates an area where only a maximum of seven offensive players and eight defensive players (including the goalkeeper) are allowed; a 12-meter fan, which officials use to position players after fouls; and an arc in front of each goal, considered the critical scoring area, where defenders must be at least within a stick's-length of their attacker.

When a whistle blows to end play, all players must stop in place. When a ball is ruled out of play, the player closest to the ball gets possession when play is resumed. Loss of possession may occur if a player deliberately runs or throws the ball out of play.

Rough checks, and contact to the body with the stick or body, are not allowed. Field players may pass, catch or run with the ball in their stick. A player may gain possession of the ball by dislodging it from an opponent's stick with a check. A check is a controlled tap with a stick on an opponent's stick in an attempt to knock the ball free. The player must be one step in front of her opponent in order to check. No player may reach across an opponent's body to check the handle of a stick when she is even with or behind that opponent. A player may not protect the ball in her stick by cradling so close to her body or face so as to make a legal, safe check impossible for the opponent.

All legal checks must be directed away from a seven-inch sphere or "bubble" around the head of the player. No player is allowed to touch the ball with her hands except the goalkeeper when she is within the goal circle. A change of possession may occur if a player gains a distinct advantage by playing the ball off her body.

Fouls are categorized as major or minor, and the penalty for fouls is a “free position.” For major fouls, the offending player is placed four meters behind the player taking the free position. For a minor foul, the offending player is placed four meters off, in the direction from which she approached her opponent before committing the foul, and play is resumed. When a minor foul is committed in the critical scoring area, the player with the ball has an indirect free position, in which case the player must pass first.

A slow whistle occurs when the offense has entered the critical scoring area and the defense has committed a major foul. A flag is thrown but no whistle is sounded so that the offense has an opportunity to score a goal. A whistle is blown when a goal is scored or the scoring opportunity is over. An immediate whistle is blown when a major foul, obstruction or shooting space occurs, which jeopardizes the safety of a player.

**Women’s Lacrosse Skills**

Cradle: The act of moving the stick from side to side causing the ball to remain in the upper part of the pocket webbing.

Checking: The act of using a controlled tap with a stick on an opponent's stick in an attempt to dislodge the ball.

Catching: The act of receiving a passed ball with the stick.

Cutting: A movement by a player without the ball in anticipation of a pass.

Dodging: The act of suddenly shifting direction in order to avoid an opponent.

Passing: The act of throwing the ball to a teammate with the stick.

Scooping: The act of picking-up a loose ball on the ground with a stick.

Shootings: The act of throwing the ball at the goal with the stick in an attempt to score.

**Women’s Lacrosse Terms**

Clear: Any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.

Critical Scoring Area: An area 15 meters in front of and to each side of the goal and nine meters behind the goal. An eight-meter arc and 12 meter fan are marked in the area.

Stick (Crosse): The equipment used to throw, catch, check and carry the ball.

Checking: Stick to stick contact consisting of a series of controlled taps in an attempt to dislodge the ball from the stick.

Draw: A technique to start or resume play by which a ball is placed in between the sticks of two standing players and drawn up and away.

Eight-Meter Arc: A semi-circular area in front of the goal used for the administration of major fouls. A defender may not remain in this area for more than three seconds unless she is within a stick's length of her opponent.

Free Position: An opportunity awarded to the offense when a major or minor foul is committed by the defense. All players must move four meters away from the player with the ball. When the whistle sounds to resume play, the player may run, pass or shoot the ball.

Free Space To Goal: A cone-shaped path extending from each side of the goal circle to the attack player with the ball. A defense player may not, for safety reasons, stand alone in this area without closely marking an opponent.

Goal Circle (crease): The circle around the goal with a radius of 2.6 meters (8.5 feet). No player's stick or body may “break” the cylinder of the goal circle.

Indirect Free Position: An opportunity awarded to the offense when a minor foul is committed by the defense inside the 12 meter fan. When the whistle sounds to resume play, the player may run or pass, but may not shoot until a defender or one of her teammates has played the ball.

Marking: Being within a stick's length of an opponent.

Scoring Play: A continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal.

Stand: All players, except the goalkeeper in her goal circle, must remain stationary following the sound of any whistle.

Sphere: An imaginary area, approximately 18 cm (seven inches) which surrounds a player's head. No stick checks toward the head are allowed to break the sphere.

12 Meter Fan: A semi-circle in front of the goal used for the administration of minor fouls.

Warning Cards: A yellow card presented by an umpire to a player is a warning which indicates that she will next receive a red card and be suspended from further participation if she continues to play dangerously and/or conduct herself in an unsportsmanlike manner. A green card is presented by an umpire to the team captain indicating a team caution for delay of game.

**Women’s Lacrosse Links**

LBJ Ladies Lacrosse

<http://lbjlax.weebly.com/>

Central TX Girls High School Lacrosse League

<http://www.ctgirlslax.org/index.html>  
  
Central TX Girls HS League - Game Schedules and Scores

<http://www.ctgirlslax.org/calendar.html>  
  
Central TX Girls HS League – Standings

<http://www.ctgirlslax.org/standings.html>  
  
US Lacrosse - Women's

<http://www.uslacrosse.org/womensportal/index.phtml>  
  
Liberal Arts and Science Academy school website

<http://www.lasaonline.org/>  
  
LBJ High School website

<http://www.austinisd.org/schools/details.phtml?id=017>  
  
LBJ Sports

<http://www.lbjsports.org/index.htm>

**LBJ LADIES LACROSSE**

**CONTACT INFORMATION**

**AND**

**EMERGENCY MEDICAL TREATMENT**

**AUTHORIZATION CARD**

*To be filled out by parent (guardian). Please print in ink.*

Name of Player Date of Birth / /

Last First MI

Home Address City State Zip

Player’s E-mail Campus Grade

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

**Parent/Guardian 1**

Name Employer

Last First MI

Cell/Pager Work # E-mail

**Parent/Guardian 2**

Name Employer

Last First MI

Cell/Pager Work # E-mail

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Emergency contact in case parent/guardian *cannot* be reached*:*

Contact Name Relationship to Player

Contact Phone #1 Contact Phone #2

Name of personal physician Phone

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

**Insurance Information**:

Insured’s Name Insurance Co.

Group No. Policy No.

**If, in the judgment of the adult leader and/or coach in charge, the Player identified above needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to my child by any physician or licensed health care practitioner; and I do hereby agree to indemnify and save harmless the adult leader, the coaches of the LBJ Ladies Lacrosse team, the LBJ Ladies Lacrosse organization and LBJ High School, their members, volunteers, directors, and officers, from any claim by any person whatsoever on account of such care and treatment of my child. If time permits, we prefer that the adult in charge use the above physician to provide such care.**

Date: Signature of Parent/Guardian

Print Name

**LBJ LADIES LACROSSE**

**PERMISSION TO PARTICIPATE,**

**RISK ACKNOWLEDGMENT & LIABILITY RELEASE**

I understand that participation in the sport of lacrosse involves a certain degree of risk. I have carefully considered the risk involved and hereby give permission for my child (the Player named below) to participate in the LBJ Ladies Lacrosse program and all activities associated therewith. In consideration for allowing my child (the Player) to participate, the undersigned, on behalf of my child (the Player) and her respective heirs, executors, administrators and personal representatives, hereby **(i) ASSUME THE RISK OF AND THE FULL RESPONSIBILITY FOR, (ii) RELEASE, WAIVE AND DISCHARGE , AND (iii) AGREE TO INDEMNIFY AND HOLD HARRMLESS**, the LBJ Ladies Lacrosse organization and LBJ High School, together with their respective players, members, volunteers, directors, officers, coaches, employees, contractors and agents (collectively the “Releasees”) from any and all liability, loss or damage for personal injury or death of my child (the Player) and/or any third-party, arising out of or relating in any such manner to my child’s (the Player’s) participation in this activity, **WHETHER CAUSED, IN WHOLE OR IN PART, BY THE SOLE OR CONCURRENT NEGLIGENCE, STRICT LIABILITY OR OTHER FAULT OF ANY ONE OR MORE OF THE RELEASEES AND REGARDLESS OF WHETHER ALLEGED TO BE OR ACTUALLY CAUSED IN COMBINATION WITH THE SAME OR SIMILAR CONDUCT BY ANY THIRD-PARTY**.

Date: Signature of Parent/Guardian

Print Name

Date: Signature of Parent/Guardian

Print Name

Both parents must sign if joint guardianship is in place. If not, the parent with guardianship must sign.

Name of Player Date of Birth / /

Last First MI