



AHS Girls Lacrosse
www.ahsgirlslacrosse.com

WELCOME TO 2018-2019!

The Austin High School Girls Lacrosse (AHSGLAX) is excited that you want to join us! We're coming off a winning season and we are looking forward to your enthusiasm, talent, and energy. Lacrosse (LAX) is the fastest growing women's sport in the United States and we want you to be part of that history.

We're no exception here at Stephen F. Austin High School (AHS). This year we will move from a one-team operation to a two-team Varsity and Junior Varsity program.

This year we have a lot of opportunities and changes in the program, so please read up. We like to be happy and informal in what we say and do, but a lot of what is written below definitely reads in that official kind of way. That was unavoidable but hopefully it gives you all the information you need.

It is started with a short-term checklist to get you through Fall Ball 2018 so everything doesn't seem so intimidating.

We can hardly wait to see you on the AHS practice field, where you get to practice against the beautiful Austin skyline and some of the best ATX LAX coaches around.

Loyal Forever,
Coby Chase
2018-2019 AHSGLAX Booster Club President

THE GET-ME-TO-FALL-BALL 2018 SHORT-TERM CHECKLIST

This checklist is not a substitute for reading what follows, but it does help you get organized to start Fall Ball 2018, the first big step. Have all of these steps completed by September 10, 2018.

- _____ Stop by the AHSGGLAX table at AHS Back to School Night on Wednesday, September 5, 2018, if you can, and meet new Head Coach Jennie Biles.

- _____ Attend the prospective parent-player meeting at 7:00 p.m. on Thursday, September 6, in the Maroon Room at AHS and learn about the whole program!

- _____ Familiarize yourself with the costs and obligations associated with playing for AHSGGLAX. That is found in the 2018-2019 Registration, Dues, and Fundraising section below.

- _____ Register for Fall Ball 2018 [here](#).

- _____ Become a member of (or renew) US Lacrosse by the time Fall Ball starts on September 11, 2018. Do that [here](#). We will ask you a little later for proof of registration that covers a player from September 11, 2018, through at least June 2018. There is a \$35.00 fee per player. Note: Our team number is 2542818 “Austin High School, Womens” (you may not have to enter the team number, but there it is just in case). It looks like this:



* Primary Club/Program

Texas Austin High School, Women I don't see the club/program

- _____ Turn in your 2018 AISD Pre-participation Packet (this includes a physical) before September 11, 2018. Information about the Pre-participation Packet is found in the “2018-2109 Permission to Play (i.e. Physicals and Forms)” section below. The form is found [here](#). There are instructions about this form below.

- _____ Start AHSGGLAX Fall Ball on September 11, 2018!

2019-2019 MAKING A TEAM, FALL BALL PARTICIPATION REQUIREMENT, and MULTI-SPORT ATHLETES

The great news is that enough incoming freshmen and returning players have signaled that they intend to participate in AHSGLAX. This is phenomenal and a testament to the hard work of previous booster clubs building awareness and new families bringing energy and excitement to the program.

This season AHSGLAX will have, for the first time, both a Varsity team and a Junior Varsity (JV) team (both are named The Maroons). All players will be required to tryout through a process that includes Fall Ball participation and set and described by the Head Coach.

All athletes successfully completing tryouts through Fall Ball 2018 participation will be assigned to the Varsity or Junior Varsity team.

Multi-Sport Athletes. Each athlete who participates successfully in Fall Ball 2018 and tries out will be invited to join either the new Junior Varsity team or the Varsity team. Students who participate in another fall athletic activity (e.g. volleyball, basketball, cheer, etc.) will be afforded the same opportunity to make a team if the athlete has discussed her situation with the Head Coach and an acceptable plan is arrived at.

2018-2019 is in a transition season from an all-varsity team to a program with both Varsity and Junior Varsity teams. This necessitates some adjustments such as, but likely not limited to:

All players are required to try out. Returning players who were on Varsity in a previous season may be assigned to Junior Varsity. This is designed to maximize the chances of playing time for each athlete. Note: Dues paid to the program guarantee robust and full practices and do not guarantee game play time.

If an athlete and her family would like to withdraw after team assignments are made and at the conclusion of Fall Ball, they will be afforded a one-week opportunity to receive a refund of registration funds paid to AHSGLAX minus a \$75.00 Fall Ball fee. There is more about this in the 2018-2019 Registration, Dues, and Fundraising section.

Donations to the program above required dues are not eligible for a refund.

Letter Jackets. Any 2019 season player currently in possession of a letter jacket will keep it. This is how letter jackets will be handled:

- If a player previously on the Varsity squad is assigned to Junior Varsity, and possesses a Varsity letter jacket, she earned that according to eligibility requirements at that time and is expected to keep it and wear it proudly.
- Current letter jacket holders who continue on the Varsity squad are not required to meet any other eligibility requirements to possess a letter jacket.
- 2018 season players without a letter jacket who make the 2019 Varsity team are eligible to purchase a letter jacket.
- Outside of the exceptions listed above and from this point forward, a player is eligible to purchase a letter jacket after one full season of play with the Varsity squad. Letter jackets are offered for purchase at a time that will be specified later.

2018-2019 REGISTRATION, DUES, and FUNDRAISING

The Austin High School Girls Lacrosse Program is a club and while it represents Austin High School, is not a program of the school. Lacrosse is not a UIL sport and as such receives no AISD funding. All costs of the program are the responsibility of the club.

For comparison purposes, Westlake High School Girls Lacrosse 2018 fees and dues amount to \$1,750 per player (Fall Ball + spring season). You may verify that [here](#).

Base dues for both Junior Varsity and Varsity squads will be \$550 for the 2018-2019 season. This is an increase of \$70.00 beyond 2017-2018 dues.

There are other required expenses, including membership in US Lacrosse, one Varsity tournament, and individual player equipment. The program includes optional expenses as well and a fundraising participation requirement of all families. See below.

2018-2019 AHSGLAX Player Registration

Registration shall occur in two distinct parts and at two distinct times. Both are required.

Part One: Sign your player up for Fall Ball 2018 [here](#) at no initial cost and before September 11, 2018. AHSGLAX needs to collect information to prepare for the Fall Ball period, September 11 – November 15, 2018.

Part Two: In mid-October parents and guardians will be required to pay for a player's registration and must re-enter some previously provided information online.

Dues and Expenses

Your player is guaranteed to be invited to either the Junior Varsity squad or Varsity squad if she participates in the Fall Ball requirement as specified by the Head Coach. Within one week of the conclusion of Fall Ball (Fall Ball is September 11 – November 15), should a player and her family decide not to continue with the AHSGLAX program, all funds remitted on behalf of a player, minus a \$75.00 Fall Ball fee, will be returned. There shall be no refunds after that period under any circumstances, including injuries that prevent practice or play.

Three-part payment plans can be arranged should a player's family prefer that. A limited number of needs-based scholarships are available. Instructions to apply are found later on in this document.

Note on Game Play

Eligibility to play criteria will be made available by the Head Coach to each team member, assistant coach, and player family.

Dues and all other costs guarantee your player will receive thorough and robust Fall Ball and regular season practice experiences. Game play is not guaranteed and is predicated on eligibility criteria and strategic gameday circumstances determined by AHSGLAX coaching personnel.

Required Junior Varsity Dues and Expenses

Part A. Dues for the 2018-2019 season will be \$550 per player. That is an increase of \$70.00 beyond the \$480.00 2017-2018 dues.

Part B. A uniform deposit of \$150.00 will be required prior to 2019 Spring Season play. The date to turn in deposits will be sent prior to the season. *Deposits are to be made by check only and made payable to AHSGLAX in the amount of \$150.00.* The check will be held until uniforms are required to be washed and returned. Failure to return any or all of parts of the uniform in useable condition will result in forfeiture of the deposit (i.e. the check will be deposited). Uniform return is usually part of the end of season banquet, though that may change.

Other Junior Varsity expenses include, but may not be limited to:

The cost of a physical. (physical is required)

The cost of the proper equipment required to participate in AHSGLAX practices and games. (Proper equipment is required)

Current US Lacrosse membership. Join or renew [here](#). (required)

Fundraising is required of each family. More information is below.

A joint fundraising social evening with the AHS Boy's Lacrosse program. Date and time TBD. (optional)

A uniform deposit of \$150.00 which is entirely refundable at the end of the season if uniform is returned in acceptable condition. (required)

End of season team banquet (player's meal is covered; family members and guests are additional). (optional)

Purchase of team and individual photographs. (optional)

Purchase of AHSGLAX spirit merchandise. (optional)

End of season gift donation for coaches and staff. (optional)

Occasional, player-initiated team social occasions, such as a post-practice dinner. (optional)

Required Varsity Dues and Expenses

Part A. Dues for the 2018-2019 season will be \$550 per player. That is an increase of \$70.00 beyond the \$480.00 2017-2018 dues.

Part B. A uniform deposit of \$150.00 will be required prior to 2019 Spring Season play. The date to turn in deposits will be sent prior to the season. *Deposits are to be made by check only and made payable to AHSGLAX in the amount of \$150.00.* The check will be held until uniforms are required to be washed and returned. Failure to return any or all of parts of the uniform in useable condition will result in forfeiture of the deposit (i.e. the check will be deposited). Uniform return is usually part of the end of season banquet, though that may change.

Part C. Varsity players will participate in the Aggieland Tournament, in College Station, Texas, on January 26 and 27, 2019. Transportation, meal, and lodging costs will be paid by each player

and in a fixed amount that is TBD. Cost will be announced later this year and based on the size of the Varsity squad. For personal budgeting purposes, this amount should not, under any circumstances, exceed \$300.00 (transportation + hotel + tournament fees + food). AHSGLAX will confirm the cost as soon as possible and will work to keep those costs to a minimum.

Other Varsity expenses include, but may not be limited to:

The cost of a physical. (physical is required)

The cost of the proper equipment required to participate in AHSGLAX practices and games. (Proper equipment is required)

Current US Lacrosse membership. Join or renew [here](#). (required)

A joint fundraising social evening with the AHS Boy's Lacrosse program. Date and time TBD. (optional)

A uniform deposit of \$150.00 which is entirely refundable at the end of the season if uniform is returned in acceptable condition. (required)

Aggieland tournament costs see above for description. (required)

Varsity letter jackets and adornments. (optional)

End of season team banquet (player's meal is covered; family members and guests are additional). (optional)

Purchase of team and individual photographs. (optional)

Purchase of AHSGLAX spirit merchandise. (optional)

End of season gift donation for coaches and staff. (optional)

Fundraising

The complete cost per player exceeds the base dues required of each player. As stated above, the program receives no funding from AISD.

The definition of participate, as it relates to AHSGLAX fundraising, is showing observable and verifiable effort. It is not a set dollar goal per player.

All players and families are required to participate in team fundraising activities. To be clear, players and families are not *encouraged* to fund raise; players and families are *required* to participate in fundraising activities. Failure to actively participate will result in a player's removal from the team, regardless of skill level, with no refund of any funds paid prior to the removal.

AHSGGLAX understands and values that the strength of its Varsity and Junior Varsity teams comes from diverse backgrounds, economic situations, and playing levels. Measurable effort in fundraising is considered to the same degree as total funds raised per player.

A player's family may opt out of fundraising requirements by donating a minimum of \$500.00 to AHSGGLAX beyond required player dues and tournament participation fees. Donations above \$500 are, of course, welcome. Exception: All players must participate in SnapRaise.

Volunteering by AHSGGLAX families is absolutely vital to the program's success but is not a substitute for fundraising requirements. Fundraising requirements may be scaled to a family and player's situation.

Opportunities that can fit any family's situation will be offered. Potential 2018-2019 fund raisers this season that require little or no financial commitment by a family:

SnapRaise (all players will be required to participate, regardless of donations made by her family).

Managing SnapRaise for the teams (all aspects—from start up to promoting to tracking and reporting to closing)

Identifying and applying for grants should they fit with the purpose of the AHSGGLAX program.

Managing (all aspects—from starting to promoting to closing) one of two team spirit stores).

Player participation in an AHSGGLAX clinic for younger players, currently anticipated for early 2019.

Managing player photos (all aspects—from starting to promoting to closing to distribution).

Verifiable purchases at a fundraising evening with AHS Boys Lacrosse (auction or onsite donations) can be included as part of a family's fundraising commitment.

Purchases through any AHSGLAX online spirit store or purchase of player photos may not be included in a family's fundraising commitment. However, fully organizing those efforts may be counted toward a family's commitment to fundraising for AHSGLAX.

During the 2018-2109 season, AHSGLAX has chosen not to participate in fundraising that requires retail purchases be made by physically attending a store during a specified time period. For example, those offered by Kendra Scott or Title 9.

This year the team poster (2018 season) or a printed program (previous seasons) will not be produced. These are costly, time-consuming to produce, typically come out at the end of the season, and have limited utility for donors. Professional team photos will be taken this year and players and their families may purchase photo sets.

Donors making substantial contributions will be recognized through TeamApp advertising, the AHSGLAX website, select and TBD branding opportunities (e.g. the laminated player cards for JV and Varsity), and new AHSGLAX social media.

This will be discussed more at parent-player night on September 6, 2018.

Scholarships

Deadline for financial aid requests is October 1, 2018.

AHSGLAX is absolutely committed to including as many players as possible in the AHS lacrosse experience.

The Booster Club has a very limited number of financial need-based scholarships available for players. No player shall be subsidized at 100 percent of the program's cost. Some degree of financial commitment is required. There are no exceptions. Each financial commitment will be tailored to the individual player and her financial aid requirements.

Any player requesting financial assistance must be registered for Fall Ball (including having her participation packet completed and turned in).

Scholarship players are not exempt from team fund raising activities.

Team costs that are eligible for scholarship funding:

2018-2019 Dues (\$550); and

Varsity tournament costs (TBD).

To request a scholarship, a parent or guardian must send an email to AHSGLAX Booster Club president Coby Chase at ahsgirlslacrosse@gmail.com that has:

The player's first and last name;

The name of the parent or guardian making the request and his or her mobile phone number;

Proof of AISD-subsidized meal eligibility and/or a written reason why a financial subsidy is necessary for play;

A dollar amount the family considers workable to pay; and

An acknowledgement by the requestor that fundraising is required of each team member's family.

All requests are completely confidential. All discussions remain between the AHSGLAX Booster Club president and a family requesting assistance. Once a decision is made, the Booster Club treasurer shall be informed with the requirement that the information is to remain confidential.

Again, the deadline for financial aid requests is October 1, 2018.

2018-2019 PERMISSION TO PLAY (i.e. PHYSICALS and FORMS)

All players are required to have a fully completed 2018-2019 Pre-Participation Physical Packet completed and turned in to Assistant Coach Leslee Feldman or Head Coach Jennie Biles no later than September 10, 2018. These can be brought to the Parent-Player meeting on September 6, the initial two-week exercise and conditioning phase of Fall Ball (September 11 -25), on the first day of Fall Ball (Sept. 26), or scanned and sent to Assistant Coach Lelsee Feldman at lesleefeldman@yahoo.com.

The packet can be [found on the homepage](#) of the AHSGLX website: ahsgirlslacrosse.com

If this is the only AHS sport your player participates in, go to the website, download the packet and fill it out. Note that it requires a physical and the document must be signed by the qualified medical personnel who conducted the physical. Turn in the completed packet per the instructions in the first paragraph of this section.

If your athlete participates in another AHS sport and you have already filled out the forms through AISD's new 2018 paper + web hybrid system, AHSGLAX needs you to do the following:

- A. Obtain and submit a copy of the paper portions you may have already turned in to the school. The athletic trainer should be able to provide a copy of that to you. AHSGLAX will may not obtain these on a player's behalf. These would be:
- Athletic Department Athletic Participatory Form; and
 - The Preparticipation Physical Evaluation-Physical Examination
- B. Fill out the below documents that you submitted electronically and include them with the items in A. They are all contained in the 2018-2019 Pre-Participation Physical Packet that can be [found on the homepage](http://ahsgirlslacrosse.com) of the AHSLGX website: ahsgirlslacrosse.com
- Concussion Acknowledgement Form;
 - Austin ISD Concussion Return to Play Protocol;
 - Anabolic Steroid Use and Random Steroid Testing-Grades 9-12 Only;
 - Consent to Obtain/Release Health Information; and
 - Emergency Student Information Cards

Bundle all of these together and turn in at one time following the instructions in the first paragraph of this section.