



Austin High Girl's Lacrosse Team Rules 2010-2011

Website: www.ahsgirlslax.org

Practice: You need to be present and ready for practice at the scheduled start time. Fall Practices will start Sept 13 on M/Th (varsity) and Tu/Th (JV and new players) from 4:30-6 pm at the AHS practice field, immediately after school, until further announcement. Your coaches will establish guidelines for practice attendance and game playing eligibility.

Tryouts: Varsity and JV teams will be ~ January 7, 2011.

Game Days: Each player is responsible for getting to games 1 hour prior to game start time. Players may need to be excused early from class for certain away games. **Players may drive to games within Austin, but parents must drive players to games outside of Austin (e.g. Aggieland).**

Registration: Online registration must be completed and permission forms must be filled out and turned into the Coach Megan before or at the first practice on September 13, 2010. New players for 10-11 year MUST [register and pay the \\$35 membership fee/insurance with US Lacrosse](#). Our team name/number is Austin High School, Women - ID: 2542818. You may not participate in practices until you have completed the registration with US Lacrosse. ALL Returning players also need to register at the site before you may practice.

Dues: 2010-2011 Season \$360. Installment payments of \$120 are due by October 15th, November 15th, and December 15th or paid in full by October 15th. This covers cost for uniforms, field equipment, tournament fees, coach's stipend, referees, etc. Checks should be made out to **Austin Community Foundation**, please send payment(s) to: Jeff Christner, 1704 W. 34th, Austin Texas 78703

Email: We communicate primarily thru the email system. Please check your email frequently so you can be apprised of the latest and most up-to-date information. If you are not getting email from us, please let us know. Check the website for information and forms.

Mouth guard & Protective Eyewear: Each player is required to wear a mouth guard and protective eyewear during all practices and games. Cleats are recommended. Bring water/sports drink to drink for games and practices!

UIL No Pass No Play: Rules will be enforced during the playing season (Jan-May).

Uniforms: The club provides 2 game jerseys and a kilt for each player. These uniforms are issued to the players and are to be turned in at the end of the season. Uniforms are the property of the club and are issued only after a deposit of \$91.00 is received (separate check is held and returned at end of season) and dues are paid in full. Players who fail to return their jerseys or kilts will forfeit their deposit.

Care of Uniform: Machine wash your kilt and jerseys in cold water only on gentle cycle. Kilts may be lightly tumble dried. Jerseys should be hung or laid flat to dry to preserve lettering.

Cell Phones: Please be respectful of your coach and the other team members by refraining from using your cell phone during any practice. Please have your phone in your bag. Coordinate rides etc. before or after practice.

Conduct: All players are expected to behave in a responsible and respectful manner to the coach and their teammates during practice and when representing the Austin High Girl's Lacrosse Team.