



Player & Parent Handbook

Spring 2024

*"The difference between Ordinary and Extraordinary is that little
Extra"*

HEAD • HEART • HUSTLE



I. Key Dates

North Paulding High School Girl's Lacrosse 2024 Lacrosse Season Key Dates	
10/30/23	Parent & Player Information Meeting, NPHS Auditorium, 7:00 pm
10/30/23	All forms due: Physicals Exam, Cleared to Play, RankOne for HS players
11/8/23	Handbook Forms due to Coach Carter
10/30/23- 1/12/24 (TBD)	Pre-season Conditioning - Specific times/ locations subject to change
1/15/24- 1/18/24	HS Girls Tryouts (Times to be announced in January)
1/18/24	Team Rosters Announced via email
1/19/24	1st day of Practice (Times to be announced in January)
1/20/24 - 1/24/24	Online Player Registration Must Be Completed: http://www.northpauldinglax.com
1/22/24	Annual NPHS Preseason Lacrosse Meeting in NPHS Auditorium/Cafeteria 7:30-9:00pm Player uniforms to be given out at this meeting but only with paid in full fees. Online registration must be completed by this meeting. The electronic payment plan can be setup on http://www.northpauldinglax.com . Volunteer and Uniform Deposit checks are also due at this meeting
Preliminary 2024 Schedule (JV & Varsity)	See back of handbook.

II. Leadership Information

Mission

North Paulding Lacrosse Booster Club was formed in 2011 in order to bring the sport of Lacrosse to North Paulding County, GA. Lacrosse is the fastest growing sport in America and Paulding County, GA is one of the last counties in Metro Atlanta to incorporate it into their community. North Paulding Lacrosse Board Members are passionate about lacrosse and passionate about showing the rest of Paulding County what an exciting sport it is for both boys and girls.

Booster Club Board Members

President	Greg Schramm	northpauldinglax@bellsouth.net
VP High School Girl's Lacrosse (Interim)	Melissa Santanastasio	teamsanta@comcast.net
VP High School Boy's Lacrosse	Walter Lowe	Walterlowe.nplax@gmail.com
VP Youth Girls Lacrosse	Carrie Corona	carrie.corona87@gmail.com
VP Youth Boys Lacrosse	Anthony Carvel	anthonycarvel@gmail.com
VP Fundraising	Jennifer Anavitarte	janavitarte@paulding.k12.ga.us
VP HS Treasurer	Wendy Moza	wendy.moza@gmail.com
VP Communications	Ellen Cornwell	ellencornwell@gmail.com

High School Staff

North Paulding Athletic Director	Ryan Dyer	rdyer@paulding.k12.ga.us
North Paulding Varsity Girl's Head Coach	Kristy Carter	kcarter@paulding.k12.ga.us
North Paulding JV Girl's Head Coach	Julie Fuller	jfuller@paulding.k12.ga.us

Positive Coaching Alliance

Our leadership team and coaching staff have partnered with the Positive Coaching Alliance to help support, reinforce, and equip our coaches, parents, athletes, and volunteers in achieving our Vision and Mission.

The Positive Coaching Alliance (PCA) is a national non-profit and is THE STANDARD for developing "Better Athletes, Better People" by working to provide all youth and high school athletes a positive, character -building youth sports experience. At the center of PCA's work are three models:

- Training "Double-Goal Coaches", who strive to coach to win, while also helping athletes pursue the more -important goal of life lessons through sports
- Equipping "Second-Goal Parents", who concentrate on life lessons, while letting coaches and athletes focus on competing
- Developing "Triple-Impact Competitors ", who strive to impact sport on three levels by improving oneself, teammates and the game as a whole.

Prior to the Spring 2024, all North Paulding Lacrosse coaches (Youth & High School) will be required to attend PCA training classes and become certified "Double-Goal Coaches". PCA programs will be made available to all coaches in our program to ensure we have access to a robust set of tools for coaches, athletes, and parents in order help build a positive environment and a culture of success.

III. Registration Requirements

Player Registration Summary

If you plan on trying out for Lacrosse in the spring:

Step 1: Have these 3 items completed by the dates listed below

- Complete **RankOne** for HS Players by 10/30/2023
- Complete the **Student Insurance Form** by 10/30/2023
- Complete all additional forms in this handbook and turn in to Coach Carter by **11/8/2023**
 - **Player and Parent Contract Form**
 - **Medical Information Form**
 - **Paulding County Permission Form**
 - **Media Release Form**

Step 2: Attend conditioning sessions beginning in October 30, 2023

Step 3: Attend tryouts

Step 4: If selected for either the JV or Varsity teams, complete these 2 steps by **01/23/24**

1. Complete registration through the website: <http://www.northpauldinglax.com>

Step 5: Attend the pre-season meeting on **01/22/24**

- Deposit checks for Service Hours & Uniforms must be turned in at this meeting
- **This is separate from the registration process.**

Rank One Forms for High School Players Only

The Rank One web site is for high school players only and is used to submit the required PCSD athletic forms and to print out the physical and clearance forms that must be turned in separately .

<https://pauldingdistrict.rankonesport.com>

1. Students use their student / lunch ID to complete the Rank One registration and follow the web site's instructions. All four Rank One sign-offs are electronic and submitted through the web site.
2. The physical and clearance forms are available for download from the Rank One web site. Look across the top navigation bar to locate the download(s).
3. **AFTER January 1, 2024, ALL physicals MUST be uploaded to RankOne. No paper copy hand-ins will be accepted.**

III. Registration Requirements

Student Accident Insurance Form

From the main NPHS Athletics website: <http://www.paulding.k12.ga.us/domain/3484>

You can find Student Accident Insurance forms that can be used to provide affordable insurance for a player in the event he, or she isn't currently covered by health insurance. The PDF file is at the bottom of the page. Return this form to the front office.

Additional Forms from this Player Handbook

All players must return pages 10 - 13 from this handbook to Coach Carter by **11/08**.

1. Player and Parent Contract Form
2. Medical Information Form
3. Paulding County Permission Form
4. Media Release Form

IV. Player Expectations

In this section, we will cover:

- A. Players Code of Ethics Requirements
- B. Academic Integrity Policy
- C. Attendance Policy
- D. Lettering Policy

Player Code of Ethics Contract

As an athlete it is important to uphold a level of dedication both on the athletic field and within the classroom. As coaches, we have developed a set of guidelines each of you is expected to follow and respect. Our expectations for the 2023 season are as follows:

- Academics / school assignments come first.
- Players must buy into our plan.
- Uphold a high level of sportsmanship and professionalism at both games and practice.
- When a coach, a captain or a pack leader is speaking, players will listen.
- Students will not engage in any form of social media with our opposing teams.
- Absolutely no behavior issues inside the classroom or on the athletic field will be tolerated.

Players will not bring a negative attitude to the field or off the field.

- Player conduct on & off the field that is deemed to be detrimental to the team may result in dismissal following a player meeting.
- If a player is removed from the team, they will not receive a refund, no exceptions.
- Arrive at meetings, practices and team events before the scheduled start time.
- The attendance policy is in place for a reason, adhere to it.
- Have all required equipment for practice / game and dress appropriately for weather conditions.
- Check all equipment to make sure it meets league requirements before each game. Ask a coach for assistance if you have questions.
- All players are required to be at all practices including any scheduled during February Break, if applicable. If a practice is to be missed a player must notify the coach prior. All players will need excuses to return to practice. Unexcused absences (any absence not related to a NPHS function with prior coach permission, or illness w/o doctor/parent note) will be grounds for review and may result in dismissal from the team. Injured players are still required to attend practice, if possible. All players are required to demonstrate a full commitment to the team.

- Absolutely no drugs or alcohol use will be tolerated. Discipline will be based on those outlined in the Student/Parent Handbook for GHSA Sanctioned Interscholastic Activities.
- As a parent and lacrosse fan it is also important to set an example for your students. Parents are asked to cheer on our teams and support our athletes whenever possible. In the event of a bad call or rowdy opponent please remember to keep your cool. An unruly fan could cause a penalty against our team.
- **Coaches will NOT discuss playing time, game strategy, or other athletes with parents under any circumstances.** **Playing time is a discussion between COACHES AND PLAYERS ONLY.** Parents can contact Coach Carter via GroupMe OR Email to set up a time to discuss any topics OTHER than the ones underlined above. Please allow AT LEAST 24 hours for coaches to respond.
- Use positive reinforcement in your player's development by following and supporting all team expectations.

Failure to follow these expectations will result in decreased playing time.

IV. Player Expectations

Academic Integrity Policy

It is the continued goal of this year's program to produce respectful young leaders within the school's community. Our academic performance is directly related to the concept of developing Scholar Athletes, those who strive for excellence both on and off the field. Wolfpack lacrosse players will manage/balance their time, activities, obligations, and assignments appropriately in order to develop a reputation in the school as well rounded young women who are respectful leaders within their classrooms and hold academics to the highest of standards. All athletes in the North Paulding lacrosse program will be held academically accountable this season for their performance within the classroom. All athletes will be expected and accountable to maintain passing grades in all classes. Grades will be checked every other week throughout the semester. Athletes who are found to be failing any class with a 69%* or less regardless of the reason will be immediately placed on probation until their grade has recovered to passing or better. Individual student schedules will not determine special treatment and all athletes will be held to these standards, no exception will be made for students with more rigorous class schedules.

Athletes will be placed on a three strike system whereas if they are placed on probation three separate times throughout the spring semester, they can be removed from the roster without refund.

· What does probation entail?

Athletes with a 69% or less in any one class may be placed on probation at the head coach's discretion until their grade recovers to at least 70%. Athletes will not be permitted to attend any team events including but not limited to games, practices, team dinners, etc.

Attendance Policy Contract

All members of North Paulding girl's lacrosse are expected to dedicate themselves to our program with absolutely no distractions other than family responsibility and schoolwork. Varsity and Junior Varsity team members are expected to attend all practices, including those in February during the NPHS Winter Break, if applicable. Practices may include Saturdays, based on team needs as determined by the Head Coach. Team members are not allowed to miss practice for any reason other than an absence from school on the day of the event. Routine doctor's appointments unless lacrosse related, Drivers Ed classes, SAT prep classes, and family vacations should be scheduled around the lacrosse season. Three unexcused absences from practices, games, or team events will result in a removal from the roster without a refund.

Students enrolled in a scheduled class that requires after school meetings for a grade will be excused with the expectation that they attend as much practice as possible on that particular day, even if it is the last 5 minutes of practice. These students will be expected to fulfill extra responsibilities to make up their missed practice time; these responsibilities will be at the coach's discretion. Each player will be allowed one day of excused absence to participate in an academically-based school-sponsored field trip. Players must submit the attached permission form no later than 30 days prior to the field trip.

Special exceptions to the attendance policy may be discussed with the team coach and final approval may only be granted by Coach Carter. Thank you for your continuing support and dedication.

IV. Player Expectations

Girls Varsity Lettering Policy

To be awarded a varsity letter, players must attain the following goals:

-Play and contribute in a minimum of 12 Varsity games

The Head Coach has the right to deny the award of a varsity letter for violation of any of the following:

- Failure to be present at all regularly scheduled competitions.
- Failure to demonstrate commitment to all regularly scheduled practices, including timely communication with coaches regarding excused absences & lateness such as but not limited to sickness, Dr. appts., after - school tutoring / tests, and other school related extracurricular activities. In the event an athlete does not meet this commitment, one warning e -mail will be sent to the athlete and parents. A second e -mail reprimand will result in forfeiture of lettering.
- Failure to adhere to the PCSD student handbook.
- Failure to adhere to the Paulding County Athletic Code of Ethics.
- Failure to adhere to Team Code of Ethics.

V. Family & Parent Expectations

Family Financial Commitment Contract

I understand that the North Paulding Lacrosse Club (Booster Club) is a non -profit, self-funded organization that exists to support girls and boys lacrosse activities at NPHS and that the club is made up of dues -paying members.

I understand that North Paulding High School provides us with a playing field and JV and Varsity Head Coaches. All other necessary items are provided through your participation in the Booster Club. The Booster Club raises funds through registration fees, membership, sponsorship, donations, concessions, fundraisers, and the like.

Included in the registration fee is \$200 in raffle tickets (10). Each raffle ticket is an entry into the booster club's \$5,000 raffle. Each player has an option to sell some or all of their tickets to recoup the \$200, or each player can have 10 entries into the raffle.

Parents are needed to support the Booster Club that supports their student in her high school athletic experience. I understand that I am expected to do my part in support of the organization that supports my student in his/her high school athletic experience. I also understand that , should my child be selected to play on either team, I am obligated to pay the registration fee and equipment fee, if applicable.

I understand that the Booster Club charges a registration fee for each team member on the roster. This fee covers coach stipends, field maintenance (mowing, chemicals, field paint, storage units), league equipment (horns, score books, stringing kits, balls, goals & nets), uniforms, and various administrative costs.

I understand that all players can get sponsors to offset their player fee. For example, if they get a sponsor for \$500, a \$250 credit will apply towards their fee. If they receive \$1000 sponsor, they will earn enough credits to offset their entire 2023 fee. Sponsors checks are to be payable to: North Paulding Lacrosse Booster.

Sponsor checks are not to be player specific according to IRS laws.

North Paulding Spring 2024 Girls Lacrosse Dues

PARTICIPATION FEES	\$380
PLAYER PACK	\$125
10 FUND RAISING TICKETS @	\$200
\$10 BANQUET FEES (4	\$40
TICKETS)	
BOOSTER DUES*	\$50
TOTAL FEES	\$850

V. Family & Parent Expectations- Family Involvement & Service Hours

As with prior seasons, the measurement and success of our events and program depends on fulfilling various tasks and committees which are needed to support our teams. We look to our parents for help with items such as concession sales, score-keepers, game stats, announcers etc.

This is a great way to participate in your child's lacrosse experience. Many committees and responsibilities require no knowledge of lacrosse. Accordingly, the Booster Club asks that each family fulfill a set number of volunteer needs which will be discussed in further detail at the annual booster meeting in January 2023.

Volunteering opportunities will include (but may not be limited to) the following activities:

- Carpooling for ALL Away Games
- Videotaping: Need a 2 person alternate (**HIGH PRIORITY**)
- Committees
- Concessions
- Statistician (**HIGH PRIORITY**)
- Fundraising
- Senior Night & Pictures
- Year-End Banquet
- Pre-game Meals
- Scorebook keeper & spotter
- Announcing
- Clock & Score Board
- Concessions
- Penalty Box

I understand that I am expected to do my part in support of the organization by volunteering with the Booster Club. I will submit a **\$150 service hours deposit check** made payable to the NPLC no later than the January 2024 Booster Club Meeting. If I fulfill my family's volunteering responsibilities, I understand the Booster Club will shred my deposit check. If I don't fulfill these responsibilities, I understand the Booster Club will cash my deposit check. I understand that volunteer duties are not covered by financial donations made to the Booster Club. All parents are responsible to help with volunteering, including Board Members

In addition, families are being asked to donate **(1) concession item** such as water, drinks, boxes of candy etc. to assist in the sales of concessions this upcoming season

V. Family & Parent Expectations

Uniform Responsibility Contract

Uniforms

GHSA requires that players be outfitted in a uniform fashion . The team uniforms are the property of the North Paulding High School Lacrosse Club (Booster Club).

You will receive uniform (1 home uniform, 1 away uniform, 1 practice pinnie) after selection for one the high school teams. The Booster Club will collect a **\$100 uniform deposit check** at the annual booster meeting.

I agree to follow the recommended care for the uniform. The uniforms should be washed and hung to dry.

· DO NOT USE MACHINE DRYERS OR BLEACH.

- I agree to return the uniform at the end of the season in normal wear condition (no holes, tears or excessive staining).
- I understand that if I don't return all or part of the uniform or if it is damaged or soiled in any way, other than normal wear, then the Booster Club will use my \$100 deposit check to replace the uniform. I also understand that should the cost be more than \$100 to replace the missing or damaged pieces, that I will be personally responsible for any additional costs involved in replacing the uniform.
- I will provide the Booster Club a \$100 uniform deposit check made payable to the NPLC. If the uniform is returned in satisfactory condition, the Booster Club will shred my deposit check.

Additional Equipment

Additional Equipment not included in fees but are required and are the player's responsibility:

- Black Under Armor Style Long Sleeve Shirt
- Leggings for cold weather
- Athletic Shorts to wear under skirts
- Cleats
- 2 mouthpieces
- Lacrosse goggles
- Lacrosse Stick

Optional Spirit Wear for Players, Parents & Fans!

In addition, we have other optional apparel and spirit wear through our website including jackets, pants, compression shorts & hooded sweatshirts! <http://www.northpauldinglax.com>

2024 North Paulding Girls Lacrosse Scheule Varsity & JV

Date	Location	Opponent	Start Time	Notes
2/7/2024 Wednesday	HOME	Wheeler* Hillgrove	Varsity @ 6pm JV @ 7:30	
2/9/2024	AWAY	Mount Pigsah	Varsity @ 6	Varsity Only
2/15/2024 Thursday	AWAY	Woodstock	JV @ 5:30 Varsity @ 7	
2/29/2024 Thursday	HOME	Lassiter	JV @ 5:30 Varsity @ 7	
3/6/2024 Wednesday	HOME	Harrison	Varsity @ 6 JV @ 7:30	
3/7/2024 Thursday	AWAY	Campbell*	JV @ 6pm Varsity @ 7:30	
3/9/2024 Saturday	HOME	Mountain Brook (Birmingham, AL)	Varsity @ 6pm	Varsity Only
3/13/2024 Wednesday	AWAY	Kennesaw Mountain*	6pm	Varsity Only
3/16/2024 Saturday	AWAY	Creekview	10am	Varsity Only
3/18/2024 Monday	AWAY	Pope	JV @ 6 Varsity @ 7:30	
3/20/2024	HOME	Milton	Varsity @ 6pm	Varsity Only
3/22/2024 Friday	AWAY	Blessed Trinity	Varsity @ 5:45pm	Varsity Only
3/22-23/2024 Friday & Saturday	AWAY	Raider Rumble- Alpharetta HS (3 games)	Game times TBD	JV Only
3/25/2024 Monday	HOME	Marietta*	Varsity @ 6 JV @ 7:30	Varsity Only
3/27/2024 Wednesday	HOME	Walton*	JV @ 5:30 Varsity @ 7	
4/11/2024 Thursday	AWAY	North Cobb*	JV @ 6 Varsity @ 7:30	
4/16/2024 Tuesday	AWAY	Cherokee*	JV 5:30 Varsity @ 7	
4/18/2024	HOME	Hillgrove	5:30pm	Varsity Only

VI. Forms to Return

North Paulding High School Girl's Lacrosse- Spring 2024

Season Player and Parent Contract Form **THIS FORM MUST BE RETURNED BY 11/8/2023**

I have read, understand, and agree to all rules, Code of Ethics, Attendance, and Varsity Lettering Policy set forth in The North Paulding Girl's Lacrosse Handbook. I will uphold to the standards set out by the coaching staff, administrators, and the North Paulding community to create and support a successful lacrosse season. I understand that each of these expectations is an essential aspect in creating a positive environment for our athletes and no exceptions will be made. Failure to meet the standards set forth in this handbook may result in decrease playing time and/or removal from the team.

As the parent of said player above, I understand and agree to the Parental Financial, Parental Involvement/ Volunteer Responsibilities, Uniform Responsibility, and Code of Ethics Contracts contained in this handbook. I also grant permission for photo release.

FURTHERMORE, NO REFUNDS ARE GIVEN AFTER INITIAL DEPOSIT. IF A PLAYER CHOSSES TO QUIT THE TEAM OR IS ASKED TO LEAVE THE TEAM, THERE ARE NO REFUNDS AND NO EXCEPTIONS TO THIS POLICY.

Name of Player _____

Signature of Player _____ Date _____

Name of Parent or Guardian _____

Signature of Parent or Guardian _____ Date _____

Medical Information

THIS FORM MUST BE RETURNED BY 11/8/2023

All students playing lacrosse MUST have a Medical Clearance Participation/ Physical Form on File PRIOR to the first official pre-season workout. Make your appointments NOW. If you have a participation form on file at the school, please indicate so below.

Player name: _____

Medical Clearance Form on file: Yes / No

Special medical concerns:

Physician name:

Physician Phone Number:

Emergency Contact*:

Emergency Contact* Phone Number:

***person of contact in case parents cannot be contacted**

THIS FORM MUST BE RETURNED BY 11/8/2023



Descriptor Code: IFCB-E(4)

“BLANKET” PERMISSION TO PARTICIPATE IN A SERIES OF SCHOOL SPONSORED FIELD TRIPS

I hereby request that (Student's Name-PLEASE PRINT): _____ be allowed to participate in athletic team, band, orchestra, chorus, and/or any series of field trips related to one particular area of study or activity. I understand that transportation may or may not be provided by the Paulding County School District (District). If bus transportation is not available, I understand that school and/or District personnel may be transporting students. In the event transportation is not provided by the District, transportation will be the student's responsibility.

Detailed trip information, including destination, date, time of departure, time of return, purpose, and supervision, will be given in writing to the parents/guardians at least two (2) weeks prior to each trip in the series. (Exceptions must be approved by the Director of Athletics and Student Activities.)

If any emergency medical procedures or treatment are required by the student during the trip, I consent to the trip supervisor(s) taking, arranging for, and consenting to the procedures or treatment in his/her or their discretion.

I agree to release, indemnify, and hold harmless the Paulding County School District (District), its Board of Education, and its employees, agents, or assignees, as well as its approved adult trip supervisors from and forever promise not to sue them on any and all claims, demands, rights, causes of action, liabilities, losses, damages, costs and expenses (including reasonable attorneys' fees), whether known or unknown, that I, any other parent or guardian of the above-named student, or the student may have or may allege to have against the District or which may be brought against the District arising out of or in any manner relating to the student's participation in the field trips, including but not limited to the rendering of emergency medical procedures or treatment.

NOTE: This form must be signed by student if the student is 18 years of age or older.

Name of Student (PLEASE PRINT)

Signature of Student

Date

Name of Parent/Guardian (PLEASE PRINT)

Signature of Parent/Guardian

Date

Student Photograph Release Form

THIS FORM MUST BE RETURNED BY 11/8/2023

I hereby grant permission to Paulding County School District (PCSD) to use, including publicly display or perform my student's photograph, video, or audio clip on the PCSD web site, individual school web pages, or in other official PCSD publications without further notice.

I acknowledge PCSD's right to crop, edit, or treat the photograph, video, or audio clip at its discretion. Personal information, such as a student's full name, parents' names, addresses and telephone number will never be published. If a student's name is used with a photograph, video, or audio clip, it will be in the form of a first name and last initial. For example, student Jane Doe may be listed as "Jane D."

Therefore, I agree to indemnify, defend and hold harmless the members of the Paulding County Board of Education, PCSD, its officers, employees, agents, successors and assignees (the "Indemnified Parties") from and against any and all claims and liabilities resulting from this publishing.

I understand that I may void this release at any time for any reason by informing my child's teacher / coach in writing.

The teacher / coach will then forward my request to the appropriate parties.

Name of Player _____

Name of Parent or Guardian _____

Signature of Player _____ **Date** _____

Signature of Parent or Guardian _____ **Date** _____