

Homestead High School Girls Lacrosse Parent/Coach Communication



Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to our students. As parents, when your child becomes involved in our program, you have a right to understand the expectations placed on your child. This begins with clear communication from the coach of your child's team. The Parent Committee has been formed to handle your concerns and allow our coaches to do just that, coach.

Communication You Can Expect From The Parent Committee

- Philosophy of the coach.
- Expectations the coach has for your child as well as all members of the team
 - Location and times of all practices and games.
- Team requirements: fees, special equipment, off-season conditioning.
- Procedures should your child be injured during practice or contest.
 - Discipline that results in the denial of your child's participation.

Communication the Parent Committee Can Expect From Parents and Players

- Concerns expressed directly to the Parent Committee.
- Notification of any schedule conflicts well in advance.
- Specific concerns regarding a coach's philosophy and/or expectations.

As your child becomes involved in the program of Homestead Girls Lacrosse, they will experience some of the most rewarding moments of their lives. It is important to understand, however, that there may be times when things do not go the way you or your child wishes. At these times, discussion with the parent committee is encouraged.

Appropriate Concerns to Discuss with Parent Committee

- The treatment of your child mentally and physically.
 - Ways to help your child improve.
- Concerns about your child's behaviors.

As a parent, it is very difficult to accept your child's not playing as much as you may have hoped. Coaches are professionals. They make judgements based on what they believe to be best for all players involved. As you have seen from the list above, certain things can be and should be discussed with the parent committee. Other issues, such as those listed below must be left to the discretion of our coaches.

Issues Not Appropriate to Discuss with Parent Committee

- Playing time.
- Team Strategy.
- Play calling.
- Other student-athletes.

There are situations that arise that may require a conference between the Parent Committee and parent. This dialogue is encouraged. It is important that both parties have a clear understanding of the others position. When a conference is necessary, the following procedure should be used to help promote a resolution of the concern.

1. Wait 24 hours.
2. Email the Parent Committee president to set up an appointment. Please keep in mind that our Parent Committee members are volunteers and meeting during the day may not be possible due to employment. Please allow 2 days for a response.
3. If the president has not responded within 2 days, contact the vice president.
4. Please do not attempt to confront a coach before or after a contest or practice. This can be an emotional time for all parties. Meetings in this setting usually do not promote resolution.

Research shows us that participation in extra curricular activities in high school gives the student a greater chance of success during adulthood. A recent survey of America's CEOs revealed that over 40% of these individuals participated in extra curricular activities while in high school. We are confident that the athletic program at Homestead High School will aid in the preparation of those students who chose to participate in our programs. We are also hopeful that the information provided will enhance both student and parent participation in our our sport.

Practice Schedule

Practices will be held indoors January- March. Outdoor practices will begin in April and weather permitting in March. Practices will be held weekly until the season ends in May. Refer to the calendar for specific dates and times of practice. Practice times are subject to change due to coaches' availability. The coaches will communicate any changes to the team members.

Registration

You will need to register for our team at <http://www.indianagirlslacrosse.com>. You will need an active USA Lacrosse membership number in order to register, <https://www.usalacrosse.com>. You can find both links on our website <https://clubs.bluesombrero.com/fwla>. You can pay your yearly fee on our website, if you want to pay via credit or debit card. All registration forms must be completed before your daughter starts practicing with the team. If you fill your forms out online, please submit them via email or return them to a parent committee member.

Fees

The yearly fee is \$475 per player. Fees are used to pay for indoor practices, coaches, insurance, equipment and dues to various associations the club is required to belong to. The fees are expected to be paid in full by January 31. There is a \$50 family discount for more than one player. You can pay via check or online on our website. There is a \$20 convenience fee for paying online. Homestead Girls Lacrosse is a subsidiary of Fort Wayne Lacrosse Association. **Checks should be payable to Fort Wayne Lacrosse Association.** You can give your checks to any parent committee member after practice on Saturdays. Please see the treasurer if you have any questions or need payment assistance.

Games

Games are played March-May and usually consist of two 25 minute halves with a short break for halftime. Players are expected to arrive one hour prior to game time for warm up and instruction from coaches. Refer to the calendar for specific dates and times of games. The coaches will communicate any changes to the team members. You will receive an email before each game with information that might be useful to parents (address, game time, parking, entry fees, mask requirements, etc.).

Equipment

The main equipment needed for girls lacrosse is a stick, goggles and mouthguard.

Mouthguard: can be purchased anywhere; there are no restrictions on these other than they cannot be clear.

Goggles: I have a few links to some goggles that are popular.

- [Under Armour Women's Futures Lacrosse/Field Hockey Goggles with Stainless Steel Mask](#)
- [STX Women's 4Sight+ Lacrosse Goggles](#)
- [STX Women's Focus-S Lacrosse Goggles](#)

Sticks: I have attached the US lacrosse list with every legal stick. <https://www.uslacrosse.org/safety/equipment/legal-sticks>. I know this is very long so I have also included links to a few that are good beginner sticks.

- [Brine Girls' Dynasty Rise 2018 Complete Lacrosse Stick](#)
- [STX Crux 100 Women's Lacrosse Stick](#)
- [STX Crux 100 Girls Complete Lacrosse Stick - Mesh](#)
- [STX Lilly Mesh Women's Complete Stick](#)

Cleats: are not required but a lot of girls do like to wear them during games.

Sponsorship/Fundraising

We are always looking for sponsors and other ways to contribute to our club financially. Our team is entirely player funded and we receive no help from the school. With your donations we can purchase equipment, uniforms, indoor field space, equipment, practice attire, balls, chalk, cones, and much more to help our players and coaches. Please let us know if you are interested in sponsoring our team or would like to make a donation. Our team may be required to participate in fundraising if we do not raise enough money thru fees, donations, sponsorships and other contributions. All committee members are volunteers and receive no financial compensation. Please direct all questions to Adrienne McNeal, amcneal0828@gmail.com.

Directory

We think communication is important and would like to include each lacrosse family in a team directory. We will not share your information outside the group. If you do not want your information shared within the group, please email Jill Mickley (jillmickley@me.com) with your request.

Parent Committee

Heather Morris, President, hmrichards@msn.com, 260-438-0383

Jill Mickley, Vice President, jillmickley@me.com, 260-249-8610

Tasha Putterbaugh, Secretary, tputterbaugh@gmail.com, 260-418-0283

Tim Wagner, Treasurer, twagner70@comcast.net, 260-417-3651

Adrienne McNeal, Fundraising, amcneal0828@gmail.com, 260-402-3573