



CORVALLIS GIRLS LACROSSE

HANDBOOK

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Welcome players and parents to the upcoming lacrosse season. The Corvallis Girls Lacrosse (CGL) coaching staff is looking forward to working with our student-athletes and getting to know their families throughout the spring season. Please visit the CGL website at corvallisgirlslax.com for more information.

Girls lacrosse in the state of Oregon is a club sport governed by the Oregon Girls Lacrosse Association (OGLA, www.oregongirlslax.com). OGLA oversees the programs in the state and follows the policies and guidelines OSAA has set forth for school sports. CGL is composed of student-athletes from Corvallis High School (CHS) and student-athletes that live in the CHS attendance zone but are home-schooled or attend a private school that does not offer lacrosse. CHS allows CGL to use the athletic and school facilities with specific guidelines. These include providing our own liability insurance, being respectful of school facilities/personnel and school sponsored activities that have priority using the facilities.

INTRODUCTION

One key to success is clear, consistent communication between Corvallis Girls Lacrosse, coaches, players, and parents. This handbook is intended to communicate in detail Corvallis Girls Lacrosse's expectations of all members. Please read it carefully.

Student-Athletes:

Your participation will allow you to become a better athlete, build new friendships, have fun, and hopefully win some games along the way. We hope that our experiences throughout the season make the season memorable. As an athlete, your actions on and off the field reflect upon the entire school, athletic department, and community. We will be traveling around Oregon, and we expect that your behavior will always be consistent with the philosophy of this team and school district. As coaches, we will do our best to prepare you for a successful season. As athletes, we expect you to come to practice prepared to work your hardest. Anything less than your best effort will not be tolerated by the coaches or your teammates. We are counting on you to help make our season a success and to help us lay the foundations for a successful lacrosse program.

Parents:

Parents, you are embarking on a new and exciting sports experience and we hope you will support your daughter and the team by attending as many games as possible. Our schedule will be emailed and be available on the CGL website and on the OGLA website. In the event of cancellations or game changes, an updated version can always be found on the OGLA website and every attempt will be made to notify you in a timely manner. Your attendance and positive support of the team is greatly appreciated. We encourage parents to attend both JV and varsity games when their schedules allow. This will help parents understand the game and help contribute to a supportive team atmosphere. It means a great deal for your daughter to look up and see you in the stands! By the nature of our sport, lacrosse will present your daughter with many opportunities for successes and failures, setbacks and triumphs.

Parents can make an enormous impact on how these situations are handled by supporting their daughter no matter how well or poorly they feel that she played in a given situation. In this program, we define success not only by winning but more importantly in terms of effort, improvement, cooperation, and sportsmanship. Parents should encourage their daughter to seek clarification, understanding, or counsel from the coaches prior to becoming involved themselves. Parents are discouraged from making first contact, as this can inhibit your daughter's growth, development, and maturity. Through participation in the lacrosse program, your daughter can develop skills that will directly transfer to life, such as a strong work ethic, positive attitude, the desire to win, and the ability to put team before self. Our goal as a coaching staff is to help each of your daughters excel this season.

TEAM PHILOSOPHY

The overall goal of Corvallis Girls Lacrosse is to provide an opportunity for students to compete in lacrosse while also learning important skills, including teamwork, sportsmanship, and cooperation -- and most of all have fun! The team structure will be:

Varsity Team

Placement on the varsity team is reserved for the players with the highest level of dedication to the team regardless of grade level, coachability, high conditioning, and most effective lacrosse skills. Players may also be placed on varsity in order to fill a given position. Starting position and playing time are awarded to the most effective players in practice the week before a game. Playing time on varsity is inherently uneven for this reason.

Coaches will stress work ethic, leadership, sportsmanship, and competing as a team.

Maximum of 18 girls will be placed on the varsity team; however, fewer players may be placed on the team at the discretion of the coaching staff.

There will be opportunities for students from the JV team to play up during the season.

Junior Varsity Team (when there are enough players)

The JV team will emphasize the acquisition and development of lacrosse fundamental skills.

Each student will be given an opportunity to play during competition; however, playing time might not be equivalent in a given game.

A significant amount of time will be devoted to understanding the rules of the game and how to play lacrosse.

Coaches will strive to help players develop sportsmanship, developing a strong work ethic, and working together as a team.

CORVALLIS GIRLS LACROSSE REGISTRATION PROCESS

All forms and materials can be found at corvallisgirlslax.com

1. Read the Corvallis Girls Lacrosse Handbook
2. Join or renew your USA Lacrosse membership at usalacrosse.org
3. Complete and submit the following:
 - a. Fees
 - b. Refundable uniform/equipment deposit
 - c. Registration Form/Risk Waiver (may be completed online (preferred) or printed)
 - d. Sports Physical (conducted within 2 years of current season start date)

Unless otherwise noted, all forms and payments are due before the first formal team practice. Late registration may be accepted as long as space is available.

CORVALLIS GIRLS LACROSSE DUES/FEES

Player participation fees and fundraising supports our program budget. Corvallis Girls Lacrosse is a club sport that is not supported financially or administratively by the Corvallis School District. All costs associated with running the program, including field fees, coaches, referees, transportation and association dues, etc. are paid directly by the program. Dues (i.e., registration fees) are set each year by the board of directors after a close review of the budget.

Fee

The player participation fee is currently set at \$350 for the season.

Discount

There is an early-bird discount of \$50 for anyone making a \$200 deposit by November 15th prior to the spring season, making the total player fee \$300.

Volunteer Opt Out Option

Other than coaches, CGL is run entirely by volunteers. If Parents/Guardians are not able to volunteer, you may "Opt Out" for a fee of \$50 to be paid at registration.

Scholarships

There is a limited amount of scholarship funds available. If you would like to request a scholarship, complete the scholarship form and email it to CGL at corvallisgirlslax@gmail.com. All information is kept confidential. The Board of Directors will review the scholarship requests and award scholarships.

Payment Schedule

Dues/fees must be paid in full before the first practice. If a payment plan is desired, please contact CGL at corvallisgirlslax@gmail.com to request a payment plan.

Refunds

Player participation fees are non-refundable after the first game of the season, this includes players that become injured and are no longer able to participate. Any refund requests before the first game of the season will include a \$75 service charge.

CORVALLIS GIRLS LACROSSE PARTICIPATION AGREEMENT:**PARTICIPATION REQUIREMENTS**

- Each athlete must pay participation dues/fees. These dues cover participation only – no insurance is included other than that provided by USA Lacrosse membership.
- All players and coaches are required to be USA Lacrosse members with their membership current through the lacrosse season. This is a requirement of our state governing organization OGLA and provides our team/players/state organization with liability insurance and secondary medical insurance. Players will not be allowed to start practicing until proof of current, paid membership is shown. You can join here: <https://www.usalacrosse.org/membership>
- All players are required to have a sports physical on file with CGL that has been completed within two years. Each athlete must pass a sports physical exam, good for two years, by a licensed physician (MD or DO) prior to participating in this program. This exam follows the guidelines set forth by the Oregon School Activities Association (OSAA). If a player has already participated in a school sponsored sport during the current academic year, she can request a copy of the physical and can use it for the CGL requirement. Once passing the biannual physical exam, no other exam is required for her participation unless the athlete sustains an accident, injury or serious illness. The athlete must then be cleared by her physician prior to participating again in any athletic activity.
- Medical insurance is required of all students participating in the school club activity. It is to be understood that Corvallis Girls Lacrosse, its members, its sponsors, playing sites, event organizers, coaches, officials, and volunteers are not liable for any medical, dental, and/or hospital bills occurring as a result of athletic injuries incurred by a student while participating in a supervised sport, and that such bills, in excess of insurance benefits, shall be the responsibility of the student's parents or guardians. Secondary medical insurance is provided by USA Lacrosse.

- Practice and game equipment including uniforms will be the responsibility of CGL members. Students will be held monetarily accountable for CGL dues and CGL equipment issued to them. Future participation may be withheld if restitution is not made.
- All CGL members are expected to conform to the rules of scholastic eligibility, participation, and training rules as prescribed by the Oregon School Activities Association (OSAA), Corvallis School District 509J, and the athletic coaching staff. (This information will be reviewed by the coaching staff prior to the start of the sport season with each athlete.)
- Medical treatment on an emergency basis may be necessary and CGL personnel may be unable to contact parents or guardians for consent for emergency medical care. Parents and/or guardians will provide consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then-existing circumstances. ***Consent will be given through signing the Corvallis Girls Lacrosse Registration Form.***
- No amount of reasonable supervision or training can eliminate all the dangers of athletic participation of the fact that each athlete may suffer serious injury as a result of participation in athletic events. Notwithstanding this possibility, and with full knowledge and understanding of the risk of serious injury to my daughter as a result of athletic participation, I give my permission for my daughter to participate in all CGL activities this year. ***Consent is indicated through signing the Corvallis Girls Lacrosse Registration Form / Risk Waiver.***
- Parents/Guardians are responsible to excuse their student's school absences due to any early game departures that may occur throughout the season.

ATHLETICS AND ACADEMICS

The coaching staff places a high priority on academic success as players are students first and athletes second. It is up to the student/athlete to monitor their grades. Coaches may periodically check in with players regarding their school progress and assist in implementing necessary study plans to be successful while playing lacrosse.

Students must maintain grades as required by OSAA/OGLA guidelines to be eligible to practice and play in games.

Jobs/Sports Participation Outside of Lacrosse During Season:

The coaching staff strongly discourages students from participating in non-school sports during lacrosse season or working during the season. It is understood that students may need to hold jobs to help with family expenses; however, the coaches ask that team members make lacrosse their highest priority extracurricular activity. Absences from team practices, meetings, or games due to jobs or other sports teams may not be excused and may impact starting position, playing time, and eligibility to participate in team events.

Practices:

Regular season practices will be held Monday through Friday and times will be announced when finalized. Practices are subject to change due to weather, game performance, and facility availability. We may rotate our practice schedule with the Boys Lacrosse Club.

Announcements will be made in school when possible and sent by email when changes occur.

Attendance at Practices:

Regular attendance at in-season practices is required to enhance skill development and team cohesion. Students will be excused from practices for illness/injury, religious observance, educational field trip required for school, doctors' appointments, or other similar reasons. Students should communicate as far in advance as possible to the coaching staff, in writing, their intent to miss practice.

Attendance at Games:

It is expected that students will attend EVERY GAME DURING THE SEASON AND POST-SEASON. It is reasonable to expect that illness or other unforeseen events will cause a student to miss an occasional game. Students who anticipate missing a game should provide coaches with written notification as far in advance as possible. The coaches will determine if the game absence is acceptable. Students should understand that missing games for any reason may impact starting status and playing time. Disciplinary action for missed games not cleared with coaches will be determined on a case-by-case basis.

TRANSPORTATION RELEASE and INDEMNITY AGREEMENT:

Corvallis Girls Lacrosse will make travel arrangements for certain CGL events. Students are expected to travel to and from each away game in designated carpool vehicles driven by parents and coaches. Students will be allowed to ride home from away games with their parent if they are signed out with the coach.

Players cannot personally drive to away games outside of Corvallis.

In the event your child must or elects to ride in a privately-owned vehicle, these rules will apply:

The athlete's parent and/or guardian acknowledge review of the following procedures:

- There may be times/occurrences in which my child will be transported in a vehicle driven by another adult.
- There may be times/occurrences in which my child will be transported in a privately-owned vehicle.
- If a family or child's personal vehicle is used in transporting players, parent and/or guardian affirm that the parent and/or guardian or child has statutory liability insurance, including uninsured and underinsured motorist's coverage.
- Parents and/or guardians stipulate, if parents and/or guardians are involved in driving their own vehicle or their child is involved in driving a personally owned vehicle, such driver will adhere to all traffic ordinances and laws, including possessing a valid driver's license at all times.
- Parents and/or guardians further agree to release from liability and to indemnify and hold harmless USA Lacrosse, Corvallis Girls Lacrosse, its board members and coaches, school district, sponsors, employees, school board members, volunteers, and agents from any and all claims and liabilities (including costs and attorney fees) arising out of or in any way connected to the transportation of child in personally owned vehicles either owned by parent/guardian or any other party. This Release and Indemnity Agreement includes claims based upon negligence. ***Consent is indicated through signing the Corvallis Girls Lacrosse Registration Form/Risk Waiver.***

EQUIPMENT

A \$100 refundable uniform/equipment deposit is due at registration. At the end of the season the deposit will be refunded if all unis/equipment have been turned in and are in acceptable condition. If any items are not returned or are damaged, the replacement value will be subtracted from the deposit. The deposit will be returned to the person who paid it, via the same method in which it was paid. Seniors wanting to donate their personal equipment to the program at the end of the season are more than welcome to.

Equipment issued by the program and covered by the registration fee is as follows:

- Home and away jerseys
- Home and away game shorts or skirts
- Practice pinnie (reversible)
- Goalie equipment (helmet, gloves, pads, stick)
- Other equipment if/as needs arise

Each athlete is required to have the following prior to the first official practice:

- Lacrosse goggles - Women's specific (must be SEI certified)
- Game ready stick – Women's specific
- 2 molded mouth pieces (or more)
- Molded cleats – **No metal cleats/spikes**

CGL has a limited number of sticks and goggles that players can borrow for the season.

Issued Uniforms/Equipment:

Throughout the season, student-athletes will be issued uniforms and other club provided equipment for their use during the season only. All equipment and uniforms must be returned at the conclusion of the season and/or upon a player's resignation from the program. Athlete's and their parents will be charged the replacement price for all equipment and uniforms not returned or those items returned in damaged condition at the end of the season based on the fees listed below. Uniforms and equipment should be treated with care. Please do not write or otherwise permanently mark equipment or uniforms. ***Consent is indicated through signing the Corvallis Girls Lacrosse Registration Form.***

Jersey-white	\$50	Stick	\$75
Jersey-navy	\$50	Goggles	\$50
Reversible (pinnie) ...	\$20	Helmet	\$150
Shooting Shirt	\$25	Gloves	\$20
Kilt/shorts	\$20		
Raincoat	\$50		

Care of Uniforms:

Please launder the uniforms as soon as possible after games to avoid damage to the fabric. When laundering, please turn the uniforms inside out and wash in cold water. Do not use bleach or fabric softener. Hang uniforms to dry or use a low setting on your dryer as the screen numbers will melt in the dryer. Please

do not wash with garments that have Velcro or other abrasive surfaces. Student-athletes will be charged for uniforms returned in damaged condition.

MEDICAL INFORMATION

Sports Physical

Each player must submit a current (completed within two years of current season start date) Sports Physical form signed by a MD or DO to Corvallis Girls Lacrosse prior to the official first practice. Even if the player has participated in another sport for Corvallis high School, CGL still requires its own copy. You may request to obtain a copy of the physical on file at Corvallis High School by contacting the school's Athletic office.

Insurance Information

Each lacrosse coach and player is required to have their own primary medical insurance, as well as secondary medical insurance provided by USA Lacrosse. All coaches and players must be a registered member of USA Lacrosse prior to the start of the season. The USA Lacrosse member number and expiration date must be provided on the Corvallis Girls Lacrosse Registration Form.

CONCUSSIONS

Corvallis Girls Lacrosse follows the guidelines provided by the Oregon Girls Lacrosse Association (OGLA) regarding concussion management and return to play protocol. Players and parents/guardians must read the CONCUSSION INFORMATION SHEET as part of the registration process. A link to the form is on the CGL website.

INJURY/HIGH-RISK SPORT INFORMATION

Corvallis Girls Lacrosse strives to protect each student from possible injury while engaging in lacrosse activities. The guidelines and/or practices identified below have been established for this activity in order to protect the player and others from injury and/or illness. Players and their parents should recognize that equipment is an important aspect of this training program. Each player is expected to follow the directions/standards of the coach.

Guidelines are as follows:

- Make certain you wear all required equipment.
- Advise the coach of any poorly-fitted or defective equipment.
- Advise the coach if you are ill or have prolonged symptoms of illness.
- Advise the coach if you have been injured.
- Engage in warm-up activities prior to strenuous participation.
- Be alert for any physical hazards in or around the participation area. Advise coach of any hazard.

The player and family are aware that lacrosse is a high-risk sport and that participating or competing in lacrosse will be a dangerous activity involving various risks of injury. The player and family understand that the dangers and risks of practicing and competing in lacrosse include, but are not limited to, death, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and/or other aspects of my body, general health and well-being. The player and family understand that the dangers and risks of practicing or competing in lacrosse may result not only in serious injury, but in a serious impairment of the player's future abilities to earn a living, to engage in other business, social recreational activities, and generally enjoy life.

Because of the dangers of lacrosse, the player and their family recognize the importance of following

coaches' instructions regarding techniques, training, and other team rules, etc. and agree to and obey such instruction.

DISCIPLINARY ACTIONS

These expectations are the rules, regulations, and policies for Corvallis Girls Lacrosse. So that you and every player in CGL can get the maximum benefit, we ask that you and every player abide by school and CGL rules, regulations, and policies. If disciplinary actions are necessary, the following steps may be taken:

- The coaches will discuss the problem directly and privately with the player, with the assumption the problem will be corrected immediately.
- If the problem persists, the coaches will communicate with the player's parents/guardians to discuss the problem and lack of response on the part of the player. Parents/guardians will have the opportunity to be involved with correction of the problem at this time.
- If the problem continues, the coaches may choose to temporarily suspend the player from practices and/or games.
- If the situation warrants, it is the sole discretion of the coaches and Board of Directors to decide to remove the player from CGL and notify the parents/guardians of the decision.
- The parents/guardians of any player recommended for removal from CGL may request to meet with the Board of Directors and the Head Coach.

Our desire is to work in a positive, constructive way with our players. Everyone has problems from time-to-time and we will make every effort to work with you to help solve the problems you may have. After we have exhausted all efforts to solve the problem, we will be left with little choice other than to pursue disciplinary action as outlined above.

PARENTS/GUARDIANS and FANS EXPECTATIONS

All families are expected to volunteer. Please refer to the Volunteering section of the Handbook.

The Head Coach is available to parents/guardians and students for questions, clarification, and general concerns. Parents are asked to encourage their daughters to communicate directly with the coaching staff. This will help in building student maturity as well as trust between athlete and coach. If a parent has a concern that needs to be discussed with the coach, parents are asked to call or email the head coach. All parent-to-coach contact should be directed first to the Varsity Head Coach. The Head Coach will set up a time to meet in person if possible, to discuss the parent's concerns. This assists in effective and clear communication. Parents should understand that squad selection, play calling, game strategy/management, starting status, and playing time are under the sole discretion of the coaching staff, and are therefore not open to discussion with parents.

Parents/guardians and/or fans will not be permitted to assist in coaching duties at any time. Parents/guardians and/or fans are not permitted in the vicinity of the team bench or on the field prior to, during, or following games unless parent/guardian is a volunteer at the score table. Parents/guardians and fans are asked to remain in the stands until the coaches have dismissed the players following the game and all equipment is put away. This policy is required by USA Lacrosse and our liability insurance policy.

USA Lacrosse has made sportsmanship of players and supporters a top priority. While in the stands for home or away games, parents and fans are reminded that good sportsmanship is expected from them at all times. Cheering for our team is the best policy. Refrain from comments made about officials, other team's parents, players, and coaches. Please remember that negative comments or other unsportsmanlike behavior that occurs in the stands may result in penalties against our team, including expulsion of parents/fans or the head coach. Help model good sportsmanship for our students and visiting teams.

SPORTSMANSHIP

Participation in a team sport is a privilege not a right. Poor sportsmanship will not be tolerated at any time during practices or games. This includes speaking in a disrespectful manner to coaches, teammates, athletic trainers, game officials, members of opposing teams, etc. Any behavior witnessed by coaches will be dealt with immediately and may include sitting out of practice, suspension from practice, suspension for a game, or permanent suspension from the team. Coaches will be responsible for decisions made to remedy conflicts and poor sportsmanship.

FUNDRAISING

Certain fundraising activities may be undertaken as needed by CGL and desired by the members to allow CGL to fulfill its mission. Member participation in these activities may be required. Contact CGL if you have fundraising ideas at corvallisgirlslax@gmail.com.

PHOTOGRAPHY

CGL will have one photographer that will be allowed on the field to take photos during home and away games. We post pictures for our players and families to download and print and/or share with their family and friends and use in our end of year banquet.

By signing the “Corvallis Girls Lacrosse Registration Form”, the parent/guardian gives consent for their player’s photo to be utilized for promoting CGL, in print and online. If you do not want your player's photo used on the CGL website, displays, or other purposes you must contact CGL at corvallisgirlslax@gmail.com.

VOLUNTEER COMMITMENT

Other than the coaching staff, Corvallis Girls Lacrosse runs entirely on volunteers. Below is a sample of the volunteer opportunities available with CGL. **All families are expected to participate in at least one volunteer opportunity.** You will be contacted separately regarding your choices and will be added to the schedule. Changes to the schedule are to be accomplished by trading dates or finding a substitute (a responsibility of the volunteer) and the change communicated in advance to the CGL president. We do understand that volunteering isn't always possible, so families may "Opt Out of Volunteering" for a fee of \$50 to be paid at registration. If you have any questions pertaining to Volunteering, please contact CGL at corvallisgirlslax@gmail.com.

Volunteer Positions

Role	Responsibilities	# of People Needed	Time Commitment
Board Member	Attend Board Member meetings and serve as a liaison for Corvallis Girls Lacrosse.	4	2+ hrs. monthly
Equipment	Assist with equipment inventory, distribution, collection, and storing of equipment. Keep the first aid kit and first aid supply box stocked.	1-2	5 hrs. season
Volunteer Coordinator	Coordinates volunteers for home/away games and other CGL events as necessary.	1	TBD
Travel Coordinator	Coordinates volunteers and team transportation to away games.	1	TBD
Timekeeper	Run game clock, penalty timer, and horn for Home games.	1	2 hrs. per home game
Game Stats	Track stats during Home & Away Games	1	2 hrs. per game
Scorekeeper	Maintains scorebook for Home & Away games	1	2 hrs. per game
Spotters	Assists stats & scorekeeper by calling out stats, goals, etc. (extra set of eyes)	1-2	2 hrs. per home game
First Aid	Assists home team (& possibly away team) with minor medical needs (supplies provided)	1	2 hrs. per home game
Field Tear Down	Assists with taking down game day equipment (flag rope, cones, etc.)	1	30 mins. per home game
Fundraising Coordinator	Organize and coordinate fundraisers.	any	4 hrs. monthly
Photographer	Coordinates team and individual player photos. Arranges game photos.	1	4 hrs. season
Special Projects Coordinator	Coordinate and organize Team Dinners, Senior Recognition night, and End of Season celebration	2	TBD

COVID & COMMUNICABLE DISEASES

Please read the Covid & Communicable Diseases Guidelines under the “Forms & Links” tab.

CORVALLIS GIRLS LACROSSE WAIVER OF LIABILITY AND HOLD HARMLESS FOR COMMUNICABLE DISEASES INCLUDING COVID-19

The novel coronavirus (“COVID-19”), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. While rules, guidance, and personal discipline may reduce this risk, the risk of serious illness and death does exist. **Corvallis Girls Lacrosse (“CGL”) and the Corvallis School (“District”) cannot completely mitigate the transfer of communicable diseases like COVID-19, especially when involved in sports or activities. Participation in lacrosse includes possible exposure to and illness, injury, or death from infectious diseases including COVID-19.**

In consideration for providing my child the opportunity to participate in lacrosse and any related transportation to and from lacrosse events, both my child and I voluntarily agree to waive and discharge any and all claims against CGL and District and release them from liability for any exposure to or illness or injury from an infectious disease including COVID-19, including claims for any negligent actions of CGL and the District or its employees or agents, to the fullest extent allowed by law, for myself, my child, our estates, our heirs, our administrators, our executors, our assignees, and our successors.

Corvallis Girls Lacrosse cannot ensure that all other participants, including coaches and volunteers, are taking precautionary measures to mitigate risks to ensure the health and safety of other participants, coaches, and volunteers, and therefore, participation with Corvallis Girls Lacrosse involves risk of exposure to infectious disease.

I certify that I have not recently tested positive for, and am not exhibiting symptoms of COVID-19, which include a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat.

I certify that I do not have a household family member/roommate who has recently tested positive for or exhibited the above-referenced symptoms of COVID-19.

I willingly agree to comply with all recommendations provided by CGL to ensure safe play. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest coach, staff member or volunteer, or official immediately.

I also agree to release, exonerate, discharge and hold harmless CGL, District, its Board of Directors, the individual members thereof, and all officers, agents, employees, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from an infectious disease including COVID-19, which may result from or in connection with my child’s participation in lacrosse.

I further certify and represent that I have the legal authority to waive, discharge, release, and hold harmless the released parties on behalf of myself and the above-named student.

My signature on the registration form certifies that I have read the Covid & Communicable Diseases Guidelines and Waiver documents in their entirety and fully understand its contents. In exchange for the opportunity to participate in girls’ lacrosse, the above-named student and I freely and voluntarily assume all risks of such hazards and notwithstanding such, release CGL and the District from all liability for any loss regardless of cause, and claims arising from the student’s participation in the [sport or activity].

PLAYER AND PARENT CODE OF CONDUCT

Values: As a player for or parent/guardian of Corvallis Girls Lacrosse, you have the responsibility to uphold the values of Corvallis Girls Lacrosse.

Participation on a Corvallis Girls Lacrosse team is the player's choice and is a privilege, not a right. No student is required to take part in this activity. Therefore, it is imperative that all members understand the following rules and responsibilities, and acknowledge that CGL, its coaches and Board of Directors have every right to revoke these privileges for improper behavior. As a member of this team, the player agrees to abide by all OGLA and CGL rules.

- As a member of Corvallis Girls Lacrosse, participant agrees to:
- Compete intensely on the field, but always conduct themselves in a sportsmanlike manner
- Represent themselves and their team, reflecting the highest standards of Lacrosse
- Respect officials, coaches, and opponents
- Refrain from using profanity or illegal tactics
- Conduct themselves according to Lacrosse rules
- Obey all rules set forth by OGLA, CGL coaching staff, tournament/clinic/event organizers
- Obey laws regarding the consumption and use of Alcohol and Tobacco
- Remain free of all abusive drugs (marijuana, narcotics, steroids, Controlled Substances, etc.)

Player Acknowledgment:

As a member of Corvallis Girls Lacrosse, I agree to abide by this Code of Conduct.

- I understand that conduct unbecoming a member of Corvallis Girls Lacrosse may subject me to disciplinary action, including the termination of my participation.
- I also understand that my concerns about any activity should be taken to: (1st) the team captain(s), (2nd) the coaching staff, (3rd) in writing to the CGL Board of Directors.

Parent Acknowledgment:

- I pledge to support and encourage my daughter as she participates in Corvallis Girls Lacrosse activities and I understand that my role as a parent is critical to the success of these activities.
- I agree to support team play and will not be overly concerned with the outcome of the activity.
- I understand that specific rules guide each activity and that necessary discipline of the participants by the coach is part of the activity.
- I agree to let the coach do the teaching/coaching, to respect coach decisions regarding student participants and participation, and to save all questions and concerns regarding the activity or participants for a time when the atmosphere is conducive to problem-solving.
- I agree to be a positive role model for my child and to refrain from public displays of anger.
- I agree to accept officials' decisions and I understand that verbal abuse or harassment of an official could be detrimental to my daughter, the activity, the team, and the league.
- I understand that my concerns about any activity should be taken to:
(1st) the coach, (2nd) in writing to the CGL Board of Directors.

Players and parents/guardians are responsible for reading and knowing all of the content provided in the Corvallis Girls Lacrosse Handbook. Players and parents/guardians shall acknowledge reading and understanding this handbook by signing the Corvallis Girls Lacrosse Registration Form/Risk Waiver.

Original: 2/2012

Revised: 2/2016, 11/2016, 11/2017, 9/2018, 10/2019, 1/2020, 7/2020, 10/2021