

WHITE BEAR LACROSSE



**Association Handbook
2010**

www.wblax.com

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White Bear Lacrosse Club

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Purpose & Mission Statement

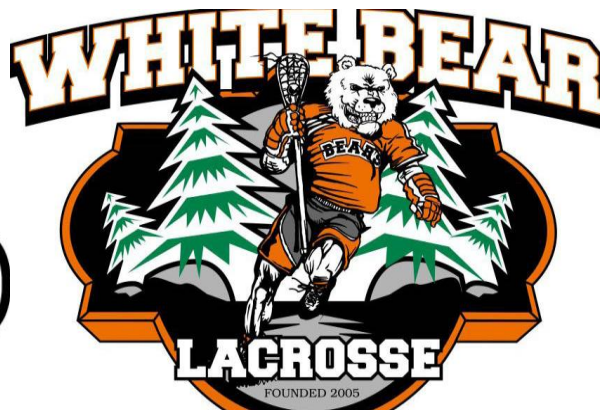
The White Bear Lacrosse Club was founded in 2005 as a 301 C Corporation. The purpose of the corporation is to organize and promote youth lacrosse for children living within the geographic boundaries of White Bear Lake and surrounding areas. (I.e. Vadnais Heights, Gem Lake, Dellwood, and Birchwood) or attending a school within these boundaries but not exclusively, regardless of race, creed, color, nationality or disability. It is further the purpose of WBLAX to aid youth who participate in this sport

- ✓ Improvement and development of lacrosse skills
- ✓ To teach and promote physical, mental and moral development
- ✓ To teach a sense of fair and honest game play
- ✓ To promote team play at all levels resulting in good sportsmanship
- ✓ To encourage, aid and support acquisition of facilities and means for playing of lacrosse

It is also the purpose of this Corporation to provide a formal means of organizing, financing and directing said youth lacrosse program exclusively, for charitable and educational purposes.

Its mission is to promote excellence and integrity in our players and volunteer staff throughout the community, among their families and on the playing field. Our focus is to create a safe, positive, and fun environment firmly rooted in:

- ✓ Player and skill development for all levels
- ✓ Healthily competition where fairness, sportsmanship, discipline, self control, honesty and team play are fostered developed and role modeled, in defeat as well as victory.
- ✓ Respect for oneself, community, family, other players, coaches, officials and teams.
- ✓ Player and coach commitment to hard work and the development of the sport of lacrosse.



History of Lacrosse

Among Native Americans, there were many versions of what we now call lacrosse. Players in some tribes used two sticks, one in each hand. Women and men sometimes competed together on the same teams, but women had their own form of the sport in some areas.

The Cherokees called the sport "the little brother of war" because it was considered excellent military training. A team consisted of hundreds, even thousands, of players, often an entire village or tribe, the goals were often miles apart, and a game might last as long as three days. Since most players couldn't get anywhere near the ball, they concentrated on using the stick to injure opponents.

The Six Tribes of the Iroquois, in what is now southern Ontario and upstate New York, called their version of the game "baggataway" or "tewaraathon". It was much more organized than in most areas of the country. There were 12 to 15 players per team, and the goals were about 120 feet apart.

According to most accounts, the first Europeans to see baggataway being played were French explorers who thought the stick resembled a bishop's crozier--*la crosse*, in French--so the sport was given a new name. However, the French played a form of field hockey that was called *jeu de la crosse*, and that's a much more likely origin of the name.

Early in the 19th century, Europeans in Canada began playing the game. Montreal's Olympic Club organized a team in 1844, specifically to play a match against a Native American team. Similar games were played in 1848 and 1851.

However, the first step toward turning lacrosse into a genuinely organized, modern sport came when the Montreal Lacrosse Club, founded in 1856, developed the first written rules.

George Beers of the MLC rewrote the rules thoroughly in 1867. His rules called for 12 players per team, and named the positions: Goal, point, cover point, first defense, second defense, third defense, centre, third attack, second attack, first attack, out home, and in home.

Beers, who is now known as "the father of lacrosse," also replaced the hair-stuffed deerskin ball with a hard rubber ball and designed a stick that was better suited to catching the ball and throwing it accurately.

Canada's National Lacrosse Association, which was also established in 1867, quickly adopted the new rules. The same year, a team made up of Caughnawaga Indians went to England and played a match for Queen Victoria. The sport became quite popular in Bristol, Cheshire, Lancashire, London, Manchester, and Yorkshire, and the English Lacrosse Union was organized in 1892.

Lacrosse in United States

Lacrosse had pretty well died out in the northern United States by the middle of the nineteenth century, but it was revived in upstate New York during the late 1860s by the Onondaga tribe, influenced by the St. Regis tribe, which was among those still active in Canada.

White players in Upstate New York began to play lacrosse about 1868, and the sport soon spread to Metropolitan New York, where several teams were organized during the 1870s. New York University and Manhattan College played the first U. S. intercollegiate game on November 22, 1877, and other colleges in the Northeast soon took up the sport, including Boston University, Columbia, Cornell, Harvard, Princeton, and Stevens Institute.

The U. S. Amateur Lacrosse Association, founded in 1879, adopted the Canadian rules. Seven colleges formed the first Intercollegiate Lacrosse Association three years later. That was succeeded in 1905 by the Intercollegiate Lacrosse League, which changed its name to the U. S. Intercollegiate Lacrosse Association (USILA) in 1929.

Ice Hockey and lacrosse have always been closely connected. In fact, the original rules of ice hockey, written in 1867, were patterned after those of lacrosse, and most hockey players in Canada also played lacrosse.

Johns Hopkins University in Baltimore was a major hockey-playing college in the 1890s. Lacrosse was introduced there in 1893 by some students who had seen the sport on Long Island, and it quickly became very popular throughout Baltimore. Programs were developed for all age groups by 1900 and the city has been a hotbed of lacrosse ever since.

Although there are large areas of the country where lacrosse is virtually unknown, it has become quite popular in many other areas, including Long Island, Upstate New York, Indiana, Michigan, Northern California, Oregon, Florida, Texas, and the Atlanta region.

A national collegiate champion was chosen by committee until 1971, when the NCAA began conducting its annual championship tournament. The Division III championship was added in 1980. The NCAA Division II championship was conducted from 1974 through 1982 and it was resumed in 1993 after a twelve-year hiatus.

At many schools, lacrosse is a club sport--that is, it's run by students independently of the athletic department. Club teams even coexist with varsity teams at quite a few colleges. The USILA conducts a national championship tournament for college club teams. The National Collegiate Lacrosse League, founded in 1991 as an organization of about 70 schools with club teams, also has a championship tournament.

Since 1934, the U. S. Lacrosse Association has conducted the U. S. Open tournament for post-collegiate club teams.

Indoor Lacrosse

An indoor version of lacrosse, known as box lacrosse or "boxla," was developed in Canada during the early 1930s. Played in hockey rinks with six-man teams, it became very popular throughout the country and was the dominant form of the sport in Canada by the end of the decade.

The Mann Cup, originally donated by Sir Donald Mann in 1910 as a challenge trophy for the Canadian amateur champion team, was transferred to box lacrosse in 1937.

Outdoor lacrosse has made something of a comeback in Canada, spurred in part by the establishment of the International Lacrosse Federation and the world championship tournament in 1967. However, box lacrosse is still far more popular than field lacrosse in Canada.

In 1986, the Major Indoor Lacrosse League (MILL) began operating with six teams in the United States, playing a form of the sport very similar to boxla. The MILL has an unusual structure in that the league is owned by three partners, while teams are operated by local organizations that have no ownership position.

That structure gave the MILL stability, since the failure of one or two franchises couldn't drag the entire league down. However, it also made expansion difficult, if not impossible.

The National Lacrosse League (NLL) was organized in 1997 as a group of independently owned teams to begin play the following year. After much negotiation, the MILL merged into the NLL, which played its first season in 1998.

Women's Lacrosse

Although lacrosse didn't become very popular as a men's sport in England, it was adapted for women's play during the 1890s, mainly because it was seen as the ideal spring sport for women who played field hockey during the fall. While men's lacrosse is very similar to ice hockey in many respects, women's lacrosse was patterned after field hockey, in which body contact is strictly forbidden. Constance M. K. Applebee of England introduced field hockey to American women in 1901 and she remained in this country as a physical educator, teaching the sport at several schools and at a summer camp that she established in 1922.

She was also active in establishing lacrosse as a women's sport in this country. The U. S. Women's Lacrosse Association was founded at her camp in the summer of 1931. The USWLA governed the sport on the collegiate and club levels until 1981, when the NCAA inaugurated its national championship tournament for women.

A Division III championship was established in 1985. The National Collegiate Championship is for Division I and Division II schools.

International Lacrosse

Lacrosse, as already noted, was introduced to England in 1867. From England, it spread to Scotland, Wales, Ireland, Australia, New Zealand, and South Africa.

It was an Olympic sport in 1904 at St. Louis and in 1908 at London. Only three countries, Canada, England, and the United States, were represented and Canada won both gold medals.

Lacrosse was a demonstration sport at the Olympics in 1928, 1932, and 1948, and an exhibition tournament was held at the Los Angeles Olympics in 1980. A few other countries, most notably Germany and Japan, have taken up lacrosse, but there are still not enough national governing bodies to warrant its consideration as a full-fledged Olympic sport.

The International Lacrosse Federation has conducted a men's world championship tournament since 1967. The women's world championship, inaugurated in 1969, was replaced in 1982 by the World Cup tournament for women.



Lacrosse in White Bear Lake

White Bear Lake boy's lacrosse started in 2000 with a bunch of kids quickly thrown together for an indoor league in the Hopkins Arena. In just a short time since then, it has grown to having teams in all grade levels ranging from first grade up to high school. In 2007, the boy's high school team played in the MBSLA league and finished with an undefeated record and MBSLA State Championship. In 2008, the White Bear School district approved Varsity and Junior Varsity Lacrosse in the high school league. Our hometown, WB Varsity team in 2008 were section 4AA champions MSHSL

White Bear Lake girls lacrosse started in 2003 with a team playing at the high school level grades 9 - 12 competing in the North central Schoolgirls Lacrosse Association - North Conference. In 2007, the team received first place in the North Conference and sixth place at the state tournament. In 2008, the White Bear School district approved Girls Varsity Lacrosse in the high school league

Equipment Requirements

The following equipment is required for all participants in the **BOYS** White Bear Lacrosse levels.

- ✓ Lacrosse Stick
- ✓ Helmet
- ✓ Gloves
- ✓ Shoulder Pads
- ✓ Arm Pads
- ✓ Rib Pads
- ✓ Protective Cup
- ✓ Mouth Guard
- ✓ League rules will determine whether a defense stick is allowed.

Equipment

The Ball - The ball shall be white, yellow, orange or lime green smooth or slightly textured solid rubber — between 7-3/4 and 8 inches in circumference, between 5 and 5-1/4 ounces in weight and, when dropped from a height of 72 inches upon a concrete floor, shall bounce 43 to 51 inches at a temperature of 65 degrees to 70 degrees Fahrenheit.

Balls shall be supplied by the home team. The ball in use at the end of the game shall become the property of the winning team. The home team should provide a ball retriever at each end line.

Ball retrievers (1) must be at least 10 years old, (2) must be available from the beginning of the contest until its completion, (3) shall be dressed so that their “uniform” colors do not blend with those of participating institutions and (4) are not permitted to stand directly behind the goal. In addition, the host institution is required to train, protect and provide for the safety of the ball retrievers.

If the home team does not provide any ball retrievers, that team must supply an adequate number of balls. A minimum of four balls should be spaced equidistant from each other along the end line at the beginning of each period.

.Crosse—Dimensions

The crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or 52 to 72 inches (long crosse), except for the goalkeeper’s crosse, which shall be 40 to 72 inches long.

The circumference of the crosse handle shall be not more than 3-1/2 inches and the handle must be straight. The head of the crosse at its widest point shall measure between 6-1/2 and 10 inches, inside measurement, at the front of the side wall. There must be one crosse, 10 to 12 inches, inside measurement at its widest point, at the front of the side wall. This crosse must be used by the designated goalkeeper.

The side walls of the crosse shall not be more than 2 inches high.

There must be a goalkeeper on the field who is properly equipped with a chest protector, throat protector and a crosse that is 10 to 12 inches wide and 40 to 72 inches long. A ball stop is not required, except on crosses with wooden heads. The length of the head must be a minimum of 10 inches from the outside edge of the head to the beginning of the throat of the crosse, regardless of whether a ball stop is used. The goalkeeper’s crosse may have a maximum head length of 16-1/2 inches, measured in the same way. If a ball stop is used, only one may be used and the dimensions shall be a maximum of 2 inches in length, 1-1/2 inches in width and 1/4-inch in thickness.

Any crosse with an inside measurement from 10 to 12 inches shall be considered a goalkeeper's crosse and shall be used only by the designated goalkeeper.

Crosse—Construction

The crosse shall be made of wood, laminated wood or synthetic material, with the head approximately perpendicular to the handle. The side wall shall be defined as the inside surface area (i.e., pocket side) of the wall. The side wall shall be not more than 2 inches wide. The side wall opposite a wood wall may be made by weaving gut lacing from the tip of the head to the handle, strung in such a manner as to prevent the tip from catching on an opponent's crosse; or both side walls may be made of synthetic material, wood or laminated wood.

The net of the crosse shall be constructed of gut, rawhide, linen or synthetic material and shall be roughly triangular in shape. The longitudinal weaving must be attached to the frame of the stop below the stop, and the stop must be of separate construction.

Note 1: Any crosse in which the net is woven to the head in such a manner that a lip or hook is formed that might ensnare the ball is illegal.

Note 2: All hollow crosse handles must have their open end adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps (e.g., bottle caps) is prohibited.

Crosse—Prohibitions

No player shall use a crosse in which the pocket has sagged to such a depth that it has become difficult for an opponent to dislodge the ball and crosses in which the construction or stringing at the bottom is designed to withhold the ball from play also are prohibited. Additionally, no player may use a crosse that has stringing that retards the normal and free dislodgment of the ball by an opponent. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when placed therein, is below the bottom edge of the side wall (this prohibition does not apply to the goalkeeper's crosse). A crosse that has been altered in such a way as to give an advantage to an individual is illegal.

Any strings or leathers used to attach the pocket to the crosse are limited to a hanging length of 2 inches. The use of pull strings to alter the depth of the pocket is illegal.

Adjustable-length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal.

The crosse shall be relatively straight from the butt end to the end of the head. A "relatively straight" crosse shall be defined as one that may be laid flat on a tabletop on the side opposite the netting so that a substantial portion of the crosse rests on the table and such that there is a distance from the tabletop to bottom edge of the head that at no point exceeds 2-3/4 inches. The longitudinal weaving (net) must be attached firmly to the bottom edge of the throat construction. This can be accomplished easily by running a piece of leather, gut, nylon, linen, etc., from one side wall tightly interwoven, through the longitudinal weaving (net) along the front of the bottom edge of the throat construction and securely fastened to the opposite side wall.

Helmet, Face Mask and Mouthpiece

All players shall wear a **protective helmet**. Both the chin pad and the chin strap shall be firmly attached to the mask, as designed. If any snaps are hanging, proper officiating technique is to request that the player fix the snaps. Repeated offenses shall be penalized. All players on a team must wear helmets of the same dominant team color or colors.

All **face masks** must have a center bar from top to bottom. The manufacturer's warning label must be affixed to the helmet. A plastic face shield as part of the helmet may be worn, provided the face shield is completely clear. A tinted eye shield may be worn only for a documented

medical condition. All competing players shall wear intra-oral **mouthpieces** of yellow or any other highly visible color during play. The mouthpieces must cover all upper-jaw teeth. A clear mouthpiece may be used if the head coach certifies that it must be clear for a medical reason.

Protective Equipment

All players shall wear protective gloves, shoes and jerseys. All players except the designated goalkeeper shall wear shoulder pads and arm pads. The designated goalkeeper shall wear protective goalkeeper equipment. The altering of equipment is prohibited. All players on a team must wear gloves of the same dominant official team color unless safety reasons require a different color glove to be worn. Specialized goalkeeper gloves may be of any color. The throat protector and chest protector are required pieces of equipment for the goalkeeper, but the goalkeeper is not required to wear shoulder pads or arm pads.

Jerseys

All players are furnished with two jerseys.

Proper care and maintenance of jerseys is crucial to prolonging their use and is the responsibility of the players/parents.

- ✓ Laundering should be done in cold water using mild detergent. Hang and dry at room temperature. Do not put in dryer.
- ✓ Jerseys will be collected by team manager/coaches at the end of the season and turned into the WBLAX association on the designated date. An \$80 replacement fee will be charged for jerseys not returned by the designated date or for jerseys returned in a manner which prevents re-use.

Equipment Requirements

The following equipment is required for all participants in the **GIRLS** White Bear Lacrosse levels.

- ✓ Lacrosse Stick
- ✓ Eye Wear

Please view the website www.uslacrosse.org for approved manufacturers.

Local Shops in Metro Area

Dave's Sport Shop
1001 East Moore Lake Drive
Fridley, MN 55432
763-571-4110

Strauss Skates & Bicycles
1751 East Cope Avenue
Maplewood, MN 55109
651-770-1344

Zappa's
5966 Highway 61 N
White Bear Lake, MN 55110
phone: 651-762-1144

Steichen's Sporting Goods
2425 Rice Street
St. Paul, MN 55113
651-484-0808

Team Levels and Eligibility Requirements

The White Bear Lacrosse Club fields the following team levels for 2010.

Team Level	Grade in school as of January 2010
Boys Youth 4 th and Under	Grades 1 st , 2 nd , 3 rd and 4 th
Boys Youth 5/6	Grades 5 th and 6 th
Boys Middle School 7/8 Level A	Grades 7 th and 8 th
Boys Middle School 7/8 Level B	Grades 7 th and 8 th
Boys High School 9-12th	Grades 9, 10, 11, 12
Girls Youth 5/6	Grades 5 th and 6 th
Girls Middle School 7/8	Grades 7 th and 8 th

Team Leagues

Boys Youth teams' summer season runs May - July playing in the Youth League of Minnesota (YLM). White Bear Lake is in the North East District consisting between 6 - 12 teams. Practice/games will be 2 - 3 times per week during the afternoons or evenings at Loricus or Sunrise Park Middle School Fields.

Boys Middle School A and B teams' season consists of two parts; spring and summer. The spring season runs April thru the end of May playing in the Minnesota Boys Scholastic Lacrosse Association league (MBSLA). Practice will be 2 - 4 times per week with Jamborees (Games) held on weekends in a tournament fashion. The summer season continues straight after the spring season ends running the end of May thru July playing in the Youth League of Minnesota (YLM). White Bear Lake is in the North East District consisting 13 teams. Practice/games will be 2 - 3 times per week during the afternoons or evenings at Loricus or Sunrise Park Middle School Fields.

Boys High School Team's Season runs April thru the end of May playing in the Minnesota Boys Scholastic Lacrosse Association league (MBSLA). Practice will be 3 - 5 times per week at Loricus Fields with Jamborees (Games) held on Saturdays in a tournament fashion.

Girls Youth teams' summer season runs May - July playing in the MSSlax League. Practice will be 1 - 3 times per week during the afternoons or evenings at Loricus or Sunrise Park Middle School Fields.

Girls Middle School teams' summer season runs April - July playing in the MSSlax League. Practice will be 2 - 4 times per week during the afternoons or evenings at Loricus or Sunrise Park Middle School Fields.

Boys Middle School A and B Levels

2010 7/8th Grade Tryouts

March

Wed, 24th: 6-9 pm at Shoreview Arena

Fri, 26th: 6-9 pm at Shoreview Arena

Sun, 28th: 9 am - 1 pm at Stillwater Dome
Wed, 31st: 6-9 pm at Shoreview Arena

* 37 players will be invited to the A pool scrimmage *

8 Defense, 18 Midfield, 8 Attack and 3 Goalies

Fri, April 2nd: 8-9 pm at Stillwater Dome (A pool scrimmage)

Tryout Fee = \$25

* Coaches will be assessing players on the following:

1) Stick skills! - very important, and there will be a lot of time spent assessing these. It also provides the players a great opportunity to get their sticks warmed up before the season no matter which team they make. Make sure your kids are playing "wall ball" in the off-season.

2) Offensive/defensive zone knowledge - players will be put in game-like situations and the coaches will assess how they react and perform.

3) One v one skills - there will be one on one drills throughout tryouts. This is an important aspect of the game in general and usually shows athleticism.

4) Game play - there is a scrimmage scheduled for the end of tryouts, and there will be game situations throughout. Players need to know the different aspects of the game.

5) Communication - huge in the sport of lacrosse. Coaches need to hear players talking on the field.

2010 5/6 Grading

April

Thurs, 15th: 6-8 pm

Fri, 16th: 6-8 pm

Sat, 17th: 12-2 pm

Sun, 18th: 2-4 pm

Location: Loricus Fields, WBL (North Campus)

2010 3/4 Grading

April

Fri, 23rd: 6-8 pm

Sat, 24th: 2-4 pm

Sun, 25th: 4-6 pm

Location: Loricus Fields, WBL (North Campus)

Team Fees

Each team level can expect to pay additional team fees ranging from \$45 - \$200. These additional team fees pay for tournament entry fees, referees, league fees, and other items as determined by the coaches and team manager.

Team Roster Size

Boy's Teams consist of 22 players; 6 attack, 9 middies, 6 defense, 1 goalie.

Girl's teams consist of 12 players and 1 goalie.

Playing Up

Players will play at their grade level as of the date of registration.

WBLAX Tournaments

White Bear Lacrosse Club will be hosting its annual LAX Invitational Tournament

Date	Tournament Level
June 25, 26, 27, 2010	7 th and 8 th Grade Level A 7 th and 8 th Grade Level B 5 th and 6 th Grade 4 th and Under Grade

**Locations, Times, Brackets will be referenced on the web site.

WBLAX Clinics

White Bear Lacrosse Club will be hosting Developmental Clinics

Date	Location	Level and cost
April 9, 6:30-9pm & 11, 2-5pm, 2010	Stillwater Dome	5/6th grade boys - \$60
March 19, 6-9pm & 21st, 10-1pm	Stillwater Dome	7/8th grade boys - \$60

**Clinics will be referenced on the web site.

2010 Registration Fees

Boys Youth 4 th and Under	Grades 1 st , 2 nd , 3 rd and 4 th	\$130.00
Boys Youth 5/6	Grades 5 th and 6 th	\$130.00
Boys Middle School 7/8 Level A	Grades 7 th and 8 th	\$160.00
Boys Middle School 7/8 Level B	Grades 7 th and 8 th	\$160.00
Boys High School 9-12	Grades 9,10,11,12	\$245.00
Girls Youth 5/6	Grades 5 th and 6 th	\$130.00
Girls Middle School 7/8	Grades 7 th and 8 th	\$160.00

Check Cashing/ Return Policy

All Checks for registration will be cashed immediately after registration. A non-sufficient funds fee of \$25 plus applicable bank charges will be added to the player balance and must be paid prior to going on the field for any camp, tryout and or practice.

2010 Refund Process

Youth Lacrosse
4th Grade and Under
5th and 6th Grade

Withdraw Before March 31	Full Registration
Withdraw After April 1	No Refund

Middle School Lacrosse
7th and 8th Grade

Withdraw Before First Tryout Session	Full Registration
Withdraw during tryout session	No Refund

High School Lacrosse
9,10,11,12 Grade

Withdraw if selected for High School JV/Varsity Teams	Full Registration
Withdraw Before	No Refund

Team Fees are refundable at the discretion of the team's coach and manager.
To request a refund, fill out the form below (no refunds will be issued without a completed form) and mail to:

WB Lacrosse Club
4440 Lake Avenue South
White Bear Lake, MN 55110

REFUND REQUEST	Date Sent:	*Date Received:
Players Name:	Level:	*Refund Ck #:
Address:	Phone:	*Amount of Refund:
Reason for Withdrawal:		
Parent Signature		

*To be filled out by WBLAX Club

Annual Fundraising

Spirit Wear

A variety of WBLAX logo merchandise is available for sale each year by contacting Christine Schalfke at 651-407-6475.

Also watch the website for sale information at selected jamborees and games to be held during the season. All of the proceeds from the sale of merchandise throughout the season benefit the WBLAX Club.

White Bear Lake Night at the "Hive" - MN Swarm Game - April 17, 2010. Purchase tickets for this game or any other Swarm Lacrosse Game Tickets on our website www.wblax.com

Code of Conduct

Player Conduct - Players, coaches, spectators, and parents are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their teams, and their organization. It is only through such conduct that our sport can earn and maintain a positive image and make its full contribution to youth sports in the United States and around the world. The US Lacrosse Youth Council supports the following behaviors for those participating or involved in any way with US Lacrosse and youth lacrosse in general:

- The essential elements of the "Code of Conduct" must be adhered to.
- Sportsmanship and teaching the concepts of fair play are essential to the game, and must be taught and developed both at home and on the field during practices and games. Permitting, encouraging, or condoning performance that is dangerous or demeaning to a player, coach, official, spectator, or anyone connected with the function of the game is unacceptable.
- The emphasis on winning should never be placed above the value of good sportsmanship, the concepts of fair play, or the skills of the game.
- Derogatory comments are unacceptable. Use positive reinforcement with players and adults alike. It should be remembered that criticism, once made, can never be retracted.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as with adults.
- Officials are expected to conduct themselves as professionals and in accordance with those guidelines and rules set forth in the applicable rule books and manuals; and in a manner that demonstrates courtesy and fairness to all parties while exercising their authority on the field.

- Adults involved with the game must never permit anyone to openly or maliciously criticize, badger, harass, or threaten an official. To do so is a violation of the rules of the game and must be considered unacceptable conduct. The coach must quietly and privately address all concerns to the officials at the appropriate time as defined by the rules; and if deemed appropriate, place in writing to the official's assigning authority any significant problems with the officiating.
- Knowledge of the Rules of Lacrosse must be respected and adhered to by all who participate in the game of lacrosse, both in the letter and the spirit of the game. The Rules are designed to protect the players, provide common standards and control the game. Attempts to beat these rules, to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct is considered unacceptable conduct.
- Guidelines and eligibility requirements, such as age and previous level of participation, have been established to encourage and maximize participation, as well as promote safety. All who participate in the game of lacrosse must be thoroughly acquainted with these rules and regulations, and should assume the responsibility for their observance and enforcement. Attempts to circumvent eligibility rules, or to use ineligible players, shall be considered unacceptable conduct.

Parent Conduct - As the parent or guardian of a player in the White Bear Lacrosse Association I shall be subject to the following Code of Conduct while participating in any White Bear Lacrosse Association functions. Should I choose to break these rules, I understand that I will be subject to disciplinary measures, which could include prohibition from attending Plano practices, games and/or tournaments, and removal from any facility where White Bear Lacrosse Association is playing. I agree to the following:

- I will accept the responsibility of designated coaches or assistant coaches to assigned positions and allocated playing time. Lacrosse is a competitive sport and equal playing time is not a right or necessarily a coach's sole objective.
- I will not approach a coach or assistant coach before or after a game, unless specifically asked by the coach. I will wait 24 hours after a game to contact a coach with any issues that I wish to address.
- I will address concerns or complaints about the team or my child directly through the coach or other member of the Board of Directors.
- I will refrain from anything but cheering and encouragement from the stands. There will be no shouted comments about the opposing team or its players, their parents, coaches or the officials.

Insurance

Today's Lacrosse teams and leagues need the protection of a solid program of insurance. US Lacrosse and Bollingerlax.com have developed a plan of insurance to meet the needs of all for registered members of US Lacrosse.

Who is Covered?

The following are covered as named insureds under the General Liability policy: US Lacrosse, Inc; all currently registered member players, coaches and officials; directors and officers of US Lacrosse; its member chapters, member teams and leagues; and those covered as Non-Members under the program while participating in a Covered Activity, for whom this insurance has been purchased.

The Accident policy covers all currently registered member players, coaches and officials; and those covered as Non-Members under the program while participating in a Covered Activity, for whom this insurance has been purchased.

Covered Activities

The accident and liability policies provide coverage to insured persons (as defined above) while participating in the following Covered Activities:

- 1) Scheduled games, team practice sessions, camps, clinics, tournaments or sponsored activities, provided they are under the direct supervision of a team official.
- 2) Group Travel as a Team directly to or from such scheduled practices, games or sponsored activities is covered under the accident policy. The liability policy provides non-ownership liability only while an automobile is being used in the official business of the US Lacrosse National Office.

Note: No liability coverage is provided to parents, coaches or volunteers while using any automobile to transport team members or volunteers to any practice, game or activity. Therefore, Bollinger and US Lacrosse Strongly advise you to verify that anyone who is designated to drive players or other members to lacrosse activities is properly licensed and insured.

- 3) Other sponsored and supervised activities, such as team or league meetings, banquets and usual, non-hazardous fundraisers are also covered by both the accident and liability policies. Examples of non-hazardous fundraisers are bake sales, car washes and other similar events. No coverage is provided for any event that includes fireworks.