

2024 Program Manual



SUMMIT GIRLS LACROSSE

1. Introduction

a. Welcome Message

- i. Welcome to Summit Girls Lacrosse! We are excited for another great season ahead. This program guide serves as a comprehensive guide to the ins and outs of our program. Within these pages, you will find essential information about our program values, player and parent expectations, team structure, procedures, and resources. We look forward to your support as we join together to create another positive and memorable season. Go Storm!
- ii. *Important reminder!* When signing up for this season you will be prompted to review the 2024 Player and Program Commitment Agreement document. Athletes and parents should review this document together before signing.

b. Program Overview

- i. Mission Statement
 1. To create a high-level High School Lacrosse program focused on supporting players' excellence as students, athletes, and resilient young women.
- ii. Core Values: Character, Integrity, Resilience
 1. We believe in education and will promote a high academic standard, encouraging our players to strive for excellence in the classroom and on the field.
 2. We believe that athletic competition is an ideal avenue to learn many "life lessons" that cannot be taught in a classroom and we take this responsibility for our athletes' character development seriously.
 3. We prioritize integrity and character over all else in our interactions and will be positive role models for other students and members of the community at all times.
 4. We treat ourselves, teammates, coaches, parents, opponents, officials, and school staff with empathy, positivity, dignity, and respect at all times.
 5. We believe that there are four roles in any athletic contest: Player, coach, official, and spectator. *You* can only be *one* of these at any given meeting. Stick to your role, and be the best you can be, without concern for anyone else's role in the event.

2. Program Structure

a. Coaching Staff Information

- i. Varsity coaches
 1. Dan Radatti, Kristin Dirmaier, Kelsey Riley
- ii. JV coaches
 1. Elayna Beatty, Nicole Galavan

b. Team Organization

- i. Summit Girls Lacrosse operates with a varsity and junior varsity team.

- ii. Summit Girls Lacrosse is a no-cut program. Each player will be assigned to a team, either JV or varsity.
- iii. While we prioritize outcomes, we emphasize character, learning, growth and teamwork. Summit Girls Lacrosse has consistently ranked in the top 10 teams in the state. Our JV is similarly competitive and will play some games against other programs' varsity squads. Whether your player is assigned to the varsity or JV team, every player will be part of a high-quality program.
- c. Practice Schedule and Expectations
 - i. Due to field scheduling and constraints our program and the boy's lacrosse program alternate weekly sharing the field using either the early or late timeslot. The times vary slightly from year to year as they are dependent on other Summit sports. However, typically we will practice either from 6:00-7:30 pm or 7:30-9:00 pm. This season we will start using the early time slot for the first week.
 - ii. Practice schedule changes are likely to occur throughout the season due to weather, field reservations for track meets, and unforeseen circumstances. All updates will be shared via email and through the team communication channels as soon as possible.
 - iii. For all practices (including tryouts) for the entire season, athletes are expected to arrive 15 minutes early to the field to gear up and participate in a team dynamic warmup. The start time is when we are allowed to take the field.
 - iv. Below is a preliminary practice schedule for the 2024 season
 - February 26-March 1 | Tryouts from 6-7:30 pm
 - March 4-8 | Practice from 7:30-9 pm
 - March 9 | OGLA JV Jamboree at Wilsonville High School
 - March 10 | OGLA Varsity Jamboree at Wilsonville High School
 - March 11-15 | Practice from 6-7:30 pm
 - March 18-22 | Practice from 7:30-9 pm
 - March 25-29 | No practice, spring break
 - April 1-5 | Practice from 7:30-9 pm
 - April 8-12 | Practice from 6-7:30 pm
 - April 15-19 | Practice from 7:30-9 pm
 - April 22-26 | Practice from 6-7:30 pm
 - April 28-May 3 | Practice from 7:30-9 pm
 - May 6-10 | Practice from 6-7:30 pm
 - May 13-17 | Practice from 7:30-9 pm
 - v. Tryouts are scheduled for February 26-March 1 at Summit Stadium from 6-7:30 pm.
 - 1. Final team assignments are typically made towards the end of the first week. However, sometimes this can extend into the second week.
 - vi. If a player will be late or is unable to attend practice, they should follow the policy below.
 - 1. If a player will be late or is unable to attend practice, the player should communicate with the coaching staff via text/email as soon as possible. Practice attendance will impact playing time. Attendance is critical to building team culture as well as skills development and game day strategy.

vii. Team structure

1. Our Varsity and JV programs focus on player development, skill acquisition and game play experience where we strive to maximize play time for all individuals. We anticipate our JV players to have opportunities to play game minutes at many positions. On varsity playing time is not guaranteed. Summit Varsity Lacrosse does have the objective of ultimately winning as many games as possible.
2. Player positions will be assigned based on skill sets, level of lacrosse understanding/execution, and the needs of the team. Our goal is to put the best complete squad on the field for practice and games. It is not uncommon for a player to play a different position on varsity than they have played in the past. Sometimes a player will have a natural aptitude for certain skills and as coaches we may focus the player's initial role/ position on the team in a manner to capitalize on their strengths while we work with them to grow their skill sets and their role on the team.

d. Game Schedule and Expectations

i. Transportation

1. Players need to arrange their own transportation to games. Bus transportation is available on a limited basis. Families are encouraged to coordinate away game transportation to reduce the number of vehicles on the road.

ii. Players are not allowed to drive themselves to games outside of the Central Oregon league.

iii. Game schedule

1. Game schedules are coordinated in the offseason but are subject to change at any point during the season based on weather, referee and field availability and other unforeseen circumstances. The schedule can be dynamic. Flexibility is required and appreciated.
2. Start times are coordinated by the Oregon Women's Lacrosse Umpire Association and the Oregon Girls Lacrosse Association and are dependent on referee and field availability. Game schedules are likely to change due to these factors. The most accurate schedule is available at the [OGLA website](#).

3. Player Expectations and Code of Conduct

a. Academic Expectations

- i. Academic Commitment: Prioritize academic responsibilities, attend classes regularly, and maintain a positive academic standing.

b. Behavior Guidelines

- i. Respect: Players are expected to treat teammates, coaches, opponents, officials, and spectators with respect both on and off the field.
- ii. Sportsmanship: Display good sportsmanship at all times, win or lose. Celebrate successes graciously and learn from challenges.
- iii. Punctuality: Arrive on time for practices, games, and team events. Punctuality is crucial to the team's success and reflects commitment.

- iv. Attire and Equipment: Wear weather-appropriate attire for practice and games. Athletes need to bring their stick, goggles, mouthguard and appropriate attire for every practice and game.
 - v. Communication: Keep open lines of communication with coaches, addressing concerns or questions promptly. Regularly check team communication channels for updates.
 - vi. Social Media Conduct: Be mindful of online presence, promote a positive image for the team and respect the privacy and dignity of others.
 - vii. Team Unity: Foster a sense of unity and camaraderie among teammates. Support and encourage each other, building a strong team bond.
 - viii. Leadership: Embrace leadership opportunities and set a positive example for teammates. Inspire others through dedication, hard work, and a positive attitude.
 - ix. Sportsmanship towards opponents and teammates is of utmost importance in our program. Historically we are exemplary in this department and are known around the state for being a team that others like to play because of our conduct.
 - x. We expect that all players, coaches, spectators and anyone involved or related to Summit Girls Lacrosse only carry themselves in a professional manner.
 - xi. Parents and spectators are required to behave in accordance with the US Lacrosse Association code of conduct. You can find a link to the code of conduct [here](#).
 - xii. Cheering is appreciated. Negative comments towards our program or other programs or players will not be tolerated and may result in disciplinary action.
- c. Attendance Policies
- i. When an athlete commits to playing this season, they are expected to attend every practice and game. We acknowledge that student athletes have many commitments and we ask players to communicate with their coach about any attendance issue.
 - ii. Players will be required to sign in for every practice. The method to sign in will be explained to the players at the start of the season
 - iii. Attendance to practice is important so that the team can play as a cohesive unit. We will work hard to catch a player up to learn what their teammates learned when they missed practice. However, especially on varsity/ many different concepts can be covered in one practice and to maintain the most cohesive team play on the field play time can be affected.
- d. Sportsmanship and Respect
- i. Sportsmanship and respect for fellow teammates, opponents, coaches and officials are of the utmost importance to our program.
 - ii. Failure to follow this policy will not be tolerated .
- e. Communication
- i. Athletes should initiate and communicate any questions or concerns directly with their coaches as early as possible. If the concern cannot be addressed at that moment, they will agree upon a time they can follow up with this concern as soon as possible.

- ii. If an in-person meeting is required, an additional coach or director will be present.

4. Parent/Guardian Involvement

- a. Looking for a way to get involved? Please send an email regarding volunteer opportunities to summitgirlslacrosse@gmail.com
- b. Parents/Guardians can best help their players by providing support and encouragement. High school sports are an excellent opportunity for athletes to learn how to problem solve and develop conflict/resolution skills.
- c. Expectations for Parent/Guardian Conduct
 - i. Encourage your child's commitment to the team, supporting them through highs and lows.
 - ii. We encourage family members and friends to attend games and team events to show support for your child and the entire lacrosse program.
 - iii. Model good sportsmanship in interactions with other parents, coaches, and players.
 - iv. Respect the roles of coaches, allowing them to lead and guide the team without undue interference. The goal of Summit Girls Lacrosse is to play as an organized unit. Please respect that an opinion outside of the team's strategies can do more harm than good to not only the team but also an individual's purposeful participation in the team's scheme goals. Coaching from the bleachers creates confusion and is detrimental to the overall program goals. Please see the US Lacrosse guidelines for spectator behavior [here](#).
 - v. Create a positive home environment that supports your child's participation in the lacrosse program.
 - vi. We encourage parents to guide their athletes to discuss concerns about playing time directly with their coaches. Parents with questions regarding logistics or schedule should reach out to the program coordinator at summitgirlslacrosse@gmail.com.

5. Emergency Procedures

- a. Injury Response Plan
 - i. If a player sustains an injury parents should contact the program directly at summitgirlslacrosse@gmail.com. The injured player should also communicate with their coaches. Occasionally an injury that occurs at practice or in a game that may not be obvious until later after the event. If this situation arises it is important to bring this to the attention of the coaches and program directors as soon as possible.
 - ii. We follow OSAA Concussion Protocol and require medical clearance if a concussion has been sustained. There will also be unique circumstances when the program will ask for medical clearance after an injury. The program will deal with these injuries on a case-by-case basis.
- b. Emergency Contact Information
 - i. This information is saved in TeamSnap. However, if a parent is out of town or unavailable the program must be notified of a new plan.

- c. Coaches and program directors must be aware of any relevant medical conditions (ex. Asthma, allergies, etc). If the player has been prescribed any medications related to their medical conditions and if these medications may be needed while participating in athletics we ask that our coaches and program directors are notified. For example if a player keeps an EPI pen in their possession for allergies or an inhaler for asthma we ask that our program is notified so all appropriate personnel can be aware of the possibility of that player needing the medication. If medications are required athletes are responsible for having them readily available at all times.
- d. Emergency procedures during practices and games
 - i. If an emergency arises it will be addressed on a case-by-case basis.

2024 Player and Program Commitment Agreement

The mission of Summit Girls Lacrosse is to create a high-level High School Lacrosse program focused on supporting players' excellence as students, athletes, and resilient young women. We are a high school club sport governed by the Oregon Girls Lacrosse Association. We abide by the US Lacrosse Code of Conduct and all those affiliated with Summit Girls Lacrosse behave in a manner that honors the game <https://www.usalacrosse.com/usa-lacrosse-code-conduct>. Expectations of our players and player's families are the following:

Practice Attendance

Players are expected to be on time and attend every practice. If a player will be late or is unable to attend practice, the player should communicate with coaching staff via text/email as soon as possible. Practice attendance will impact playing time. For all practices for the entire season athletes are expected to arrive 15 minutes early to the field to gear up and participate in a team dynamic warm up.

Games

Players are expected to attend all games. If a player is not able to attend a game, they are required to notify coaching staff through text/email as far in advance as possible. The game schedule is coordinated at the beginning of the season but may change due to weather, field availability or other unforeseen circumstances. The most accurate schedule is available at oregongirlslax.com. Through the season, the JV practice and game schedule will likely change more often than the varsity based on many factors including field availability and if a scheduled team is able to field a JV squad.

Team Assignment

Team assignments are made through assessment of the player's skill set, level of lacrosse understanding, the needs of the team and coachability. Tryouts occur during the first week of practice and team assignments are made shortly thereafter. Summit Girls Lacrosse is a no cut program. A player will be assigned to either JV or varsity. Our goal is to put the best complete squad on the field for practice and games. The future success of our program depends on the development of our JV players. Our JV program strives to maximize play time for all individuals. Our JV team learns the same culture expectations, offensive, defensive and transition strategies as the varsity. We anticipate JV players to learn many positions and actively participate in all games. However, play time on varsity is not guaranteed. If a player is offered a varsity spot but values game playing experience, she has the option to move to JV. Varsity players will be asked to play the position that best matches their skill set and the needs of the team.

Varsity-level play moves much faster and is more strategically complicated than JV lacrosse. It does take a certain level of dedication, skill and athletic development for a player to be ready for this faster, more focused, level where coaches cover more material in less time and in more detail. It is rare for a first-year varsity player to have the skills and knowledge to become varsity starter. It is possible for those on the varsity roster to get play time in some, but not all varsity games, including away games. Players not in a game can contribute to team culture, provide immense energy and support to those on the field and can learn a lot by closely observing and supporting their teammates.

Communication

We encourage and ask players to address any questions on play time, position assignment, or skill development directly with the coaches. This can be done in person, text or email. We encourage parents to coach their players to be their own advocate. Parents should not contact coaches regarding playing time and position assignments. Parents are asked to contact the team program coordinator for logistical and general questions at summitgirlslacrosse@gmail.com.