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## **OC Lacrosse Club Policies**

Welcome to the OC Lacrosse Club for OCHS! The goal of this organization is offer this exciting new sport for OCHS students. We hope to develop experienced players and also teach players who are new to lacrosse the fundamentals of the game. While OC Lacrosse Club is an approved activity by the Orange County School Board, we receive no formal funding from the school system and are not affiliated with VHSL. The Board of Directors has put together a list of important information and guidelines that will help the season go along smoothly. Please take some time to review the following information and policies with your child so that everyone is aware of exactly what is expected.

### **Uniforms & Practice:**

In general, practice will be held after school at the Orange Elementary School (OES) field, 4 nights a week from 3:45 until 5:30, Monday – Thursday, Spring Season for boys and 3 nights a week from 3:45 – 5:30, Mon, Tues & Thurs for girls. Transportation is provided for players from OCHS/bus garage to the OES field. Players will be returned to OCHS in time for activity buses. Coaches will communicate with players and parents with any schedule changes. Any uniforms issued to players are to be returned at the end of the season.

### **Health & Conduct Forms**

Required forms are attached and are due by the start of the season. We will follow all OCHS Sports guidelines and procedures for athletes. The OC Lacrosse Club will also use the VHSL health forms as required by the Orange County School Board.

**If your child has any medical issues please let their head coach know before they take the practice field. All players should bring plenty of water to practice.**

### **Academics/Attendance:**

Attendance will be taken before each practice and every game. If your child will not be able to make a practice or game, you must notify one of the coaches before practice/games.

Players **must** attend every practice during the week. If a player has a pattern of unexcused absences, or school disciplinary or academic issues, they may not be allowed to play in the next scheduled game or may be dismissed from the team. Anytime that a player is not at practice and a coach is not notified before practice starts, it will be considered an unexcused absence.

Examples of **Excused absences** are but not limited to:  
Religious or Academic Functions (not school social events)  
Illness requiring the player to miss school  
School Suspension / Detention

Examples of **Unexcused absences** are but not limited to:

Participation in other athletic events  
Injury – If you have an injury you are expected to be at practice listening  
Social Functions (Including those held at a school)  
Fatigue

### **Player's Position and Playing Time:**

At the start of the season, the coaches will determine player positions and the team roster. Freshman through Seniors are welcome to tryout and participate. Students on Free or Reduced lunch may request free play status in accordance with Orange County School policy.

### **Senior Policy**

The OC Lacrosse Club is a **JV team** open to grades 8-12, however seniors will not be able to participate in every scheduled game. OC Lacrosse coaches will determine senior participation in games during the season in accordance with VHSL and opposing JV team policies. Seniors are welcome to participate in all intra-squad scrimmages throughout the season.

### **Fundraising & Club Fee**

100% participation/volunteering is required in all fundraisers by players and parents. The \$150 club fee (boys) and \$90 (girls) club fee is due by the start of the season. Students on Free or Reduced lunch may request free play status in accordance with OCHS policy on the conduct form.

Thank you for your cooperation and we are all looking forward to a rewarding season.

**OC Lacrosse Board**  
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