



CRANBROOK LACROSSE ASSOCIATION

PLAYER AND PARENT

HANDBOOK

2020



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Cranbrook Lacrosse Association
Cranbrook, BC
2, January 2020

Dear Lacrosse Players and Parents,

Welcome to the 2020 Cranbrook Outlaws lacrosse season. We are sporting a new look but assure you we are putting the same great “family-friendly” product on the floor. 5 year ago our program underwent major changes to make our program more competitive and affordable and in the time since we have more than doubled in size to be more than 175 youth participants this season. We have worked hard to increase our female participation numbers and have expanded our exciting house league that caps our season in early June.

If you have any questions or concerns, please email us at cranbrooklacrosse@gmail.com. We are always looking for volunteers, so please say hello when you have the opportunity and step forward to assist if possible.

On behalf of the Cranbrook Lacrosse Association, I would like to welcome you to the 2020 Lacrosse Season.

Sincerely,

Karyn Yasinsky

Karyn Yasinsky

President,
Cranbrook Lacrosse Association

2020 Cranbrook Box Lacrosse Option – FEMALES ONLY

ALL Female players Peewee age (2008/09/10/11/12/13/14) and under will be playing co-ed lacrosse (Boys & Girls) with their regular noted teams.

ALL Female players aged MIDGET/BANTAM (Birthyears 2004-2007) have 2 options for this season:

1. Competitive Option – Fully participate in all games, tournaments and practices. The regular fee will apply to this option.
2. House League Option – Participate in ONLY practices and house league with NO obligation to play in any tournaments. This option will cost \$100 less than the full participation option. Contact cranbrooklacrosse@gmail.com for more information.

PARENT AND GUARDIAN CODE OF CONDUCT

Section 1: All individuals affiliated with the CMLA shall:

- i) Attempt at all times to work toward the goals and objectives of the CMLA and the game of Lacrosse, and towards the betterment of its members.
- ii) Strive to heighten the image and dignity of the Association and the sport of Lacrosse as a whole, and to refrain from behavior which may discredit or embarrass the Association or the game.
- iii) Always be courteous and objective in dealings with other members.
- iv) Except when made through proper channels, refrain from unfavorable criticism of other members or representatives of the CMLA.
- v) Strive to achieve excellence in the sport while supporting the concepts of Fair Play and Drug-free sport.
- vi) Show respect for the cultural, social and political values of all participants in the sport.
- vii) As a guest in another province or foreign country, abide by the laws of the host jurisdiction and adhere to any social customs concerning conduct.

Section 2: Social media

The CMLA recognizes the vital importance of participating in online conversations and are committed to ensuring that we participate in online social media in an appropriate, positive, respectful manner.

- i] The CMLA expects that all members are aware of and respect these Social Media Guidelines.
- ii] If anyone is found to be in violation of the guidelines to the extent that it is damaging to the CMLA, it will be handled using the provisions of the CMLA CODE OF CONDUCT.
- lii] Non-compliance with this policy may be considered as misconduct, harassment, discrimination, or in certain circumstances contravention of the law. Those who fail to comply with the guidelines may be disciplined.

NOTE: We are bound by BCLA Code of conduct. As a member of CMLA, you must abide by this code in full. To access the BCLA Code of Conduct in full, please refer to the BCLA website.

AGREED TO UPON COMPLETING ONLINE REGISTRATION

MEDIA CONSENT FORM AND RELEASE FOR MINOR CHILDREN

I am the parent/guardian of _____ (print full name of child)(“My Child”).

I hereby grant Badgers Sports Inc and Cranbrook Lacrosse Association the absolute right and permission to use photographic portraits, pictures, digital images or videotapes of My Child, or in which My Child may be included in whole or part, or reproductions thereof in color or otherwise for any lawful purpose whatsoever, including but not limited to use in any publication or on websites, without payment or any other consideration. I hereby waive any right that I may have to inspect and/or approve the finished product or the copy that may be used in connection therewith, wherein My Child’s likeness appears, or the use to which it may be applied. I hereby release, discharge, and agree to indemnify and hold harmless Badgers Sports Inc and Cranbrook Lacrosse Association from all claims, demands, and causes of action that I or My Child have or may have by reason of this authorization or use of My Child’s photographic portraits, pictures, digital images or videotapes, including any liability by virtue of any blurring, distortion, alteration, optical illusion, or use in composite form, whether intentional or otherwise, that may occur or be produced in the taking of said images or videotapes, or in processing tending towards the completion of the finished product, including publication on the internet, in brochures, or any other advertisements or promotional materials.

I represent that I am at least eighteen (18) years of age and am fully competent to sign this Release.

THIS IS A RELEASE OF LEGAL RIGHTS. READ IT CAREFULLY AND BE CERTAIN YOU UNDERSTAND IT BEFORE SIGNING (Both parents, if possible) PLEASE CHECK ONE OF THE BOXES BELOW THEN SIGN YOUR NAME(S)

CONSENT: We/I hereby certify that We/I are/am the parent(s) or guardian(s) of the above named child and do hereby give our/my consent without reservation to the foregoing on behalf of My Child.

NON-CONSENT: We/I hereby certify that We/I are/am the parent(s) or guardian(s) of the above named child and do not hereby give our/my consent without reservation to the foregoing on behalf of My Child.

AGREED TO UPON COMPLETING ONLINE REGISTRATION

PRACTICE SCHEDULE

Season begins March 23, 2020. Practice schedule with times and locations will be sent out early March. Practice days are as follow:

Mon/Wed – Bantam, Midget & Junior

Tues/Thurs – Mini-Tyke(2014/2015), Tyke (2012/2013), Novice (2010/2011) Pee wee (2008/2009)

TOURNAMENTS

1. **West Kootenay League Tournament**, Rossland, BC - APRIL 19, 2020
2. **Barn Burner Tournament**, High River, AB - APRIL 24 – 26, 2020
3. **SanJam Field Tournament**, Sandpoint, ID - MAY 8 - 10, 2020
(OPTIONAL field lacrosse event /extra fees will apply)
4. **Kootenay May-Long Shootout** – Home Tourney - MAY 15 – 17, 2020
5. **Spirit of the Sticks Tournament**, Innisfail, AB - MAY 29 – 31, 2020

Hotel booking information for these tournaments can be found on the website at:

www.badgerssports.ca/boxlacrosse/tournaments

Cranbrook Lacrosse Clothing



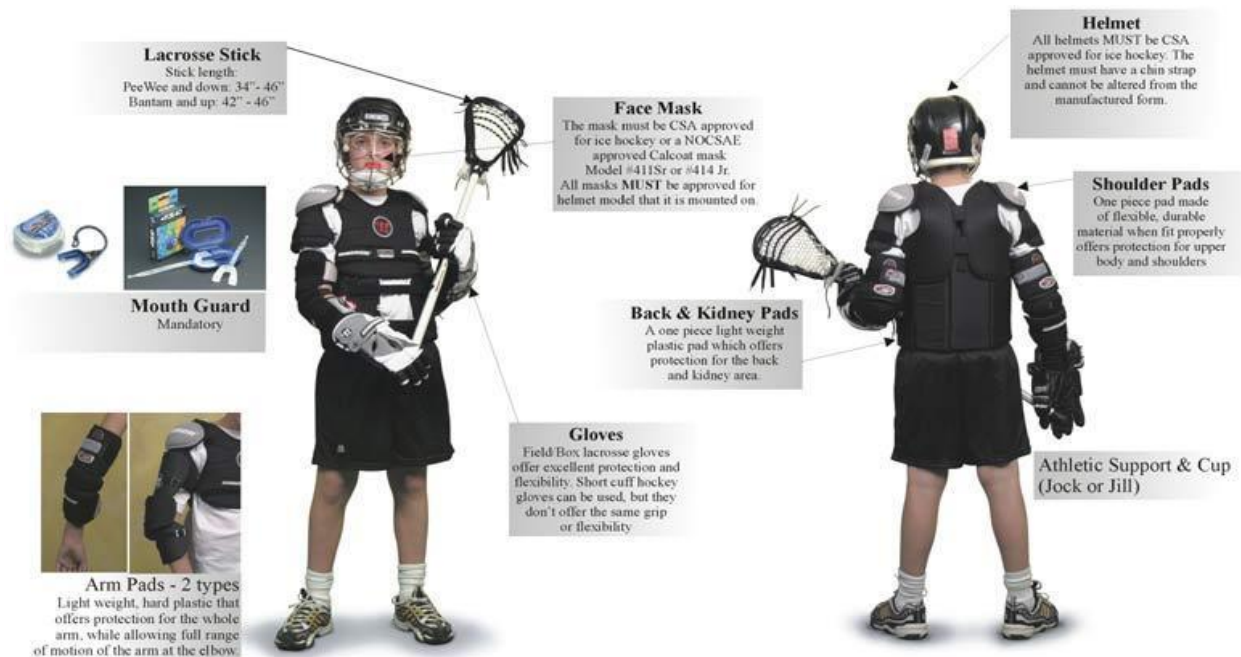
Clothing will be available for sale during the first 2 weeks of practice and will be sporting our new logo. Please look for our booth at the Kinsmen Arena. All clothing will be sold on a first-come basis as sizes are limited.

For further information, please contact: cranbrooklacrosse@gmail.com

2020 REQUIRED EQUIPMENT

All players are required to wear helmet and facemask, protective gloves, shoulder and arm pads, and a back/kidney pad, all which must be approved for lacrosse as specified in the CLA Safety and Equipment Policy. Goalkeepers are required to wear CLA approved helmet and facemask and throat guard, chest, shoulder and arm pads, gloves, pants, leg guards and shoes.

Stick – A player's stick shall measure not more than 46", nor less than 40" in overall length, and not more than 8", nor less than 4 1/2" in width. The measurement for width is to be inside frame measurement. Note: In Pee Wee and all lower divisions, the minimum length of the stick shall be 34". The goalkeeper's stick may be of any desired length, but shall not be over 15" in width.



If you are new to lacrosse your coaches will work with you to ensure you are properly equipped.

VOLUNTEER DUTIES

Everyone in this club is a volunteer, so please get involved. Please support your team manager with the following volunteer activities....

1. Slice oranges
2. Fill out game sheet
3. Work 30-second shot clock
4. Timekeep the games
5. Wash jerseys
6. Volunteer backyard for team social event/BBQ
7. Keep game stats
8. Act as team treasurer
9. Secure \$100 sponsor for food at tournaments
10. Volunteer to carpool
11. Purchase first aid supplies
12. Fill water for games
13. Fax tournament results to local newspaper
14. Take action shots of players during season
15. Create year-end Photobook of season
16. Capture all news articles about team
17. Call local newspaper to promote media coverage
18. Donate tape for players to use
19. Act as team manager
20. Create team email communication list
21. Create hardcopy team contact list
22. Create Emergency action plan for tournaments
23. Coordinate purchase of laminated player action shots
24. Secure free slurpies for prizes
25. Donate purchase of product for after practice trip to Dairy Queen
26. Sign up and coordinate entire team for 3 hours volunteer service at food bank or similar
27. Pay for team trip to public swimming pool

2020 PHOTOGRAPHY

Team and individual photographs will be taken during the season. Your team manager will advise exact dates when available.

2020 CRANBROOK LACROSSE CLUB BUILDER

BOTTLE DRIVE

Date/Time/Location - TBD

Each team will be given an area to canvas for bottles, cans, and juice jugs... This is a club/team builder. **This is a mandatory event.**

Coaches and managers will provide more information

Any questions, email Cranbrook Lacrosse Association at cranbrooklacrosse@gmail.com



House League



June 1 - 10 , 2020

Details coming soon !