

*DE PERE CENTRAL GHOSTBIRDS GIRLS LACROSSE PARENT
& STUDENT-ATHLETE HANDBOOK 2025*



Contents

<i>Mission</i>	3
<i>Vision</i>	3
<i>Core Values</i>	3
<i>Coaching Staff</i>	4
<i>Coaching Staff Expectations</i>	5
<i>Team Information</i>	6
<i>Physical and Mental Well-Being</i>	9
<i>Common Forms and Documents</i>	10
<i>De Pere High School Student Athletes</i>	10
<i>West De Pere High School Student Athletes</i>	10
<i>Lacrosse Terminology</i>	11
<i>The Field Markings</i>	16
<i>Student/Parent Acknowledgement and Signature</i>	27

Mission

De Pere Central Ghostbirds Lacrosse seeks to employ the sport of lacrosse to teach life lessons that build stronger individuals and communities both on and off the field while developing a life-long love of lacrosse and its rich history among our players.

Vision

De Pere Central Ghostbird Lacrosse strives to become the best high school lacrosse program in the region through the development of the physical and intellectual skills of the girls who play the game, supported by a community of administrators, parents, and community members who value a vibrant athletic experience that supports the improvement of our youth.

Core Values

COMMUNITY

A dedication to support those with whom you share the classroom and the field.

CHARACTER

Resolve to treat everyone with respect, equity, and dignity both on and off the field.

COMMITMENT

Devote yourself to developing your intellectual and physical skills every day.

CAMRADERIE

Build and maintain trust and respect with teammates, opponents, coaches, teachers, and school staff.

Coaching Staff



John Uhl will be entering his 7th year as the De Pere Central Lacrosse Girls Varsity Head Coach. He has also served as an assistant coach for one season. John also has 13 years of coaching experience with the Allouez Buccaneers youth football team. He enjoys teaching lacrosse and sharing this amazing game with all of his players.

920-606-4771

juhl@depere.k12.wi.us



Jon Zawlocki is looking forward to his 5th season as the Girls Varsity Assistant Coach and Defensive Coordinator. Jon started coaching to share the love of the game with his daughter. Jon enjoys all of the effort everyone puts in and the positive environment.

920-655-2921

jzawlocki@depere.k12.wi.us



Lily Uhl reunites with the Ghostbirds after a whopping 8 years of playing experience (De Pere Central and Hamline University Alumni) and competing in the NCAA Tournament twice! We all welcome her in her first season as an Assistant Coach!

920-606-8629

luhl@depere.k12.wi.us

Coaching Staff Expectations

The coaching staff expects all players to abide by the following **non-negotiable** team rules that guide and shape our team. The following are our expectations.

In-Season Student / Athlete:

1. Attend school, classes, and practice every day.

Your development as a person, student, and player stops when you decide to miss school. If you miss school because of an unexcused absence, you will not be permitted to participate in practice or games. If your grade point averages slip below the standard created by your school, you will not be able to participate until your scores improve.

Players will be excused from practice for academic, family, and religious obligations only when the coaching staff is notified in advance and grants permission. Missing practice because you have homework or an exam the next day is not an academic excuse. Missing practice for work is also not an acceptable excuse. Missing practice will lead to reduced playing time. It is also incumbent upon every player to complete their school assignments and prepare for exams and projects in a timely fashion so that they do not need to miss a practice. This is an opportunity to develop good time management skills for years to come. Your team depends on YOU.

2. Be on time.

When you are late, you interfere with the ability of your teachers, classmates, coaches, and teammates to accomplish their work together. Practice times will be available on the website. Be on the field and dressed, on time, and ready to learn every day.

3. Stay out of trouble.

De Pere and West De Pere High Schools require that all student-athletes read, understand, and abide by the student code of conduct. Players will be suspended from the team for code violations. Additionally, coaches reserve the right to suspend a player from the team or reduce playing time for behavior that undermines the core values of the De Pere Central Ghostbirds Lacrosse community.

4. Do the right thing.

Character is often defined as how you behave when no one is watching. Always behave as if someone is watching.

5. Use of Technology

Use of phones, tablets, etc. will not be permitted during team events such as practice. We expect you to spend the time at practice be present and engaged. Use of technology will be allowed on a case-by-case basis.

Team Information

Practices:

Practices begin Monday, March 17, 2024 (as established by the WIAA).

Practices are 90 minutes to two (2) hours in length and will be listed on the team calendar on the De Pere lacrosse website (deperelax.com) and on the Crossbar app.

All players will be assessed by the coaching staff at the onset of the season. Coaches will meet with each player to review their performance and provide feedback on player development during the season.

Practices will occur at either Nowak Field at De Pere High School or the football stadium at West De Pere High School. During cold or inclement weather, we may practice on the indoor turf at West De Pere High School.

We will hold periodic film study through our Hudl account. Players are expected to pay attention during film study, not be disruptive, and to not have their phone in use. Not only is it a disruption, but it is disrespectful to those who are trying to teach, and to those that are trying to learn.

Games:

The game schedule will be posted prior to the start of the season. The team will travel to all away games via bus. Players may be excused from traveling with the team if permission is secured prior to the game from school officials.

Playing time will be determined by the coaches based upon the opponent, player abilities, attendance, and player effort during practices and games. At any time, players may discuss with the coaches the amount of playing time they receive.

If you are riding the bus to the game, but riding home with parents you will need to fill out a form that releases you from riding home on the bus. For De Pere students this needs to be 24 hours in advance. West De Pere students can provide the form to the coaches the day of the game. Please see the [Common Forms and Documents](#) section.

Locker Rooms and Buses:

Please leave the locker rooms and buses in the same or better shape than when you entered it. This applies to the De Pere and West De Pere facilities as well as any of the schools we are visiting. Please refrain from playing loud music, using offensive language, or engaging in other behavior that violates our core values.

Locker rooms are not always available at away games. Dress and pack equipment prior to departure.

Equipment:

Players are responsible for the purchase of their own equipment. Necessary items include a helmet, mouthguard, and a stick. Cleats are not technically required but are highly recommended. Helmets can be rented from the team if you do not want to purchase.

The team maintains a few items that may be borrowed for the season. See the coaches if you need to use this equipment.

Goalie equipment will be provided by the team. The player is still responsible for their own mouthguard.

Uniforms:

Players will be provided a practice pinnie and game-day uniform at the start of the season. Practice pinnies should be worn to each practice and accompany players to all games. It is the responsibility of each player to maintain the uniform in good condition including routinely washing the item. If a player loses the uniform or components of the uniform, there is a charge for replacement (jersey: \$100; shorts/skirts: \$75; pinnie: \$30).

New players may see the head coach to select a uniform number.

Captains:

Captains are selected sometime prior to the start of the first new season by the coaching staff. A description of the role of captain is available from the coaches. All players who meet the criteria for the position are encouraged to apply.

Captains exist as an asset to both the team and coaches. Any player who has questions or issues regarding team rules, practices, games, players, or coaches may approach the captains. The captains will help to resolve issues or approach the coaches to help with any concerns. Captains are also intended to be an advocate for the team with the coaches and are encouraged to maintain an open dialogue about team needs and culture.

End of Season Awards:Varsity letters:

Varsity letters are awarded to players based upon several criteria: those who play in more than 50 percent of the varsity games; respect the team culture; abide by the rules; and contribute to the team in practice and on the game field. Any player who violates the student code of conduct will be ineligible for a letter.

Offensive Player of the Year:

The coaching staff will select a deserving player(s) who has demonstrated the highest level of competition on the attacking side of things and dedication to the core values of the program.

Defensive Player of the Year:

The coaching staff will select a deserving player(s) who has demonstrated the greatest defensive tactics and/or skills and dedication to the core values of the program.

Leadership Award:

An award made by the coaching staff to a player who deserves recognition for dedication to her teammates, the coaches, and the program during the season.

Most Valuable Player of the Year:

The coaching staff will select a deserving player(s) who has demonstrated the highest level of skill in their respective position and dedication to the core values of the program.

Team Apparel:

Team apparel will be available for purchase prior to the season. Boathouse jackets and team shooter shirts may be purchased as well. There is no requirement for players to purchase any of these items.

Physical and Mental Well-Being

To perform your best, you must ensure that you have proper nutrition, sufficient sleep, recovery, and participate in strength and mobility training to avoid injury. Below is general information to help you perform at your best.

Nutrition:

Each day, you should attempt to eat a balanced diet. Half of your daily intake should be fruits and vegetables (brightly colored varieties), a quarter protein (lean meats such as chicken, pork as well as fish), and a quarter starch (potatoes and rice). For a good rule of thumb to determine the amount of protein you need in a day, multiply your body weight by 0.6 to 0.8. You should supplement your meals with high protein snacks and other items, especially after your workouts. Remember that your body can only absorb approximately 30 grams of protein at a time, so there is no need to try and consume more than that during a meal, snack, or with a supplement. Additionally, you should consume water equal to half of your body weight in ounces (e.g., if you weigh 150 pounds, you should drink at least 75 ounces of water). There is no need to routinely drink sports drinks with electrolytes if you are meeting your daily requirement for water.

Sleep:

You will not properly recover if you do not get enough rest. You should aim to sleep at least 8 hours per night. It is not a substitute to sleep fewer hours at night and then supplement that time with a nap during the day. Research shows that you cannot replace lost sleep during the week by spending more time sleeping on the weekend. Do your best to get your schoolwork completed early, turn off your phone, and turn in for the night.

Mental Preparation:

Improvement during practice and performance during games requires proper mental preparation. We often focus on physical skills and strength and neglect accessing the mental and intellectual groundwork for peak performance.

Common Forms and Documents

De Pere High School Student Athletes

This link to the [De Pere High School Common Forms](#) provides a path to:

- Parent-Athlete Handbook
- Co-Curricular Code Handbook
- Parent Coach Communication Policy
- WIAA medical Clearance Form (Sports Physical)
- De Pere Athletic Participation Form
- Concussion Cardiac Arrest Acknowledgement Form
- Co-Curricular Code Receipt & Authorization Form
- Travel Release Form (preferred)
- Travel Release Form PDF
- Aurora Athletic Training Consent Form (2 pages) **Note: This information is typically completed by a parent/guardian as part of the Online Registration process

West De Pere High School Student Athletes

This link to the [West De Pere High School Common Forms](#) provides a path to:

- Alternate Year Form
- Physical Form
- Athletes with Disabilities Form
- Travel Release Form
- Bellin Treatment Consent Form
- HIPPA
- Concussion & Sudden Cardiac Arrest Information Sheet
- Medical Release Form & Code of Conduct

Lacrosse Terminology

2-METER NON-ENGAGEMENT AREA

The 2-meter circle surrounding a player taking a free position. Players' sticks and bodies may not cross into the 2-meter circle until play is commenced by either a self-start or the official's whistle.

BLOCKING

This takes place when a player moves into the path of an opponent without giving the opponent a chance to stop or change direction and causing contact. When a player is running to receive the ball, a "blind-side" defensive player must give their opponent a chance to stop or change direction.

CHARGING

This takes place when the player with the ball charges, barges, pushes into, lowers one's head and shoulders or backs into, and makes bodily contact with an opponent who has already established their position. It is not required that the opponent be in a stationary position.

CHECKING

Using stick-to-stick contact to try and dislodge the ball.

CLEAR

This is any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.

CRITICAL SCORING AREA (CSA)

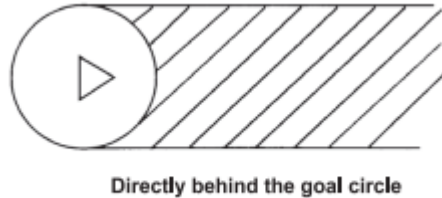
The critical scoring area is an area located at the end of the field. Its boundaries are approximately 12 meters (13.1 yards) in front of the goal circle to 9 meters 74 RULE 7 / DEFINITION OF TERMS (10 yards) behind the goal line extended and 12 meters (13.1 yards) to each side of the goal circle. No extra lines will be marked on the field, and this will be called in the judgment of the official using the 12-meter fan, dots, and end line as helpful references.

DEFENSIVE END

Extending across the width of the field, the 30 yards from the goal line to the restraining line where a team is defending their own goal cage.

DIRECTLY BEHIND THE GOAL CIRCLE

This is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.



FIELD PLAYER

This is any player other than the goalkeeper. It is a defensive or attacking player whose primary responsibility encompasses an area outside the goal circle, and to whom no special privileges have been awarded according to the rules.

FREE POSITION

This is the penalty awarded for any foul. The player taking the free position may run, pass, or shoot.

FREE SPACE TO GOAL

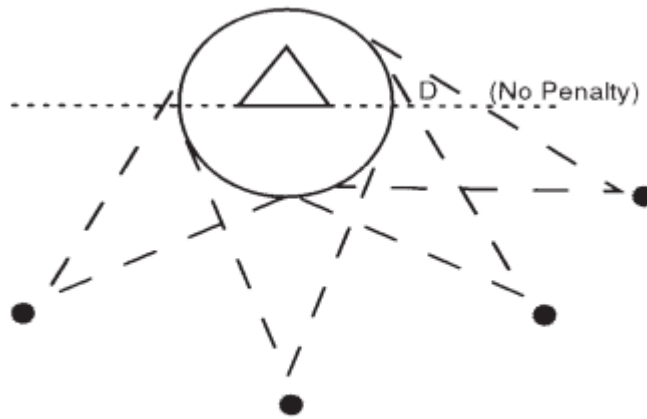
This is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defensive player will be penalized if positioned below the extension of the goal line.

FREE POSITION

An opportunity awarded to one player when a major or minor foul is committed by a player from the other team. All players must move 4 meters away from the player with the ball. When the whistle sounds to resume play, the ball carrier may run, pass, or shoot.

FREE SPACE TO GOAL

This is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defensive player will be penalized if positioned below the extension of the goal line.



Free space to goal

HELD WHISTLE

This is when the official refrains from enforcing a rule when a player is fouled and maintains quality possession, and calling the foul would disadvantage the non-offending team.

MARKING

Closely guarding an opponent within a stick's length.

OFFENSIVE END (ATTACK)

Extending across the width of the field, the 30 yards from the goal line to the restraining line where a team is shooting on their opponent's goal cage.

OFFSETTING FOULS

When a player from each team commits a foul during the same play, or when the attacking team commits a foul during a slow-whistle situation.

OFFSIDE

This refers to a team with more players over the restraining line than are allowed by the rules. In most game situations there must be four players outside of the Offensive end of the field.

PICK

This is a technique in which a player without the ball, by their positioning, forces the opponent to take another route. To be legal, the picker shall stay within their vertical plane with a stance not wider than shoulder width apart and shall not lean into the path of an opponent or extend the hips into that path, even though the feet are stationary. The picker is not required to face any direction at any time. The picker must give their opponent a chance to stop or change direction.

PLAYED

This refers to an action whereby the ball leaves the player's stick and is touched by another player, the player's stick is checked stick to stick by an opposing player or play is stopped due to a foul by the defense. The ball does not have to be successfully dislodged from the stick.

POSSESSION

A player is in possession of the ball when the ball is in the player's stick and the player can perform any of the normal functions of control, such as cradle, carry, pass, or shoot.

RED CARD

This is given to an offending player, coach or any team personnel who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next game.

SCORING PLAY

This is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is complete when: a. A shot is taken. b. The attacking team loses possession of the ball. c. The attacking team stops the continuous attempt to score, or the player with the ball is forced by the defense to lose forward momentum. d. The attacking team fouls.

SHOOTING SPACE

A player may not use any part of her body to guard the goal in a manner that denies the attack the opportunity to shoot safely and encourages shooting at a player.

SHOT ON GOAL

This is a shot when either the stick and/or body of the player taking the shot are positioned above goal line extended, and as a result of the shot, the ball makes contact with the goalposts, crossbar, to any part of the goalkeeper while the goalkeeper is within the goal circle or crosses the goal line. For purposes of this definition, the goalkeeper's stick is considered part of the goalkeeper's body while the goalkeeper is within the goal circle.

SLASHING

This is the swinging of a stick at an opponent's stick or body with deliberate viciousness or recklessness, whether or not the opponent's stick or body is struck.

SLOW WHISTLE

This is a held whistle, with flag raised once the attack has entered the critical scoring area and is on a scoring play.

SPHERE

This is an imaginary area of 18 centimeters (7") (the average width of the head of a stick) surrounding a player's head.

THREE SECONDS

While defending within the 8-meter arc, a player may not remain in that area more than 3 seconds unless she is marking an opponent within a stick's length.

WITHIN A STICK'S LENGTH

This is when any part of the opponent's body is inside a stick's length. The length of a stick only, not stick and body, is the distance a player must be to one's opponent to be actively marking one's opponent.

YELLOW CARD

This is given as a warning to an offending player, coach, or team personnel. A second yellow card to the same individual will result in a suspension, prohibiting the individual from further participation in the game.

The Field Markings

8-METER ARC

An arc marked in front of the goal used for the administration of major fouls. A defender may not remain in this area for more than three seconds unless closely marking her opponent.

12-METER FAN

A semi-circle area in front of each goal circle bounded by an arc 12 meters from the goal circles.

GOAL CIRCLE

The circle around the goal to protect the goalkeeper. No player's stick or body may "break" the plane of the goal circle.

RESTRAINING LINE

The solid line that run parallel to the end lines and across the width of the field, 30 yards upfield from each goal (typically placed at the 30-yard line). They define the defensive and attack areas of the field and help determine when a team is on or offside.

SUBSTITUTION AREA

The substitution area shall be in front of the scorer's table and centered at the midfield line. The area will be sectioned off by two hash marks, 2-4 meters (6'6" to 4.4 yards) in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 4.5 meters (5 yards) from the center line of the field.

PENALTY AREA

The penalty area shall be directly in front of the scorer's/timer's table at the rear of the substitution area. A player serving a penalty must sit or kneel in this area.

COACHING AREA

Coaches must remain within their own coaching area, that is, the area on the bench/table side of the field extending from their side of the substitution area to their end line, and up to the sideline. Violation of this rule will be assessed as a misconduct foul.



Official Signals

Note: Officials shall always signal direction of possession first.

Description of Arm Signals ALTERNATE POSSESSION (when no offsetting fouls): Place palms in front of stomach, begin with elbows at 45-degree angles, and then extend arm out on the side that indicates direction of possession.

BLOCKING/ILLEGAL PICK: Place open hands on the hips and move them to touch hips with in-and-out motion.

CHARGE: Place one hand behind head and indicate direction of possession with other hand.

CHECK TO THE HEAD: Make a chopping motion with the hand close to the head.

COVER: Arms extended downward in front of body with the right palm held on top of the left palm.

CROSS CHECK: Place fists in horizontal position in front of hips with knuckles facing upward, begin with elbows at 45-degree angles, and then extend arms outward in a pushing motion.

DANGEROUS FOLLOW-THROUGH AND DANGEROUS PROPELLING: Fists held in front of body (with one being higher than the other) then extending outward in a throwing motion. Fist of lower hand down, fist of upper hand up like a stick would be held.

DANGEROUS CONTACT AND DANGEROUS PLAY: Bend right arm at the elbow with hand in a fist across the front of body so that right fist rests against left shoulder.

DANGEROUS STICK IN THE SPHERE: Move hand with open palm over the head in an arching motion from one shoulder to the other.

DELAY OF GAME: With bent elbows and palms facing down, stack one forearm on top of the other across the body at shoulder level.

DIRECTION OF POSSESSION: Point with open hand in the direction of play.

EARLY ENTRY (center circle and restraining line): With the palm down, move hand back and forth in an arching motion over the line while indicating directional signal with other arm.

EMPTY STICK CHECK: Use the right hand with clapping motion on the left hand.

FORCING THROUGH: With open palm, push out away from the face followed by the charge signal.

FREE POSITION SHOT FALSE START WARNING: Bend arms at the elbows and circle forearms around each other at chest height. Then raise one arm fully extended above the head and point index finger to the sky.

FREE POSITION SHOT FALSE START CARD: Bend arms at the elbows and circle forearms around each other at chest height. Then raise one arm fully extended above the head with green card in hand.

GOAL: Turn toward the center of the field, raise arms above the head and then lower them, pointing horizontally toward the center of the field.

GOAL CIRCLE FOUL: Simultaneous directional signal with one arm and chopping motion toward the goal circle with the other arm.

HELD WHISTLE: Arm raised horizontally, at shoulder level, in the direction of the goal the offended player is attacking.

HOLDING: Bend arm at the elbow with hand in a fist and grab the forearm with the opposite hand.

ILLEGAL BODY BALL: Extend arm on the side that indicates possession. With other arm, place palm in front of stomach, begin with elbow at 45-degree angle, and then extend away from body.

ILLEGAL CRADLE: Make a cradling motion using the hand pulled in close to the face.

ILLEGAL PROCEDURE (False Start, Illegal Draw, Illegal Out of Bounds Play, Illegal Stick, Possession Clock Violation): Bend arms at the elbows and circle forearms around each other at chest height.

ILLEGAL USE OF THE STICK: Use the arm to make a large chop motion against the wrist of the opposite arm.

MISCONDUCT: Cross arms at chest level with fists pointing to the sky.

MULTIPLE FOULS: Raise one arm fully extended above the head with three fingers raised, palm away, and raise the other arm fully extended above the head with green card in hand.

NO GOAL: With the arms extended toward the ground, swing them out and in so that they cross each other.

NON-ENGAGEMENT WARNING: Raise both arms shoulder-width apart in front of body, bending elbows at a 90-degree angle, and with palms facing each other at forehead level. Then raise one arm fully extended above the head and point index finger to the sky.

NON-ENGAGEMENT CARD: Raise both arms shoulder-width apart in front of body, bending elbows at a 90-degree angle, and with palms facing each other at forehead level. Then raise one arm fully extended above the head with green card in hand.

OFFSETTING FOULS: Extend arms horizontally to the sides with hands in fist, followed by a show of each foul signal.

OFFSIDE: Raise an open hand above the head to indicate the foul. Close the fist when making the call.

POSSESSION CLOCK RESET: Raise right arm fully extended above the head and using your index finger, which is pointed upward to the sky, draw a large circle in a repetitive motion.

SIGNALS POSSESSION CLOCK START (when no reset of possession clock): Raise right arm fully extended above the head and have left arm fully extended down the side of the body. While fully extended, rotate right arm in a circular motion. Continue this rotation twice.

POSSESSION CLOCK STOP: Using one hand, perform a repeated tapping motion to the top of your head.

PUSHING: Make a pushing motion with two arms out in front of the body.

SHOOTING SPACE: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, palms in a line about 6 inches toward the face.

SIMULTANEOUS WHISTLE GOAL: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, and palms in a line about 6 inches toward the face followed by goal signal.

SIMULTANEOUS WHISTLE GOALKEEPER SAVE: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, and palms in a line about 6 inches toward the face. Then raise one arm fully extended above the head and point index finger to the sky. SLASHING: Long swiping motion of the extended arm from high to low across the body.

10-SECOND GOAL CIRCLE COUNT: One arm, shoulder high, moving from chest (90-degree bend) to full extension.

THREE SECONDS: Three fingers raised, palm away.

TIME IN: Hand open above the head with arm fully extended; then drop the arm in a chopping motion to start the clock.

TIMEOUT: Turn toward the timer and cross fully extended arms at the wrist above the head.

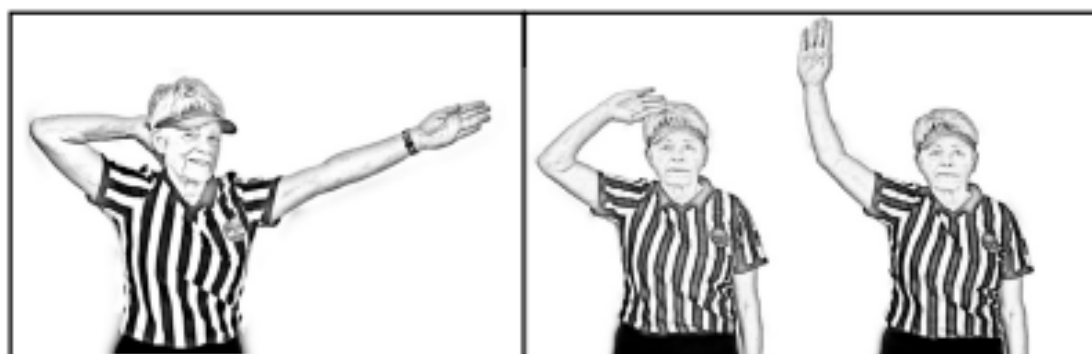
TRIPPING: Point to the ankle while lifting lower leg behind, forming a 90-degree angle at the knee.

WARDING OFF: Use the forearm in an upward motion away from the body.



ALTERNATE POSSESSION
(when no offsetting fouls)

BLOCKING/ILLEGAL PICK



CHARGE

CHECK TO THE HEAD



COVER

CROSS CHECK



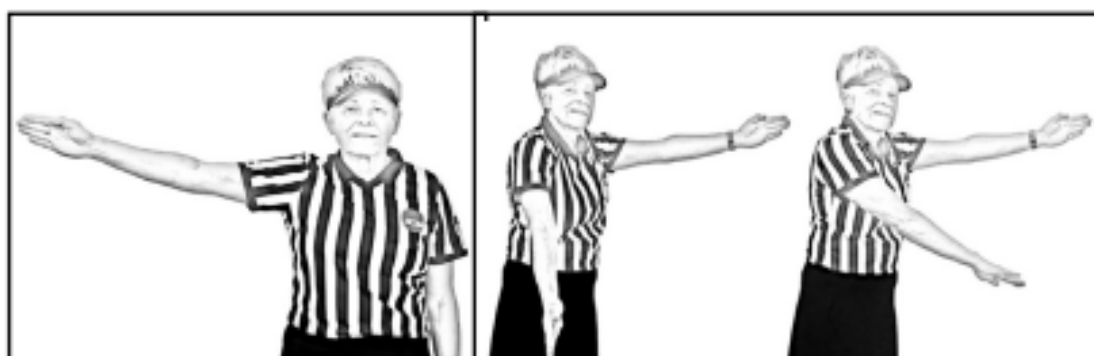
DANGEROUS FOLLOW-THROUGH AND DANGEROUS PROPELLING

DANGEROUS CONTACT DANGEROUS PLAY



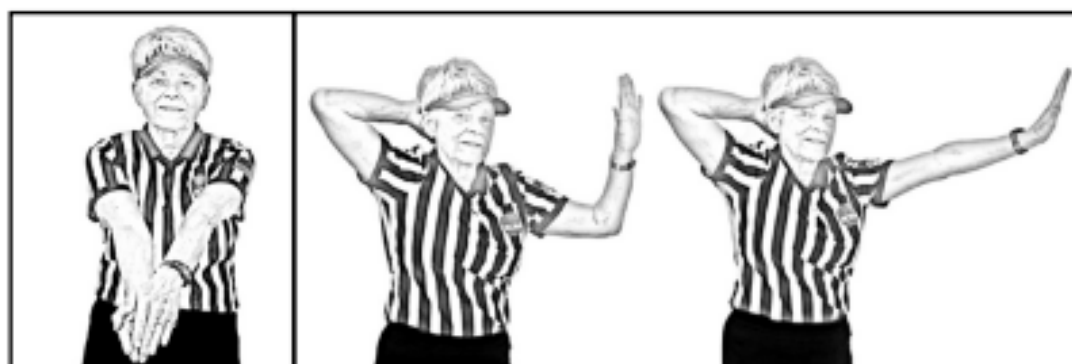
**DANGEROUS STICK
IN THE SPHERE**

DELAY OF GAME



**DIRECTION OF
POSSESSION**

EARLY ENTRY



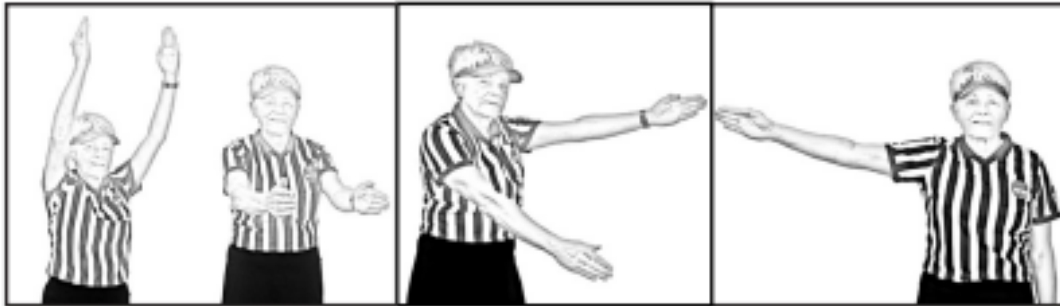
**EMPTY STICK
CHECK**

FORCING THROUGH



**FREE POSITION SHOT
FALSE START WARNING**

**FREE POSITION SHOT
FALSE START CARD**



GOAL

**GOAL CIRCLE
FOUL**

HELD WHISTLE



HOLDING

ILLEGAL BODY BALL



ILLEGAL CRADLE

ILLEGAL PROCEDURE:
FALSE START, ILLEGAL DRAW, ILLEGAL OUT OF
BOUNDS PLAY, ILLEGAL STICK, POSSESSION
CLOCK VIOLATION



**ILLEGAL USE
OF THE STICK**

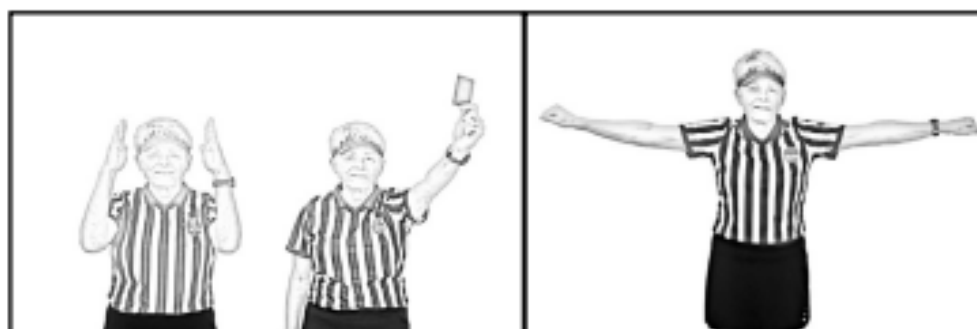
MISCONDUCT

**MULTIPLE
FOULS**



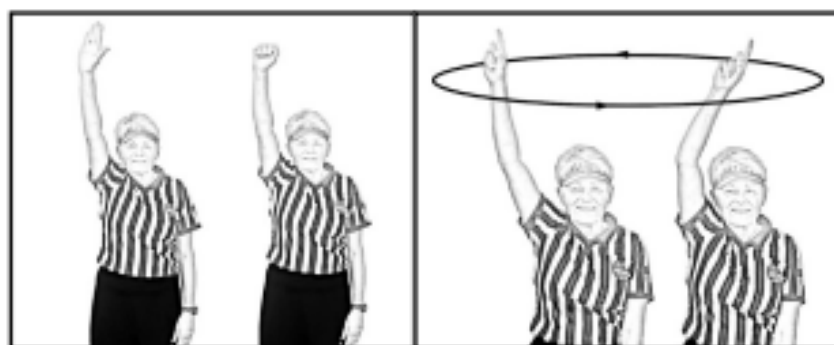
NO GOAL

**NON-ENGAGEMENT
WARNING**



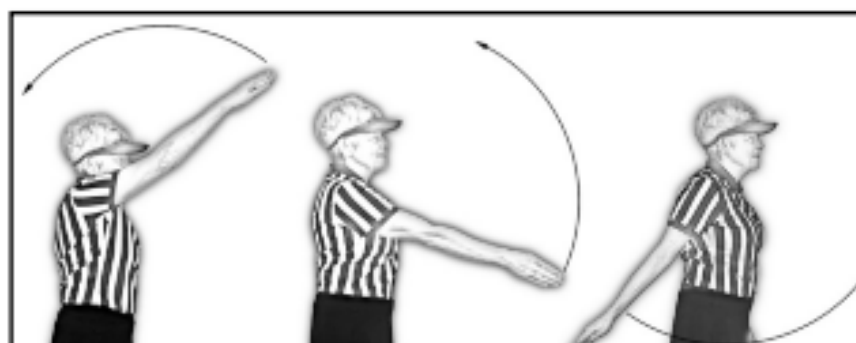
**NON-ENGAGEMENT
CARD**

**OFFSETTING
FOULS**

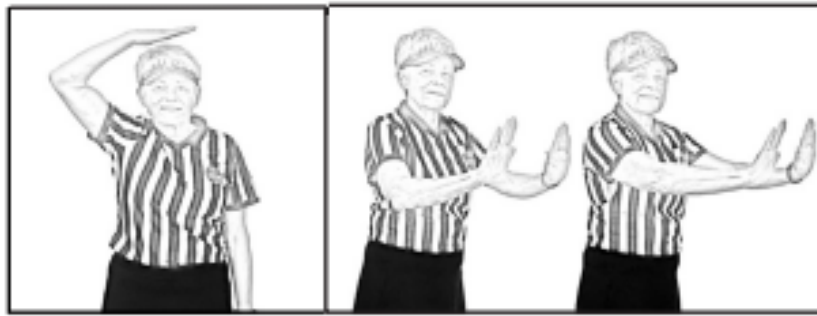


OFFSIDE

**POSSESSION
CLOCK RESET**



POSSESSION CLOCK START
(when no reset of possession
clock)

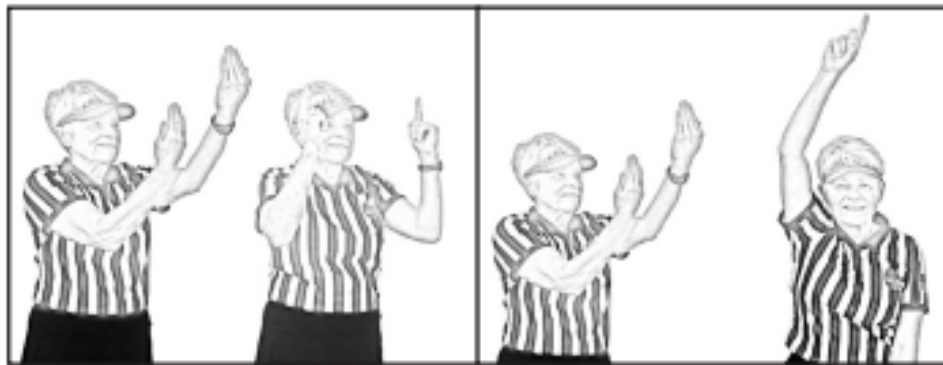


**POSSESSION
CLOCK STOP**

PUSHING

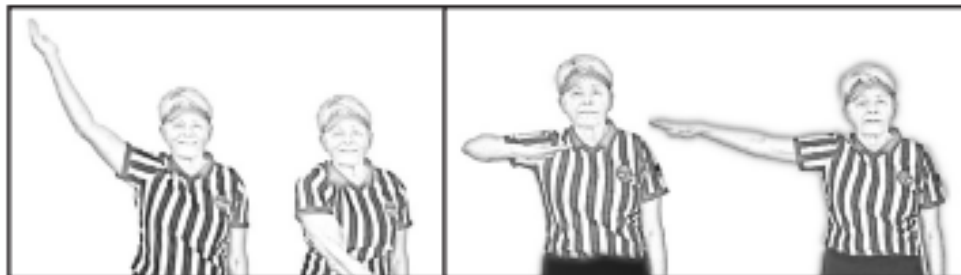


SHOOTING SPACE



**SIMULTANEOUS WHISTLE
GOAL**

**SIMULTANEOUS WHISTLE
GOALKEEPER SAVE**



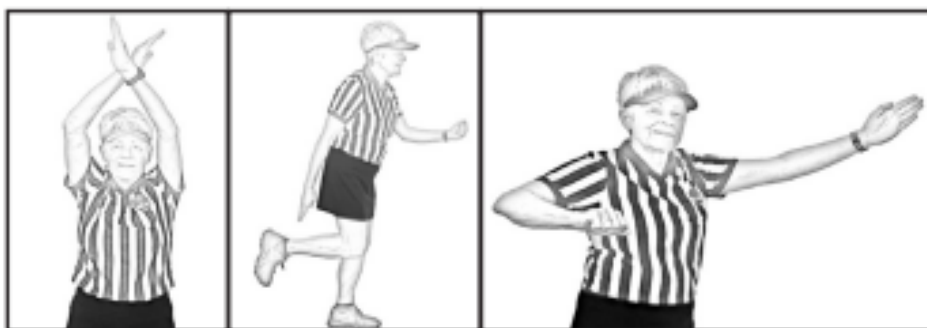
SLASHING

**10-SECOND
GOAL CIRCLE COUNT**



THREE SECONDS

TIME IN



TIMEOUT

TRIPPING

WARDING OFF

Student/Parent Acknowledgement and Signature

Student-Athlete:

By signing and dating below, I pledge to abide by all school and team rules set forth in this handbook. I understand that by not fulfilling my oath I not only let my teammates and my coaches down, but I jeopardize my ability to participate in team events.

X

Name, Date

Parent:

I have read and understand the requirements of my daughter during the lacrosse season.

X

Name, Date
