

Bowie Women's Lacrosse Team Rules 2007-2008

www.bowielax.com

PLAYERS

Practice: You need to be present and ready for practice at the scheduled start time. Fall practices are T//Th immediately after school next to the tennis courts, until further announcement. (Practice days will be reviewed when practice begins) Location of practices may vary and will be announced. Your coach may establish guidelines for practice attendance and game playing eligibility.

Game Days: Each player is responsible for getting to home games 45 minutes prior to game start time. Players may need to be excused early from class for certain away games. Players can drive to home games at Bailey Middle School, but parents must drive players to away games.

Registration: Signed registration forms and dues must be turned in to the Team Sponsor by Oct. 9th to be a member of the team. Students not submitting registration forms by the designated date will not be allowed to practice until forms are submitted.

Email: We communicate primarily thru the email system.. Please check your email frequently so you can be apprised of the latest and most up-to-date information. If you are not getting email from us, please let us know. Check the website for information and forms.

Mouthguard & Protective Eyewear:

Each player is required to wear a mouth guard and protective eyewear during all practices and games. Cleats are recommended. **Bring water/sports drink to drink for games and practices!**

UIL No Pass No Play: Rules will be enforced during the playing season (Jan-May).

PE Credit: available spring only (probably). There are issues out of our control that are not finalized.

Uniforms: Lacrosse uniforms are the property of the team and consist of 1 kilt (unless provided by player which is optional), 1 red jersey and 1 white jersey. Each team member must sign for her uniform and will be responsible for the care and maintenance of her uniform. The cost of a complete uniform is \$120.00 (Kilt-\$60; Jersey-\$30 each) and this amount will be accessed to each player who does not return her uniform in the original condition, excluding normal use. Uniforms will be distributed before the first game of the season and returned after the last game at a date and time to be determined.

Care of Uniform: Machine wash your kilt and jerseys in cold water only on gentle cycle. Kilts may be lightly tumble dried. Jerseys should be hung or laid flat to dry.

Cell Phones: Please be respectful of your coach and the other team members by refraining from using your cell phone during any practice. Please have your phone in your bag. Coordinate rides etc. before or after practice.

All players are expected to behave in a responsible and respectful manner when representing the Bowie Women's Lacrosse Team.