



DEXTER LACROSSE ASSOCIATION

MEMBER HANDBOOK

2018

**DEXTER LACROSSE ASSOCIATION
HANDBOOK**

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I INTRODUCTION

Welcome to the Dexter Lacrosse Association! We are looking forward to a fun and exciting year. Lacrosse is a growing sport and a wonderful opportunity for your student athlete. We work hard to continually enhance and improve the way we do things so that participation in the program will be a positive experience for everyone.

The success of our teams is based on a cooperative process. Association board members coordinate and manage team programs. Coaches are responsible for all game related decisions and oversee all team activities, both on and off the field. Parents and players are responsible for getting players mentally and physically equipped for play, participate in fundraising activities, filling in organizational needs, and fostering a spirit of community and giving. The responsibility for keeping the team running smoothly is shared among all.

As a parent, you will have the opportunity and responsibility to be involved in the program at many levels. The purpose of the handbook is to introduce the goals, structure, and requirements of the team(s) as they are defined today. The handbook is a result of our experiences as parents, coaches, and administrators. Many of the guidelines have been documented to address problems we have encountered in the past and to prevent problems in the future. Please take time to read through this handbook and familiarize yourself with the information included. Thank you!

II MISSION STATEMENT

The mission for the Dexter Lacrosse Association (DLA) is to grow our athletes to be leaders in the community as well as leaders on the field.

Our goal for the high school level is to foster the development of commitment to the sport, dedication, team work, sportsmanship, and work ethic while maintaining the highest competitive standards and academics for students of Dexter High School.

At the lower levels (3rd through 8th grade), it is our goal to introduce the sport and the concepts of sportsmanship, dedication, work ethic, and supporting one another as a team family.

It is our hope that through this program, participating players will adopt these personal characteristics and develop a positive “can do” attitude that carries over to all aspects of their lives.

III ORGANIZATIONAL STRUCTURE

To fulfill the mission of the DLA, the DLA is split into official season and off-season programs. Official-Season (Mid-March through June) programs, as permitted by attendance:

- Dexter Varsity/Junior Varsity Lacrosse
- Devil Dogs for 8th grade and under

Off-Season (July through Mid-March) programs:

- Devil Dogs HS Clinics and Programs for 9th grade to 12th
- Devil Dogs Youth Clinics and Programs for 3rd through 8th grade

IV PROGRAM GOALS

- **To provide a positive, meaningful experience for everyone involved in the Dexter Lacrosse Association program.**
 - Develop player's athleticism, endurance, and coach-ability.
 - Assist players to finish the competitive season not only better players, but better teammates.
 - Balance competitiveness, teamwork, and "fun."
 - Create support links between the various team age levels and encourage a sense of family within the program, including supporting the program through participation in fundraising and community service events.

- **Build the Dexter Lacrosse reputation as a top-rated and well respected lacrosse program.**
 - Produce teams at each level that achieve the highest quality in team play and appropriate skill development, providing a program that fosters skills development as well as opportunities for advanced players.
 - Continue to expand the program to provide opportunities for players of varying ages and levels.
 - Utilize professional experts and provide opportunities for continuing education for the coaching staff.
 - Maintain relationships with officials, opposing teams, and college coaches.
 - Mentor and develop our players to become better stewards of the game of lacrosse and citizens of the community.

V. MEMBER GUIDELINES AND RULES

The following rules and guidelines have been set forth in order to maintain the highest standards for our association. Each member of the team and families are expected to abide by these rules and guidelines.

The term of DLA *membership* is yearly; the parents or guardians of a player become members of the association upon signing a player up for a program in any season. A majority of the administrative costs of the organization is supported by in-season programming.

A. PLAYER BEHAVIOR

1. Team members must adhere to and follow instructions given during practices and competitions.
2. Their full attention should be given to the coaches at all times.
3. The players need to be aware that they represent their team, all of the Dexter Lacrosse teams, the Dexter Lacrosse Association, Dexter High School, and our community.
4. The players are expected to be on their best behavior at all times.
5. Players are expected to communicate with their fellow team members and coaches to resolve issues that arise.
6. If a team member consistently misbehaves on or off the field, the player will be dismissed from the practice or benched during a game, and their position on the team may be re-evaluated.
7. Continued or severe behavior problems may result in a player not playing at a given event or being removed from the team.
8. Use of alcohol and illegal drugs by players will not be tolerated and will result in disciplinary actions per the Dexter Community Schools Student Athlete Handbook, at the discretion of the coach(es) and Board.

B. ATTENDANCE/PRACTICE REQUIREMENTS

1. Consistent practice is crucial to the development of individual player skill level and to building strong team connectedness on the field.
2. The player's commitment to the team and the sport is most evident in their attendance at practices, games, and tournaments, even if they are not able to play due to injury or illness. Absenteeism and tardiness may affect the player's position on the team.
3. If you are not able to attend a practice, please contact the coach and team manager at least 2 hours before a scheduled practice.
4. Additionally, if practices are missed directly before a game or tournament, you may be asked to sit out as determined by the coaches.
Players are expected to arrive at all practices, games, tournaments, and team activities in sufficient time to be geared up and ready prior to the commencement of any activity. It

is a player's responsibility work with teammates to get up to speed on what they may have missed with a given absence (e.g. drills, plays, and team discussions).

C. PLAYER QUALIFICATIONS & EVALUATIONS

1. Dexter High School Lacrosse will be composed solely of Dexter High School students. Evaluations will take place during or before the first week of practice and teams determined at the end of the first week.
2. Devil Dogs (on-season and off-season) at all levels, will be evaluated anew prior to or at the beginning of each season and assigned accordingly to the team based on their ability to play at that level. Such evaluations will allow the coaches to determine the level of ability of each team, and determine the correct level of competition and events. Generally, players will be placed on teams according to age group or grade. From time to time, players may be allowed to play-up to the next level. Based on these evaluations, players may also be invited to participate in additional events including development clinics and tournaments. Parents will be notified of such opportunities when signing up for each season.
3. During the course of the season, coaches on all levels will help the player identify areas for improvement and how to accomplish such improvements.
4. During the official-season, players from 7th grade and up may only play on a single lacrosse team to prevent conflicts in game and tournament play. During the off-season, a player may participate in the activities of multiple lacrosse clubs.

D. MEETINGS

At the coach's discretion, players will participate in team meetings throughout the season to discuss goals and sportsmanship, promote team bonding, and utilize mental skills and leadership training. Coaches will be happy to discuss any questions/comments regarding coaching decisions with the players.

E. COMPOSITION OF THE TEAMS

1. At the coach's discretion, the exact composition of the competitive team at each event will be made based on ability, attitude, attendance, and behavior.
2. Coaches may field players based on what they feel is in the team's best interest, both short and long term. Therefore, playing time may not be equally distributed and will vary throughout the season.

F. PARENTAL SUPPORT AND INVOLVEMENT

1. Parents are encouraged to participate in the program through Board membership, fund-raising activities, coaching positions, and volunteering at games and events.

2. From time to time issues are identified by the parents, be it coaching decisions or a particular player's behavior. It is requested that after a 24 hour "cooling off" period, students first raise any issues with their coach. If the student is not able to resolve a problem with their coach, parents may then raise any issues through the Public Director, who is the head of the Coaching Committee.

G. QUALIFICATIONS AND FINANCIAL RESPONSIBILITY

1. Players/families must be members in good standing with the Dexter Lacrosse Association to compete on our teams. Volunteering/fundraising opportunities may provide ways to offset and discount the fees to participate. For families who are experiencing financial difficulty, Dexter Lacrosse Association will work with you regarding the fees. We have never turned away a player due to financial difficulty.
2. The association treasurer will send an email notice if you are not meeting your financial responsibility. You have ten days to respond to that notice. Failure to meet the financial commitments and deadlines without directly contacting the Association Treasurer or President to make arrangements, may/will result in the player being removed from the competitive line up until arrangements have been made with the association to meet their financial obligations.

H. UNIFORMS

1. Attire - All *players must wear appropriate attire and equipment*. Appropriate attire and required equipment include: cleats, helmet, protective cup, fitted mouth guard, gloves, elbow pads, and shoulder pads.
2. DLA issued uniforms and equipment that are not purchased must be washed and returned to the Association at the end of each season in order to be inventoried and repaired for the next season. Rental fees may be requested to cover reconditioning costs.

I. EQUIPMENT

1. Club equipment (helmets) are the property of DLA and paid for through the fundraising efforts of Association Members. Players are not permitted to use DLA issued equipment for personal use or play with any other club or team outside of Dexter Lacrosse.
2. Members will be financially responsible for any DLA issued uniforms or equipment that is lost, stolen, not returned or damaged beyond the normal wear and tear associated with the game of lacrosse.

J. FUNDRAISING/VOLUNTEERING REQUIREMENTS

1. Dexter Lacrosse Association is committed to fundraising and the active participation of volunteers in a variety of roles. These volunteer opportunities are not just about raising money. We consider them to be team building exercises for both the student athlete and their families. Proceeds from these events allow the Association to purchase equipment, offset player fees and additional Association operation expenses, as well as supplement the cost of tournaments, camps and special events.
2. This commitment is as mandatory as attendance to practices.
3. Often, hours worked can also be used toward community service and serve as valuable work experience for students entering the workforce for the first time.
4. At the coach's discretion, participation in fundraising and volunteering events, particularly at the high school level, may be rewarded through various incentives.
5. Fundraising and volunteering expectations include attending a minimum of one fundraising event per season of participation, event promotion, and handwritten thank you cards to sponsors including the results achieved by the sponsorship.

K. ADMINISTRATIVE REQUIREMENTS

1. A parental consent form, **current** physical form (in season), concussion awareness form, media opt in/out form, and **current** US Lacrosse membership must be on file with the Dexter Lacrosse Association before the athlete is allowed to tryout, practice or compete with a team. **THERE WILL BE NO EXCEPTIONS.**
2. The physical must be given after April 15 and is valid from that day forward through the end of the following school year. The consent form allows the coach or athletic trainer to seek emergency medical care on behalf of the athlete in the event the parent or guardian cannot be contacted. It also gives permission for the athlete to travel with the team to away events. Form must be completely filled out by athlete/parent/doctor.

VI. DEXTER LACROSSE ASSOCIATION 2018 CODE OF CONDUCT CONTRACTS

Aligned with *DEXTER COMMUNITY SCHOOLS ATHLETIC CODES OF CONDUCT*, these codes apply to all student athletes, parents, and coaches from the first day of involvement in Dexter Lacrosse Association. These codes will be upheld in and out of season, during vacations, throughout the summer, and during the athlete's entire participation with Dexter Lacrosse Association.

A. ATHELETE CODE OF CONDUCT

1. Accept sports participation as another means to improve educational opportunities.
2. Develop your athletic skill to the best of your ability.
3. Accept athletic participation as way to better understand other people's value systems.
4. Achieve a thorough knowledge of your sport.
5. Strive for excellence in your sport by maintaining proper training and conditioning habits.
6. Establish good nutritional habits.
7. Adopt good study habits so that you maintain an acceptable exceptional scholastic standard.
8. Respect and protect association and school equipment.
9. Keep sight of values inherent in athletic participation.
10. Attend all practice sessions.
11. Participation for games and team events require students to attend all classes daily; be punctual and prepared to contribute.
12. Behave in a manner, which demonstrates high standards of good citizenship.
13. Conduct yourself in a manner which brings honor to yourself, your family, your school, community and team.
13. Avoid use of alcohol, drugs and tobacco at all times and immediately remove yourself from activities where their use is taking place.

B. PARENTS/GUARDIANS CODE OF CONDUCT

We believe that athletics will contribute significantly to the overall development of your student. As with academics, parental involvement in these programs helps to ensure a quality experience for all concerned. The coaches and Association encourage you to be an active participant in the following ways:

1. Read this handbook with your athlete and be familiar with the policies and procedures.
2. Promote good study habits and the importance of high academic achievement, as well as athletic performance.
3. Encourage good attendance in classes in addition to practice, games and team events.
4. Help your athlete develop sound nutritional and rest habits.
5. Enforce the fact that use of alcohol, drugs, and tobacco has no place in athletics and will not be tolerated by DLA/Devil Dog players.
6. Demonstrate good sportsmanship toward officials, visiting teams, and fans.
7. Recognize that coach-ability of a player is just as, if not more important, than the athletic ability of a player.
8. Support athletics by taking an active role in fundraising.
9. Know your athlete's schedule and assist him/her with transportation to and from events.
10. Support your athlete by attending as many of the games and tournaments as possible.
11. Keep lines of communication open by talking to coaches or Public Director.

C. ATHLETIC CODE FOR COACHES

The coach is the official representative of the events in which Dexter Lacrosse Association is actively participating. In this important capacity, the coach will adhere to these standards.

1. Develop an understanding of the role of interscholastic or off-season athletics and communicate it to players, parents, and the public.
2. Develop an up-to-date knowledge of the rules, strategies, safety precautions, and skills of the sport and communicate them to players and parents.
3. Communicate policies for appropriate language and conduct to your athletes in all situations. Be a role model for appropriate conduct.
4. Develop fair and unprejudiced relationships with all team members.
5. Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out-of-season activities.
6. Encourage athletes to develop skills and interests in other athletic and non-athletic activities provided by the school and the community.
7. Give the highest degree of attention to the athlete's physical and emotional wellbeing.
8. Teach players, by precept and example, respect for school authority and contest officials. Provide support for them in cases of adverse decisions and refrain from making critical comments in public or to the media.
9. Teach players strict adherence to game rules and contest regulations.
10. Present privately, through proper school authorities or Association Board Members, evidence of rule violations by opponents and counteract rumors and unproven allegations of questionable practices by opponents.
11. Attend required meetings, and at the 7th grade level and above, keep abreast of MHSAA regulations and rules and be familiar with all eligibility policies.
12. Present a clean and professional image in terms of personal appearance. Be a positive role model in terms of conduct, language and personal habits. Use of tobacco products within sight of players and parents is unacceptable. Use of alcohol in the presence of athletes is unacceptable at any DLA activity or school function.
13. Collectively working with Association, parents, and athletes, the coach will strive to create a positive environment in which all are treated with dignity and respect.

CODE OF CONDUCT CONTRACTS

In addition to the above, all Players, Coaches, Volunteers, and Board Members must maintain US Lacrosse memberships.

I have read and agree to the code of conduct as set forth on pages 10 through 12 of the DLA member handbook.

Player's Signature

Date Signed

Name of Player (please print)

US Lacrosse Membership Number

Parent's/Guardian's Signature

Date Signed

Name of Parent/Guardian (please print)

Coach's Signature

Date Signed

Name of Coach (please print)

US Lacrosse Membership Number

VII. INTERNET ACTIVITY

Public lacrosse websites, message boards and social connection applications (such as Facebook) are common means of sharing information about teams. Players and parents are asked not to post anything about other teams and/or negative remarks about players, coaches or board members of Dexter Lacrosse or other teams. Players and parents need to remember that everyone can see what they are posting. This includes comments, pictures, and videos. All pictures of players in Dexter Lacrosse uniforms or apparel or with comments about Dexter Lacrosse must be appropriate.

Player's Signature

Date Signed

Name of Player (please print)

Parent's/Guardian's Signature

Date Signed

Name of Parent/Guardian (please print)

Coach's Signature

Date Signed

Name of Coach (please print)

VIII. MEDIA OPT-IN/OUT FORM

Our organization occasionally uses photos of players, coaches and members to highlight Dexter Lacrosse Association activities. The venues for these showcases may include, but are not limited to, print newsletters, our website, our Facebook page, Instagram posts and other online media. Parents or guardians of players indicate their authorization for this use or decline it as part of registration for season activities. Parents or guardians may amend this decision for individual players by completing the information below and returning this form.

Player Name: _____

Parent/Guardian Name: _____

Parent/Guardian Phone: _____

Parent Email _____

Please Check One:

I give permission to use my player's images in Dexter Lacrosse Association communications or other media for the remainder of my player's experience with Dexter Lacrosse Association.

I do not grant my permission.

Player Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

IX. PARENT & ATHLETE CONCUSSION INFORMATION SHEET

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall



"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON"

IX. PARENT & ATHLETE CONCUSSION INFORMATION SHEET

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED


DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE



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TO LEARN MORE GO TO  WWW.CDC.GOV/CONCUSSION

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

X. AGREEMENT TO PARTICIPATE & RELEASE OF LIABILITY

Please carefully review before signing this agreement as the conditions are binding. In consideration of being allowed to participate in activities of the Dexter Lacrosse Association, including but not limited to any practices, clinics, tournaments, festivals, games, fundraising activities, and team functions, at whatever location, the undersigned acknowledges, appreciates and agrees that:

- Participation in lacrosse involves certain inherent risks and, regardless of the care taken, it is impossible to ensure the participant's safety.
- Lacrosse requires considerable coordination, agility, and a high level of cardiovascular fitness.
- Lacrosse involves vigorous activity, quick bursts of speed, and alertness to fast moving objects.
- A variety of injuries may occur, including but not limited to: minor scrapes, bruises, and sprains; more serious injuries including, but not limited to: broken bones, cuts, concussions, eye injuries, and ligament strains or tears; and catastrophic injuries such as, but not limited to: heart attack, paralysis, and death and I assume all risk.
- These injuries may occur in lacrosse as a result of accidents such as slips, being struck by the ball in an unprotected area, being struck by a stick, colliding with another player, colliding with the goal, falling or excessive stress placed on the cardiovascular system.
- To help reduce the chance of injury to oneself or other participants, participants are expected to follow all rules. All participants are expected to: wear protective shoulder, arm and other pads, helmets, mouth guards, cups, gloves, helmets and other equipment to protect oneself and as required by the official rules.
- Dexter Lacrosse Association is not liability for injuries.

I/We, the parent(s)/guardian(s) of Print Participant Name: _____
hereby give permission for my/our child to participate in any Dexter Lacrosse Association events, etc.

I/We understand there are obvious known dangers/risks inherent in participation in this program (or any program of this nature), including, but not limited to, injuries sustained or loss of personal property.

I/we voluntarily agree to assume such risks. In consideration of Dexter Lacrosse Association permitting my/our child's participation in its program, based on my/our representation that my/our child is in proper physical health and condition to participate, I/we agree:

- To assume all risk of injury to my/our child and all risk of damage to or loss of my child's property arising from my/our child's participation in the Dexter Lacrosse Association events;

- To release and forever discharge Dexter Lacrosse Association and its coaches and players, each of their officers, volunteers, coaches, agents, event locations and employees from any and all claims or liability for any injury, including death, and for property damage or any loss which may be suffered by me or my child arising out of connection with my child's participation in the Dexter Lacrosse Association program. Such participation includes, but is not limited to: practices, games, tournaments, festivals, team functions, fundraising activities, travel and all form of lacrosse related activities.

AND

- For my/our child, myself, our heirs, executors, administrators and assigns to indemnify and hold harmless Dexter Lacrosse Association and its coaches, each of their officers, volunteers, coaches, agents, directors, board members, and employees from any and all liability, claims, demands, actions, loss and damage arising out of my/our child's participation in the Dexter Lacrosse Association program.

I have read this agreement to participate/release of liability agreement fully, and understand its terms. I know, understand, and appreciate the risks associated with playing lacrosse and for my/our child, myself, our heirs, executors, administrators, assigns and agree that

Print player's name: _____ is voluntarily participating in Dexter Lacrosse Association programs.

US Lacrosse Number (Required): _____

Signature of Parent/Legal Guardian: _____

Print Name of Parent/Legal Guardian: _____

Date Signed: _____

Signature of Player: _____

Print Name of Player: _____

Date Signed: _____

Signature of Parent/Legal Guardian 2: _____

(Only required in the case of a court order.)

Print Name of Parent/Legal Guardian 2: _____

Date Signed: _____

XI. DEXTER LACROSSE ASSOCIATION BOARD

The Association is run by a Board of Directors elected each year by the membership (parents of participants). The most recent election took place at the General Membership Meeting on January 16, 2018.

2018 Dexter Lacrosse Board of Directors

Beth Filip, President Email: dexlaxpresident@gmail.com

Cameo Kerr, Vice President Email: kcameo1218@gmail.com

Mindy D'Oria, Secretary Email: mdoria@comcast.net

Laura Young, Treasurer Email: dexterlacrossetreasurer@gmail.com

Jennifer Johnston-Betts, Director of Fundraising Email: johnstonjennifer925@gmail.com

Sherri Goff, Member at Large Email: sherri.goff@yahoo.com

Trish Machermer, Public Director Email: dreadstrongfh@gmail.com