

Six Nations Girl's Field Lacrosse

Dear Parents/Players,

We would like to take this opportunity to welcome all parents and players to the 2018 Girls Field Lacrosse Season. We are thrilled to announce that we have had record numbers for registration this year and we hope to continue on that note to make it one of the best years yet!

This package includes guidelines and information that we would like all of those who are a part of our association to follow in order to make the season run smoothly. It is important to remember that Coaches, Players, Parents and the Board all play a special role in the success of our association and we all need to do our part.

Being a part of SNGFL requires regular practices and travelling to games. This takes dedication and responsibility of players and their parent(s) and/or guardian(s) to best represent our community. Please be sure that you are aware of your coach's expectations of practice and game attendance as this may differ based on age, team, and division.

Please be advised of our fundraising events, dates are included in this package and more info will be provided as we get further into the summer. Every family is encouraged to volunteer in some manner. Fundraising events are necessary to keep registration fees low, while also ensuring we can purchase the appropriate supplies for all teams.

There is a ton of information available on the OWFL website www.owfl.org, we encourage you to visit the main website to be aware of all opportunities and events. We also have our own SNGFL website, which you can visit at <https://www.sngirlsfieldlacrosse.com/>. We will do our best to keep this up to date with any information you may need, but we also encourage you to follow our Instagram @sngirlsfieldlacrosse and Twitter @SNGFL.

Last, but certainly not least, please be sure to read over and sign the Player AND Parent/Guardian Code of Conducts and return to your coach. You will not be eligible to play unless this is signed, and followed. We encourage you to read this over with your girls to help them understand.

Nia:wen for your support,

SNGFL Executive

SNGFL 2018 Board

Contact List

President/ Recruitment & Development- Tawnie Johnson

519-871-2766

tawnie_424@hotmail.com

Vice President/ Coach Convenor- Tia Schindler

tiaschindler@gmail.com

Registrar- Tracy Johnson

905-768-2225

tjohnson2419@gmail.com

Treasurer- Karen Bomberry

karenbomberry@hotmail.com

Secretary- Jen MacDonald

Jenniewa74@yahoo.ca

Fundraising- Jane Henhawk

jane.henhawk@gmail.com

Social Media- Sarah Bomberry

sbomberry@gmail.com

General Inquiries

sngirlsfieldlacrosse@gmail.com



Fundraising

Spirit Wear Orders

Attached you will find our 2018 Spirit Wear Line thanks to ILA Sports. Prices, sizes, and colours are all available on the order form. Samples are currently available in the AES office for sizing this week until Wednesday May 2nd at 9pm, availability to try on samples after this will be based on ILA Sports Staff availability in store so please do not hesitate!

For those new to this fundraiser, the way it will work is that for every item sold a few dollars off the sale price will go directly back to SNGFL Association expenses.

We encourage all girls to order something, we have kept everything cost effective in hopes that our teams can look as collective as possible throughout the season.

All money and orders are due by MONDAY MAY 14th, orders will not be submitted without payment. Payment can be made by cash, or cheque to Six Nations Girls Field Lacrosse and handed in at the Arrow Express Sports Office. Please DO NOT hand payment or order directly into ILA Sports.

For any questions, feel free to reach out to any of the board.

July Calendar Guidelines/Rules/Deadlines

In July we will be doing our annual calendar fundraiser again! For those who are new, we will sell calendars for \$10 throughout the month of June then in July there will be a winner everyday for an assortment of great prizes.

Last year we were successfully able to get all prizes donated by SNGFL families, or outreach to sponsors; our goal is for this to happen again in order to create the most profit for the organization.

Donations

- All donations need to be handed in by **FRIDAY MAY 25th** in order for us to create the calendar and divide the prizes. Please hand in prizes to either your coach, a board member, or into the AES office.
- Donations can be made in any form, and of any value. We will aim to have a MAJOR prize every Friday in July. The rest of the days will be evenly distributed.
- Please note where donations are coming from and provide that info with the donation so that we can appropriately send Thank You letters afterwards.

Any further questions, please contact jane.henhawk@gmail.com

Player
Code of Conduct

1. I will always remember that being a member of this team is a privilege and not a right.
2. I will play by the rules of lacrosse and in the spirit of the game.
3. I will respect all opponents and teammates, regardless of race, sex, ability, etc.
4. I will control my temper – fighting and mouthing off can spoil the activity for everyone.
5. I will do my best to be a true team player.
6. I will remember that winning is not everything, and that having fun, improving skills, making friends and doing my best are equally as important.
7. I will acknowledge all good plays/performances to those of my team and my opponents.
8. I will remember coaches and officials are there to help me. I will accept their decisions and show them respect.
9. I will remember if I am on time, then I am late. I need to be there 5 minutes prior to published start times (FIVE MINUTE RULE). This includes being on time for all scheduled activities: practices, games, events, etc. The rule is one-hour prior game time, unless otherwise stated by coach.
10. If I am going to be late, miss a practice or game, my parent/guardian must notify a coach immediately. Athletes are expected to attend every event, unless excused for illness or other family emergency. Any sickness or injury MUST be reported to coaching staff and trainer immediately.
11. I will do my best to keep fit by staying active, this will be the best for my overall health and performance.
12. I will dress appropriately for each practice and game.
13. I will get proper amount of sleep (7-9 hours/night), eat right and keep hydrated; as this will affect my health and safety while playing.
14. I will remember that jealousy, negativity, insecurity or gossip will not be tolerated. This includes bullying on either social media (Facebook, Snap Chat, Instagram etc.), at school or on the playing field. There is risk of being removed from your team depending on circumstances.
15. I will be 100% committed at all times and will always give full effort at practices and games.

Please sign and return to your coach BEFORE the season begins.

Thank you for your cooperation.

Signature of Player: _____

Date: _____

Parent(s)/Guardian(s)

Code of Conduct

As a parent/guardian:

1. I will remember children participate to have fun and the game is for the youth, not adults.
2. I will inform the coach of any injuries or ailment that may affect the safety of my child or the safety of others.
3. I will do my best to learn the rules of the game.
4. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy for all players, coaches, officials and spectators at every game, practice or other event.
5. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as arguing and taunting; refusing to shake hands; or using profane language and gestures.
6. I will teach my child to play by the rules and to resolve conflict without resorting to hostility or violence.
7. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, colour, sex, ability, etc.
8. I will teach my child that doing ones best is more important than winning, so she will never feel defeated by the outcome of a game or her performance.
9. I will emphasize skill development and practice and how they benefit my child, over winning.
10. I will respect the officials/coaches and their authority during games and will not question, discuss, or confront officials/coaches on the field. Instead, I will take time to speak with officials/coaches at an agreed time and place.
11. I will demand a sports environment for my child free from drugs and alcohol and I will refrain from their use at all events.
12. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
13. I will encourage my child to abide by the "Player Code of Conduct".
14. I will keep in mind fundraising is strongly encouraged, either through volunteering, selling calendars, etc. to maintain registration fees and association expenses.
15. I will be mindful that my actions could potentially affect my child's membership of the SNGFLA.

Please sign and return to coach BEFORE the season begins. Thank you for your cooperation.

Signature of Parent(s)/Guardian(s): _____ Date: _____