

Policies & Waivers

Overview

Freedom Lacrosse TN, Inc. (FLTN) is a 501c3 non-profit organization that exists exclusively for the support and promotion of elementary & middle school boys lacrosse, for the players of Freedom Middle, Freedom Intermediate, Poplar Grove School, Legacy Middle, Hillsboro School and players of other area elementary & middle schools in the 5th - 8th grade which may want to participate on our team.

Lacrosse is not yet a TMSAA school sport and is considered a club team. Our non-profit was created to insure a safe, secure and organized environment for the sport of lacrosse to grow.

The goal of our youth lacrosse program is to create a fun and exciting atmosphere for boys to learn the fundamental skills of lacrosse. Our objective is to instill in players a love for the game, respect for their teammates, opponents and officials, personal responsibility and an understanding of good sportsmanship.

Our abides by the rules set by the USA Lacrosse organization. All players and coaches must have a current and valid USA Lacrosse number in order to play. All of our coaches are Bronze level certified or above which means they have had a background check as well as abuse prevention, cardiac care, concussion and cultural competency training as well as a rules test at minimum.

Practice & Players

We currently practice 3 days a week Monday, Tuesday, Thursday from 6-7:30pm. Practices start in January and run through early May.

Lacrosse is a new and growing sport in our area and because of that, we have athletes who have never played at all and those that have played for 4 or more years. We welcome new and experienced players into our program and we attempt to place each player on a team that will allow him to develop at the quickest pace while enjoying his experience. Coaches will take the skill level of the athlete as well as the teams we will be playing in account before placing a player on a team and on the field. The coaches first priority is the safety of the athlete.

Teams

We offer two-three team opportunities in the Spring.

14U Varsity: The first is our 14U Varsity Team. It is a traditional school game schedule. Games are organized through the Middle Tennessee Lacrosse Conference. These games are played on weeknights with a few weekend games. Home games are played on the FIS field. We try to schedule away games as local as possible but there could be some travel. These games are played by our varsity and junior varsity teams (dependent on enrollment numbers and skill level.). Games start around the end of February through the end of April.

12U MidTN: Our second game schedule is for 12U players and is organized through the MidTN Lacrosse Association. These games are played on Sundays and are for our U12 and under players. All qualifying, (See USA LAX age chart.), U12 and under players are able to play on this team. There are typically two games per Sunday starting in March and ending mid May. Games are typically held at the new turf fields in Bethesda (10mins from Downtown Franklin).

Through the sport of lacrosse, our organizers and coaches have developed lifelong relationships and a passion for the game. We want the FLTN athletes to have the same kind of experience.

Board Members, Volunteers & Contact Information

Our organization was started by individuals with lacrosse experience and a desire to give back to the game. We are committed to reinvest our time, revenue and resources into our FLTN athletes to develop the best program possible.

Our Board is comprised of the following board members serving 1 year terms.

President - Amber Reifschneider 479-283-2146, InfoFreedomLAX@gmail.com

President Elect (2yr term)- Erin Bernardo

Treasurer - Sia Le'Veil

Secretary - Rachel Lovett

Communications Chair - Spencer Moroney, FreedomLAXTN@gmail.com

Keeper of the Culture - Christie Von Dreele

In order to make our team a success we need parent support. If you would like to help with any of the above areas during the season and/or run for a board member position in the next term please reach out to us. Together we can give our athletes the best possible lacrosse experience and have a lot of fun!

Contact Information

Email: InfoFreedomLAX@gmail.com

Website: FreedomLAXTN.com

Facebook: Freedom Stars Lacrosse

Instagram: FreedomLAXTN

We use Group Me for our team chat: Freedom Lacrosse Parents

We use Sports Engine for our Registration & Calendar.

Player Eligibility

Freedom LAX follows player eligibility requirements set by USA Lacrosse, Middle Tennessee Lacrosse Conference and the MidTN Lacrosse Association.

Age:

The Freedom LAX boys team may be comprised of student athletes 11U-14U according to the USA Lacrosse Age Grouping Standards. *See Attached.

Teams will be broken into the following groups. (Subject to change per the above organizations.):

- MidTN League, 12U: Birthday is August 31, 2014-September 1, 2012.
- MTLC League, Junior Varsity: Any 6-7th grader, (5th graders may participate on the JV team with a petition to the league for approval. Limited petitions available.)
- MTLC League, Varsity: Any 6-8th grader.
- Due to lacrosse being a contact sport players may play up an age group but not down.
- No 8th graders can play at the JV level. (8th grade goalies may play at the JV level with opposing coach, league approval, referee notification and adjusted rules per MTLC.)

Location:

Freedom LAX team is made up of players from Freedom Middle, Freedom Intermediate, Poplar Grove, Winstead Elementary, Legacy, Hillsboro, Franklin Christian and Homeschool. Players must play for the lacrosse team that is in their normal school zone. If no team exists in that zone the student athlete should play for the team that is geographically closest to that players home address.

Exceptions:

Any exceptions to the above must be approved by the appropriate league that the player wants to play in. Either MidTN Lacrosse Association and/or Middle Tennessee Lacrosse Conference. Freedom LAX will work to try to facilitate solutions for any exceptions however we will follow the league's rules for any final decisions.

Requirements for Participation

Every player who participates in Freedom LAX activities must be a current USA Lacrosse member and their membership must be effective for the entire season. Every coach who participates with Freedom LAX must be USA Lacrosse Bronze Certified, at a minimum, for the entirety of the season. Program Directors must have a Program Director Membership with USA Lacrosse at a minimum, which includes a background check and abuse prevention, for the entire year of their service.

All waivers created by Freedom LAX must be signed and up to date. Waivers must be resigned at the start of every year, June 1, or when the participant joins.

Attendance Policy

Attendance and participation at practices and games will be a factored into playing time. It is unfair to players who have decided to make a commitment to lacrosse and routinely come to practice to give them the same playing time as someone who comes infrequently. Coaches will make an effort to play every eligible player in every game, but amounts of time will be at the discretion of the coaches.

Code of Conduct Overview

Freedom Lacrosse TN, Inc. (FLTNT) and the USA Lacrosse organization abide by a strict Code of Conduct governing all coaches, players, officials and parents. The purpose of the Code is to ensure that all of the people associated with lacrosse in the surrounding area treat each other with dignity and respect.

We, the Board of Directors of FLTNT, endeavor to provide a high quality, inclusive program that does not turn anyone away; but instead encourages all able players to participate and develop a love for the game of Lacrosse. We ask in return that all parents, players and coaches conduct themselves with a positive attitude towards each other, other teams and officials. We have outlined these expectations below.

In addition, the USA Lacrosse organization believes that it should be a priority of every player, coach, team, program and league to "Honor the Game". Players, coaches, officials, parents and spectators shall conduct themselves in a manner that "Honors the Game" and demonstrates respect for other players, coaches, officials, parents and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the sport of lacrosse and its participants. Essential principles of this Code of Conduct are Honesty and Integrity. Those who conduct themselves in a manner that reflects this Code of Conduct will bring credit to the sport of lacrosse, their organization, their team and themselves. Adhering to this Code of Conduct will enable lacrosse to earn and maintain a positive image, which will contribute to the sport's development and help to assure a consistently positive experience for participants.

The Code of Conduct is a condition of membership for all players, parents, coaches and officials. All members of FLTNT agree to abide by this Code of Conduct and to be subjected to the consequences of violating the Code. It is understood that by enrolling into the FLTNT program that players, parents and coaches are all bound by this Code of Conduct and its' validity is hereby a matter of record and is not dependent upon physical signature.

The following applies to all Athletes, Parents, Coaches & Bystanders:

Any conduct, including abusive language and/ or gestures, threats, racially insensitive remarks, bullying, damage to property or belongings, or any other conduct that reflects poorly on yourself or FLTNT is deemed to be unacceptable and will not be tolerated. This rule applies to all players, parents, siblings and guests at all times when in or around games or practices as a member of FLTNT. **It is your responsibility as a parent, player or coach to notify Program Director and the President if you become aware of any serious problem. Contact information is available on the FreedomLAXTN.com website.**

2. Always leave the field cleaner than when you arrived. Whether home or away, take a moment to pick-up your trash and any other debris on the field or in the stands at the end of each practice or game and place it in an appropriate trash can or recycling bin. If none is available, please take it with you to dispose of properly. Remember, you are representing the City of Franklin and FLTNT.
3. While at any field, facility or parking area for a practice, tournament or game when you are home or away, you represent the City of Franklin and FLTNT. Any conduct such as shoplifting, destruction of property, use of illegal drugs or consumption of alcohol will not be tolerated.

Freedom Lacrosse TN, Inc. Code of Conduct

Athletes:

- Understand you are a student first and an athlete second. All homework and school work must be current to participate in FLTN activities. If you are struggling in school, you are responsible for speaking to your parents and your coach. They will work with you to come up with a plan to get back on track.
- Players will show their parents and families respect on and off the field at all times.
- Represent FLTN, themselves and their parents with values and principles of the highest standard both on and off the field.
- Refrain from using foul language, alcohol, nicotine or illegal drugs of any kind.
- Treat all teammates, opponents, parents, officials, and coaches with courtesy, respect, good sportsmanship and fair play. This includes talking back to the officials or coaches if you are not in agreement with feedback you have been given.
- Support and encourage teammates. Set a positive example.
- Do not engage in bullying or hazing behavior of any kind. All players, regardless of their skill level are to be treated with respect.
- Honor all commitments to the team and be on time with all of your equipment. Players are responsible for ensuring they have and wear all of their equipment including safety equipment, sticks and medication they may need (including inhalers).
- Players will be on time and on task at all practices and games. Goofing around in lines and horseplay will not be tolerated.
- Know the rules of the game of lacrosse and abide by them.
- Do not be afraid to make a mistake; that's part of learning.
- Give 100% effort at each practice and game. Understand playing time is not guaranteed during games and is earned.
- Communicate with your coaches - ask questions, learn how to improve, stay positive.
- Understand that improvement in a players game is directly related to the amount of work they are willing to do.
- Learn from your coaches; practice hard; play smart; Have Fun!
- Be modest in victory and gracious in defeat.
- Honor the Game of Lacrosse.

Please post and Display this page in an area where you can continuously read it.

Athlete Code of Conduct

I have read and agree to the Code of Conduct above and will do my best to represent Freedom Lacrosse TN, Inc. at all times.

Signature of Athlete: _____ **Date:** _____

Parents:

- Ensure that the player abides by the Code of Conduct agreement.
- Support the player in a positive manner. All players will make mistakes during the game and in practice. They are still on a learning curve.
- Teach and practice good sportsmanship at all games and practices. You are role models!
- Know the rules of the game of lacrosse - take the time to learn them.
- Allow the coaches to manage the players and refrain from offering additional instruction during games or practices.
- Treat all players, opponents, parents, officials, and coaches with courtesy, respect, and good sportsmanship. Most of whom are volunteers. Parents are not permitted to talk to the referees. If you are unhappy with the referees, complaints must be discussed with the coach who will then work with the organization to determine any course of action.
- Refrain from behavior that causes public embarrassment or that brings the club into disrepute including using foul language, physical altercation, alcohol, tobacco or illegal drugs of any kind at program events.
- Be a good spectator. Let players play, coaches coach, referees officiate and support them positively.
- Do not ever criticize any player or coach, our or our opponents, regardless of the circumstance.
- Follow the 24 Hour Rule: Respect the need for a cooling off period immediately after games and not attempt to offer critiques to coaches until sufficient time has passed (at minimum 24 hours). All critiques will be approached in an adult, positive way and not occur in front of youth players, other parents or spectators.
- Accept that any parent or guardian that is removed from a game by an official or field marshal may result in a suspension from future games or possible the program, depending on the severity of the infraction. If a parent or player is referred to the Board for disciplinary consideration, they will be given notice and an opportunity to speak on their own behalf. Refunds will not be given and fees not prorated if a player is suspended from any games or discharged from the season.
- If an injury occurs on the field, the parent will notify the coach immediately and complete an incident report.
- Notify coaches and the Board Secretary of any changes in health status or medications for the player.
- Support your player as a student first and athlete second. Communicate academic issues to the coach.
- Encourage your player to speak for themselves by communicating directly with their coach about issues such as position, playing time, rules clarification, etc. Help them understand that before or after practice is the ideal time to communicate with their coach and why during a game is likely not the best time as coaches are focused on the game.
- Honor the Game of Lacrosse.

Parent Code of Conduct

I have read and agree to the Code of Conduct above and will do my best to encourage my athlete and represent Freedom Lacrosse TN, Inc. at all times.

Signature of Parent: _____ **Date:** _____

Coaches:

Freedom Lacrosse TN, Inc. is committed to having the best coaches in the area. Our coaches have a passion for growing the game of lacrosse and are volunteers. Coaches are not paid.

Head Coach: The head coach is the leader of our team and is expected to attend all practices and is permitted to miss 2 games (This includes regular season games and Sunday games combined.)

Coaching Changes: Freedom Lacrosse TN, Inc. Board of Directors has the power to choose the best coach for the job. If a coach becomes unable or unwilling to fulfill their role for any reason the board will take nominations and recommendations on who would be best to fill the role. The Board of Directors will have final say and approval after hearing the recommendations.

- I will uphold the essential elements of the USA Lacrosse Youth Council "Code of Conduct", which are HONESTY and INTEGRITY. I understand my responsibilities as a youth coach are of great importance and my actions have the potential to significantly influence the youth athletes I coach. Coaches must always be aware of the tremendous influence they have on their players, and act with the highest moral character possible.
- I will submit to a complete background check and maintain a minimum Bronze level certified memberships through USA Lacrosse.
- I will refrain from behavior that causes public embarrassment or that brings the FLTN into disrepute including using foul language, physical altercation, alcohol, tobacco or illegal drugs of any kind at any program events, practices and games, etc. In addition, I will not coach, officiate or participate in a league event while under the influence of drugs or alcohol. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player participant official or any other attendee.
- I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
- I will not encourage any behavior which would endanger the health, safety, or well being of any coach, parent, player, participant, official or any other attendee. The safety and welfare of players are of primary importance.
- I will maintain a positive interaction with all participants. Inappropriate language, gestures, demeaning, discriminatory or bullying behavior will not be tolerated.
- I will model respect and problem solving skills when resolving differences.
- I will not engage in illegal behavior. If a coach observes or is informed of a coach, parent or players illegal behavior, they will immediately notify the President of the FLTN Board.
- I will not provide or encourage players to take any illicit substances, alcohol or performance enhancing drugs.
- I will not be alone with a player at any time and will ensure that a second adult, whether that is a coach or a parent, is present & or 2 or more athletes.
- I will treat each athlete, opposing coach, parent and official with respect and dignity regardless of race, creed, color, sex or ability.

- I will always demonstrate positive behaviors and reinforce them to players, coaches, officials, parents and spectators. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials, and spectators.
- I will ensure all players are wearing protective safety gear.
- I will be prepared for all practices and games and teach the fundamental skills, so that all athletes have an opportunity to improve their skills through active participation.
- I will communicate with my players, set expectations, be an example and stay positive.
- I will establish objectives for the team and players and inform them of team and individual goals.
- I will reinforce the self image of each player on the team. A coach must be positive and constructive.
- I accept the responsibility to know the USA Lacrosse rules and keep myself updated annually with rule changes. I will teach the rules of lacrosse and abide by those rules in practices and games.
- I will place safety and sportsmanship above winning. The value of good sportsmanship, fair play and the player development shall always be placed above winning and will be taught.
- I will uphold the authority of officials who are assigned to the game in which I coach and I will assist them in every way to conduct a fair and impartial contest.
- I will cooperate with the league in the enforcement of rules and regulations, and I will report all suspected violations of any rules, regulations and/or policies.
- I will partner with parents to ensure players are able to meet the demands both on and off the field.
- I will focus on fun and participation.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that might include, but is not limited to, the following:

- Verbal warning from an official, head coach, FLTN official and/or the league;
- Written warning from FLTN and/or the league;
- Suspension or immediate ejection from a game by an official, FLTN and/or the league;
- Game forfeit through the official or coach.
- Suspension from coaching for FLTN or league. Return to coaching can and is subject to FLTN Board Approval and to current league rules and USA Lacrosse rules.

Freedom Lacrosse TN, Inc. Reserves the right to remove and terminate any coach, board member, volunteer or staff member at anytime, for any reason, with or without any cause, with or without any notice.

I also understand the documentation of all incidents shall kept on file by organizations involved.

Coaches Code of Conduct

I have read and agree to the Code of Conduct above and will do my best to represent Freedom Lacrosse TN, Inc. at all times.

Signature of Coach: _____ **Date:** _____

Grievances

Most problems are best solved through discussion. The grievance procedure begins with a discussion with the Head Coach if related to an in-season team issue or with a member of the FLTN Board of Directors for other grievances. Discussion should take place away from other players and parents, be civil and courteous, and not occur immediately after the event in question. The "24 Hour Rule" should be followed, which urges a party to wait at least 24 hours, if reasonably possible, before beginning discussions related to the grievance. The 24-hour waiting period permits initial emotions to subside, so that the parties may address issues objectively.

2. If a player or parent believes their grievance is not addressed in the initial discussion in a satisfactory manner, the dispute or grievance should be submitted in writing to the FLTN Board of Directors via email: InfoFreedomLAX@gmail.com. The player or parent should follow the same guidelines for civility and discretion as indicated above.

3. As soon as possible, the FLTN Board Secretary shall inform the FLTN Board of Directors that a grievance has been received. The FLTN Board of Directors will investigate, determine next steps and follow up with the grievant. This may involve attempting resolution through discussion with the involved parties, meeting with the grievant to hear the grievance, and/or bringing the issue to the full FLTN Board for discussion and decision-making.

FLTN will follow a Progressive Discipline Plan that includes:

Removal from practice or game, aka "benched." Infractions for this level of discipline can include: Disrespect to other participants, bullying or teasing when no other warning has been given, unsportsmanlike like conduct or refusal to wear safety equipment.

Suspension from a practice or game. Recommendations for suspensions are to be immediately reported to the President of the Board who shall bring the recommendation and any information related to the infraction to the Board of Directors. The Board of Directors will keep a log of disciplinary issues, the intervention and the resolution.

The Board of Directors will meet to discuss the issue to determine how to move forward. All relevant parties will be provided and opportunity to present their argument to the committee. Witnesses may be called to provide additional information as appropriate.

The Board of Directors is responsible for making a finding based on the information provided. Findings include:

- No disciplinary action is needed.
- Disciplinary action is needed. Disciplinary action can include a formal letter of reprimand and/or up to and including a 3 game suspension.
- Referral to the Executive Board with a formal written recommendation of a more formal disciplinary action up to and including expulsion from the program.

All parties will be provided, verbally and in writing, information regarding the decision, reason and appeal procedures within 48 hours from the formal finding by the Board of Directors.

The Board of Directors of FLTN will deal with unacceptable conduct at its sole discretion, imposing warnings, suspension or expulsion, as it deems appropriate. All enforcement decisions made by the officials of FLTN are final and are not subject to review. No refunds will be granted to those players, parents or coaches dismissed from the club for violating the Code of Conduct.

League Fines

If your player is thrown out of a game by an official you as the guardians of the player are required to pay the fine. Could be upwards of \$250.

REFUND POLICY

Refunds requested *prior* to the close of registration will be entitled to a refund of registration fee paid less a \$25 processing charge.

Refunds will not be issued after the registration period closes.

Eligible refund requests must be submitted by email to both the FLTN President and Treasurer.

WEATHER POLICY

FLTN plays "rain or shine" and we encourage parents to check the weather and ensure your child is dressed appropriately. Under some circumstances FLTN may cancel or suspend activities. These include field closures, condition of fields or other unsafe weather conditions. The board and coaches will make every effort to get change/cancellation notifications out with ample and appropriate time. All cancellations will be sent out via Group Me. **Please make sure you have Group Me alerts set up.**

- Thunder or lightning:
 - at the first sign of either of these events we will clear the fields for 30 minutes and seek shelter
If there is inclement weather in the forecast we encourage parents must stay nearby so there is indoor shelter for your child.
 - Play will resume 30 minutes after the last sign of thunder or lightning
 - If there is 30 minutes left in the event (practice, game, clinic) then we will send children home.
 - Coaches will relay information to all participants at the field.

Practice Cancellation:

The coaches can make a collective agreed upon weather related cancellation decision on or off the field. We will do our best to give parents 1-2 hours notice but last minute decisions are a possibility. All other cancellation decisions will be run by the board via text.

SAFETY

A first aid kit has been provided to the team and is to be easily and quickly accessible and maintained at all times. All coaches should know where the first aid is kept so it can be used.

An AED Machine shall be available at all home games and practices. The door with the machine shall be unlocked at all times during the game and it should be easily accessible at all times.

BLOOD POLICY

An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/ her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.

Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.

HEAT POLICY

Team will obtain a Wet Bulb Globe Temperature or Heat Index reading at the site of practices and competitions. In the absence of a Wet Bulb Globe Temperature reading, a digital psychrometer or other instrument may be used at the site of the activity to measure the heat index. The use of a weather app on a cell phone is permissible to measure heat index if no other instrument is available to measure heat index at the site of the practice or competition.

WBGT 82.0 – 86.9 or Heat Index Under 95 Degrees

Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

WBGT 87 to 89.9 or Heat Index of 95 Degrees to 99 Degrees

- Maximum practice time is 2 hours.*
- **For All Sports:** Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
- Players are restricted to helmet, shoulder pads, and shorts during practice **that does not involve contact**, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.

WBGT 90 to 92 or Heat Index of 100 Degrees to 104 Degrees

- Maximum practice time is 1 hour. *
- **For All Sports:** There must be 20 minutes of rest breaks distributed throughout the hour of practice and no conditioning activities.
- No protective equipment may be worn during practice **that does not involve contact**.

• Above 92.0 WBGT or Heat Index Above 104 Degrees

No outdoor practice. An outdoor practice cannot take place until WBGT level is 92.0 or below or heat index is 104 or below.

- Competitions must be postponed in the absence of an appropriate health care professional with access to a cold water immersion tub or other rapid on-site cooling method. Under no circumstances can an outdoor practice or scrimmage take place in these conditions.

Consent for Athletic Participation & Medical Care Health Information

Having up-to-date health information allows for better care and understanding of your student's needs if problems arise during extracurriculars/athletics.

Are there any health conditions that our coaches & board need to be aware of? (Examples include: Medication such as inhalers, Injuries, Food Allergies, Other Allergies, etc.)

Please list them here _____

NOTE: If medical information ever changes you should update the coach and the Secretary of the Board IMMEDIATELY for your student's safety!

o My son has had a physical in the last 12 months and is ok to play.

The above information is correct and I/We will report any new necessary health information to the Coach and Secretary of the Board if anything changes. Signature:*

CONSENT FOR ATHLETIC PARTICIPATION & MEDICAL CARE

Purpose - To enable parents and guardians to authorize the provision of emergency treatment for children who become ill or injured while under Freedom Lacrosse TN, Inc. authority, when parents or guardians cannot be reached.

I/We hereby give consent for our student athlete to represent Freedom Lacrosse TN, Inc. realizing that such activity involves potential for injury. I/We acknowledge that even with the best coaching, the most advanced equipment, and strict observation of the rules, injuries are still possible. On rare occasions these injuries are severe and result in disability, paralysis, and even death. I/We further grant permission to Freedom Lacrosse TN, Inc. its physicians, athletic trainers, and/or EMT to render aid, treatment, medical, or surgical care deemed reasonably necessary to the health and well being of the student athlete named above during or resulting from participation in athletics.

I/We have read and understand the above. As parent or legal Guardian, I/We remain fully responsible for any legal responsibility which may result from any personal actions taken by the above named student athlete. Signature:*

I/We give Freedom Lacrosse TN, Inc., their athletic trainers, physicians and/or EMT permission to render aid or treatment deemed reasonably necessary to the health and well being of the above named student athlete. Signature:*

Concussion Policy

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

Please click to open and read the [TN Concussion Law Information Sheet](#). When you have thoroughly reviewed the policies and contents within and agree to abide by these policies and contents, please indicate you have done so by signing below.

Parent/Legal Guardian Concussion Statement

After reading the information sheet, I am aware of the following information:

- A concussion is a brain injury which should be reported to my student's coach(es) or a medical professional if one is available.
- A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.
- My child will need written permission from a health care provider* to return to play or practice after a concussion.
- Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.
- After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.
- After a concussion, the brain needs time to heal. I understand that my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion
- Sometimes repeat concussion can cause serious and long-lasting problems and even death.
- I have read the concussion symptoms on the [Concussion Information Sheet](#).

* *Health care provider* means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

For more information about concussions please go to <https://www.cdc.gov/heads-up>

Required Form Signatures

Sudden Cardiac Arrest Symptoms and Warning Signs Acknowledgment

Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- dizziness;
- extreme fatigue;
- chest pains; or
- racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

Required Form Signatures

WAIVER

In consideration for being allowed to participate in the Freedom Lacrosse TN, Inc. ("FLTNTN") 2024/2025 events, I agree to the following:

1. Waiver and Release:

A. I realize that lacrosse is a vigorous physical activity that involves body contact, rapid directional change, and running for a long period of time. I understand that participation in lacrosse involves certain inherent risks and that regardless of the precautions taken by Coaches or other Participants, injuries may occur. I am fully aware and appreciate the risks, including the rare risk of catastrophic injury including paralysis, permanent disability and even death. I also understand that injuries and damages may result not only from my own actions, inaction or negligence, but the action, inaction or negligence of others, the rules of play, or the condition of the premises and/or equipment. Further, I agree that there may be other risks not known to us or not reasonably foreseeable at this time.

B. I agree on behalf of myself, my heirs, and personal representatives, that FLTNTN the host organization, and sponsors of any FLTNTN sanctioned event, along with the coaches, volunteers, employees, agents, officers and directors of these organizations, shall not be liable for any injury, loss of life or other loss or damage occurring as a result of my participation in the event, or as a result of equipment that may have been provided to me for these activities and participation in the FLTNTN program. I assume all foregoing risks and accept personal responsibility for damages following such injury, permanent disability or death.

2. Participation:

A. In order to protect my own safety and that of my fellow participants, I agree to follow the rules established for the event site, the rules of the game and any other rules that may be given by a coach or person in charge at practice or games.

B. In recognition of the importance of shared responsibility for safety, I agree to immediately advise the coach or a person in charge of any unsafe condition of the facility or equipment if such is discovered.

3. Medical Attention:

A. I hereby understand and acknowledge that I am aware that the FLTNTN program is not part of, or affiliated in any manner with the Franklin Special School District ("FSSD") and that any medical insurance coverage which might be available through FSSD is not applicable to FLTNTN.

B. I further acknowledge and understand that there will be no athletic trainer or medical staff present at practices or games.

C. In the event of an injury, I give my consent and permission for an adult present at the practice or game to call emergency medical assistance if it is needed. I understand that if the injury requires, it may be necessary to call emergency assistance prior to contacting a parent.

D. I agree not to hold anyone liable for payment and/or damage resulting from such treatment.

4. Readiness to Compete:

A. I further certify that my present level of physical condition is consistent with the demands of active participation in lacrosse. I will only participate in the FLTNTN program if I am physically and mentally prepared and capable to participate.

PARENTS:

As the legal guardian of this participant, I hereby verify, by signing my signature below, that I have carefully read the foregoing Player Waiver. I have had the opportunity to ask questions and have them answered. I acknowledge that I fully know, understand, and appreciate the risks involved in lacrosse. I accept each of the above conditions and assume all the risks and hazards of participating in FLTNTN. I further release, absolve, indemnify, and hold harmless FLTNTN the organizers, sponsors, supervisors, volunteers, coaches and affiliated organization.

I/We have read, understand and agree to comply with the Waiver as outlined above.

Photo Release:

I _____ Agree to the following release of information regarding my child. Freedom Lacrosse TN, Inc. may feature my child in the broadcast, print and online media on our website or social media and in publications and programs.

Freedom Lacrosse TN, Inc. does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of staff, selection of volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our staff,, volunteers, parents, players and, vendors.

Financial & Accounting Policies

Bank Account & Credit Card

The Treasurer chooses the financial institutions, bank, cc, etc.

The President, President-Elect & Treasurer are signers on the bank account.

The President has the credit card and the Secretary can use the credit card. The Treasurer has access to pay the credit card.

Purchases: Once purchases are made on the credit card and the transaction posts, that expense should be paid by the treasurer within 72 hours.

Referees

- Refs get paid the night of the game via check.
- The Secretary of the Board will communicate to the Treasurer who to write the check too and for how much on the day of the game. This will be found on Arbiter and will include the refs fees and milage.
- The Treasurer will write the check and bring it to the game or give it to another board member to pay the ref.

Ongoing Non Profit Compliance

1. File a Corporate Annual Report - TN
2. File IRS Form 990 - Annual taxes
3. File Charitable Solicitations Renewal - TN
4. Tennessee Charitable Solicitations - An organization in its first year of operation shall provide quarterly financial reports, due within thirty (30) days after the end of each quarter in its current fiscal year. Annual renewal date: 12/31/25

Waivers & USA Lacrosse Numbers

All waivers and USA Lacrosse numbers will be on file with the Secretary.

- USA lacrosse numbers need to stay up to date in order to maintain insurance.

Free events and clinics can be held with players that do not have a USA Lacrosse number if the following Certificate of Insurance is filled out and sent into USA Lacrosse.