



Player & Parent Handbook

Spring 2026

"Today I will do what others won't, so tomorrow I can accomplish what others can't." – Jerry Rice

THE NEW STANDARD

Key Dates

North Paulding High School Girl's Lacrosse 2026 Lacrosse Season Key Dates	
11/3/25	Parent & Player Information Meeting, NPHS Auditorium, 7:00 pm
11/10/25	All forms due: Physicals Exam, Cleared to Play, Rank One for HS players
11/18/25	Handbook forms due to Coach Jordan (end of this document)
9/8/25 - 1/12/26 (TBD)	Pre-season Conditioning - Specific times/ locations subject to change
1/20/26- 1/22/26	HS Girls Tryouts (Times and locations to be announced in January)
1/23/26	Team Rosters Announced via email
1/23/26	1st day of Practice (Times and locations to be announced in January)
1/26/26	Online Player Registration Must Be Completed: http://www.northpauldinglax.com
1/26/26	Annual NPHS Preseason Lacrosse Meeting in NPHS Auditorium/Cafeteria 7:30-9:00pm Player uniforms to be given out at this meeting with the following required items: <ul style="list-style-type: none">- Paid in full fees or current payment plan- Uniform deposit check- Service hours deposit check Online registration must be completed before this meeting. The electronic payment plan can be setup on http://www.northpauldinglax.com .
Preliminary 2026 Schedule (JV & Varsity)	This will be sent out via email

Leadership Information

Mission

North Paulding Lacrosse Booster Club was formed in 2011 to bring the sport of Lacrosse to North Paulding County, GA. Lacrosse is the fastest growing sport in America and Paulding County, GA was one of the last counties in Metro Atlanta to incorporate it into their community. North Paulding Lacrosse Board Members are passionate about lacrosse and passionate about showing the rest of Paulding County what an exciting sport it is for both boys and girls.

Booster Club Board Members

President	Anthony Carvel	anthonycarvel@gmail.com
VP High School Girl's Lacrosse	Brian Johnson	five1johnson@outlook.com
VP High School Boy's Lacrosse	Matt McNeil	matthewmcneil@comcast.net
VP Youth Girls Lacrosse	Carrie Corona	carrie.corona87@gmail.com
VP Youth Boys Lacrosse	Tripp Morris	trippmorris@hotmail.com
HS Girls Fundraising	Hope Jones	hopereneejones@gmail.com
Controller	Paula Price	wendy.moza@gmail.com
Communications	Ellen Cornwell	ellencornwell@gmail.com
Secretary	Jen Morrison	jmdagostino1@gmail.com

High School Staff

North Paulding Athletic Director	Ryan Dyer	rdyer@paulding.k12.ga.us
North Paulding Varsity Girl's Head Coach	Laura Jordan	laurad.jordan17@paulding.k12.ga.us
North Paulding JV Girl's Head Coach	Caleb Evans	cevans@paulding.k12.ga.us
Varsity Assistant	Coach Stephanie	
Varsity Assistant	Shelby Richardson	
Varsity Assistant	Adrianna Mathana	
JV Assistant	Katherine Kleszcz	
JV/Varsity Assistant	Ansley Tucker	

Positive Coaching Alliance

Our leadership team and coaching staff have partnered with the Positive Coaching Alliance to help support, reinforce, and equip our coaches, parents, athletes, and volunteers in achieving our Vision and Mission.

The Positive Coaching Alliance (PCA) is a national non-profit and is THE STANDARD for developing “Better Athletes, Better People” by working to provide all youth and high school athletes a positive, character -building youth sports experience. At the center of PCA’s work are three models:

- Training “Double-Goal Coaches”, who strive to coach to win, while also helping athletes pursue the more -important goal of life lessons through sports
- Equipping “Second-Goal Parents”, who concentrate on life lessons, while letting coaches and athletes focus on competing
- Developing “Triple-Impact Competitors”, who strive to impact sport on three levels by improving oneself, teammates and the game as a whole.

Prior to the Spring 2026 season, all North Paulding Lacrosse coaches (Youth & High School) will be required to attend PCA training classes and become certified “Double-Goal Coaches”. PCA programs will be made available to all coaches in our program to ensure we have access to a robust set of tools for coaches, athletes, and parents in order help build a positive environment and a culture of success.

Registration Requirements

RANK ONE Online Forms

MUST be completed ONLINE. No paper copies will be accepted. You must make an account and upload all paper forms directly to your account.

The Rank One web site is for high school players only and is used to submit the required PCSD athletic forms and to print out the physical and clearance forms that must be turned in separately.

<https://pauldingdistrict.rankonesport.com>

1. Students use their student / lunch ID to complete the Rank One registration and follow the web site’s instructions. All four Rank One signoffs are electronic and submitted through the web site.
2. The physical and clearance forms are available for download from the Rank One web site. Look across the top navigation bar to locate the download(s).
3. **As of January 1, 2024, ALL physicals MUST be uploaded to RankOne. No paper copy hand-ins will be accepted.**

Note: ALL athletes will show as being ineligible until rosters have been announced and turned into the athletic office. Dr. Dyer’s office will run grades from the previous semester to determine academic eligibility, and then your account will be updated. Don’t worry if it shows an “X” under eligibility. All forms should be completed prior to the start of conditioning.

Student Accident Insurance Forms

[From the main NPHS Athletics website: <https://www.paulding.k12.ga.us/Page/21661>]

You can find Student Accident Insurance forms that can be used to provide affordable insurance for a player in the event she isn’t currently covered by health insurance. The PDF file is at the bottom of the page. Return this form to the front office.

Team Expectations and Guidelines

It's All About the Little Things

Discipline

- Jogging on and off the field- NO WALKING
- Showing up on time
- No excessive fouls

Communication

- We play a sport that requires a lot of talking all over the field. More communication=more success
- Don't be afraid to ask coaches questions

Respect

- You will respect coaches and teammates.

Effort

- Effort you put into the off-season training and practice is the success you will experience on the field.
- Minimal effort = minimal success, Maximum effort= maximum success
- 1%

Team player

- There is no "I" in team.
- You show up for your teammates
- Encourage your teammates
- Allow yourself to be coached and grow as a player

Rules & Expectations

- Show up and be ready to warm up by the time practice is scheduled to start. If you are not ready you will be considered late.
- Bring water bottles with you to drill.
- You will always need your pinnie
- Make sure you are always wearing your mouth guard and goggles in every drill- make sure your equipment is legal and up to date.
- No saying "I know" to coach who is correcting a mistake you made, you either say "okay" "got it" give a thumbs up
- No walking on the lacrosse field, you jog to and from drills and off the field to the sidelines
- If a coach asks you for something you need to respond as soon as you can to them with the information they asked for.
- No hanging your head- you are going to mess up, everyone messes up learn from your mistake and move on. Goldfish rule/flush it rule.
- You are expected to be at all practices and games unless you have school, family, sickness/doctor, or college related conflicts.
 - If you skip practice or a game for a non-excused reason: *going to a concert or sporting event, hangout with friends/significant others, work, going to a non-family emergency (meaning something that is not an emergency, funeral, or wedding), going on vacation, attending another teams practice/games- **You will sit for one quarter of a game.*** This is a commitment that YOU signed up for, so please respect your commitment to our team. If you are repeatedly missing practice/games for unexcused reasons you will have a meeting with Coach Laura and your parents to discuss the lack of commitment to our program.

- I understand that SAT/ACT tutoring, Drivers ED, and other things must be done in your life. You should do all that you can to schedule these things around our practice time. If you cannot schedule those things at a time that is not at the end of practice you will need to provide Coach Laura with proof that no other time is available, and she will discuss with you and your parents a plan of action.
- Please give coaches 24-hours' notice if you will be missing a practice or game
- You should have no more than 3 tardies or absences for a class, unless you are missing for other school activities, college related things, doc appts, or you are actually sick.
- We will abide by the academic policies set by North Paulding and GHSA. If you are found violating any academic policy, there will be consequences. All players are expected to maintain a passing grade in all their classes to stay eligible. If you are caught failing a class, you will have a meeting with Coach Laura to discuss next steps.
- We also abide by the GHSA and North Paulding rules when it comes to alcohol and drugs. Which is a zero-tolerance policy. Any player caught with any illegal substance or alcohol will be removed immediately.
- **3 strike rule** - we all mess up, it happens; you will have three strikes, meaning you break a team rule or expectation. **Once you hit your 4th strike you will sit for one half of a game.** After your 3rd strike you will have a meeting with Coach Laura and your parents to discuss your actions.
- **You will respect all teachers, coaches, and teammates**
- Sometimes life is hard, and we understand that if you just need a mental day, you are allowed 3 during the season
 - No missing for concerts or to just skip to hangout with friends. Don't abuse this rule. If caught abusing this rule there will be consequences.
- If you are injured you are expected to keep the trainer up to date with your recovery and complete all your rehab and PT requirements. We listen to the trainer, no if, ands, or buts about it.

Team Goals

- Win the Region Championship
- Advance to the Final Four
- Have the lowest number of yellow cards from previous years

Parents

- Please do not email or contact anyone on our coaching staff about playing time. Your daughters need to learn to advocate for themselves and I promise our coaching staff will have an open constructive conversation with them about playing time. This conversation will also be documented so your player can show proof of what exactly was said to them during their playing time meeting.
- If you have an issue or questions on why we do things the way we do. Do not contact any of the coaching staff except for Coach Laura. I have fifteen years of playing experience and have played lacrosse at the elite level along with a tenure in coaching at every level, so I will gladly speak to you about why things are done the way they are.
- Our expectations is that parents BEHAVE themselves in the stands. Under no circumstances should you be belittling/screaming at the referees, other teams' players or coaches, or our team and coaches. If caught being unsportsmanlike in the stands I will have you removed and will not allow you to return for the remainder of the year. We are a program built on sportsmanship, and I promise you I will handle the referees and any unruly teams/coaches.
- Parents, I understand that your daughter means the world to you and we as a coaching staff promise to lead and love them to the best of our ability. I will ask that you do the same. Your daughter will make mistakes, allow her to learn from those mistakes, and be coached by our coaching staff on how to do that. All your daughter needs from you is for you to be her biggest support system.

Removal from Program

- Any player caught not following team rules and expectations even after having a meeting with Coach Laura and the players parents about their previous violation of rules and expectations will be removed from our program with no refund
- Any player caught violating a school policy in regard to alcohol and drugs will be removed from our program with no refund
- Any player continuously skipping practice or games even after a meeting with Coach Laura and the players parents about it will be removed from our program with no refund.
- Any player who is continuously bullying, fighting, or being disrespectful to her teammates or coaches even after having a meeting with Coach Laura and the players parents about their conduct will be removed from the program with no refund.

Varsity Letters

To be awarded a varsity letter, players must attain the following goals:

- ***Play and contribute in a minimum of 12 Varsity games***

The Head Coach has the right to deny the award of a varsity letter for violation of any of the following:

- Failure to be present at all regularly scheduled competitions.
- Failure to demonstrate commitment to all regularly scheduled practices, including timely communication with coaches regarding excused absences & lateness such as but not limited to sickness, Dr. appts., after - school tutoring / tests, and other school-related extracurricular activities. In the event an athlete does not meet this commitment, one warning e -mail will be sent to the athlete and parents. A second e -mail reprimand will result in forfeiture of lettering.
- Failure to adhere to the PCSD student handbook.
- Failure to adhere to the Paulding County Athletic Code of Ethics.
- Failure to adhere to Team Code of Ethics.

Family & Parent Expectations

Family Financial Commitment Contract

I understand that the North Paulding Lacrosse Club (Booster Club) is a non-profit, self-funded organization that exists to support girls and boys lacrosse activities at NPHS and that the club is made up of dues-paying members.

I understand that North Paulding High School provides us with a playing field and JV and Varsity Head Coaches. All other necessary items are provided through your participation in the Booster Club. The Booster Club raises funds through registration fees, membership, sponsorship, donations, concessions, fundraisers, and the like.

Included in the registration fee is \$200 in raffle tickets (10). Each raffle ticket is an entry into the booster club's \$5,000 raffle. Each player has an option to sell some or all of their tickets to recoup the \$200, or each player can have 10 entries into the raffle.

Parents are needed to support the Booster Club that supports their student in her high school athletic experience. I understand that I am expected to do my part in support of the organization that supports my student in his/her high school athletic experience. I also understand that, should my child be selected to play on either team, I am obligated to pay the registration fee and equipment fee, if applicable.

I understand that the Booster Club charges a registration fee for each team member on the roster. This fee may cover coach stipends, field maintenance or rental, equipment (ex. horns, score books, balls, goals, nets), uniforms, and various administrative costs.

I understand that all players can get sponsors to offset their player fee. For example, if they get a sponsor for \$500, a \$250 credit will apply towards their fee. If they receive \$1800 sponsor, they will earn enough credits to offset their entire 2026 fee. Sponsors checks are to be payable to: North Paulding Lacrosse Booster Club.

Sponsor checks are not to be player specific according to IRS laws.

North Paulding Spring 2026 Girls Lacrosse Dues

PARTICIPATION FEES	\$435
PLAYER PACK	\$165
10 FUND RAISING TICKETS \$10	\$200
BANQUET FEES (4 TICKETS)	\$40
BOOSTER DUES*	\$50
TOTAL FEES	\$890

Family Involvement & Service Hours

As with prior seasons, the measurement and success of our events and program depends on fulfilling various tasks and committees which are needed to support our teams.

This is a great way to participate in your child's lacrosse experience. Many committees and responsibilities require no knowledge of lacrosse. Accordingly, the Booster Club asks that each family fulfill a set number of volunteer needs which will be discussed in further detail at the annual booster meeting in January 2026.

Volunteering opportunities will include (but may not be limited to) the following activities:

- Video Recording: Need a 2-person alternate, JV & Varsity (**VERY HIGH PRIORITY**)
- Committees
- Concessions
- Stats – Keeper & Spotter (**HIGH PRIORITY**)
- Fundraising
- Senior Night & Pictures
- Year-End Banquet
- Field Setup & Takedown
- Announcing
- Clock & Score Board
- Penalty Box

I understand that I am expected to do my part in support of the organization by volunteering with the Booster Club. I will submit a **\$225 service hours deposit check** made payable to the NPLC no later than the January 2026 Booster Club Meeting. If I fulfill my family's volunteering responsibilities, I understand the Booster Club will shred my deposit check. If I don't fulfill these responsibilities, I understand the Booster Club will cash my deposit check. I understand that volunteer duties are not covered by financial donations made to the Booster Club. All parents are responsible for helping with volunteering, including Board Members

In addition, families are being asked to donate **(1) concession item** such as water, drinks, boxes of candy etc. to assist in the sales of concessions this upcoming season.

Pre-Game Meals

Each family is asked to participate in providing a pre-game meal for home games and selected road games during the season. These are typically assigned to 3-4 families on each date and the food can be prepared or purchased. Specific information on dates and times will be provided when the meal schedule is sent out. The meal is generally for the team who is playing the early home game since they don't have time to return home after school but we do have dates where all players are invited.

Uniform Responsibility Contract

GHSAA requires that players be outfitted in a uniform fashion. The team uniforms are the property of the North Paulding High School Lacrosse Club (Booster Club).

You will receive uniform (1 home uniform, 1 away uniform, 1 practice pinnie) after selection for one of the high school teams. The Booster Club will collect a **\$125 uniform deposit check** at the annual booster meeting.

I agree to follow the recommended care for the uniform. The uniforms should be washed and hung to dry.

- DO NOT USE MACHINE DRYERS OR BLEACH. Please follow the care instructions on each item.
- I agree to return the uniform at the end of the season in normal wear condition (no holes, tears or excessive

staining).

- I understand that if I don't return all or part of the uniform or if it is damaged or soiled in any way, other than normal wear, then the Booster Club will use my \$125 deposit check to replace the uniform. I also understand that should the cost be more than \$125 to replace the missing or damaged pieces, I will be personally responsible for any additional costs involved in replacing the uniform.
- I will provide the Booster Club a \$125 uniform deposit check made payable to the NPLC. If the uniform is returned in satisfactory condition, the Booster Club will shred my deposit check.

Additional Equipment

Additional Equipment not included in fees but are required and are the player's responsibility:

- Under Armor Style Long Sleeve Shirt to match the home and away uniforms
- Leggings for cold weather
- Athletic Shorts to wear under skirts
- Cleats
- 2 mouthpieces
- Lacrosse goggles
- Lacrosse Stick

It is your responsibility to make sure that all of your Equipment meets or exceeds the standards set by the NFHS, the GHSA, and NOCSAE.

Optional Spirit Wear for Players, Parents & Fans!

We will have other optional apparel and spirit wear available through our website including jackets, pants, compression shorts & hooded sweatshirts! <http://www.northpauldinglax.com>

Forms to Return

Included on the following pages

North Paulding High School Girl's Lacrosse- Spring 2026

Season Player and Parent Contract Form

THIS FORM MUST BE RETURNED BY 11/18/2025

I have read, understand, and agree to all rules, Code of Ethics, Attendance, and Varsity Lettering Policy set forth in The North Paulding Girl's Lacrosse Handbook. I will uphold to the standards set out by the coaching staff, administrators, and the North Paulding community to create and support a successful lacrosse season. I understand that each of these expectations is an essential aspect in creating a positive environment for our athletes and no exceptions will be made. Failure to meet the standards set forth in this handbook may result in decrease playing time and/or removal from the team.

As the parent of said player above, I understand and agree to the Parental Financial, Parental Involvement/ Volunteer Responsibilities, Uniform Responsibility, and Code of Ethics Contracts contained in this handbook. I also grant permission for photo release.

FURTHERMORE, NO REFUNDS ARE GIVEN AFTER INITIAL DEPOSIT. IF A PLAYER CHOOSES TO QUIT THE TEAM OR IS ASKED TO LEAVE THE TEAM, THERE ARE NO REFUNDS AND NO EXCEPTIONS TO THIS POLICY.

Name of Player _____

Signature of Player _____ Date _____

Name of Parent or Guardian _____

Signature of Parent or Guardian _____ Date _____

Medical Information

All students playing lacrosse MUST have a Medical Clearance Participation/ Physical Form on File PRIOR to the first official pre-season workout. Make your appointments NOW. If you have a participation form on file at the school, please indicate below.

Player Name:

Medical Clearance Form on file: Yes / No

Special medical concerns:

Physician name:

Physician Phone #:

Emergency Contact*:

Emergency Contact* Phone #:

Student Photograph Release Form

THIS FORM MUST BE RETURNED BY 11/18/2025

I hereby grant permission to Paulding County School District (PCSD) to use, including publicly display or perform, my student's photograph, video, or audio clip on the PCSD web site, individual school web pages, or in other official PCSD publications without further notice.

I acknowledge PCSD's right to crop, edit, or treat the photograph, video, or audio clip at its discretion. Personal information, such as a student's full name, parents' names, addresses and telephone number will never be published. If a student's name is used with a photograph, video, or audio clip, it will be in the form of a first name and last initial. For example, student Jane Doe may be listed as "Jane D."

Therefore, I agree to indemnify, defend and hold harmless the members of the Paulding County Board of Education, PCSD, its officers, employees, agents, successors and assignees (the "Indemnified Parties") from and against any and all claims and liabilities resulting from this publishing.

I understand that I may void this release at any time for any reason by informing my child's teacher / coach in writing.

The teacher / coach will then forward my request to the appropriate parties.

Name of Player _____

Name of Parent/ Guardian _____

Signature of Player _____ **Date** _____

Signature of Parent/ Guardian _____ **Date** _____