



Cy-Fair Iron Maidens Lacrosse

Eligibility:

The Cy-Fair Iron Maidens High School program is open to High School, Middle School, and Elementary girls in the Cy-Fair Independent School district, and neighboring districts in which a Texas High School Lacrosse League club program is not available at this level. CFLA and the Iron Maidens Org. are a club sports program and are not associated with CFISD, however we do practice and play at CFISD facilities. The Iron Maidens High School players are members of and play in the Texas Girls High School Lacrosse League (TGHSLL), competing against private schools and other club programs. Eligibility for TGHSLL teams is defined by school district boundaries and at the discretion of the club. The Iron Maidens non-High School players are members of and play in the Greater Houston Girls Youth Lacrosse Association (GHGYLA), competing against private schools and other club programs. Eligibility for GHGYLA teams is defined by school district boundaries and at the discretion of the club.

Board of Directors:

The Cy-Fair Iron Maidens Board of Directors is composed of volunteer parents, who collectively administer the activities of the club. We are always looking for new parents to join our team, but involvement is not a requirement for your daughter to play. Our objectives are to provide an organizational structure, which supports the development of the team and the girls, and to have as much fun as we can while doing it. Most of us who have gotten involved, started by attending team functions or hanging out with the group at tournaments, and found ourselves becoming involved because we want to provide the best experience for the girls, and enjoy being part of building the top girls program in the state. The objective of the Board is to handle all the non-coaching tasks, allowing the Coaches to focus on the team. This includes, but is not limited to, handling all finances, team records, fundraisers, and trip and tournament planning.

Coaches

Our Coaches are also volunteers and we are truly blessed to have what may well be the best girl's lacrosse coaching team in the USA! The coaches maintain responsibility for their direct team but are always working together to discover opportunities to improve their teams and themselves.

Volunteer Information:

A \$100 deposit per family is required to ensure volunteer opportunities are filled. Currently, we are collecting this at registration. Once the family's volunteer commitments have been fulfilled, this fee will be returned to the family unless otherwise specified by the family. If the volunteer requirement is not fulfilled, the Club will accept the volunteer deposit as a donation. More details and options can be found in the '**Volunteer Information**' document.

Dues

High School (9th-12th) are **\$800 for the entire year**, preferably paid in full at the time of registration. If needed, an optional monthly payment plan can be selected during registration. Middle School (5th-8th grade) are **\$600 for the entire year**, preferably paid in full at the time of registration. If needed, an optional monthly payment plan can be selected during registration. Elementary School (Mini-Maidens) (2nd-4th grade) are **\$400 for the entire year**, preferably paid in full at the time of registration. If needed, an optional monthly payment plan can be selected during registration.

Please let us know if there are family hardships, and we can discuss options. We do not want young ladies to miss out on the team experiences of a lifetime and friendships that will transcend school borders and time. The Club will make confidential arrangements for your family and player.

Discounts are available for the following:

1. Sibling Discounts
2. Volunteer Fee options
3. Earn a \$100 cash for each new player recruited with a paid registration
 - a. YES! You can earn more money than paid in registration
 - b. Promotional materials can be provided upon request
4. Sponsorship, partnership, and community donations commitments

Sponsorships:

Girls can cover part or all their expenses with corporate and/or family sponsorships. We are a 501 c (3) nonprofit organization and all donations are tax deductible. Our tax ID number is **76-0698914**. Sponsorship checks should be made out to: Cy-Fair Iron Maidens. We do have receipts for donations, and all sponsors will be acknowledged on our website and displayed, based on best efforts, at our games and tournaments.

Fundraisers:

To keep dues to a minimum, and because we are a non-school sponsored sport, we ask that ALL the players participate in our fundraisers. The fundraising events will be voted on by the Board in the previous year that usually include a community service drive and 1 or 2 main fundraising events per year. Please watch for information on all fund-raisers.

Board Meetings:

Meetings are typically held every 2 months at varying locations. All parents are welcome to attend. Scheduling is somewhat informal, keep in contact with your favorite board member to track times and locations. If any parent ever has an item to discuss, please contact the *President or Vice-President*, and we will be sure to include you at the next meeting. If needed, a special meeting can be scheduled. Personal family or player information will not be discussed in a public meeting. Voting is reserved for Board of Director members.

Parent Meetings:

There are approximately 2-3 parent/player meetings throughout the year to discuss upcoming events as well, dates will be emailed to registered families, and posted on our digital media pages.

College Scholarships:

Cy-Fair Iron Maidens Lacrosse Club offers college scholarships each year for players that have exemplified the meaning of Iron Maiden Lacrosse, who have been members of The Iron Maidens for 2 or more years, and will be continuing their lacrosse careers, (either Playing, coaching or refereeing) post high school. Players applying for the scholarships will be asked to write an essay during their 11th grade or 12th grade school year, as part of their application. More details will follow in the spring to Eligible players.

Tournaments/Travel:

The Iron Maidens participate in tournaments during the fall and winter and the Texas Girls High School Lacrosse League in the spring season. If a player intends to play in a tournament that the Iron Maidens is participating in, the player must play with the Iron Maidens in lieu of alternate, travel or tournament-only teams.

Players in 6th grade or younger must travel with a parent or signed, designated, responsible adult at tournaments requiring overnight travel. The Club reserves the right to approve (or not) a designated responsible adult. Players will be roomed with 3-5 other players depending on hotel arrangements. Parents of younger Middle School players may opt to have their player room with them (player cost for the trip remains the same however). Chaperones are on the same floor, but not in rooms, so girls are always expected to abide by the team code of conduct.

Players not conducting themselves appropriately will be sent home with no monies refunded. The club will pay tournament registration fees as well as a portion of each player's room & board costs for the weekend to keep player costs somewhere around \$60-\$65 per tournament. In addition, each player will need spending money for road meals and t-shirt/souvenirs, etc. Please let us know if this poses a hardship, and we can discuss options. We do not want anyone to miss going to tournaments as they are an important part of "team bonding", so we will make confidential arrangements for your player.

Typical Tournament attendance:

There is a selection of events to participate in the Fall

October: in Dallas or Austin; for MS, JV and Varsity. Elementary age play is growing but not guaranteed.

November: At this time, the club will determine an advanced player lineup to compete in an appropriate tournament. This will be an invitation tournament that is within driving distance. There will only be a MS & Varsity team formed.

December: The Iron Maidens host the Burning Flower for Elem, MS, JV and Varsity.

January: Aggieland Tournament for both MS, JV and Varsity. Elementary age play is growing but not guaranteed.

*Additional tournaments *may* be added if opportunity arises.

Where to get Lacrosse Equipment:

Academy – Supplies vary per location

Lacrosse Unlimited – 3601 W Alabama St., Houston, TX (Mostly boy's equipment)



Cy-Fair Iron Maidens Board of Directors Officers

BOARD OF DIRECTORS

President:

- Manages the business of the booster club. Acts on behalf of the club to protect the interests of the club.
- League liaison – Addresses issues and concerns with TGHSL and South Division not handled by coaches. (Note: under TGHSL the head coach is the official league representative with voting powers, the liaison typically will deal with non-voting issues, support the coach as required, appear as coach's proxy when needed, and coordinate team support of league activities, such as hosting the state championships.)
- Team affairs – Addresses issues and concerns of club members and their families.
- Coordinator Liaison: assists and guides team coordinators as required.

Erik Craig

CFIMLax.President@gmail.com

Vice President

- Represents the interests of the high school teams on the Board.
- Advise the Board of opportunities for volunteers
- Advise the Board of committee needs
- *Sponsor Relations* - Ensures that all sponsors whether it be for the season, specific event, etc. are recognized and thanked accordingly with notes, plaques, team pictures, and digital media.
- *Community and Press Relations* – Identify opportunities to increase community awareness of Cy-Fair Iron Maidens. Ensure that HS players are recognized for achievements in and outside of the club.
- *Coordinate the Burning Flower tournament* – Working with the VP-Y, ensure that the Burning Flower Tournament is organized and staffed.

Coaching Director:

- Represents the interests of the coaches on the Board.
- Advise the Board of opportunities for volunteers
- Manages coach training opportunities
- League liaison to GHGYLA

Allison Timmons

allisonjudson@gmail.com

Secretary:

- *Handles Player Records/Communications* – Gathers & files registration information as well as relays important communications from coaches, board members, and other committee chairs to players & parents.
- Maintains team roster and contact lists through the club management portal. Currently using TeamSnap
- TeamSnap focal point
- Committee Lead for public and club media content.

Carrie Morrison

carrie.morrison@hotmail.com

Treasurer:

- Work closely with our bookkeeping firm, Morgan Analytics Group
- Formally, meet with Morgan Analytics 3-4 times per year
- Accounts payable and receivable
- Advise the Board on the state of the finances in board meetings.
- Present a yearly budget
- Most of the dues and fees are collected through TeamSnap, however there will need to be some follow up needed. Collections may be done by the Treasurer, or the Treasurer may work with another board member

Field Operations Coordinator:

- Land management
- Practice field preparation and maintenance
- Home game field readiness.
- Ensure hygienic facilities are in place for games and events

- Coordinating parent volunteers to assist field preparation.
 - Field striping / marking
 - Scoring in the field tower
 - Field table
 - Statistics

COORDINATORS

Tournament Travel Coordinator (2 HS & MS):

Handles all the logistics associated with team travel such as rosters, transportation, food, and lodging. Prepares and submits tournament documents and coordinates with treasurer to submit entry fees.

HS: Need a volunteer
Youth: Need a volunteer

Burning Flower Tournament Coordinators (2):

The lead Coordinators will be the VP Board Members with the full support of the entire staff. They will be responsible for the committees formed to address specific tasks or needs for the Burning Flower Tournament.

Committee's responsibilities should include, but not limited to Coordinating tournament logistics like:

1. Awards
2. Secure insurance
3. Field preparation
4. Schedule
5. Parking
6. Volunteer scheduling
7. Communications with participating teams
8. Referee coordination
9. Medical Staff
10. Security

Board VPs

Committee Chairs:

Scheduling:
 Facilities:
 Vendors & Sponsors:
[As Needed]

Business Development Manager:

- Identify/manage fundraising opportunities
- Secure hosting venue for fundraisers
- Communicates with our Media Coordinator for advertising.
- Form committees to address specific tasks or needs
- Recruits and schedules volunteers for fundraiser event day and pre-planning support.
- Identify/manage sponsorship opportunities
- Identify/manage community outreach opportunities (Give back)

New Player Recruiting Committee:

- Summer Event planning
- Coordinates Fall Season Introductory Clinic which is designed to bring in new players as well as creates.
- Prepares, obtains CFIS approval and coordinates distribution of district approved flyers to designated CFISD schools.
- Develops and executes additional recruiting activities as required.

Uniforms Coordinator:

Handles measuring, ordering, and distribution of uniforms

Amanda Saijas

Spirit Gear Committee:

Collects and coordinates spirit gear orders and disbursement

Amanda Saijas

Media

- Manages our media outlets by posting important information about sponsors, upcoming events, games, tournaments, and other newsworthy items.
 - Website – www.cyfairironmaidenslacrosse.org
 - Facebook, Instagram, Twitter, TikTok
- Works with parents to gather pictures/video of teams and events.
- Work with other coordinators as needed.

Michelle Palker – Media Coordinator
IronMaidensMedia@gmail.com

Nancy Levine – Web Master
Need a volunteer

<p>Special Events Committee: When the Iron Maidens have special events, such as parties or community outreach events (Celebrations, Fundraisers, 5K run, Group volunteer work). This committee will be responsible for working with the Board and other staff to plan and execute the event. Community outreach is important to the core beliefs of the club, so feel free to reach out for as many hands as you need for assistance</p>	
<p>Team Manager: A designated players' parent that can assist with; Team Chat, team building, pass along needs of the player or team like equipment repair and uniform needs. This person would not need to be always present, but available. Work closely with the Mini-Maidens Head Coach, the VPs and other staff to be an advocate for your team.</p>	
<p>Alumni Chairman: Keeps in touch with our alumni players & parents, gathering updates & forwarding that info on to website coordinator. Also insures they are kept up to date on the current teams' happenings as well.</p>	Allison Timmons

COACHES

Head Coach	Allison Timmons
High School Coach	Chris Haefele, Craig Bernas
High School Assistant Coach	Ally Bernas, Caitlin Bigelow
7 th -8 th Grade Coach	Allison Timmons
7 th -8 th Grade Assistant Coach	Jayme Netterville
5 th -6 th Grade Coach	Kaitlin Vernon
5 th -6 th Grade Assistant Coach	
Mini-Maidens Coach	Caitlin Bigelow
Mini-Maidens Assistant Coach	

Helpful Links

Cy-Fair Iron Maidens Lacrosse – CFIMLax.org

Iron Maidens Email – CFIMLax@gmail.com

Iron Maidens Social Media

Facebook – facebook.com/CypressTXGirlsLax

Instagram – instagram.com/maiden_nation

Twitter – [@maiden_nation_](https://twitter.com/maiden_nation)

Venmo – @IronMaidens

TeamSnap – TeamSnap.com

Texas Girls High School Lacrosse League – tghsll.org

US Lacrosse - USLacrosse.org