

LAKE MARY MOHICANS LACROSSE CLUB

RULES & POLICY HANDBOOK



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Lake Mary Mohicans Lacrosse Club Structure

The Mohicans Boys Lacrosse Club is operated under Lake Mary Mohicans Lacrosse Club, Inc. and is a not-for-profit Florida Corporation based in Lake Mary, FL. The Board is made up of volunteer parents that give their time and talents to promote the Mission Statement of the Club. The Club employs the appropriate coaching staff to support the Club's operation, its membership and mission.

The Club operates on the fees collected to support the programs offered. The fees cover all of the Club's expenses related to maintaining Lake Mary Mohicans Lacrosse Club and may include administration fees, league fees, tournament fees, practice field rental, equipment expenses, team uniforms and coaching or clinic expenses. The Board takes seriously its responsibility to provide the Club members with a fair and reasonable value. All players participating in Lake Mary Mohicans Lacrosse Club must also have a current US Lacrosse Membership. In addition to the Board and Coaches, there are a number of other parent volunteer positions that the Club utilizes to meet its mission and goals.

Mission Statement

The mission of the Lake Mary Mohicans Lacrosse Club is to promote, develop and further expand participation in the game of lacrosse in the Lake Mary community. The program will emphasize proper lacrosse fundamentals and a comprehensive knowledge of the game, and look to follow 'best practices' of the top programs in the country. Our Mohicans coaching staff for boys in grades 1-8 will provide playing time for all players -- both in practice and games -- allowing each and every player to reach his maximum potential.

Our goal is to continue to build and maintain a premier youth sports organization that develops players who are able to pursue lacrosse at the high school level. In an effort to achieve this goal, we work in conjunction with the area's high school coaches to build a top tier, nationally recognized high school program. There are three key areas of focus:

1. Provide coach development and consistency for all age groups
2. Stimulate player development at all ability levels
3. Expand participation

The Lake Mary Mohicans Lacrosse Club will aim to provide our players with the best coaching available. Coaches will stress:

- *Mastery of lacrosse fundamentals. 'Do it the right way -- EVERY TIME!'*.
- *Teamwork -- 'Move the ball, move your feet'.*

- *Consistently winning the 'ground ball battle'.*
- *Constant communication on the field.*
- *Establishing a winning tradition by cultivating a 'team mindset'. We will not, however, compromise our mission of developing players in the interest of short-term success.*
- *Developing great lacrosse players, building a competitive program and positive Mohicans reputation, and producing great teammates.*

Program Philosophy

The Lake Mary Mohicans Lacrosse Club will foster a positive attitude about learning and challenge our players to achieve their highest potential in all respects of their development. Lessons in sportsmanship, respect for others, teamwork, competition and how to win and lose gracefully are an integral part of the boys' lacrosse program. Teamwork will be emphasized over individual accomplishment and, as a result, every effort is made to provide ample playing time to all. Players are expected to demonstrate our values, put the team first and consistently work hard in practice to earn possible opportunities to play. Playing like winners is of utmost importance, regardless of the final score.

Our players, parents, and coaches represent the club. We will be courteous to opposing teams and officials and respect the integrity and judgment of officials and accept their decisions without question. We expect only positive encouragement from parents and spectators. Any parent or spectator who enters the field of play is subject to immediate ejection and further disciplinary action to include suspension of the parent or spectators and player for the remainder of the playing season.

Issues Management

Players are encouraged to discuss any and all issues with the head coach of their team. If a child is uncomfortable in doing so, the parents may address the issue with their son's head coach. Concerns will not be discussed immediately following a game. Parents must wait 24 hours after the conclusion of the game to contact the coach. It is the Club's experience that "best practice" requires a discussion with the child first followed by a "cool off" period before approaching a coach. Coaches will be available via email and contact information will be furnished for all teams. If the issue is not resolved to the parent's satisfaction, please escalate by sending an email to the head coach and both the Board President and/or Vice President.

Team Levels

The Lake Mary Mohicans Lacrosse Club serves boys in grades 1-8. Generally, the team structure is as follows:

Bantam: Grades 1-2
Lightning: Grades 3-4
Juniors: Grades 5-6
Seniors: Grades 7-8

In some instances players will move up or down an age group at the discretion of the coaching staff, based on physical fitness, playing ability and experience, coach recommendation, and team needs. This may occur at any point during the season.

Uniforms and Equipment

Each player participating in Lake Mary Mohicans Lacrosse Club will receive a game jersey that is the property of the Lake Mary Mohicans Lacrosse Club and is to be returned after each season. If the game jersey is not returned at the end of the season, there will be a fee charged to that player for the cost of a replacement game jersey that must be paid promptly.

All other equipment is the responsibility of each player. Uniform orders are taken at registration for a separate fee and are the player's property once ordered. Each player must have a current Mohicans team uniform in order to participate in league games.

Coaching & Volunteer Opportunities

Coaching opportunities are available for parents. However, to eliminate any real or perceived favoritism, parents of players will not be allowed to serve as the head coach for any team. Exceptions may occur if the Club is unable to provide a non-parent head coach for a particular team.

Parents are encouraged to volunteer to serve as an assistant coach. It will be at the discretion of the head coach and the Board to approve parent assistant coaches. Preference may be given to parents with lacrosse experience. Assistant coaches must sign the same coach's code of conduct as head coaches. Parent assistant coaches are expected to treat all players fairly and equally, with no preferential treatment given to their own children who might be on the team they are coaching.

Additionally, there are numerous other ways for parents to volunteer for the Lake Mary Mohicans Lacrosse Club. The hard work and dedication shown by our parent volunteers makes the Mohicans Boys Lacrosse Club an outstanding organization. Volunteering is vital to the success of the team and as such, each family is expected to contribute at minimum two hours of volunteer time during the lacrosse season. The hours spent by our parent volunteers are appreciated by both the coaches and players and have a direct effect on what can be attained by our players and our club.

Expectations of Parents

Parents have the right to know the expectations of the coaches of the Lake Mary Mohicans Lacrosse Club. This will be communicated to you throughout the season.

The Lake Mary Mohicans Lacrosse Club also has expectations of the parents. There are many ways parents can be part of the team and contribute to the team's success:

1. Provide positive reinforcement to players.
2. Encourage 100% individual effort and team loyalty.
3. Support the team and coach in public; address concerns in private.
4. Drop off and pick your child up on time from practices, games and tournaments.
5. Inform your coach or team parent as soon as possible when your child will miss a practice or game.
6. Do not instruct or talk with your child during practices or games. The coaches need the undivided attention of all players to get the most out of the team.
7. Refrain from yelling at the coaches, players, referees, or opponents during games. Any parent who enters the field of play is subject to immediate ejection and further disciplinary action to include suspension of the parent and player for the remainder of the playing season.
8. Abide by the 24-hour rule outlined under the Issues Management section of this handbook.
9. Attend mandatory team meetings.
10. Volunteer – become a team parent or game-day coordinator, help with fundraisers and special events, solicit corporate financial sponsorships, and promote the Club.

Being a parent of a player can be a very rewarding experience. Parents' participation with their son can and should be an enjoyable experience. As a parent, be positive and remind your son that it is the effort put forth which is most important. Do not let playing time dictate your son's happiness. Make every effort to be supportive of your son or the team in all circumstances.

Be supportive of the coaching staff in front of your son. If you have concerns to discuss with the coaching staff, please do not discuss concerns with a coach immediately before, during, or after a game or practice. (See Issues Management section)

Head coaches have the final say in matters involving playing time, tactical moves, and disciplinary actions. They are responsible for judging these matters according to the needs of their teams.

Refund Policy

Registration fee and uniform refunds are not provided. However, pro-rated credits for the following season will be provided at the discretion of the Board in certain circumstances (e.g. a player is injured for a large portion of the season).

Communications

When communicating to the Lake Mary Mohicans Lacrosse Club, please use the following email, lakemarymohicans@gmail.com. The Program Coordinator serves as the primary contact in sending out messages pertinent to all teams. This helps limit unnecessary emails and to contain the spread of computer viruses. Team Parents will send email reminders of game times and locations and team-specific information. Coaches will email as necessary with team updates. Parents are expected to notify the team parent with as much advance notice as possible if their child will miss a practice or a game.

The Club maintains a website at www.mohicanslax.org. The Club also manages a Facebook page which allows for additional communications, community discussion, sharing general news or other information. The link can be found at <http://www.facebook.com/#!/MohicansLax>

If a parent or player has a question, comment, or opinion, it should be directed to a specific individual, not the team. If you are unsure of how to reach an individual or if the information is applicable to the team, email the Program Coordinator and it will be forwarded to the appropriate person(s).

Game/Practice Cancellations

In the case of inclement weather, games and practices may have to be rescheduled or cancelled. Decisions will be announced via email or text messages to parents as quickly as possible. These messages will come either from the Program Coordinator or the Team Parent.

Playing Time Policy

Playing time will vary in any given game. However, the Lake Mary Mohicans Lacrosse Club will make every effort to follow the principles below:

- We strive to have every player receive an estimated minimum of 25% playing time.
- Playing time priority will be based on a myriad of factors:
 - Player ability
 - Player physical fitness
 - Game situation
 - Attendance at practice
 - Effort given during practices and the game
 - Commitment to teamwork
 - Position and number of lines (Substitutions in a lacrosse game can be unpredictable. For instance, teams will typically have about 3 lines of midfielders that are rotated throughout the game. There are relatively few stoppages of play that allow coaches to change out midfielders. Otherwise, the rotations must happen 'on the fly', and game conditions dictate when those substitutions are made, thus "shifts" on the field may vary in length).
- Because we believe that team success can help foster a beneficial camaraderie among players, coaches are given latitude in all playing decisions, particularly in choosing players during the fourth quarter of a close game or during a close playoff game.

Discipline Policy & Procedures

The Lake Mary Mohicans Lacrosse Club reserves the right to institute a three strike policy in situations where the player violates any of the following, whether in games, practices, or tournaments:

- Fighting
- Insubordination to the refs or coaching staff
- Attempting to hurt another player on the same team or an opposing team
- Ejection from a game for any reason
- School suspension or expulsion
- Arrest for any reason
- Drug or alcohol use
- Behavior that deviates from the player code of conduct and is deemed a violation by the board of directors or the coaching staff

The 3 strike policy for the above infractions will be as follows:

1. **FIRST VIOLATION:** Suspension from the next game or scrimmage as of the date the violation. The player will not be allowed to participate in the game or scrimmage and will not be allowed on the sideline with the team.
2. **SECOND VIOLATION:** Suspension from team for one week as of the date of the violation. The player will not be allowed to participate in team practices, scrimmages, or games during that time period.
3. **THIRD VIOLATION:** Expulsion from the team. The player will no longer be allowed to participate in team practices, scrimmages, or games for the remainder of the season.

Any violation will result in a conference with the player(s), parent(s), and coach(es) regarding the violation during practice, scrimmage, or game. After such conference has occurred it will be at the Head Coach's discretion to proceed with the discipline policy or document it as a warning. Refusal to meet and abide by this process will result in automatic dismissal from the Team. The Lake Mary Mohicans Lacrosse Club reserves the right to skip the first two strikes in the event a violation is deemed so serious that the player has no place as a representative of the program.

I understand and support the Lake Mary Mohicans Lacrosse Club discipline policies and procedures. In the event of expulsion from the team, I am aware that no financial refunds of any kind will be made. I have discussed this policy with my son and agree to the conditions mentioned above.

Coach's Code of Conduct

The lacrosse field is a learning environment that provides children and young adults with life lessons, in addition to sports training. As a coach, I recognize my obligation to be a positive influence on my players. As an ambassador of the sport of lacrosse and the Lake Mary Mohicans Lacrosse Club, I have a responsibility as a coach to show the proper respect for the game, the players, and the Mohicans organization, including the Board. As a coach:

- I will develop and exhibit the values of sportsmanship, teamwork, and dedication. I will strive to be humble in victory and gracious in defeat.
- I will communicate with players in a positive manner; not degrading them, using abusive/foul language, embarrassing or threatening players.
- I will communicate with parents regularly via email or live after practice or games to educate on the game of lacrosse, the approaches we are taking, the progress being made, and to answer questions.
- I will be consistent in how I handle issues.
- I will follow the Lake Mary Mohicans Lacrosse Club rules.
- I will maintain a high level of integrity, patience, and decorum along the sidelines when speaking with officials and opposing coaches or players and spectators. I will act in a way that the Club expects its players to act.
- I will follow the coaching philosophy set forth by the Club to insure consistency across all ages and levels.
- I will ensure that playing time targets are met for each player
- I will judge the success of our program on more than just a final score.
- I will make every effort to consistently prepare for and attend all practices, games, tournaments, and club-sponsored coaches' clinics.
- I will welcome feedback from the Board and parents if there is a perception or reality that any of the above has not been honored.

As a Mohicans lacrosse coach, I have read the above guidelines and agree to represent the program in a constructive and positive manner at all times.

Player Code of Conduct

Player Contract

It is a privilege to be a member of the Lake Mary Mohicans Lacrosse Club. I have a responsibility as an ambassador of this program. And as such, I commit to the following:

1. I will represent the Lake Mary Mohicans Lacrosse Club with honor and pride. I will be respectful to coaches, players, opponents, referees, and to my family.
2. I will take full responsibility for my actions on and off the field. I will not curse, trash talk, fight, lie, display unsportsmanlike conduct, or be disrespectful to my teammates, opponents, referees or the coaching staff.
3. I will be a good role model off the field for the Lake Mary Mohicans Lacrosse Club (not suspended from school, arrested, etc.)
4. I will give my best physical, mental, and emotional effort during practices, clinics, and games.
5. I will respect my teammates at all times by communicating in a constructive manner and motivating through example.
6. I will respect all members of the coaching staff and their decisions, communicating my concerns in an effective and respectful manner.
7. I will respect opposing teams and officials by refraining from confrontation.
8. I will be empathetic to those around me, recognizing the differences in culture, beliefs, and situations.
9. If dialogue with the referee is required, I will refer to him/her as "sir" or "ma'am."

Spectator Code of Conduct

While enthusiasm and cheering can be inspiring, and it is natural to get caught up in the emotion of the game, spectators should take care to follow proper sideline etiquette.

1. Spectators will refrain from any negative comments towards any players, coaches or officials. This rule applies to all languages.
2. Spectators may not argue, yell at or question the coaches and officials during game play. Any disagreement with coaches, officials' actions or other concern must be brought to the Florida Lacrosse Association's (FLA) attention at www.floralax.com, in civil tones and away from sight and sound distance from the players.
3. Spectators may not disagree with referee's judgment calls.
4. Spectators should refrain from coaching from the sidelines.
5. Spectators can sit or stand at least 3 yards beyond the sidelines on the opposite side from the team. Any chair, cooler, tent pole or other item must be clear of the buffer beyond the sidelines.
6. Spectators should not patrol up and down the sidelines during game play.
7. Spectators may not be behind the goals. Spectators may not sit or stand behind the goal line.
8. Spectators may not use any noise making or voice enhancing devices at any games. Including but not exclusively: vuvuzelas, horns, noise-makers, drums, air-horns or bullhorns
9. Spectators who enter the field of play are subject to immediate ejection and further disciplinary action to include suspension of the parent and player for the remainder of the playing season.
10. Coaches have complete and total responsibility for their team's spectators. Referees will ask coaches to speak to any spectators that are not following these rules. If a coach is unable to control their team's spectators they will be warned by the referee for the first infraction and may be ejected for continued infractions. Continued infractions will cause the game to be called off and forfeited. Referees may ask any unruly spectators to leave the facilities if they cannot conform to the rules as they are listed here in the Spectator Code of Conduct.
11. Any coach or spectator ejected will be deemed to be in violation of the League's Code of Conduct and will be subject to disciplinary action and MUST LEAVE the facility immediately.

12. In addition to our own club policies and procedures, the Lake Mary Mohicans Lacrosse Club is bound by the Florida Lacrosse Association (FLA) and referees organization.