

TRI CITIES YOUTH LACROSSE



HONEY BADGERS CLUB HANDBOOK

2020 Season

INTRODUCTION

Tri Cities Youth Lacrosse (TCYL) is a non-profit youth lacrosse club that encompasses boys and girls from Benton, Franklin and Walla Walla counties in Kindergarten through 8th grade. Our goal is to develop players' strength and confidence in all aspects of life using teamwork, dedication, courage, accountability and sportsmanship through the sport of lacrosse. We also promote lacrosse as an alternate athletic option to the youth in our area. TCYL will further focus on the overall development and advancement of game skills and knowledge to prepare players for a smooth transition to one of our local WHSBLA High School Lacrosse teams. As the sport grows in our area, it is our plan to help form stand-alone youth lacrosse programs in Pasco, Richland and Kennewick by working in good faith with other youth and high school lacrosse programs.

HISTORY

TCYL was founded in 2014 and started with just 7 kids for two teams (U11 and U13). With excellent coaching and recruiting efforts both teams had full rosters by the time the season started. New players continued to participate throughout the season and by the end of the first season there were 35 players in the organization most of which were new to lacrosse and had never played before. Season 2 started with the same efforts and emphasis to promote and grow this sport in our area. At that time it was decided to move to a grade format rather than the "U" format. This was to assimilate to Western Washington teams and increase playing opportunities. Season 2 ended with 69 players on 3 teams (1st-4th grade, 5th/6th grade and 7th/8th grade).

PURPOSE

The purpose of this handbook is to clearly communicate the general schedule, philosophies, policies and expectations to ensure players, coaches, parents and directors have a positive and successful season and to ensure TCYL generates players and coaches that truly "Honor the Game."

GENERAL EXPECTATIONS

The goal of TCYL is to provide an opportunity for kids in our program to play lacrosse in an atmosphere that encourages and promotes teamwork, friendly competition, amicable relationships, good sportsmanship and community. Our organization expects coaches, players, parents and fans to exhibit courtesy and proper sportsmanship at all times and in all places. You are the face of our organization so being a part of TCYL you are committing to adopt our general philosophies when participating in any TCYL events including, tournaments, games, practices and fundraising events as well as on social media outlets.

CODE OF CONDUCT

Players, coaches, spectators and parents are to conduct themselves in a manner that “Honors the Game” and demonstrates respect to other players, coaches, officials and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in the “Code of Conduct” are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization. It is only through such conduct that our sport can earn and maintain a positive image and make its full contribution to youth sports in the United States and around the world. US Lacrosse and its Youth council support the following behaviors for those participating or involved in any way with US Lacrosse and youth lacrosse in general:

- The essential elements of the “Code of Conduct” must be adhered to.
- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught and developed both at home and on the field during practice and games.
- The emphasis on winning should never be placed above the value of good sportsmanship, the concepts of fair play, or the skills of the game.
- Derogatory comments are unacceptable. Use positive reinforcement with players and adults alike. It should be remembered that criticism, once made, can never be retracted.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as with adults.
- Officials are expected to conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties while exercising their authority on the field.
- Adults involved in the game must never permit anyone to openly or maliciously criticize, badger, harass, or threaten an official.
- Knowledge of the Rules of Lacrosse must be respected and adhered to by all who participate in the game of lacrosse, both in the letter and the spirit of the game. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct is considered unacceptable behavior.
- Eligibility requirements, such as age and previous level of participation, must be followed. They have been established to encourage and maximize participation, as well as promote safety.

PLAYER DROP OFF AND PICK UP

Practices: Players are expected to be at the practice field 10-15 minutes early so they are geared up and ready to go right when practice starts.

Games and Tournaments: Unless otherwise instructed by coaches or team manager, players are expected to be at games 1 hour before start time geared up and ready to go.

All coaches and managers are volunteer, we are not a babysitting service. Your child is expected to be picked up from ALL practices and games on time, please be early to pick your player(s) up.

The Coaches Code of Conduct

Coaches play a crucial role in developing individual players both physically and mentally. As a coach for TCYL you should embrace your role as a leader of youth and the impact you will have in their lives. Player safety and treating all players fairly should be your guiding principles. Your role in developing your team is vitally important; never at any time should you let negative, disruptive, bullying or disrespectful behavior ensue either by player, parent or another coach. It is your responsibility to address such issues or report them to any of TCYL's directors. In addition, the following guidelines have been established to follow:

- Exemplify behavior that is representative of being an adult, a coach, a member of TCYL and a leader of young athletes.
- Demonstrate high ideals, good sportsmanship and desirable attitudes in personal behavior and demand the same standards from your players.
- Maintain self-control at all times.
- Discourage profanity or abusive language during any practices, games or during any TCYL events.
- Do not allow bullying or harassment of any kind. Use the established discipline process or contact a TCYL director for assistance in dealing with a situation involving player conduct or behavior.
- Pay close attention to the physical condition and well-being of players. Never compromise a players' safety regardless of how high the stakes. Nothing is more important than the safety of our players.
- Refuse to disparage opponent, officials, players or members of TCYL.
- Conduct yourself properly when raising a question about or discussing a call with an official.
- Put emphasis on ensuring fair treatment of playing time and participation from all players.
- Interact with parents, fostering an atmosphere of open communication, trust and team.
- Coaches are strictly prohibited from using alcohol and illegal drugs during all team activities, including but not limited to games and practices.
- Cooperate with TCYL board in the planning, scheduling and conduct of organized activities.

Always use the outlined discipline process under Players Code of Conduct or contact a member of TCYL's directors for help and guidance on how to address particular issues.

The Players code of Conduct

Being part of the Honey Badgers organization should be treated as an honor. High expectations will be placed on you. The coaching staff will hold every athlete to a high standard of conduct both on and off the field and will expect the same from your team members. Behavior that is deemed disruptive and detrimental to the team can bring consequences ranging from reduced practice or playing to dismissal from the team. The following items are in place to make you a better person and promote the image of lacrosse in our community:

- Behavior such as, not listening, talking back, name-calling or putting down teammates, foul language, being a disruption to others, hitting another player (outside of normal lacrosse play) etc. will not be tolerated.
- Being disrespectful to coaches, parents, teammates and officials will not be tolerated.
- Be supportive of your teammates in wins and losses in ups and downs. Everyone can get along when you're winning. Honor and Ethics are on display when you may have just lost or your teammate needs encouragement after a mistake or bad play.
- Do not place blame on your teammates, take responsibility for your actions and learn from your mistakes.
- Be coachable and listen to your coaches' instruction, ask questions if you are not sure and be willing to play where your team needs you.
- Always be on time, if practice is at 5:30 that means you have your gear on and warming up at 5:30.
- Practice like it is a game and give 100% effort, you play how you practice.
- Lead by example and set high standards for others at TCYL to follow.
- Do your school work and keep your grades up. We will support your parents in regard to any discipline process needed to address poor schoolwork or bad grades.

During practice times and games, coaches need the ability to give all kids the opportunity to play and learn without disruptive behavior from other players. Having to turn their attention away from the game to deal with behavior problems is not acceptable. Your coaches have the latitude to send you off the sideline either to sit out practice or games and to your parent if you become too much of a distraction. Also, a standard discipline process has been established to use as a guideline.

- 1st time, you will get a warning.
- 2nd time, you will be asked to sit out of practice for a period of time determined by your coach but will be brought back into practice unless it is nearly over.
- 3rd time, you will be brought to your parent or your parent will be contacted to pick you up and you will not be allowed back to practice that day and will miss the next game.

Some behaviors like violence or bullying will not be tolerated and will warrant an automatic removal from practice and suspension from a game.

If behavior issues persist you may be dismissed from the team.

The Parents Code of Conduct

Parents play an important role in the development of a successful lacrosse player. Your role is every bit as important as that of the coaches and every bit as difficult. This is why we welcome your presence at every practice and every game. We try hard to be a family-oriented organization and your participation is a major part of our success.

- Ensure your child is fully aware of the player code of conduct and their role as a teammate and player for TCYL.
- Ensure your child is fully aware of the discipline guidelines we have established as they will be followed as needed.
- Encourage your child to communicate with their coaches. It is very important that your player builds the confidence to interact with and establish those healthy relationships with their coach.
- Make sure your player is on time for all games and practices. The coaches put a lot of effort into game and practice planning. They need all players on the field and ready to go when practice and pre-games warmups start. This means gear on and warming up. Not jumping out of the car in the parking lot.
- Arrive early to ensure your player is picked up from any game or practice on time.
- Please come to any of your child's coaches, team managers or TCYL directors for any problems or concerns. Your thoughts are important to us. We will work to address your concerns. Complaining to other parents does not solve any issues and erodes the integrity of the club.
- Keep school as your child's top priority. We will support any decision you as a parent make in regard to discipline for poor schoolwork or bad grades.
- Put in the time and work with your player outside of practice times. The more time each player spends at fundamentals the better their overall skill level becomes.
- Please do not coach your child from the sidelines either at practices or at games. Your comments can distract the players and take their focus off coaches' instructions.
- Please absolutely do be encouraging from the sidelines and promote good sportsmanship.
- Please do not question a coach during a game or during practice. It is preferred to meet 1 on 1 to address any questions, concerns and clear up any misunderstandings in a productive manner.
- Be supportive of your child after good games and bad games both individually and as a team.
- Please let coaches or team managers know as soon as possible if you know your child will miss a game or practice.
- Exemplify behavior that is representative of being an adult and a member of TCYL.
- Maintain self-control at all times.
- Do not use profanity or abusive language during any practices, games or during any TCYL events.

Only coaches and team managers that are US Lacrosse members can be on the players' side of the field during games at any time. This is a very strict policy established by our insurance provider.

We rely heavily on the efforts of our great volunteers. If you would like to help coach, be a sideline assistant or volunteer in any way, just let us know or email at tcylax@hotmail.com and we will be more than happy to have you help us out but we do have a process to follow.

SEASON SCHEDULE

Our season will run from beginning of March to approximately the end of May. Jams and tournaments are typically played on the weekends. There will be weekday games, but they should be fairly local. All teams will attend the same events on the same weekend. However, our K-2 team will not travel to as many events. Please see website and Facebook for games schedules. As schedules change or games have been added there will be an automatic email notification generated notifying everyone of changes and posting to our Facebook page as well.

TIME COMMITMENT

Although we are a recreational organization we do expect a high level of commitment to attend all practices and games as this shows respect to the coaches, directors and teammates who are dedicating their time and efforts. As we are committed to development of all aspects of life, we also understand that family, church and personal life are important too. Please communicate effectively with the coaches and team managers for any games or practices you will miss. Advance communication is certainly the key.

PRACTICES

Players and team's performance will improve only with practice. Attending practice on time for the entirety of practice is respectful to coaches and teammates and shows your personal dedication to your team and all those involved. Practices will be as follows:

Occurs every Tuesday, Wednesday and Thursday

- Practices will be 5:30pm – 7pm, after daylight savings time change.
- Practice times have been adjusted prior to daylight savings
- Practices during spring break will be reduced and voluntary
- K-2 team will practice only Tuesday and Thursday from 5:30pm – 6:30pm

JAMBOREES (JAMS) AND TOURNAMENTS

All games are typically played on weekends and are either referred to as a "Jam" or a "Tournament".

- **Jams** are a round robin type play where standings are not kept. These are typically just one day events and you can expect to play 2-4 games.
- **Tournaments** will have standings and are typically played over 2 days. You can expect to play 4-7 games for Tournaments.

The game times for jams and tournaments are commonly not announced until just 4-7 days before. As soon as we are given the schedule information it will be communicated out to the club immediately. Games are normally a running clock with 2 - 22 minute halves and a 5 minute halftime so they take just under an hour to complete. These vary slightly and are up to the host of the jam or tournament to determine. During any of these days, be prepared to be down at the fields all day with some breaks in-

between. This can make for some long days, but they are enjoyable, and we try to do things as a lacrosse family such as cookouts and potlucks. So, you can also plan on making some great new friends!

C.W.L.L.

The CWLL is the league that we belong to. It is cleverly referred to as, “The Cool League” and stands for Central Washington Lacrosse League. It includes: TCYL, 3 Rivers Lacrosse, Richland Youth Lacrosse, Yakima Valley Lacrosse, and Hermiston Lacrosse.

League games will be played for league standings. These games will either be played sometime during the week in lieu of a practice or on the weekend. These games will be a timed clock unlike jams and tournaments. They will have 4 quarters and will run longer (around 1.5 hours per game) however only 1 game would be played per day.

PLAYING TIME

Lacrosse can be a very competitive sport. However, we are a recreational club and not a competitive team. With that in mind our coaching staff is committed to balancing competitiveness and maintaining a positive experience for all players. There is always the will to win by coaches, players and parents but it is not a win-at-all-costs mentality. Play time will be distributed as evenly as possible with the understanding that play time is also earned by attitude, effort and sportsmanship.

EQUIPMENT

Each player is responsible for providing their own equipment. Required equipment includes; Helmet, Shoulder pads w/chest protector, elbow pads, gloves, lacrosse stick and a mouth guard. Additionally, it is highly recommended that each player wear cleats (lacrosse or football cleats are recommended) and an athletic supporter and cup. It is each parent or guardians’ responsibility to ensure the equipment is in good condition and meets NOCSAE standards. Information for NOCSAE standards can be found at www.nocsa.org

Goalies have additional gear for protection that is worn, typically shin guards, padded shorts, throat guard as well as they have a unique larger style lacrosse head for blocking shots on goal.

Other than goalie sticks, there are 2 different types of sticks, “Attack Stick” and “Long Pole or D-pole”. All 1st through 4th graders may only use Attack Sticks. 5th grade and up can begin to use Long Poles. These can be a maximum of 60” and can be cut down according to player size and preference. Long Poles are used for defenseman positions and there may only be 3 Long Poles on the field at a time.

REGISTRATION FEES

Registration fees go primarily towards the cost of tournament registrations. They are also used to cover uniform costs, practice equipment purchases, field fees, website and promotional dues as well as insurance premiums and scholarship opportunities.

As a registered 501c (3) our requirement and policy is to be fully transparent of all our accounting. At any time, any member can ask to see a full disclosure of all our income and expenses. TCYL as an organization embraces this fully.

FUNDRAISING AND SPONSORSHIPS

Fundraising is a very important element to TCYL's success. We will organize at least 4 fundraisers during the season to help offset our registration fees. A sponsor letter is also available for anyone that may know of a potential sponsor that is community minded and would like to donate to our organization. Please contact any member of the board of directors at tcylax@hotmail.com for a sponsorship request letter or for more information. Our goal is to raise as much money from fundraising and sponsorships as we can to keep the out of pocket expenses to a minimum.

SOCIAL NETWORKING POLICY

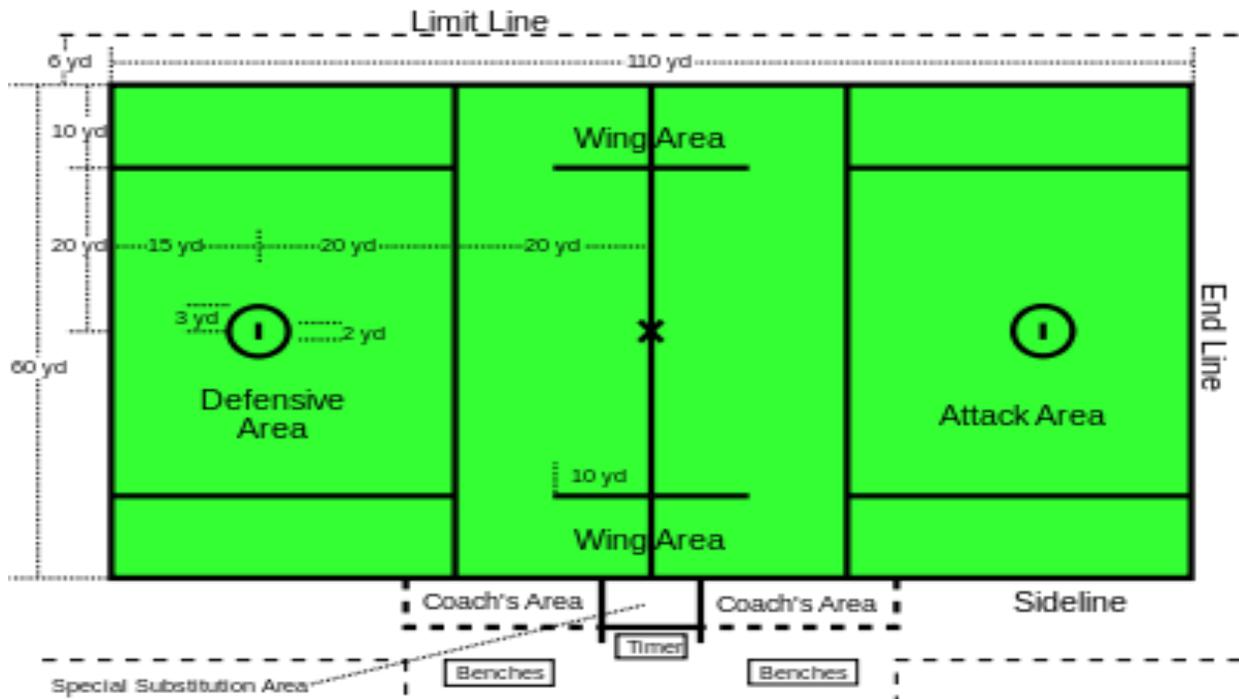
Web sites and social media outlets are powerful communication tools that have a significant impact on organizational and individual reputations. Social media also facilitates cost effective ways for us to promote our club, grow this sport and communicate with our members. Social networking behavior that negatively impacts other players, coaches, volunteers or the club will be subject to our code of conduct expectations and policies. The same attitude and sportsmanship behaviors are expected both on and off the field. Bullying and harassment will not be tolerated according to our code of conduct and this policy. Social media includes but is not limited to Facebook, YouTube, Twitter, LinkedIn, Instagram, The lacrosse network, etc. as well as texting and multimedia messaging.

Please think twice before making your post or sending your messages regarding TCYL events, activities, players, coaches or other members. Make sure they are accurate, appropriate, respectful and reflect positively on yourself and our organization.

You are responsible for your own posts including any pictures. TCYL has received permission to post any players pictures in advance. Please do not assume everyone has the same views regarding social media as you do and seek permission to post pictures of players other than your own.

THE GAME

A regulation lacrosse field is 110 yards long and 60 yards wide. Below is a layout of a lacrosse field:



The object of the game is quite simple, it is to score more goals than the opponent. This is accomplished by the collective play of the field players. Field players include 3 attackmen, 3 midfielders, 3 defenders and a goalie.

Attackmen are the primary offensive players on the field and their primary focus is scoring. In a standard offensive formation there are attackmen positioned on each side of the goal as well as one positioned behind the goal. The behind the goal position is referred to as "X". Lacrosse is very dynamic, requiring players to move around and therefore players to rotate through positions during play.

Midfielders (Middies) play in both the offensive and defensive halves of the field. They are required to run up and down the field as the ball transitions from offense to defense and vice versa. Middies must have a determined attitude and possess a high level of stamina.

Defensemen patrol the defensive side of the field and along with the middies, work to gain possession of the ball while preventing the opposing team from scoring. Defensemen must be competitive and be willing to engage in physical play. Defenders on the 5/6 and 7/8 teams can use 'long-pole' shafts.

Goalie is the last line of defense and protects the goal. The goalie leads the defense and communicates assignments. Goalies have to be tough, intelligent, athletic and fearless.

For more information about lacrosse rules, please visit <http://www.uslacrosse.org/rules/boys-rules.aspx>

HISTORY OF LACROSSE (Source: Wikipedia)

Lacrosse may have been developed as early as 1100 AD among indigenous peoples on the continent. By the seventeenth century, it was well-established. It was documented by Jesuit missionary priests in the territory of present-day Canada. The game has undergone many modifications since that time.

In the traditional aboriginal Canadian version, each team consisted of about 100 to 1,000 men on a field that stretched from about 500 m (1,600 ft) to 3 km (1.9 mi) long. These games lasted from sunup to sundown for two to three days straight. These games were played as part of ceremonial ritual, a kind of symbolic warfare, to give thanks to the Creator or Master.

James Smith described in some detail a game being played in 1757 by his fellow tribe members "wherein now they used a wooden ball, about three inches diameter, and the instrument they moved it with was a strong staff about 5 ft (1.5 m) long, with a hoop net on the end of it, large enough to contain the ball.

The Italian explorer Count Paolo Andreani documented his contacts with the Oneida people in the 1790s and his reports on the Oneida include an illustration which is thought to be the first recorded picture of a lacrosse stick.

Lacrosse played a significant role in the community and religious life of tribes across the continent for many years. Early lacrosse was characterized by deep spiritual involvement, befitting the spirit of combat in which it was undertaken. Those who took part did so in the role of warriors, with the goal of bringing glory and honor to themselves and their tribes. The game was said to be played "for the Creator" or was referred to as "The Creator's Game."

The French Jesuit missionary Jean de Brébeuf saw Iroquois tribesmen play the game during 1637 in present-day New York. He was one of the first Europeans to write about the game. He called it *la crosse* ("the stick"). The name seems to be originated from the French term for field hockey, *le jeu de la crosse*. A "crosse" in French is any stick curved at its end (Example: Crosse d'évêque - Bishop's crozier)

In 1855, William George Beers, a Canadian dentist, founded the Montreal Lacrosse Club. In 1867, Beers codified the game, shortening the length of each game and reducing the number of players to 12 per team. The first game played under Beers' rules was at Upper Canada College in 1867; they lost to the Toronto Cricket Club by a score of 3–1. By the 20th century, teams in high schools, colleges, and universities in Canada and the United States began playing the game.

Lacrosse was contested for medals in the 1904 and 1908 Olympics with teams from Canada, the United States, and Great Britain. It was contested as a demonstration sport in the 1928 and 1932 Olympics. On each occasion, a playoff was held in the United States to determine what team would go to the Olympics; each time the playoffs were won by the Johns Hopkins Blue Jays of the university in Baltimore, Maryland.

In the United States, lacrosse during the 1900s was primarily a regional sport centered around the east coast, including the states of Connecticut, New Hampshire, Massachusetts, New York, New Jersey, Pennsylvania, Maryland, Virginia and North Carolina. However, in the last half of the 20th century, the sport has continued growth west of this region, and in since the beginning of the 21st century in Georgia, Tennessee, Florida, Texas, California, Indiana, and Minnesota. According to a report

of a survey conducted by US Lacrosse in 2013, Field Lacrosse is one of the fastest growing sports and the fastest growing team sport in NFHS.

At the highest amateur level, it is represented by the collegiate NCAA Division I in the United States. The first collegiate lacrosse program was established by New York University in 1877. Nearly 100 years later, the 1971 tournament was the first Men's Lacrosse Championship sponsored by the National Collegiate Athletic Association(NCAA).

In other countries, the sport is also played at a high level on the amateur level by the Australian Lacrosse League, the Canadian University Field Lacrosse Association, and club lacrosse leagues internationally.

In 1998, a number of national lacrosse organizations in the United States merged to create US Lacrosse, a unified national governing body for men's and women's lacrosse in the United States. Headquartered in Baltimore, US Lacrosse seeks to provide a leadership role in virtually every aspect of the game.

In the summer of 2001, a men's professional field lacrosse league, known as Major League Lacrosse (MLL), was inaugurated in the United States. Initially starting with three teams, the MLL has grown to a current total of nine clubs located in major metropolitan areas in the United States. On July 4, 2008, Major League Lacrosse set the professional lacrosse attendance record: 20,116 fans attended a game at Invesco Field in Denver, Colorado.

THANK YOU FOR TAKING THE TIME TO READ THE HANDBOOK.

YOUR ACKNOWLEDGMENT AND AGREEMENT IS REQUIRED

PLEASE SIGN AND RETURN THE SIGNATURE PAGE. THE HANDBOOK IS YOURS

WE ARE LOOKING FORWARD TO ANOTHER GREAT SEASON OF LACROSSE!

TRI CITIES YOUTH LACROSSE 2020 HANDBOOK SIGNATURE PAGE

PARENT/GUARDIAN ACKNOWLEDGMENT

I, _____, acknowledge that I have read and understand the Tri Cities Youth Lacrosse Handbook and agree to follow the policies contained within it.

Parent Signature

Date

PLAYER ACKNOWLEDGMENT

I, _____, acknowledge that I have read and understand the Tri Cities Youth Lacrosse Handbook and agree to follow the policies contained within it.

Player Signature

Date

COACH ACKNOWLEDGMENT

I, _____, acknowledge that I have read and understand the Tri Cities Youth Lacrosse Handbook and agree to follow the policies contained within it.

Coach Signature

Date