

CONNYS Girls Coaches Training

As Girls youth lacrosse continues to explode and as we embark upon creating a new league for competitive play in New York and Connecticut, we also hope to insure that our coaches are trained in a consistent manner that insures fair and even play throughout the league. The combination of the explosion of the sport with the lack of knowledge of the women's game has made it difficult to find qualified coaches. With this in mind, we feel that our best strategy towards creating competent coaches is to train our own. Similarly, we recognize that as levels of play may vary on the field, the approach to coaching, respecting the game and respecting all players should be universal no matter what side you are coaching for.

"Coaching is teaching and coaches need training in this area to be effective."

- Sue Stahl, coach of the four-time World Cup champion Team USA

Based on the current CONNY and US Lacrosse Coaches Training and Education and feedback from our member constituents, we have framed the following recommendations as the preliminary platform for creating a standard of best practices for coaches training in our new CONNY Girls League.

2010 Coaches Training Recommendations for CONNY Girls League

1. ALL Coaches* on the sidelines of any Girls youth CONNY game must be registered as a coach with US Lacrosse
2. ALL Coaches must subscribe to the CONNY Philosophy of Play
3. ALL Coaches must pass Level 1 on-line course by the beginning of the 2010 season.
 - a. NOTE: Trish Weber will take the US Lacrosse Educational Pledge for the 2010 season representing all CONNY members. This pledge will afford all CONNY members and their coaches to receive FREE Level 1 online course registration through April 2010.
 - b. US Lacrosse would like all CONNY town representatives to take the Educational Pledge by 2011. Any CONNY member may still take the Pledge for the 2010 season as well.
4. All returning coaches' post 2010 must complete a CONNY recognized on-line or in-person coaches training course every two years.
5. All New Coaches must take Level 1 online course by the beginning of each season.
6. All Coaches must pass CONNY Rules Test each year.
7. All Coaches are highly encouraged to attend a youth official certification class.
8. All Coaches must take CPR certification class.
9. ALL Coaches are encouraged but not required to attend Level 1 Clinic in first year. (location East Lyme, CT – February 21, 2010)
10. CONNY Girls League should host Level 1 clinic in the next round (Fall/Winter 2010)
11. CONNY Girls League will host two 2010 coaches training clinics led by Crista Samaras of BOUNCE.

- a. Crista is a 2-time Women's US Team member bringing home GOLD in 2001 and Silver and 2005.
 - b. Clinics will be held at SONO Fieldhouse. Each clinic will be 3 hours in length. Total cost of clinics and field space will total approximately \$2000. Cost of such clinic is proposed to be defrayed in part by CONNY and in part by each coach paying a nominal registraion fee of appx. \$25-\$50.
 - c. 1 clinic for beginner coaches and coaches who are coaching lightening level and below as well as new programs. Focus will be on basic skill development and drills to address building solid stick work.
 - d. 2nd clinic will be for intermediate/advanced coaches and will focus on game strategy and transition play.
12. ALL Coaches are encouraged but not required to take on-line or host PCA training class each year.
13. CONNY Girls League will work with all league members to come up with cost-effective means to cover and stream-line expenses for all coaches training.

*NOTE: Coaches at any level who engage in competition against any CONNY participant town fall into this category. This is not exclusive to senior level play. If 4th grade or Bantam are competing against CONNY towns even 1time per season then coaches must comply.

CONNY Philosophy of Play

CONNY's primary purpose is to promote the game of lacrosse in a safe and sportsmanlike environment. CONNY wants kids to grow up playing a game of speed, position, and finesse, rather than physical intimidation. The goal is to conduct all our activities in a manner that will set an example of good sportsmanship and friendly competition for our young players.

From CONNY By-Laws

The organization must maintain an appropriate liability insurance policy which minimum standards are set by the Board of Directors. (The current minimum standard is 100% player and coach membership in US Lacrosse.)

January 12, 2010 Trish Weber