



JUNIOR COACHING PROGRAM

We offer a junior coaching program to develop high school- and college-age players into trained coaches, certified officials, and mentors for our younger Comet players.

As early as 9th grade, our junior coaches are in a position to support and observe our professional staff and lend an extra set of hands with our youngest players. And our college-age junior coaches, after training and experience, are qualified to assist our summer travel teams. As our junior coaches move through this training program, including gaining certifications (which Comet will organize and support), your compensation increases to reflect your growing qualifications. Our pay scale will be published each September, effective through the following summer.

	2016-17 Rate
Level 1 Junior Coaches (9th and 10th grade):	\$20/hr
<ul style="list-style-type: none">• Have taken USL Youth Rules tests.• Can support our Mini-Stick (K-2) program, setting up drills, demonstrating skills, and helping our youngest players move from station to station.• Can lend a hand at Comet events, running the scoreboard, troubleshooting.	
Level 2 Junior Coaches (11th and 12th grade):	\$25/hr
<ul style="list-style-type: none">• Have coached at least one season with Comet programs.• Can work our fall and winter clinics (3rd-8th), summer travel tryouts, and summer camps, organizing players and supporting drills.	
Level 3 Junior Coaches (11th and 12th grade plus certifications):	\$40/hr
<ul style="list-style-type: none">• Have coached at least one season with Comet programs.• Have gained certifications: junior official, USL coaching, and PCA.• Can lead drills and run stations at clinics, tryouts and camps.• Can officiate at Comet events.	
Level 4 Junior Coaches (College players plus certifications):	\$50/hr
<ul style="list-style-type: none">• Have coached at least one season with Comet programs.• Have gained certifications: junior official, USL coaching, and PCA.• Can lead drills and run stations at clinics, tryouts and camps.• Can serve as assistant coaches for our summer travel teams.	

www.cometgirlslacrosse.com

For more information, contact Laurie at downscometlacrosse@gmail.com



2016-2017 Comet Junior Coaching Opportunities

FALL

Comet Tryouts: Sunday, Sept. 11th 2:00-5:00 pm

Comet Fall Skills-and-Play Series (Grades 3-8): Sunday afternoons from 2:00-5:00 pm
Sept. 18, 25; Oct. 2, 16, 23, 30; Nov. 6

WINTER

Comet Winter Clinics [Schedule TBD]

SPRING

Comet Mini-Stick (K-2): Saturday mornings in April and May [Schedule TBD]

Comet Rapid Fire (Grades 3-4): Weekly evenings 5:15-6:30 [Schedule TBD]

SUMMER

Comet Summer Travel Program

Day Camp: June 12th-16th 3:30-6:30 pm (arrive 3:00, depart 7:00)

Overnight Camp: June 25th-28th (Wolfeboro, NH)

Travel tournaments: weekends of June 24th-25th, July 8th-9th

Comet Summer Blast

June 17th one-day tournament (Greenwich)

How Do I Start?

1. Talk to Coach Downs, Coach Anderson, or Coach Duval.
2. Ensure that your USL membership is up-to-date.
3. Visit <https://learning.uslacrosse.org/#/catalog> to start your certifications.
 - a. Start with "Rules Tests" (free): complete Girls' U13-15, Girls' U9-U11.
4. As you move through the program, under "Level 1 Courses", complete "Fundamentals of Coaching Girls Lacrosse" (free) and the "Women's Game Rules and Penalties" (free, and required for junior official certification).
5. Check in with the Comet coaches for further steps to get junior official certification.
6. Check in with the Comet coaches for instructions on completing Positive Coaching Alliance training.

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