

United Lacrosse Youth Boys and Girls Coaching Standards

Background

The United Lacrosse Association and US Lacrosse believe that all lacrosse coaches need to have baseline, sport-specific training in order to provide the most effective, safe and enjoyable playing environment for participants. This document will provide recommendations for U9 - U15 youth boy/girl coaches based on US Lacrosse's Gold Stick program. The US Lacrosse coaching education program provides the most comprehensive lacrosse training curriculum with a solid platform to deliver national standardized training to all lacrosse coaches in any program at any level.

Coaching Philosophy

To create an environment that's fun for our youth to learn about the game of lacrosse. Winning is important, however, the focus is on effort, learning skills, playing as a team, and respect for the game, opponents and officials. The United Lacrosse Association is committed to providing all participants leadership and team skills that are used on and off the lacrosse field.

Coaching Goals:

- Have fun while learning lacrosse
- Improve with each game played
- Understand the rules of the game
- Understand the importance of good sportsmanship

Standards

In order to serve as a head coach or assistant coach for the United Lacrosse Association, the following must be completed prior to the start of the first practice of the season:

Head Coaches

- Hold an active US Lacrosse membership
- Hold a current US Lacrosse NCSI background screening (renewed every 2 years)
- Complete the US Lacrosse Level 1 online course
- US Lacrosse Level 1 instructional clinic or other instructional training approved by the United Lacrosse Association Board of Directors
- How to Make Proper Contact on-line video (Boys only)
- Positive Coaching Alliance (PCA) Double Goal Coach 1 clinic online video
- Complete concussion awareness course (<http://www.cdc.gov/headsup/youthsports/training/index.html>) and provide the certificate of completion to the VP of Youth Boys or Girls. (Re-take the course every 2 years)

Assistant Coaches

- Hold an active US Lacrosse Membership
- Hold a current US Lacrosse NCSI background screening (renewed every 2 years)
- Positive Coaching Alliance (PCA) Double Goal Coach 1 clinic online video
- Complete concussion awareness course (<http://www.cdc.gov/headsup/youthsports/training/index.html>) and provide the certificate of completion to the VP of Youth Boys or Girls. (Re-take the course every 2 years)

Optional Training for assistant coaches

- US Lacrosse Level 1 online course
- US Lacrosse Level 1 instructional clinic or other instructional training approved by the United Lacrosse Association Board of Directors
- How to Make Proper Contact on-line video (Boys only)

The VPs of Youth Boys and Girls will provide and maintain a coaches sheet that contains relevant and update links to online course materials and other pertinent information.

The United Lacrosse Association will provide financial assistance to coaches. This includes, but is not limited to:

- US Lacrosse membership
- NCSI background screening (every 2 years)
- Instructional clinic fee (travel expenses will not be reimbursed by the Association)

Receipts for incurred costs must be submitted to the United Lacrosse Association for approval.

Certified coaches must renew membership annually and background screening every two years in order to maintain a non-expired certification. As US Lacrosse updates training materials, the VP of Boys/Girls Youth may require re-certification. Coaches will be notified when they will need to complete the recertification process.

Youth Supervision

Supervision is more than just overseeing your lacrosse players' activities. According to the Coalition of Americans to Protect Sports (C.A.P.S.), a not-for-profit service organization promoting the health, safety and well-being of athletes and sports participants, a coach is responsible for performing nine legal duties:

1. Properly plan the activity, practice or game
2. Provide appropriate instruction
3. Provide a safe physical environment
4. Provide adequate and proper equipment, including all prescribed safety equipment for players
5. Match your athletes by ability and age/size

6. Evaluate athletes for injury or incapacity
7. Supervise the activity closely
8. Warn players and spectators of inherent risks
9. Have an emergency plan and provide appropriate emergency assistance in the event of an accident or injury

The United Lacrosse Association supports these duties and will provide any necessary resources to head and assistant coaches. Request for additional resources can be directed to the VP of Youth Boys or the VP of Youth Girls, as designated by the Board of Directors.