



a non-profit youth athletic association of City of Johns Creek

Hello Fall 2013 Coach:

Welcome to the Newtown Recreation's Fall 2013 Season! We want to thank you for volunteering your time this Fall to teach children the game of Soccer, Baseball, Flag Football and/or Lacrosse. I hope that your season is filled with laughter, fun, and great sportsmanship. It is our hope that when the season is over, all the children that play with Newtown Recreation will have learned how to become a better player, how to display good sportsmanship, and of course, most importantly, we hope that each player HAD FUN!

Your role as a volunteer coach is an important one. You are being given the responsibility to provide effective guidance and instruction in the techniques and strategies of your sport and to create a psychologically healthy setting in which your players can derive the positive benefits of sports participation. If you can create this type of atmosphere, then everyone can become a winner, regardless of your won-lost record at the end of the season. What your players will carry away with them from their sports experiences will endure far longer than the outcome of any single contest.

Our job, here in the recreation office, is to make sure that your life, as a volunteer coach is as "worry-free" as possible. We will do our best to provide you with all the information and resources you will need to have a wonderful experience with us. If you ever have any questions or concerns that you think we should know about, please do not hesitate to call our office. We'll do our best to fix any problem that comes up.

Last, but certainly not least, please respect your fellow coaches and game officials. We are all part of the "Newtown Recreation Family" and we all need to be working towards providing a fair and fun atmosphere for our children that is filled with good sportsmanship. Before each game, be the first to greet the other coach and wish his/her team a great time!

Respectfully-

Brandon Allen
Director



a non-profit youth athletic association of the City of Johns Creek

GENERAL OFFICE INFORMATION

Office Hours: Monday – Friday 9:00am to 4:00pm

**Location: 3000 Old Alabama Road-- Suite 104
John's Creek, GA 30022
(Kroger Plaza)**

Phone: 678-297-2662

Fax: 678-297-3920

Email: Info@newtownrec.com

Website: www.newtownrec.com

Brandon Allen- Association Director

Brandon@newtownrec.com 678 297-2662

678 860-3102 - cell (emergency only)

Aris Mavridoglou- Director of Programs

Aris@newtownrec.com 678 297-2662

404-455-1840 - cell

Matt Snyder – Fields Manager/LAX Coordinator

Matt@newtownrec.com 678-297-2662

404-421-7990 - cell

RAINOUT INFORMATION:

www.newtownrec.com and www.newtownrec.com/rainout.html

Coaches Hotline (coaches only): 678-297-0353

Do not ever assume a game is cancelled- we will play in light rain!



NEWTOWN RECREATION FALL 2013 TIMELINE



August 24 - Fall Coaches Meetings

Week of August 26 - First week of practices

- Meet at practice field.
- Hand out uniforms to players.
- Hand out game & snack schedule.
- **Make announcement about September 7th Team Picture Time.**
- Review league philosophy and team/league rules.

Saturday, September 7 – Picture Day, Cleat Swap and Fall Festival

September 14 – First weekend of Fall games

Week of October 28 – Pick up Team Trophies at Newtown Rec Office

Saturday, November 9 – Last Fall Games

- Turn in equipment at Newtown Park Concession Stand after your last game! Please make sure your name is written down when you drop off your equipment.

*Dates subject to change



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FOR WEATHER AND GAME SCHEDULE CHANGES

FOR COACHES AND PARENTS:

Check our website for weather related changes at:

www.newtownrec.com/rainout

FOR COACHES ONLY:

In case of inclement weather on Game Day call the

COACHES HOTLINE:

678-297-0353

Cancellation of practice due to weather is up to each coach.
Newtown Recreation will not make weather related decisions
regarding practices.

Identifying and Reporting Child Abuse

ALL COACHES must complete an online training course about identifying and reporting child abuse. It is a free course that will take 20-30 minutes. The course is called

Mandated Reporters: Critical Links in Protecting Children in Georgia.

Website: [https://www.prosolutionstraining.com/coursemenu/index.cfm?sort=24&sortname=Sponsored by the Georgia Governor's Office for Children and Families](https://www.prosolutionstraining.com/coursemenu/index.cfm?sort=24&sortname=Sponsored%20by%20the%20Georgia%20Governor's%20Office%20for%20Children%20and%20Families)

Who is a mandated reporter?

In Georgia law, it designates certain professionals as **mandated reporters** of child abuse or neglect [OCGA 19-7-5(c)(1)].

If you are one of the following people and have reasonable cause to believe that a child has been abused, you *must* make a report, immediately but no later than 24 hours, to your local DFCS office or law enforcement and are subject to criminal penalty for failing to do so.

- Physicians licensed to practice medicines, interns or residents, Hospital or medical personnel, Dentists, Licensed psychologists, Podiatrists, Registered professional nurses or licensed practical nurses
- Professional counselors, social workers, or marriage and family therapists
- School teachers, School administrators, School guidance counselors, visiting teachers, school social workers, school psychologists
- Child welfare agency personnel, Child counseling personnel, Child service organization personnel (**This DOES include Coaches and Camp Counselors**)
- Law enforcement personnel



Below are some statistics about abused children.

- 1 in 4 girls is sexually abused before the age of 18.
- 1 in 6 boys is sexually abused before the age of 18.
- 1 in 5 children are solicited sexually while on the Internet.
- Nearly 70% of all reported sexual assaults (including assaults on adults) occur to children ages 17 and under.
- An estimated 39 million survivors of childhood sexual abuse exist in America today.



Information provided by Office of the Child Advocate (<http://oca.georgia.gov/mandated-reporter>) and Georgia Center for Child Advocacy (<http://georgiacenterforchildadvocacy.org/who-we-are/>)



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The Importance of Sportsmanship

We are so excited about our Spring Sports and the fun atmosphere Baseball, Lacrosse, and Soccer bring to the season. With our season gearing up and the first game just around the corner, it's a good time to reflect on the importance of Sportsmanship.

One definition of Sportsmanship that I like is "conduct and attitude considered as befitting participants in sports, especially fair play, courtesy, striving spirit, and grace in losing". This definition reminds us that it's not just about one aspect of the game but many. It's about a person's attitude and how they conduct themselves on and off the field. A person's attitude toward the game and its participants will be reflected in the way they handle themselves, the way they treat others (including teammates, opponents, parents, coaches, players), the attitude they display when winning or losing and even in their approach to the game and how they strive to win. Running up the score when you're already ahead by ten runs is not a good display of sportsmanship. Fouling in a potentially dangerous way just to stop the other team's best player from scoring is not good sportsmanship. A coach screaming at an official because he/she didn't like the call is not good sportsmanship. Parents demanding the coach play their son more than other players on the team because he's the next Chipper Jones is not good sportsmanship. Whether our place on a team is as a Coach, a Player, or a Parent, we all have a responsibility to display good sportsmanship.

As a COACH, you are being given the responsibility to provide effective guidance and instruction in the techniques and strategies of your sport and to create a psychologically healthy setting in which your players can derive the positive benefits of sports participation. If you can create this type of atmosphere, then everyone can become a winner, regardless of your win-loss record at the end of the season. As the saying goes, actions speak louder than words. The type of sportsmanship you display will be seen by your players and parents. Whether you display positive or negative sportsmanship, the type of lessons learned will be what your players take away from their sports experiences, and these will endure far longer than the outcome of any single contest. This is something to remember as you conduct yourself on and off the playing field.

As a PARENT, it's your responsibility to encourage good sportsmanship by demonstrating positive support for ALL players, coaches and officials at every game and practice as well as help your child enjoy the youth sports experience by doing whatever you can whether it's being a respectful fan, assisting with coaching, or even doing something as simple as providing transportation. It's sad to say there are parents out there that scream and yell at their own coach, the opposing coach, the officials, their own child, and even other people's children. It's these types of outlandish actions that players remember about a game, not what the score was or who made the winning goal. It's the "Did you hear what your mom said to his mom?" Or "I am so embarrassed by my dad. I can't believe he got kicked out of the game." Is this really how we want our kids to remember youth athletics? Not all kids are going to be famous athletes; not all officials are going to make the right call 100% of the time and not everyone is going to hit in the winning run or make the final second game winning shot. This is life, but despite the unfairness of it, we can teach players to love what they're doing, always strive for success, treat others with respect, and display positive sportsmanship.

As a PLAYER, your responsibility in displaying good sportsmanship is to do your best to listen and learn from your coach, treat your coach, officials, players, and fans with respect, and to encourage good sportsmanship from the players and coaches on your team. You are responsible for your actions and words on and off the field. Only you can choose to have a positive attitude and to make good choices regarding how you approach the game and how you treat your opponents. Newtown wants you to have a fun and positive experience, and we will do everything we can to create that atmosphere. However, in the end, it's up to you and to your coaches and parents. The best way to do this is to display positive sportsmanship, to respect the game and the people involved.

Sportsmanship can make or break a season. To me, it's about respecting the game and respecting the people involved. You do this and always strive to do your best in whatever capacity you are involved, and it's going to be a successful and truly fun season. Encouraging and displaying positive sportsmanship teaches character building qualities, and these are qualities that can transcend into every aspect of life.

We encourage you to start off the season the right way. Set the expectation and stick to it.

Here's to a great season!

Newtown Recreation



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Newtown Recreation Coaching Philosophy

Players respect their coaches and, as a result, will often imitate their behavior. Coaches, therefore, are expected to maintain complete composure and self-control during all games. Because a player's performance will suffer when he/she is distracted, coaches are expected to teach and demonstrate to players' acceptance of all referee/umpire calls regardless of their impact. Players must learn that they control their results, not the referees or other players.

1. Exhibit exemplary conduct at both practices and games. Team discipline reflects the coach's attitude.
2. Coach clean, skillful, honest, and sportsmanlike behavior.
3. Stress playing hard to win over winning itself.
4. Work at team morale as hard as skills and tactics.
5. Maximize praise and minimize criticism in all dealings with team members.
6. Make corrections slowly and calmly in a manner tailored to the individual.
7. Be a skills teacher, stressing individual skill development.
8. Coach talented and non-talented players with equal vigor.
9. Preplan all practice sessions in detail to be interesting, fast-paced, and involve all team members as much as possible. (Minimize standing around.)
10. Minimize coaching from the sidelines during games.
11. Treat all referees and umpires with respect at all times.
12. Help the referee keep order on the sidelines during games.
13. Welcome feedback from players and parents alike concerning potential problems and ways to improve.
14. **HAVE FUN!!!**

COACHES'S NAME: _____ DATE: _____

FOR MORE INFORMATION, PLEASE VISIT WWW.NAYS.ORG.



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PARENT'S CODE OF ETHICS

I HEREBY PLEDGE TO PROVIDE POSITIVE SUPPORT, CARE, AND ENCOURAGEMENT FOR MY CHILD PARTICIPATING IN YOUTH SPORTS BY FOLLOWING THIS PARENTS' CODE OF ETHICS:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth – not adults.
- I will do my best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

PARENT'S NAME: _____ DATE: _____

FOR MORE INFORMATION, PLEASE VISIT WWW.NAYS.ORG.

3000 Old Alabama Road Suite 104 Johns Creek, GA 30022 (678) 297-2662 Fax (678) 297-3920 www.newtownrec.com

“Serving the Community through Sports”



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PLAYER'S CODE OF ETHICS

I HEREBY PLEDGE TO BE POSITIVE IN MY YOUTH SPORTS EXPERIENCES AND ACCEPT RESPONSIBILITY FOR MY PARTICIPATION BY FOLLOWING THIS PLAYER'S CODE OF ETHICS PLEDGE:

- I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can and will notify my coach if I cannot.
- I will expect to receive fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free from drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity, because it is important to me.
- I will do my very best in school.
- I will remember that sports participation is an opportunity to learn and have fun.

PLAYER'S NAME: _____ DATE: _____

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TEAM PARENT INFORMATION

OFFICE PHONE: 678-297-2662

FAX: 678-297-3920

OFFICE HOURS: 9:00 AM – 4:00 PM
Monday – Friday

EMAIL: info@newtownrec.com

WEB: www.newtownrec.com

THE FIRST PRACTICE

- Hand out team rosters to each family. *(confirm each family's phone number and email address)*
- Hand out uniforms. *(be sure to give the larger sizes to the larger players)*
- Review Newtown Recreation Letter & Parent's Code of Conduct information. *(in coaches packet)*
- Hand out Game Schedule to each family if Newtown has released it. If not, let them know it will be out soon.
- Ask each family to sign up for the post game snack/drinks schedule. Ideal snacks/drinks include oranges, Minute Maid Juice Boxes, PowerAde, granola bars, etc.

OPTIONAL - Screen print player's name on the back of their jersey. Collect money from each player. Please be sure your team roster is finalized before you proceed with screen printing!

DURING THE SEASON

- Pick up team trophies (usually available the week before your team's last game). The coach will be notified when trophies are available for pick up.
- Team pictures are mailed directly to the head coach. Coordinate distribution with the coach upon delivery.
- Hand out trophies and pictures at your team party.
- Make plans for a team party after your last game.
 - Newtown Recreation will be taking reservations for pavilions FOR TEAM PARTIES for Saturday, Nov. 2nd or Saturday, Nov. 9th (*dates subject to change). Pavilions are available free of charge only on the last day of games.
 - Pavilions can be reserved on a first come first served basis by calling the Newtown Recreation office at (678) 297-2662 after September 14th.
 - You will need to bring a trash bag and pick up your own trash.
 - Pavilions for any day other than the last weekend of games can be reserved through the city of John's Creek at 678-512-3248 for a small fee.

AFTER THE SEASON

- Make sure that all players received their trophy and pictures. Please bring any left over trophies, pictures or team jerseys to the Newtown Recreation office.

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“Serving the Community through Sports”



NEWTOWN RECREATION

Youth Lacrosse League Rules

Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Lacrosse League will be those of US Lacrosse.

I. LEAGUE PHILOSOPHY

The Newtown Recreation Youth Lacrosse League exists to fully develop the physical and social attributes of individual players in a positive athletic environment. Newtown Recreation believes that all players should have fun, develop skills, and learn to appreciate the game.

Newtown Recreation endorses and promotes positive coaching that offers praise and encouragement towards players. We believe that playing the game is the most important reason for the contest and not who wins or loses.

To further promote sportsmanship amongst our players, coaches, and parents, Newtown Recreation has adopted a "Code of Sportsmanship" that all players and coaches will recite before each game:

"I will: Keep the Rules. Keep faith with my teammates. Keep my temper. Keep a strong heart in defeat. Keep my pride under in victory. Keep a sound soul, a clean mind, and a healthy body."

II. TEAM ORGANIZATION

1. All participants of the Youth Lacrosse League must be registered through Newtown Recreation. A registration form must be on file for each participant.
2. A child that is a registered player with another lacrosse league (other than Newtown Recreation) is not eligible to play on a Newtown Recreation lacrosse team.
3. Age divisions for the Youth Lacrosse League will be as follows:
 - 7/8yr. old boys and girls (2nd/3rd Grade)
 - 9-10yr. old boys and girls (4th/5th Grade)
 - 11/12yr. old boys and girls (6th/7th Grade) "B" League
 - 12/13yr. old boys and girls (7th/8th Grade) "A" League

**NOTE: All ages will be determined by the child's age as of September 1st.
Newtown Recreation reserves the right to alter the age divisions as deemed necessary.**

4. Once a team is established, each player will remain on that team. Brothers or sisters who are in the same age division may be placed on the same team for family convenience. Player additions or deletions can only be made through Newtown Recreation.

III. UNIFORMS

1. Each player will be issued a jersey top uniform. All participants during the game must wear the jersey.
2. **Names placed on the player's jersey are limited to the player's first and/or last name. Nicknames are not allowed!**
3. All players must wear proper equipment



Newtown Recreation YOUTH LACROSSE RULES



7/8yr. old boys (2nd/3rd Grade Boys)

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Lacrosse League will be those of US Lacrosse.
- Ten-minute running clock quarters. Play will restart at the center for draw for all quarters and after goals. (Referee will keep the official time)
- Five-minute half time and one minute between quarters
- Teams will switch sides of field at halftime.
- **5 Goal “mercy rule.” No face offs at this point.**
- Each team will play 7 vs. 7 (2 Attack, 2 Middies, 2 Defense, and 1 Goalie)
- Goalie will have 10 seconds to clear ball.
- Limited checking is allowed. Checks are restricted to stick and poke checking of opponent. No slashing or take-out checks are allowed.
- Offsides WILL be called.
- 1 pass must be completed (on the offensive end) before a shot on goal can be attempted. Any dropped ball or change in possession requires the 1 pass rule to begin again.
- All players must wear a helmet, gloves, pads, and a mouthguard.
- No overtime. Games will end in a tie.
- Missed shot and out of bounds rules apply.
- Personal fouls will result in an “offensive fast break” as opposed to man-down situation.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made at the end of each quarter, in the event of an injury, on the fly and/or at the discretion of the referee.
- No player will sit out two quarters until all other players have sat out at least one quarter.
- No player shall play all 4 quarters unless all other players have played in 3 quarters.
- Each player should play at least one quarter in an offensive position.
- Coaches should actively rotate players to different positions on the field.

COACHES

- Coaches should occupy opposite halves of the sidelines during the game (one team on each side).
- No coach, parent, or player is allowed behind the goal during the game.

MISCELLANIOUS

- The Referee will stop play if a player appears to be injured and in danger.
- League Standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**



Newtown Recreation YOUTH LACROSSE RULES



9/10yr. old Boys (4th/5th Grade Boys)

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Lacrosse League will be those of US Lacrosse.
- Ten-minute (10) running clock quarters. Play will restart at the center for draw for all quarters and after goals. (Referee will keep the official time)
- Five-minute half time and one minute between quarters
- Teams will switch sides of field at halftime.
- **5 Goal “mercy rule.” No face offs if lead more then 5 goals.**
- Each team will play 10 vs. 10 (3 Attack, 3 Middies, 3 Defense, 1 goalie)
- Offsides WILL be called.
- All players must wear full equipment- helmet, mouthguard, gloves, and pads.
- No overtime. Games will end in a tie during regular season.
- Each team will get 1 time-out per half.
- No body contact is allowed. No take out checks.
- 3rd personal foul on a single player results on that play sitting out the remainder of the game.
- Personal fouls will result in “man-down” penalties. Running clock penalties to be time and ½. Ex.- 30 sec = 45 sec or 1 min – 1min 30sec.
- No long poles.
- Home team will responsible for providing a sideline manager to assist with scorekeeping and timekeeping.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made on the fly, in the event of an injury, after goals, and/or at the discretion of the referee.
- **Each player should play at least once in an offensive position if desired.**
- Coaches should actively rotate players to different positions on the field.

COACHES

- Coaches should occupy opposite halves of the sidelines during the game (one team on each side).
- Coaches will remain off the field and on the sidelines during the game.
- No coach, parent, or player is allowed behind the goal during the game.

MISCELLANIOUS

- The Referee will stop play if a player appears to be injured and in danger.
- League Standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**



Newtown Recreation YOUTH LACROSSE RULES



Middle School Boys

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Lacrosse League will be those of US Lacrosse.
- Twelve-minute running clock quarters. Play will restart at the center for draw for all quarters and after goals. (Referee will keep the official time)
- Five-minute half time and one minute between quarters
- Teams will switch sides of field at halftime.
- **5 Goal “mercy rule.” No face offs if lead more then 5 goals.**
- Each team will play full squads (including goalie)
- Offsides WILL be called.
- All players must wear full equipment- helmet, mouthguard, gloves, and pads.
- No overtime. Games will end in a tie.
- Each team will get 1, 1minute time-out per half
- Players can take no more then 3 steps to initiate body contact. No “take out” checks are allowed (lowering shoulder to drive through opponent).
- Personal fouls will result in a “time and a half” running clock penalty.
- Defense may play with long poles.
- Each team will responsible for providing a sideline manager to assist with scorekeeping and timekeeping.
- 10/20 Counts for A LEAGUE ONLY

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made on the fly, in the event of an injury, after goals, and/or at the discretion of the referee.
- **No player will sit out twice until all players have sat out at least once.**
- Each player should play at least once in an offensive position.
- Coaches should actively rotate players to different positions on the field.

COACHES

- Coaches/teams should occupy opposite halves of the far sideline during the game (one team on each side).
- Coaches will remain off the field and on the sidelines during the game.
- No coach, parent, or player is allowed behind the goal during the game.

MISCELLANIOUS

- The Referee will stop play if a player appears to be injured and in danger.
- League Standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**