



Dear past and perspective coaching staff,

We have now concluded our first season as Peninsula Lacrosse Association, and need to put our structure in place for next season as well as clinics that we will be hosting between now and then. First and foremost, *THANK YOU all for your time and energy*. It was a very successful season with many new players, tournament wins and play-off games. Entering year two we are hoping to improve our over-all structure and ensure that we meet the requirements of SSL, WHSBLA, US Lacrosse and PLA.

We had great parent volunteers but we need a more complete application before they assist with the teams at the youth levels, please pass this along to those who assist you this year. We need to ensure we meet our safety requirements and that we are developing coaches going forward. Youth team parents are welcome to apply and coach their kids and rise with them through the youth program. The hope is to have plays, etc., passed down from the high school level to the youth level to create a strong feeder program.

We are looking to design our high school program to mirror many of our competitors' by utilizing long term coaches who have extensive experience and who are committed to the development of the program as we work toward WIAA recognition and can make a multiyear commitment.

We will be looking at things as a board this summer - such as instituting a coach meeting request next season. We have reviewed the issues that arose this year and the majority were in parents engaging in play time or other player related issues on the sidelines. We are also looking into email management. We recognize that lots of emails went out this year as well as emails that weren't supported by PLA and we will be revisiting that as well. If you have other items that you would like us to look into, or if you feel could help improve or operations please email us at president.peninsulalax@gmail.com.

We will be adding various board positions as well as having vacancies upcoming for completed terms. If you are interested please let us know.

Attached are the coaching applications please fill them out and return to president.peninsulalax@gmail.com. Applications are due June 22.

Thank you so much for your continued participation with PLA!

PLA Board



Coaching Application

Name:	Phone:	Alt Phone;
Address:	City/State:	Zip
Email:	Occupation:	Employer:

DIVISION APPLYING FOR (PLEASE SELECT ALL THAT YOU ARE INTERESTED IN).

<ul style="list-style-type: none"> • ¾ HEAD COACH • ¾ ASSISTANT COACH • 5/6 HEAD COACH • 5/6 ASSISTANT COACH • 7/8 HEAD COACH • 7/8 ASSISTANT COACH 	<ul style="list-style-type: none"> • JV HEAD COACH • JV ASSISTANT COACH • HIGH SCHOOL HEAD COACH • VARSITY ASSISTANT COACH 	<p>Head Coaches-Will be required to have a Level 1 Certification through US Lacrosse, first aid and CPR cert(expenses will be reimbursed). All coaches must be US Lacrosse members.</p>
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Note: all coaches are required to complete a background check every year. Any conviction of a crime that would be serious enough to pose a risk to children will automatically disqualify you as a coach. Failure to report an arrest, citation or conviction will automatically disqualify you as a coaching candidate or e cause for dismissal if discovered during the season. Any parent wanting to help out coaching the team must complete an application or remain on the sidelines.

US Lacrosse Membership # _____

Are you 18 or older: __yes __no

Have you EVER been convicted of any violations of federal, state, local, military law or statue? __yes __no

If yes, please explain:

Job descriptions

The intention of the teams ranging ¾-7/8 is that if we have a parent coach that they travel as either head coach or assistant coach based on skills and ability with their player. Ideally one of the assistant coaches will be a parent on the junior age of the team so they may move on to the roll of head coach the next year.

¾ -7/8 Head Coach Job description:

Time: practice 2-3 days per week in the evening, games on Saturday, end of year tournament.

Coaching experience of some type preferred, if not lacrosse willing to do the additional work regarding learning the sport

Season: March through Mid-May

Travel: some to away games

Function: To instruct athletes on the fundamentals of lacrosse. Coaches arrive early and stay until all players are picked up or assign a designee. Ensure only authorized staff is on the field with the players. Select assistant coaches and hold them accountable for training as you have designed. Adhere to the coach's code of conduct. Coaches are not to engage with parents regarding anything that could be a complaint. All these issues MUST be referred to the athletic director and a formal coach meeting can be set up when the time and atmosphere works for both parties. Game day preparation would ensure all gear is picked up at the conclusion of all practices and games. Coach is responsible for ensure that each team has a field manager, score keeper and spotter this can be designated to a team parent selected by the coach.

Requirements:

- You must have a current USL coach membership
- You must have current 1st aid /CPR
- You must have a background check
- You must follow all the rules outlined in SSL rules and regulations and ensure the assistant coaches adhere to them as well
- Attend meetings as assigned by Youth Coordinator
- You must maintain a team note book to include roster/allergies/contact information
- You must contact the youth coordinator and/or athletic director if the following occurs: player ejections, field injuries requiring medical attention, referee no shows (must have 2) at home games
- Follow any rules, regulations, requirements that might be introduced by PLA board
- Agree to coaching contract as agreed upon by yourself and PLA board
- Ensure player safety: No player can play/practice without all required safety equipment (pads, helmets, cup, mouth guard, gloves)
- No player can practice/play without being fully released by PLA board following registration you will receive a player card when they are eligible for play.
- Ensure good sportsman ship and safe play during games and practices
- Maintain equipment in good working order and ensure all uniforms have been returned to PLA at end of season
- Lock and remove goals, gates at the end of games and practices
- Field lining (can be done by parents), but you are expected to help with the initial lining before the season starts
- Follow the job descriptions below and select appropriate assistants, parents etc.

¾ -7/8 Assistant Coach Job description:

Time: practice 2-3 days per week in the evening, games on Saturday, end of year tournament.

Coaching experience non-required but following one year of assisting if there is a vacant head coach position on the team the expectation is that you would be the replacement

Season: March through Mid-May

Travel: some to away games

Function: To instruct athletes on the fundamentals of lacrosse. Follow the direction of the head coach and support their decisions and team needs as they see fit.

Requirements:

- You must have a current USL coach membership
- You must have a background check

Team parent:

Time: 2 hours per week, season march 1- mid may

- Liaison between coach, parents, player and youth coordinator.
- Distributes communications
- Assist with volunteers
- Keep coach organized
- Manage the inventory of uniforms, distribution and return from all players
- Assist with team photo's
- 1st line of communication between player/parent and the rest of the PLA organization

High School Head Coach

WSBLA DII

Time: March 1 through Mid-May

Time commitment: 4-5 practices a week plus games (some games end up on the weekend)

Travel: some to away games

Stipend based on level of experience and competitive with neighboring programs

Qualifications: Coaching experience and extensive knowledge of the game of lacrosse required. Level 1 coaching certification, CPR and first aid certification. High ethical and professional standards. Strong leadership and sportsmanship. Program builder and visionary for all levels middle school the high school.

Responsibilities:

- Assist Athletic Director in section of JV coaching staff and varsity assistance.
- Staff selection for team manager, field manager, table assistance
- Leadership position of team able to communicate and effectively motivate coaches and players
- Able to build and foster team relationships and camaraderie
- Self-starter able to work with limited direction
- Coaching of the boys high school lacrosse program, grow the skill of the players and direct the future of the program
- Work with PLA board designee regarding scheduling of practices/contests
- Committing to PLA, WHSBLA, and SPSL Conference rules and regulations and all other aspect of directing a quality interscholastic lacrosse program
- Ability to assist players in navigating college lacrosse opportunities
- Follow PLA Coaches code of conduct
- Maintain player notebook
- Attend parent/player orientation and provide an expectation letter to include play time expectations, team selection and captains selection process
- Guide parents to coach meeting request/grievance process via the athletic director and avoid encouraging parent contact directly with the coaching staff
- Do not allow players to practice or play until their player card has been released to you, this ensures that they have meet all registration requirements
- Ensure practices are being supervised in a safe and proper manner (all players must wear helmet, gloves, cup, chest protector, arm guards, and mouth guard)
- Ensure all equipment is put away and secured following practice
- Notify PLA of unsafe equipment or facilities
- Bring medical kit to all games/practices
- Communicate all injuries to Athletic director
- Determine players eligibility based on player code of conduct
- Work in guidelines to develop feeder program
- Attend end of season banquet
- Able to assist and or recommending players for other roles such as assisting youth program/clinics
- Fulfill the agreed upon term commitment between self and PLA board

High School Assistant Coach JV or Varsity

WSBLA DII

Time: March 1 through Mid-May

Time commitment: 4-5 practices a week plus games (some games end up on the weekend)

Travel: some to away games

Stipend based on level of experience and competitive with neighboring programs

Qualifications: Coaching experience and extensive knowledge of the game of lacrosse required. Level 1 coaching certification, CPR and first aid certification. High ethical and professional standards. Strong leadership and sportsmanship. Able to follow and assist in the development of the program as lead by Head Coach

Responsibilities:

- Assist head coach as designated
- Work in collaboration with head coach to develop the success of the PLA program
- Able to communicate and effectively motivate coaches and players
- Able to build and foster team relationships and camaraderie
- Self-starter able to work with limited direction
- Coaching of the boys high school lacrosse program, grow the skill of the players and direct the future of the program with the head coach
- Work with PLA board designee regarding scheduling of practices/contests
- Committing to PLA, WHSBLA, and SPSL Conference rules and regulations and all other aspect of directing a quality interscholastic lacrosse program
- Ability to assist players in navigating college lacrosse opportunities
- Follow PLA Coaches code of conduct
- Guide parents to coach meeting request/grievance process via the athletic director and avoid encouraging parent contact directly with the coaching staff
- Do not allow players to practice or play until their player card has been released to you, this ensures that they have meet all registration requirements
- Ensure practices are being supervised in a safe and proper manner (all players must wear helmet, gloves, cup, chest protector, arm guards, and mouth guard)
- Ensure all equipment is put away and secured following practice
- Notify PLA of unsafe equipment or facilities
- Work with head coach to determine players eligibility based on player code of conduct
- Work in guidelines to develop feeder program
- Attend end of season banquet
- Able to assist and or recommending players for other roles such as assisting youth program/clinics
- Fulfill the agreed upon term commitment between self and PLA board

High School JV Coach

WSBLA DII

Time: March 1 through Mid-May

Time commitment: 4-5 practices a week plus games (some games end up on the weekend)

Travel: some to away games

Stipend based on level of experience and competitive with neighboring programs

Qualifications: Coaching experience and extensive knowledge of the game of lacrosse required. Level 1 coaching certification, CPR and first aid certification. High ethical and professional standards. Strong leadership and sportsmanship. Able to follow and assist in the development of the program as lead by Head Coach. Motivate and develop player's skills.

Responsibilities:

- Assist Athletic Director in section of JV coaching staff
- Staff selection for team manager, field manager, table assistance
- Leadership position of team able to communicate and effectively motivate coaches and players
- Able to build and foster team relationships and camaraderie
- Self-starter able to work with limited direction
- Coaching of the boys high school lacrosse program, grow the skill of the players and direct the future of the program
- Work with PLA board designee regarding scheduling of practices/contests
- Committing to PLA, WHSBLA, and SPSL Conference rules and regulations and all other aspect of directing a quality interscholastic lacrosse program
- Follow PLA Coaches code of conduct
- Maintain player notebook
- Attend parent/player orientation and provide an expectation letter to include play time expectations, team selection and captains selection process
- Guide parents to coach meeting request/grievance process via the athletic director and avoid encouraging parent contact directly with the coaching staff
- Do not allow players to practice or play until their player card has been released to you, this ensures that they have meet all registration requirements
- Ensure practices are being supervised in a safe and proper manner (all players must wear helmet, gloves, cup, chest protector, arm guards, and mouth guard)
- Ensure all equipment is put away and secured following practice
- Notify PLA of unsafe equipment or facilities
- Bring medical kit to all games/practices
- Communicate all injuries to Athletic director
- Determine players eligibility based on player code of conduct
- Work in guidelines to develop feeder program
- Attend end of season banquet
- Able to assist and or recommending players for other roles such as assisting youth program/clinics
- Fulfill the agreed upon term commitment between self and PLA board