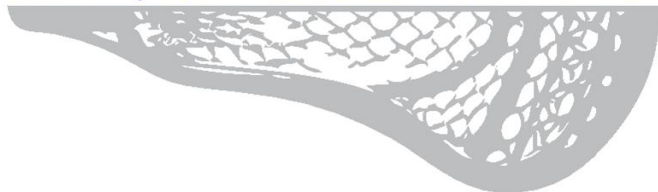


**PLAYLACROSSE**  
aloha youth lacrosse association



## **2017 Coaches Guide**

**Aloha Youth Lacrosse Association (AYLA) is a federally recognized non-profit, incorporated organization run by a volunteer board. Our board represents a cross section of both the lacrosse community and the Honolulu community in general.**

### **AYLA Mission Statement**

***Aloha Youth Lacrosse Association (AYLA) encourages, cultivates, and develops the interest in and appreciation of the sport of lacrosse in the State of Hawaii. We strive to advance the growth of both boys and girls youth lacrosse by providing quality instruction and coaching of lacrosse fundamentals, skills, techniques, and strategies. We will afford a safe and fun environment and will emphasize the development of self-esteem, good sportsmanship, fitness, achievement, and affirmative values that team sports provide. Through this positive and fun experience, we hope to participate in, cooperate with, and expose our Hawaii youth to other competitive organizations throughout the state, nation, and world.***

## **AYLA Affiliations:**

**AYLA is endorsed and supported by the US Lacrosse Hawaii Chapter. We are affiliated with US Lacrosse, the national governing body of men's and women's lacrosse, and the Positive Coaching Alliance, an organization dedicated to educate parents, athletes, and coaches about the importance of positive coaching. The men of the Hawaii Lacrosse Club and women of the Wahine Lacrosse Club are also strong allies in our effort to promote and teach youth lacrosse locally.**

**Practices: Youth practices should be no longer than an 1 ½ hours and High School no longer than 2 hours.**

**Coaches set their own practice schedules but are encouraged to coordinate with other coaches in their location to practice at the same time to allow parents with multiple kids can limit their trips and coaches can work together.**

### **Coaching Requirements- Becoming Level 1 certified:**

- **Valid US Lacrosse Membership through May (\$55 for adults)**
- **Background check through US Lacrosse (~\$25)**
- **Online Level 1 course (Free with US Lacrosse membership)**

- Online Positive Coaching Alliance ( \$30)
- Men's Coaches- How to make contact online course (Free)
  - The only item missing from certification by this point is the in-person clinic.
- AYLA requirement- CPR/ AED certified. AYLA will set up a course for all new coaches. More details will be provided.

**AYLA will reimburse all of the above expenses for coaches.**

Send email with proof of purchase, proof of completion, and address to mail check to:  
[kirkdodson@sbcglobal.net](mailto:kirkdodson@sbcglobal.net) (tracking of cert. status)

[gkawamura@hawaii.rr.com](mailto:gkawamura@hawaii.rr.com) (Garrett-Treasurer)

## **Coaching Priorities:**

- 1.A. **Have FUN!!!** Lacrosse is a Game.
- 1.B. **Safety-** equally as important as having fun is providing a safe environment.
2. **Sportsmanship-** Respect: The game, teammates, opponents, coaches, refs
3. **Teach the Game-** Skills, Rules, History, Uniqueness
4. **Winning-** Mastery as opposed to winning at all cost

## **Coaches Responsibilities**

- **Set correct example – your players are watching/ you represent AYLA**
- **Learn kids names – connect with kids**
- **Communicate – at all levels with players- parents- board**
- **Be organized- develop practice plans**
- **Get parents involved**
- **Try new things - keep it fun**
- **Be the last one to leave the field**
- **DON'T FORGET IT'S ALL ABOUT THE KIDS!!**

## **Medical Overview**

- **Make sure medical kits are full. If not, inform your safety volunteer, let them know which team you are coaching and what you are missing/ have used.**
- **Make sure kids are hydrated**
- **Most important device in an emergency – CELL PHONE**
- **Don't take chances!**
- **There is a standard report form at [www.alohalax.org](http://www.alohalax.org) in the documents section. Collect this information for any event when a player, coach, parent, or spectator is expected to require a medical response that is greater than your first aid kit can handle (concussion, broken boke, severe sprain, etc..)**

## **Equipment**

- **Players must have complete equipment to participate including mouth guard:  
Boys: helmet, shoulder pads, elbow pads, gloves, legal stick  
Girls: goggles, legal stick**
- **Coaches**
- **Every coach will get a goal, goalie equipment, balls, coaches bag, and First Aid Kit**
- **Whistles (need to purchase your own)**
- **Game equipment: Game clocks, field liners, cones, game balls, and scorebooks will be supplied by AYLA on game day.**

## **Games**

- **Have players arrive at least 30 minutes prior to their scheduled game**
- **Make sure all players are properly equipped**
- **Fill out roster for scoring and time keepers table**
- **Clear the sideline immediately following game to allow the next team to be prepare for their game.**
- **Direct all parents to be on opposite sideline during the game**
- **Set a good example: everyone is watching**

## Parents

- **Involvement:** Keep parents informed of all issues at all times have them check the web site, emails. Website allows mass text messaging and mass emails when posting to your team page.
- **Conflicts:** resolve one on one out of ear shot of players. Contact a board member if needed to help in resolution.
- **Conduct:** Set expectations at the start of the season.
- **Teach Mom and Dad the game.**
- **Select a team parent to be in charge of game snack organization, score keeping for games, and help with phone tree contacts. We can give Team Mom or Team Dad Coaches privileges to us the website.**

## Website

- [www.alohalax.org](http://www.alohalax.org)
- **Register-** establish username and password. Send email to [kirkdodson@sbcglobal.net](mailto:kirkdodson@sbcglobal.net) to be assigned to your team. This will allow Coaches and Assistant Coaches to control their team's page.
- **Team Mom or Team Dad, email me and I will give them access to your team's page.**
- **Link to Facebook page is right on website...or search for Aloha Youth Lacrosse**

**REMEMBER  
IT'S ALL ABOUT THE  
KIDS!**