

## PLAYER, PARENT AND COACH POLICIES AND GUIDELINES

Approved by the Sherwood Youth Lacrosse board on \_\_\_\_\_

### **Participation Policy:**

- All athletes are required to be in attendance a full day of school before participating in any practice or game. Exceptions for pre-arranged absences and family emergencies can be granted.
- We encourage, but do not require, coaches to use a "fair playing time" model instead of an "equal playing time" model. A fair playing time model considers factors such as absences, attitude and respect before allocating playing time.

### **Sportsmanship Policy:**

- This is a developmental program and SYL insists upon appropriate, supportive and positive behavior from players and parents at all times. Parents will follow the guidelines set forth in the "Parent Pledge." The Parent Pledge can be found on the SYL website (<http://www.Sherwoodyouthlacrosse.com>), navigating to "Documents" on the left hand side, and then selecting the "Forms" folder. Coaches will need to complete Positive Coaching Alliance Training (<http://shopping.positivecoach.org/Store/Courses/Double-Goal-Coach>).
- If a coach is ejected from or receives an unsportsmanlike conduct penalty during any game, practice, or SYL event the person shall meet with the SYL President, Vice President, Administrator and/or Commissioner prior to returning to any SYL event.
- In the event a player or spectator is ejected or receives an unsportsmanlike conduct penalty, the player's coach will meet with all penalized personnel and outline, if applicable, any corrective action. If desired, the Commissioner, SYL President, Vice President and any board member are available to coaches.

### **Suspension Policy:**

- Any act by an athlete that causes suspension from school will cause suspension from the SYL, including acts of vandalism, unexcused absences or tardiness and disciplinary action by school administration.

### **Wall Ball Policy:**

- Participants in SYL will not play wall ball against any wall on school property when other players are gathered in an area and could be hit by a ball. Wall ball is permitted against a brick wall only, not against doors, windows or roofs.

**Spectator Area:**

- Teams will occupy one side of the field and parents/fans will occupy the other. Parents are not allowed on the same side of the field as the team. If a field and spectator area are constructed in a manner that parents/fans have to be on the same side, than parents/fans will have no communication with the players during the course of the game.

**Weather Cancellations:**

- Lacrosse is played rain or shine. Practice and games will only be cancelled in the event of lightning. If lightning is in the forecast, be sure to check your email prior to your practice/game as the head coach of each team will determine if it is safe for the children to play.

**Thunder & Lightning Guidelines:**

**REMEMBER TO WAIT AT LEAST 30 MINUTES AFTER THE LAST THUNDER OR RUMBLE BEFORE RESUMING PLAY!!!**

The safest place to be when thunder or lightning strikes is inside of a vehicle or enclosed building.

If you hear thunder or see lightning strikes, STOP the game or practice immediately. If during a home game, meet with referees and opposing coach and share with them the closest covered area.

Covered Areas at each Field:

- Middleton Elementary
  - Take the players under the covered area by the playground and all the way to the back corner of the basketball courts
- Sherwood Middle School
  - Please take players under the covered Picnic area
- Snyder Park
  - Take players under the covered Picnic area.
- Sherwood High School
  - Take the players to the covered area by the Concession stands

After moving everyone to a safe area call the parents to come and pick up their son or daughter.

**Equipment:**

- Full equipment is required for every game day and practice day, no exceptions. Players arriving to practice without complete equipment will watch from the sidelines. All equipment should be clearly marked with the player's name.
- For detailed information on required equipment, please reference the following US lacrosse website:

<http://www.uslacrosse.org/safety/equipment/player-equipment>

**Philosophy:**

- We aim to instill a philosophy that supports and mirrors the Sherwood High School lacrosse program. The purpose is to establish and foster a culture that SYL players are a part of one large lacrosse community.

**Playing Up:**

- Under very rare circumstances, a child might have the ability and desire to play up one level. Playing up will be considered only for the recreational level, not at the select level. At a minimum:
  - The player's skill level must be at the top of his current age group
  - The player's skill level must be above half of the players at the next level
  - The player must possess the physicality to remain safe in an older group setting
  - Approved by the Commissioner

**Parent Requests:**

- In order to create teams with equal skill levels we don't accept parent requests for player placement (either with a friend or a particular coach) except in extraordinary circumstances. Carpooling, friends on a particular team, favorite coach, do not constitute extraordinary circumstances.

**Concussion Policy:**

- SYL takes concussions very seriously. All coaches and assistant coaches are required to take annual concussion management training. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion must be removed immediately from the competition or practice and will not be allowed to return to play until cleared by an appropriate health care professional (per Max's Law, approved Oregon Legislature in 2009). As a general guideline, "When in doubt, leave them out."

**Player School District Policy**

- It is the intent of the Sherwood Lacrosse Club Board to provide playing opportunities for the kids of Sherwood. Therefore, any players living outside the Sherwood School District boundaries will not be eligible to play for Sherwood Lacrosse Club. The only exception to this rule being if the player is approved by the Sherwood School District to attend school in Sherwood, then they are allowed to play for Sherwood Lacrosse Club. Any other exceptions are subject to board approval.

### The following applies to all coaches:

1. A **Head Coach** must be at least 21 years of age.
2. **Assistant Coaches and Parent Volunteers** must be at least 18 years of age or a high school graduate.
3. A team may have a maximum of three (3) adults on the sideline during a game, not counting the time keeper or penalty time keeper. In most cases, this will be one head coach, one assistant coach, and 1 parent volunteer or one head coach and two assistant coaches.
4. A Head Coach or Assistant Coach must be present at any team event; game, practice, etc. If they cannot be present, the event is to be cancelled.
5. Each Head Coach will be allowed to pick one assistant coach before teams are established.
6. Each Head coach will have the option to select a second assistant coach only with permission from all other coaches at that level and the Commissioner.
7. The Head Coach will determine the assignments of the Assistant Coach and any parent volunteer.
8. The board reserves the right to remove any coach at any time for any reason.
9. The head coach has the option to invite one assistant coach to participate in the draft although the head coach has the final word. If seating is limited, only the head coach will sit at the main table.
10. The Head Coach and the Assistant Coach must complete all prerequisites as mentioned below:

### Coaching Prerequisites

[All expenses incurred in the prerequisites will be reimbursed by the club. Send receipts to SYL treasurer]

- Register as a coach
  - <http://www.Sherwoodyouthlacrosse.com>
- Agree to SYL Background check
  - <http://www.Sherwoodyouthlacrosse.com>
- Obtain or renew a US Lacrosse Coach membership
  - <http://www.uslacrosse.org/membership>
- Become CPR and basic first aid certified (SYL will offer training session in early spring)
- Watch a Concussion Video
  - <http://www.cdc.gov/headsup/youthsports/training/index.html>
- Take Positive Coaching Alliance Training
  - <http://shopping.positivecoach.org/Store/Courses/Double-Goal-Coach>
- Take a US Lacrosse Level 1 online course (free with membership)
  - <http://www.uslacrosse.org/coaches/coaching-education-program/certification/level-1-certification>
  - No need at this time to take the additional clinic or NCSI background check
- Read and fully understand policy: "Player, Parent & Coach Policies & Guidelines"
- Read and fully understand policy: "Return to Play Guidelines"
- Read and fully understand policy: "Boys Recreational Team Selection Process" (Boys Program Only)