



Webster Lacrosse Club

Bill of Rights for Young Lacrosse Players

1. Every young lacrosse player has the right to participate in the sport of lacrosse.
2. Every young lacrosse player has the right to play in every game, regardless of physical ability or the relative importance of the game,
3. Every young lacrosse player has the right to play as a child, and be treated on a level appropriate with the emotional and physical maturity of the player's age.
4. Every young lacrosse player has the right to participate in a safe and healthy environment, and have access to proper medical treatment.
5. Every young lacrosse player has the right to be taught the fundamentals of lacrosse by qualified adult leadership.
6. Every young lacrosse player has the right to have a coach who is more concerned with fun, social interaction and skill development than winning.
7. Every young lacrosse player has the right to have a coach who is supportive and patient, who takes the time to work with each player, and who allows players to make mistakes.
8. Every young lacrosse player has the right to be treated with respect and dignity by coaches and other players.
9. Every young lacrosse player has the right to report to the coach any physical pain or emotional concerns without fear of rejection or ridicule.
10. Every young lacrosse player has the right to have fun.

“Fastest Game on Two Feet”



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The Role of Parents

You, the parent, are equally as important to your child's positive lacrosse experience as the coach of the team. In order for your child to get the most out of playing lacrosse, it is important that you do the following:

1. Read and sign the enclosed National Youth Sports Foundation Code of Conduct form.
2. Be supportive of your child by giving encouragement and showing an interest in his/her team. Positive reinforcement encourages learning and fun. Research has shown that a ratio of 5 positive statements (compliments, positive recognition) for each negative statement (criticisms, corrections) is ideal for helping athletes do their best. Try to maintain a 5:1 ratio in your comments to your child.
3. Attend games whenever possible. If you cannot attend, ask how your child did, not whether the team won or lost. Some questions that you might ask before asking about the final score include: "Did you try as hard as you could? Did you have fun? Did you learn anything today that might make you a better player in the future?"
4. Be a positive role model by displaying good sportsmanship at all times to coaches, officials, opponents and your child's teammates. "Honoring the Game" is an important part of what US Lacrosse stands for. Help us by honoring the game in your behavior as a spectator.
5. Let your child set his own goals and play the game for himself. Be your child's "home court advantage" by giving him or her your unconditional support regardless of how well he or she performs.
6. Let the coach coach. Refrain from giving your child advice when he or she is playing. Use positive reinforcement with your child's coach. Let the coach know when he or she is doing a good job.
7. Respect the decisions of the referee or umpire. This is an important part of honoring the game. Your child will pay more attention to how you act than to what you say.
8. Read the rulebook. A full understanding of the rules will help you enjoy the game and educate others.
9. Get to know who is in charge. Meet with the leadership of the program to discuss topics such as cost, practice and game scheduling, insurance coverage, emergency procedures, etc.
10. Get involved. Volunteer.
11. Sit back and enjoy the game! Remember, lacrosse is played for FUN!!

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