

WALLINGFORD YOUTH LACROSSE

**PHILOSOPHY,
EXPECTATIONS, and CODE OF
CONDUCT FOR PLAYERS,
COACHES AND PARENTS**

Go to the Wall

Mission Statement and Program Values

In accordance with the principles upon which Wallingford Youth Lacrosse was founded as expressed in our bylaws, the program's primary emphasis is on fun, safety, sportsmanship, teamwork, and skill development. These principles are paramount and will not be displaced to achieve a winning record. While we do not place an emphasis on a winning record, we do teach and place an emphasis on the desire to win and the desire to compete along with an understanding of how to win with grace and lose with dignity. We believe this adds fun to the game. Lacrosse, like life, is very competitive. Players must work hard and practice and play with intensity, commitment and purpose in order to play safely and to achieve and realize their individual potential. We strive to teach our players valuable life lessons through the use of sport. Simply stated, we believe and teach our players that hard work, integrity, commitment, character and responsibility really do matter and will pay off in the long run. With this in mind, we strive to create a balanced schedule, primarily with teams of similar ability to ours to create enjoyable games that are challenging, that give all of our players the opportunity for fair and equitable playing time, and give our teams the opportunity to experience both winning and losing.

I. PLAYER EXPECTATIONS

New & Advanced Players

You will be amazed what a little effort outside the practice and game fields can make. This brings us to our first expectation-

PLAYERS HAVE TO PRACTICE ON THEIR OWN TO GET BETTER.

New and Younger Players

In the beginning, all of your son or daughter's effort will be focused on catching, throwing, cradling and scooping, yet the goal... like dribbling in basketball, throwing in baseball ... is for it to come as naturally as running. Though coaches cover these skills in practice, as the year goes on they will spend less time on simple drills and focus more on advanced skills and game strategy. To truly excel and enjoy a game we hope will quickly become your child's favorite game for life, he or she will have to **"go to the wall."** For those of you new to the sport this simply means your child needs to get in front of a wall or a pitch-back and catch and throw, then catch and throw and then catch and throw some more. Then your child should switch to their weak hand and do it again. Sounds repetitive ... and it is ... but the more time put in on the "wall" the quicker your child (and you) will grow to love this game. Here's the secret ... it's easy to catch, throw, scoop and cradle. In fact, we'll guarantee that in time, every single player in the program will have good stick skills. It's just a matter of when, and that depends on how often your child works on their own. The sooner we have your child catching, throwing, cradling and scooping well, the sooner he or she will have success.

As for scooping and cradling: our goal is to get your child to love lacrosse so much that his or her stick will be in their hands all day. If that's the case, scooping and cradling skills will

develop naturally...plus these skills are just as much a part of every drill, scrimmage and game as running.

Experienced or Advanced Players: Skills and Fitness

Once the player has the technical skills down the real fun begins. Although the expectation is that the more advanced player will continue to develop his or her basic stick skills, we expect the skilled or older player to work on fitness, speed and agility. Stick skills for our newer players is 60%-90% of the battle, but with each year, athleticism really becomes a bigger part of the equation.

Our coaches will work speed and agility drills into the practice routine, but we are a youth club and most teams just do not have enough time to work on everything so anything you can do to make fitness, speed and agility part of your son or daughter's "off-the-field" routine, will go a long way to optimizing their natural athletic ability and prepare them for more advanced and competitive club lacrosse, high school competition and possibly collegiate lacrosse.

All Players

We expect all players of every age and skill level to come to practice and games with a sense of purpose. Every player should arrive on time, ready to learn and do everything necessary to improve his or her individual skills, and understanding of the game with an end goal of the team getting better each week.

Practice and Games

It is expected that your child will attend all practices and games. It is understood that there will be illnesses, religious and/or family commitments, but Wallingford Youth Lacrosse's official expectation is that your child will be at all practices and games. If your child can not attend it is expected that you will contact your coach well in advance for planned absences, because your coach depends on a certain number of players to field a team for each game. Rest assured a missed game/practice or two will not be held against anyone, but excessive or regular absences from practices and games may affect playing time. If you have any questions about this expectation, please discuss with your child's coach and then their respective coordinators (in that order). Coach and coordinator contact information can be found on the Wallingford Youth Lacrosse website

All games are played at various times and places on the weekends. Schedules will be posted as soon as they are available on the Wallingford Youth Lacrosse website. Though practice days and times have not been finalized plan on practicing 2 to 3 days a week (rain or shine unless contacted by coach). Practices will begin in March as soon as field conditions allow.

We also ask that parents get their children to practice early enough to get equipment on. Your child must be "ready-to-go" at practice time. Usually 15-25 minutes early. You know your child best so you decide how much time he or she will need to get ready. A coach will be at the field at least 30 minutes prior to practice or game. If you need help with stick, helmet fitting, etc, please get your child to the field 30 minutes early.

With respect to cancellations, we aim to alert members of game and practice cancellations by email and/or web site by 2 hours before the event, but last-minute cancellations are also possible. ***Check the website often and always before you leave your home for a practice or game***

Importantly, your child should NEVER play lacrosse before practice or a game without appropriate protective equipment and all children are prohibited from playing lacrosse before or after a Wallingford Youth Lacrosse game or practice without a coach present.

It is the policy of Wallingford Youth Lacrosse not to let any child walk long distances from or to a parking lot alone. Accordingly, please make sure you walk your child to the field. Remember your coach is a coach and not a babysitter. Consequently, please be on time picking your player up from games and practices.

Dress Code

For practice your child may wear any shorts and jersey. A reversible (blue/white) is required and can be purchased through Wallingford Youth Lacrosse. Your child must wear the Wallingford Youth Lacrosse uniform on game day. We'll probably have some cold days early in the season so make sure your child dresses appropriately. Long sleeve t-shirts/under armour can be worn under his or her jersey (blue or white). Sweat pants (preferably blue) can also be worn in colder weather.

Responsibility for Player Expectations

These Player Expectations are directed to parents because the majority of our players are on the younger side. However, please be aware that we expect your child to have an understanding of these expectations. In fact the older children should be responsible for meeting player expectations, not their parents.

II. WALLINGFORD YOUTH LACROSSE SKILLS DEVELOPMENT EXPECTATION AND GOALS

Wallingford Youth Lacrosse is committed to properly teaching the game of lacrosse and to develop the participating children as effectively as possible. Consequently, the club has developed the following skill development goals.

Bantam:

Start of season:

- Have a desire to play lacrosse
- Enjoy being outside
- Expect to have fun

End of season:

- Have a basic understanding of the game of lacrosse
- Basic field awareness
- Based on position, what side of field must they stay on

- Understand what they can do and what they can't do with their stick
- Ability to throw and catch with 50% success
- Scoop through ground balls with 50 % success
- Basic cradling skills
- Good sportsmanship

Lightning:

Start of season:

- Have a desire to play lacrosse
- Enjoy being outside
- Expect to have fun
- Basic understanding of the game
- Basic understanding of positions
- Ability to throw and catch with 50% success
- Scoop through ground balls with 50 % success
- Basic cradling skills
- Good sportsmanship

End of season:

- Have a general understanding of the game of lacrosse
- General field awareness
- Understand what they can do and what they can't do with their stick
- Ability to throw and catch with 60% success
- Scoop through ground balls with 60% success
- Average cradling skills (through traffic)
- Good sportsmanship

Juniors:

Start of season **:

- Have a desire to play lacrosse
- Enjoy being outside
- Expect to have fun
- Average understanding of the game and positions
- Average understanding what they can do and what they can't do with their stick and body checks
- Ability to throw and catch with 60% success
- Scoop through ground balls with 60 % success
- Average cradling skills
- Good sportsmanship
- ** New Juniors should start the season with the abilities of a new Lightning, but end the season close to his or her Junior teammates' abilities

End of season:

- Have an above average understanding of the game of lacrosse
- Above average field awareness

- Above average understanding what they can do and what they can't do with their stick and body checks
- Ability to throw and catch with 75% success
- Scoop through ground balls with 75% success
- Above average cradling skills (through traffic)
- Good sportsmanship

Seniors:

Start of season **:

- Have a desire to play lacrosse
- Enjoy being outside
- Expect to have fun
- Above average understanding of the game and positions
- Above average understanding what they can do and what they can't do with their stick and body checks
- Ability to throw and catch with 75% success
- Scoop through ground balls with 75 % success
- Above average cradling skills
- Good sportsmanship
- ** New Seniors should start the season with the abilities of a new Lightning, but end the season close to his or her Senior teammates' abilities

End of season:

- Have an excellent understanding of the game of lacrosse
- Excellent field awareness
- Excellent understanding what they can do and what they can't do with their stick and body checks
- Ability to throw and catch with 90% success
- Scoop through ground balls with 90% success
- Excellent cradling skills (through traffic)
- Good sportsmanship

III. PARENT EXPECTATIONS

Practices

Parents may attend and observe practices and learn the great game of lacrosse with their children and become part of the lacrosse community. Parents must, however, watch from the opposite side of the field or at designated bleacher or seating areas. Parents are prohibited from providing coaching advice during practices, however, encouragement is fine. If you are interested in coaching, Wallingford Youth Lacrosse welcomes you and appreciates your interest. Please contact the boy's or girl's coordinator for more information on coaching opportunities. Lastly, please make sure your child is ready-to-go at start time and pick him or her up at the designated end time.

Games

We require that parents watch games from the opposite sideline or in established bleacher or seating areas. Only coaches, officials and time-keepers will be allowed on the player's side line.

Coaching from parents before or during the game is prohibited. Support your child, but please do not instruct them from the sideline. Often this conflicts with what we're trying to teach your child.

Attendance at Practice and Games

Your child should attend all practices and games. Of course there will be illnesses, religious and/or family obligations and the like, but we expect your child at all practices and games. If you cannot attend we ask that you contact your child's coach in advance. Rest assured a missed game/practice or two will not be held against anyone, but excessive or regular absences from practices and games may affect playing time. Remember, sport teaches, among other things, responsibility, commitment and dedication. Your child should understand that his or her team counts on each other to support each other.

Homework

We ask that parents encourage their children to work on their basic skills at home. Use a wall, invite teammates over, anything to keep the stick in their hands. This will make the biggest difference in the success and fun your child has this year.

Equipment

Equipment is not provided per se. However, Wallingford Youth Lacrosse, at times, has spare equipment available on a first come first served basis for those in need. Please discuss this with your child's coach. Lacrosse equipment can be purchased at local and national sporting goods stores. There is often goalie equipment available to borrow for part or all of a season.

Financial Aid

Wallingford Youth Lacrosse is committed to providing an opportunity to play lacrosse to any child with the desire to do so. To that end, limited financial assistance is available for families with a demonstrated need. Please contact the Treasurer for more information.

Communication

Communication is very important and the club will do its best to provide timely and relevant information. Coaches will use email or website posting as their primary means of communication to parents and players. If you are not receiving email from your coach, please discuss with him/her. However, please review the website prior to contacting your coach as most information will likely be available on the site. If you need to speak with your child's

coach, we recommend that you send them an email and ask to speak with him/her after the next practice.

US Lacrosse Registration

All players are required to be registered with US Lacrosse and possess a valid US Lacrosse registration number at all times while participating in any Wallingford Youth Lacrosse practice, clinic, game or tournament in which Wallingford Youth Lacrosse participates. Any child not possessing a valid US Lacrosse registration number will be precluded from participating. The insurance that protects the club is dependent on 100% registration with US Lacrosse. Accordingly, we ask that parents monitor the expiration of their child's US Lacrosse registration.

IV. PLAYER CODE OF CONDUCT

As a youth lacrosse player in Wallingford, you are expected to exhibit and practice a high level of sportsmanship. You are expected to treat your coaches, fellow teammates, officials, opposing team players and coaches with respect and dignity. You are expected to come to your practices and games on time ready to play and improve your individual stick skills and team play skills. Understand that unsportsmanlike misconduct such as taunting, the use of foul and abusive language, fighting, or flagrant unnecessary roughness is grounds for ejection from a game or practice. Repeated offenses will result in suspension from play in your next scheduled game, and three offenses will result in your expulsion from Wallingford Youth Lacrosse for the rest of the year and all fees will be forfeited. Consider it an honor to play the great game of lacrosse.

V. PARENT CODE OF CONDUCT

As a youth lacrosse parent in Wallingford, you are expected to exhibit and practice a high level of sportsmanship. You are expected to treat the coaches, your child's teammates, officials, opposing team players and coaches with respect and dignity. During games, you will be required to watch the action away from the players' benches and on the other side of the field. If you are a vocal parent, cheer good plays made by either team. There's absolutely no coaching from parents allowed. All instruction will come from the coaching staff, not parents. If you're interested in coaching please let us know at registration prior to season. Understand that unsportsmanlike misconduct such as taunting, the use of foul and abusive language, or fighting is grounds for ejection from a game, and you will be asked to remove yourself from the area. Two offenses as determined by the Wallingford Board of Directors will result in your expulsion from watching Wallingford Youth Lacrosse games for the rest of the year. Consider it an honor to be a part of the great game of lacrosse.

VI. PARENT AND PLAYER AGREEMENT TO ABIDE BY CODE OF CONDUCT

Parents and parents on behalf of their minor children are required to acknowledge and agree to the code of conduct agreement below. In the event that the code of conduct agreements conflicts with CONNY and/or US Lacrosse Rules and Regulations, and/or facility, house or tournament rules, the more stringent rule and/or guideline and/or penalty shall apply.

As a participant as a player or parent in such play, I pledge to:

1. Learn the rules of lacrosse so that I may be a better player, coach, and fan.
2. Encourage good sportsmanship by demonstrating only positive support for all players, coaches, and officials at every event.
3. Support the drug, alcohol and tobacco-free environment that is important for all youth sporting events.
4. Make only supportive comments to all players, coaches, and officials.
5. Remember the field is a classroom and everyone is learning.
6. Focus on the fun and the participation

I also pledge NOT to engage in unsportsmanlike conduct that includes but is not limited to:

1. The use of profanity at a WYL event.
2. Criticize the coaches, players, or officials.
3. Touch any player, coach, or game official in a threatening or inappropriate manner. This includes fighting, taunting and any other means of intentionally trying to cause others physical or mental harm.
4. The throwing of equipment and or personal belongings.
5. Coaching from the sidelines

Violations:

Any player, parent, sibling, blood relative of the parent or player or any fan violating any of the above, can be ejected from the game even if the game official does not choose to remove them. Any and all ejections shall include the individual's removal from the bench area.

If ejected by the game official or WYL coach, this person (if a non-player) will be suspended from watching the next game. If a player, the player will be suspended from participating in the next game. For players, suspensions will be served on the team bench of the next game in non-uniform attire. Players are expected to attend team practices even if suspended.

A repeat violation will result in possible probation or suspension for the remainder of the season at the discretion of the WYL Board of Directors. The Board of Directors will be notified of such an event should it occur. The Board may decide that the ejected person (with their guardian) must appear before the Board to describe the circumstances of the ejection and/or suspension. Expulsion from WYL is possible and such expulsion is within the sole discretion of the Board of Directors. This code of conduct supersedes any other sports facilities house rules, but in the event of conflict, the more stringent rules and penalties apply.

VII. COACHING PHILOSOPHY & EXPECTATIONS

As a coach for Wallingford Youth Lacrosse you will have a profound impact on your players both on and off the field. Given the importance of your position you are expected to positively promote the game of lacrosse to our players emphasizing character, commitment and education.

Character is defined very simply by setting the proper example for our players. Actions speak louder than words. Being agitated by bad calls, players dropping balls, players making bad passes are all frustrations of coaching ... it comes with the territory, but you should use these moments as a chance to teach or demonstrate character.

Your primary mission at all times is to question, "how can I make this kid/team better." Yelling at referees, throwing hats, clip boards, screaming with ill intent at players will not be tolerated. Remember all eyes are on you and your character.... and the reputation of Wallingford Youth Lacrosse. You are on the front lines and you speak for all of us ... our organization, other WYL coaches, our parents and players. Wallingford Youth Lacrosse has a terrific reputation in large part due to you and how you handle yourself.

Commitment is defined by making your team a top priority. Your commitment will mirror your team's commitment. This is difficult for some of us because we all have very busy lives. Please make sure you have a strong Assistant Coach. You should have a Team Parent to assist, too. Your priorities should include required league certifications, open communication with your player's parents, ***having a practice and game plan, executing the plan, and continuing to gauge the plans throughout the year.*** Keep an eye out for monotonous practices. Offer competitive drills, develop drills besides your basic line drills, and most importantly make sure players are not standing around doing nothing. ***We cannot emphasize enough the importance of having a practice plan. The night before your practice take a short time to plot out your practice in 15 minute increments and commit the plan to writing and then execute the plan. If you establish this one habit, your success rate as a coach is almost guaranteed. Please utilize the resources on our website for new ideas pertaining to drills and practice plans.***

Education is defined by constantly turning player's mistakes into teaching opportunities. If a player makes a mistake, tell him what he did wrong and how he can do it better next time and then get a commitment from the player that the player will implement the instruction. Always start with a positive comment so you get the child's attention, then make the corrective action. If the child feels good about what you are telling them, change will occur more rapidly. Promote a learning environment where the players are not afraid to make mistakes.

Training and Certification

First Aid certification is critical!!! If you do not have your certification, you will not be a head coach. Coaches are also required to take concussion awareness training, which is available on the website. Coaches are required to take and pass all CONNY certification exams.

US Lacrosse Registration

All coaches are required to be registered with US Lacrosse and possess a valid US Lacrosse registration number at all times while participating in any Wallingford Youth Lacrosse practice, clinic, game or tournament in which Wallingford Youth Lacrosse participates. Any coach not possessing a valid US Lacrosse registration number will be precluded from participating. The insurance that protects the club is dependent on 100% registration with US Lacrosse.

VIII. COACHES CODE OF CONDUCT

As a youth lacrosse coach in Wallingford, you are expected to exhibit and practice a high level of sportsmanship. You are expected to treat your coaches, players, officials, opposing team players and coaches with respect and dignity. You are expected to come to your practices and games on time ready to coach, ready to improve your players' individual stick skills and teamwork skills, and ready to make your time with your team an enjoyable one for all. You are expected to give your players positive reinforcement and a fair amount of playing time. You are expected to have a thorough understanding of the rules as they pertain to the youth game. Understand that unsportsmanlike misconduct such as taunting, the use of foul and abusive language, or fighting is grounds for ejection from a game, and you will be asked to remove yourself from the area. Two offenses as determined by the Board of Directors will result in your expulsion from Wallingford Youth Lacrosse for the rest of the year. Consider it an honor to coach the great game of lacrosse.

IX. COACHES AGREEMENT TO ABIDE BY CODE OF CONDUCT

As a coach in Wallingford Youth Lacrosse, you will be required to acknowledge and agree to abide by the agreement below. In the event that the agreement conflicts with CONNY and/or US Lacrosse Rules and Regulations, the more stringent rule and/or guideline and/or penalty shall apply.

As a coach in such play, I pledge to:

1. Learn the rules of lacrosse so that I may be a better coach, and fan.
2. Encourage good sportsmanship by demonstrating only positive support for all players, coaches, and officials at every event.
3. Support the drug, alcohol and tobacco-free environment that is important for all youth sporting events
4. Notify the Executive Board immediately of any legal issues that may have a negative effect on WYL
5. Make supportive comments to all players, coaches, and officials.
6. Keep the safety of my players as my top priority. A coach has the authority to forfeit a game in the event an unsafe situation or condition exists.
7. Remember the field is a classroom and everyone is learning.
8. Focus on the fun and the participation
9. Read and abide by the Bylaws and Rules and Regulations as posted on

I also pledge NOT to engage in unsportsmanlike conduct that includes but is not limited to:

1. The use of profanity at a WYL event.
2. Criticize the coaches, players, or officials.
3. Touch any player, coach, or game official in a threatening or inappropriate manner. This includes, but is not limited to, fighting, taunting and any other means of intentionally trying to cause others physical or mental harm.
4. The throwing of equipment and or personal belongings.

Violations:

1. Any coach violating any of the above, can be ejected from the game. If ejected by the game official, this person shall be suspended from the next actual game (including regular or tournament play) and all practices in between. Any and all ejections shall include the individual's removal from the bench area.
2. Any coach displaying an unsportsmanlike conduct resulting in an ejection from the current game or practice shall be suspended from the next game (including regular or tournament play) and all practices in between. The ejection can be done by either a game official or another WYL coach.
3. A repeat violation will result in possible probation or suspension for the remainder of the season at the discretion of the Board of Directors.
4. A coach in violation of the tournament/jamboree guidelines as stated in the Rules and Regulations will forfeit any participation in any tournament/jamboree for the following year for any team they are associated with.

The Board of Directors will be notified of such an event should it occur. The Board may decide that the ejected person must appear before the Board to describe the circumstances of the ejection and/or suspension. Expulsion from WYL is possible and is within the sole discretion of the Board of Directors. Where this code of conduct is in conflict with any other sports facility's house rules, the more stringent rules will apply.