

## Centre Lacrosse Policies, Guidelines and Team Expectations

### Coach Contact

My name is \_\_\_\_\_ (Coach \_\_\_\_\_) and I will be the Head Coach this season. I am in charge of all lacrosse issues (practices, game line-ups, player positions, playing time, etc.). My contact information and those of the assistant coach(s) is provided below. All questions/complaints/concerns regarding lacrosse issues must be **to the Head Coach in writing** (either e-mail or hard copy). If you would like to have a discussion with me, we can schedule a time

### Distribution of Information

Information will primarily be distributed by e-mail. Some information, for example fundraisers, will be handed out to players following a practice.

### Centre Lacrosse Coaching Philosophy

Winning is not everything. The goal is to develop individual and team lacrosse skills using fun and interactive activities and games. We ask that players have an open mind and a willingness to try. Your child needs to come to practice ready to work hard to learn/develop lacrosse skills so that they will be prepared for high school lacrosse in the coming years. Please remind your child periodically that every practice activity should be approached with the same intensity as if it was a game.

- **Objectives:** Safety, fun, develop, improve lacrosse skills (techniques and tactics), improve decisions, become lacrosse savvy, build confidence, improve endurance, and learn sportsmanship
- **Plan:** To hold productive practices with clear objectives emphasizing development and using activities that mimic game situations
- **Playing Time:** Every effort will be made to provide your child maximum playing time. Please note: there is no “must play” rule in this league. Playing time will be based on practice effort/attitude/attendance and skill.
- **Positions:** What position your child plays will be left up to the head coach.
  - Practices: To develop/improve player skill at several positions
  - Games: Based on the needs of the team that day

### Team Rules

- Be on time to practices and games
- Have all your required equipment at every practice and game
- Pay attention, do not disrupt practice
- Be supportive of your teammates, they may be trying new things and may not be proficient
- Try your best: approach every practice with the same intensity as if it was a game

### Required Equipment (every practice and game)

- Stick (two recommended), helmet, gloves, arm guards, and shoulder pads with built in sternum protector, mouth piece, cleats (recommended), mouth piece (must be colored not clear), Protective cup

Note: At games referees will have the final say.

## **Practices**

Attendance at all practices is expected as these will significantly benefit each player. However, we do realize that other non-lacrosse commitments must be satisfied. Missing practice to participate in another organized sports activity is not an acceptable excuse. Teammates are counting on all participants to be there. Please let the head coach know in advance if you know a practice will be missed.

The practice schedule will be:

- List practice times and locations here

Note: Additional practice night until games begin

Cancellations: Parents will be e-mailed by 3:00 PM on practice days if it is cancelled due to weather. We will practice/play in rain (except thunderstorm) if field conditions permit.

## **Games**

Games will be held on Saturdays. Home games will be played at \_\_\_\_\_ field. Complete game schedule is posted on the Centre Lacrosse web site. Regular season will always end week prior to Memorial Day weekend.

- Please let the head coach know in advance if you know a game will be missed
- Plan to arrive 1 hour before the game begins
- Warm-ups will begin promptly 45 minutes before the game
- Team will be released 10 minutes after the game ends

Cancellations: Parents will be given as much notice as possible.

## **Game Day Information**

- Centre Lacrosse will provide uniform jerseys and helmet for 5/6 grade team only (with deposit). Game jerseys are not permitted to be worn at practices. They are the property of Centre Lacrosse.
- Each player is expected to provide black shorts to be worn for all games.
- Parents are expected to stay on the opposite side of the field from the players (no parent is allowed on the player's side, do not come over during halftime). Spectators must stay 10 feet back from sideline. No one is allowed behind the goal line.
- Please encourage the players during games. However, do not coach during games. Your child needs to be listening to the Centre Lacrosse coaches.
- Do not argue with the other team's parents.
- Do not complain about the referees. No referee sees everything.
- For complete game rules see the Lacrosse Parent Guide posted to the Centre Lacrosse web site.

Web Site: [www.centrelax.com](http://www.centrelax.com)

## **Coach(s) Contact Information**

(Head Coach)

E-mail:

Home Phone:

Cell Phone: