

# Boys High School Division

Spring 2016 Coaches Meeting

25 Jan 2016

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# Agenda

- Introductions
- VHSL Varsity Status update
- USL All-American – Jim Old, USL Tidewater Chapter
- HRLax Coach Responsibilities
- HRLax Game and Program Administration
- HRLax Coach Training
- NFHS Rules Discussion and Points of Emphasis – Wes Sams/Billy Hannah
- 2016 Season
  - League Rules and Procedures
  - District Alignment
  - League Registration Status
  - HRLax Playoffs
  - HS State Club Championship
- 2016 All-District Teams – BHS Policy Committee

# HRLax BHS Mission Statement

**The HRLax Boys High School Division's mission is to provide a structured league for the benefit of public High School lacrosse clubs as they work toward school-sponsored and school-board approved VHSL team status.**

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# Introductions

BHS Commissioner:	Wayne Borchers
BHS Vice-Commissioner:	Stuart Brightbill
BHS Operations Manager:	Kristi Brown
BHS Equipment:	Rich Blovad
2016 BHS Policy Committee:	Stuart Brightbill
	Rob Smith
	Steve Notarnicola
	Jim Welch
	Talle Knepshield
	Tim Moon
	<i>TBD-Peninsula Rep.</i>

**Around the room**

# VHSL Varsity Sanctioning

- HRLax League implementing USL best practices including:
  - HS Division Mirror state sanctioning rules/guidelines
    - Comply with all meaningful rules (i.e., # of games vice matching helmets)
    - Greater mirroring = increased acceptance by school ADs and Principals
  - Youth Division must generate increased player base to support
  - Teams and Booster Clubs
    - Develop “turn key” programs
    - Demonstrate sustainment
    - Support consistent messaging of VHSL desire and efforts
    - Cite player and team successes
      - Academic successes, community involvement...not wins
    - Be Legal: Comply with all tax laws, all school booster rules
    - Involve AD in coach selection as much as required or desired
      - Some districts require AD and/or Principal approval
    - Ensure team’s compliance with League rules

School board / Administration objections	HRLax's Mitigation
No local competition	Increased public High School participation from 4 teams (2005) to 18 teams (2015) 5-7 in each of the three VHSL lacrosse competition divisions (6A, 5A, and 4A)
Title IX	Increased Girls HS teams from 0 in 2005 to 12 in 2015
Questionable continuity of interest	Builds area youth lacrosse. Youth lacrosse participation in area still growing – while national trend has shown a decline in overall youth sports participation (except lax)
Money: Shrinking School budgets	Provide alternative to 100% school-board-funded teams: Encourage team boards to create a funding reserve and demonstrate financial viability (i.e. incorporate as non-profits & 501.c.3 to raise funds without tax liability)
Money: Shrinking school budgets (2)	Demonstrate that team member-families are willing to self-fund – combination of family financial commitment, club, and league dues currently cover uniforms, transportation, coach stipends, equipment, fields, officials, coach training, and insurance.
Liability	Teams have adopted extensive risk management procedures and policies using VHSL, US Lacrosse and school risk management policies as examples and enforce good sportsmanship among players, coaches, and fans (e.g. player physicals, concussion management protocols, health and safety policies, etc.) Teams and league are 100% US Lacrosse members which includes coach liability insurance. League also carries board liability insurance.
Extra work on already-over-worked ADs (note: the VHSL decision-makers are school Principals. ADs often serve as Principal's proxy for VHSL decisions)	Created Program Manager positions to familiarize team parents with the time-commitment and extra work the team would create on school athletic department. Therefore foster among the teams an empathic and supportive group of parents... and make it easier for the AD to say yes.

# VHSL Way Ahead

- Plan of Attack
  - At team level: create comprehensive plan to address school concerns.
  - Develop approach strategy to engage individual school leadership – avoid alienating, remain pleasant and helpful
- Action
  - Continue to grow the number of girls and boys feeder youth and high school teams – the HRLax Mission

# US Lacrosse All-American/Academic All-Academic Criteria & Selections

- 2014: Virginia-Hampton Roads established (Boy's public HS)
- 2016: Men's & Women's game aligned programs & selection criteria
- Regional allocation based on # of HRLax BHS teams:
  - All American (1 for every 6 schools)
  - Academic All-American (1 for every 6 schools)
  - Nomination for the Bob Scott award (1 per area)
- HRLax BHS Player Participation and Assignment Zoning Rule instrumental in formation of regional selection process
  - Player zoning waivers could disqualify a team's eligibility
- **Must submit number of qualifying schools & Head Coaches  
No Later Than 15 Feb 2016**

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# US Lacrosse Awards Process

- All-American Awards
  - *USL All-Americans are the best players from their area who exhibit superior skills & techniques, possess exceptional game sense/knowledge, and embody good sportsmanship.*
- All-Academic
  - *A player who exhibits exemplary lacrosse skills, good sportsmanship on the field, and represents high standards of academic achievement in the classroom.*
    - Changes for 2016
      - Junior or Senior
      - Min GPA of 3.7 of 4.0
      - Online submission required by Head Coach
- Bob Scott Award
  - *Recognizes a player in each area who goes above and beyond in service to his team, school, and community. This player exemplifies the fundamentals of lacrosse, works hard to improve his game and is a leader both on and off the field.*
    - Must include a biographical resume, including years of lacrosse involvement and contributions to the game, school, and community.
    - Must include a letter of recommendation from their HS Principal, Athletic Director, or a current teacher.

# Coach of the Year

- *“This award honors those Head Coaches in each area from both the men’s and women’s game who exemplify the ideals of the game of lacrosse. The award is intended to recognize the individuals overall coaching performance and contribution, not just coaching wins - although they may be considered.”*
  - Must be a registered HRLax Coach
  - Must be a member in good standing with USL
  - Demonstrate outstanding sportsmanship on and off field
  - Demonstrate excellent rapport with players, officials and other coaches at all times
    - Change for 2016 – **elimination of Assistant Coach of the Year**

**Note: Per USL Handbook – “Co-Varsity Head Coaches from an area will not be recognized”**

# US Lacrosse Awards Process & Timeline

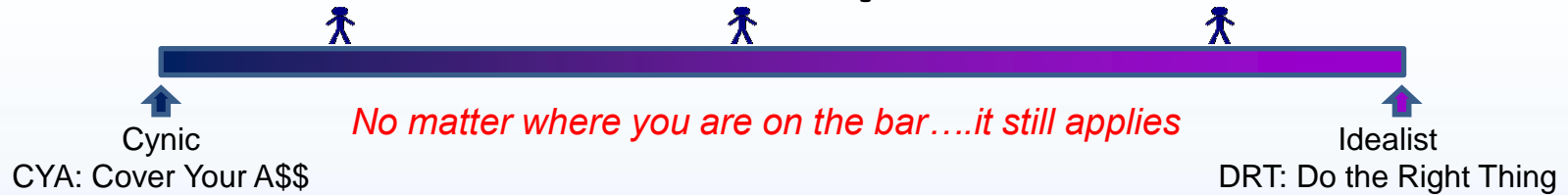
## Process

- All-Academic: Highest GPA (normalized across schools)
- All-American
  - Complete list published 2 weeks prior to face to face meeting
  - **Written ballot ranking ALL players 1 to X**
  - Highest points determines selection
- Bob Scott
  - Written ballot ranking ALL nominees 1 to X
  - Highest point score determines selection

## Timeline

15 Feb:	Eligible teams & Head Coach names submitted to USL
1 May:	Nominations due to HSAC
<i>TBD May:</i>	Area meeting to discuss nominees
1 Jun:	Awards submitted to USL by HSAC
1 Jul:	USL Nationwide announcement

# HRLax Coach Responsibilities



- Player Safety <https://leagueathletics.com/Page.asp?n=95074&org=hrilax.com>
  - Safety and risk management
  - Safe Sport Environment
- Proper Conduct
  - [Code of Conduct and Sportsmanship \(coaches, players & parents\)](#)
  - Liability issues and mitigation strategies
    - Injury and insurance – prevention, [reporting](#), and closeout
    - [Drug and alcohol policy](#)
- Communication and League website usage
- Team organization and sideline management
  - PM, [time & score keepers](#)
- Education – minimum required and continuing
  - NFHSlearn.com

# Safety & Risk Management

- Code of Conduct signed by all players, coaches, and parents
- Have an Emergency Plan (with you at practices/games)
- Safe Sport Environment:
  - All coaches fall under the Virginia Mandatory Report Law – any suspected abuse must be reported to Child Protective Services
  - If suspected abuse involves the league in any way (event or personnel), after reporting to CPS, inform Commissioner or HRLax Board of the report as soon as possible

# Safe Sport Environment

HRLax has a zero-tolerance policy for abuse  
Protect the Players

## The Law

- Mandatory Report applies to Athletic Coaches, Directors or other persons 18 years of age or older, ...volunteering with a private sports organization or team
- Anything suspected must be reported to CPS as soon as possible, but no later than 24 hours after suspicion

# Safe Sport Environment (continued)

## Follow these Best Practices:

- Make it clear parents are free to approach you with concerns
- Never allow yourself to be alone with a player
- Avoid giving rides to players
- Don't call, text, or have 1-on-1 discussions outside of practice
  - Meet with or text team captains as a group
  - Keep 1-on-1 discussions with players in sight of others
- Beware of spending extra time with or attention on one player
- Never ask a player to keep a conversation private from their parents
- Keep social separation including social media (a particular reminder to younger coaches)

# Proper Contact

- **Contact** – Penalties will be given for excessive hits to the head and neck, as well as penalties for hits to defenseless players and blindside hits.

- **Mitigation Strategies:**

Helmet Fitting – Helmets shall meet current NOCSAE standards and be properly fitted for each player.

Halftime Warm-up – It is recommended that the final three minutes of intermission be used as a team warm-up period.

Helmets/Equipment Pre-Game & Practice – Coaches should educate players on the need to be properly equipped at all times.

Defending the Crease – Not for Field Players



# Injuries

- The Coach/Program Manger shall exclude from participation any athlete who has suffered serious illness or injury, until such time as the athlete has been pronounced physically fit to participate by a physician.
- Any athlete exhibiting any signs of concussion SHALL be removed from play or practice regardless of whether a bump or fall was observed.
  - Removed from play and player's parent/guardian contacted
  - Player must have a properly signed HRLax Return-to-Play form before returning

## Injuries (continued)

- Preseason Baseline Testing is highly recommended.
  - Local hospitals and sports fitness companies offer baseline testing for small groups at reduced pricing (approx. \$10 per player)
  - Baseline tests can assist physicians in assessing an athletes readiness to return to play

# Bollinger (USL member) Insurance

## Covered:

- USL Member for catastrophic medical coverage for accidental injuries
  - Secondary coverage
    - \$1000 deductible boys HS player & coaches
    - \$3000 deductible adult male player
- Coach – personal liability for Bodily Injury or Property Damage

## Not Covered:

- Personal transportation liability – must rely on personal automobile coverage
- Box Lacrosse - (Field lacrosse played indoors with no boarding or cross-checking is ok)
- Sickness, illness, or bodily conditions (heart attack, stroke, asthma attack)
- Loss resulting from insured being intoxicated or under influence or narcotics
- Team damages to property (unless 100% coaches and players are members)
- Liability from messing around with lacrosse ball in non-scheduled events
- Group liability unless 100% coaches and players are members

# USL Code of Conduct

(Summarized)

- Sportsmanship taught at home and on the field.
- Sportsmanship, fair play, and skills above winning.
- Derogatory comments are unacceptable.
- Safety and welfare of players are top priority.
- Coaches must strive to be positive role models.
- Never permit anyone to openly criticize an official.
- The letter and the spirit of the rules of the game must be respected and adhered to by all.

# Sportsmanship

## Compete with Class and Honor the Game

**Emphasize the importance of good sportsmanship in pre-season meetings**

Consider:

- Check out the US Lacrosse Keeper of Lacrosse Program
  - Play in the spirit of the game
  - Honor traditions
  - Promote the virtues of honor, integrity and respect
  - Encourage acts of good sportsmanship
  - Value the importance of teamwork
  - Own the responsibility and connection to the greater community
- Having parents sign a code of conduct
- Using the USL/PCA Sportsmanship card program

**Know the HRLax League Sportsmanship Rules (Team Regulations 3.090)**

# Communication

- The HRLax League expects clear, calm, and professional communication at all times. This includes all interactions with officials, players and parents at the field, both practice and game. The league also expects professional communications to players, parents, and league officials in written correspondence/emails.
- Remember, you are representing not only your HS team, but the league and the lacrosse community.

*If we don't treat our position professionally, we should not expect others to view us as "professionals".*

# Sideline Management

- All Adults on the Player Sideline must be registered and cleared HRLax Coaches or Administrators
  - 2016 HRLax Coach Credentials must be displayed
- Only the Official Timekeepers, Scorekeepers, and players serving penalties are allowed in the Table Area
- Keep players in their team area – out of Coaches or Table Areas
- If any altercation occurs: Coach responsibility is to freeze their bench, player responsibility is to hold their position.

# Game & Program Administration

- [HRLax.com](http://HRLax.com)>Coaches>High School Coaches:
  - Game Administration and Game Results Entry Instructions
    - <https://s3.amazonaws.com/files.leagueathletics.com/Text/Documents/6386/40645.pdf>
      - Safety and Health
      - Game Day Checklist
      - Field Set up
      - Recording and entering game results
      - How to enter stats online\*
  - Program Administrator/Manager Responsibilities
    - <http://files.leagueathletics.com/Text/Documents/6386/54300.pdf>
      - Pre-season
      - Game Day
      - Oversee/Enforce/Report
      - General Program Oversight



# 2016 Coach Training

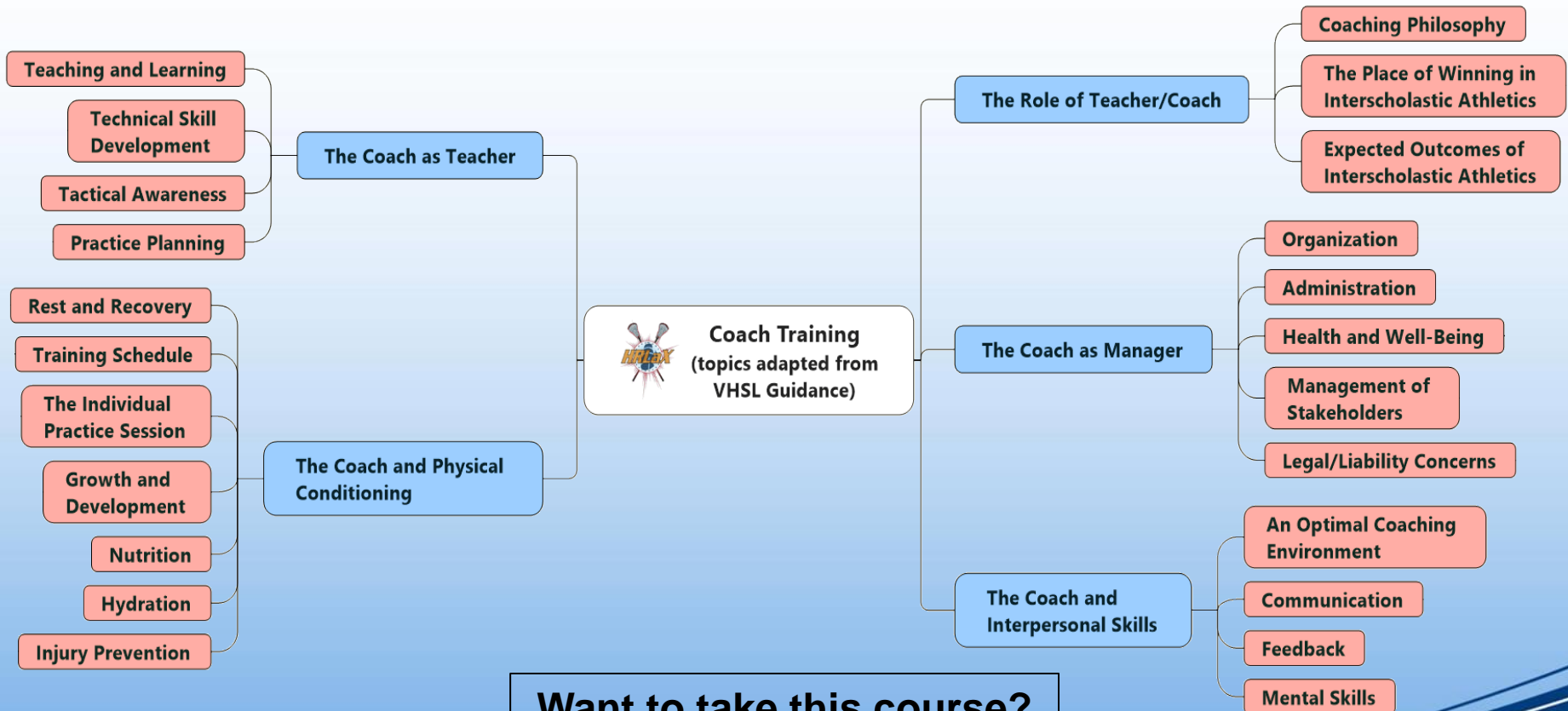
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# HS Coach Training

- Required USL Level 1 Certification is bare minimum requirement
- USL Level 2 is HRLax desired minimum education for HS Coaches
- Continuing education – to keep growing as a coach
  - USL Level 3
  - NFHS Fundamentals of Coaching
  - PCA Double-Goal Coach: Developing Triple-Impact Competitors
  - NFHS Team Captain's Course: Also recommended for Coaches so they know what the Captains are learning, and can support their growth as leaders  
<https://nfhslearn.com/courses/61028/captains-course>
  - Sportsmanship: a pre-season video for parents, players, and coaches.  
<https://nfhslearn.com/courses/37000/sportsmanship>
  - Engaging Effectively with Parents:  
<https://nfhslearn.com/courses/6000/engaging-effectively-with-parents>
  - USL 2016 Boys HS Rules Course
  - Look for additional online videos

# VHSL HS Coach Training



**Want to take this course?  
See us after the meeting**

# NFHS Rules & Points of Emphasis

Mr. Wes Sams  
Mr. Billy Hannah  
(*HRLOA*)

<http://www.uslacrosse.org/multimedia-center/blog/postid/1041/2016-nfhs-boys-lacrosse-rules-simply-stated.aspx>

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# 2016 Season

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# HRLax BHS Rules & Points of Emphasis

Preseason meeting:

<http://files.leagueathletics.com/Text/Documents/6386/58537.pdf>

2016 Policies:

<http://files.leagueathletics.com/Text/Documents/6386/58533.pdf>

Team Eligibility Rules:

<http://s3.amazonaws.com/files.leagueathletics.com/Text/Documents/6386/45828.pdf>

Player Eligibility forms to be collected by Program Administrator:

<http://hrlax.com/Page.asp?n=86114&org=ww2.hrlax.com>

# League Rules and Procedures

- Seniors may not play on JV teams
- No player may move from the Varsity to the JV roster
- JV players may play in a Varsity game up to three times
  - After the third game, the JV player must be assigned to the Varsity roster for the remainder of the season
  - List JV player in the Varsity scorebook for that game
- No player may play in both a JV & Varsity game in the same day
- Players may play, at a maximum, the number of regular season league games scheduled for one team

## League Rules and Procedures (continued)

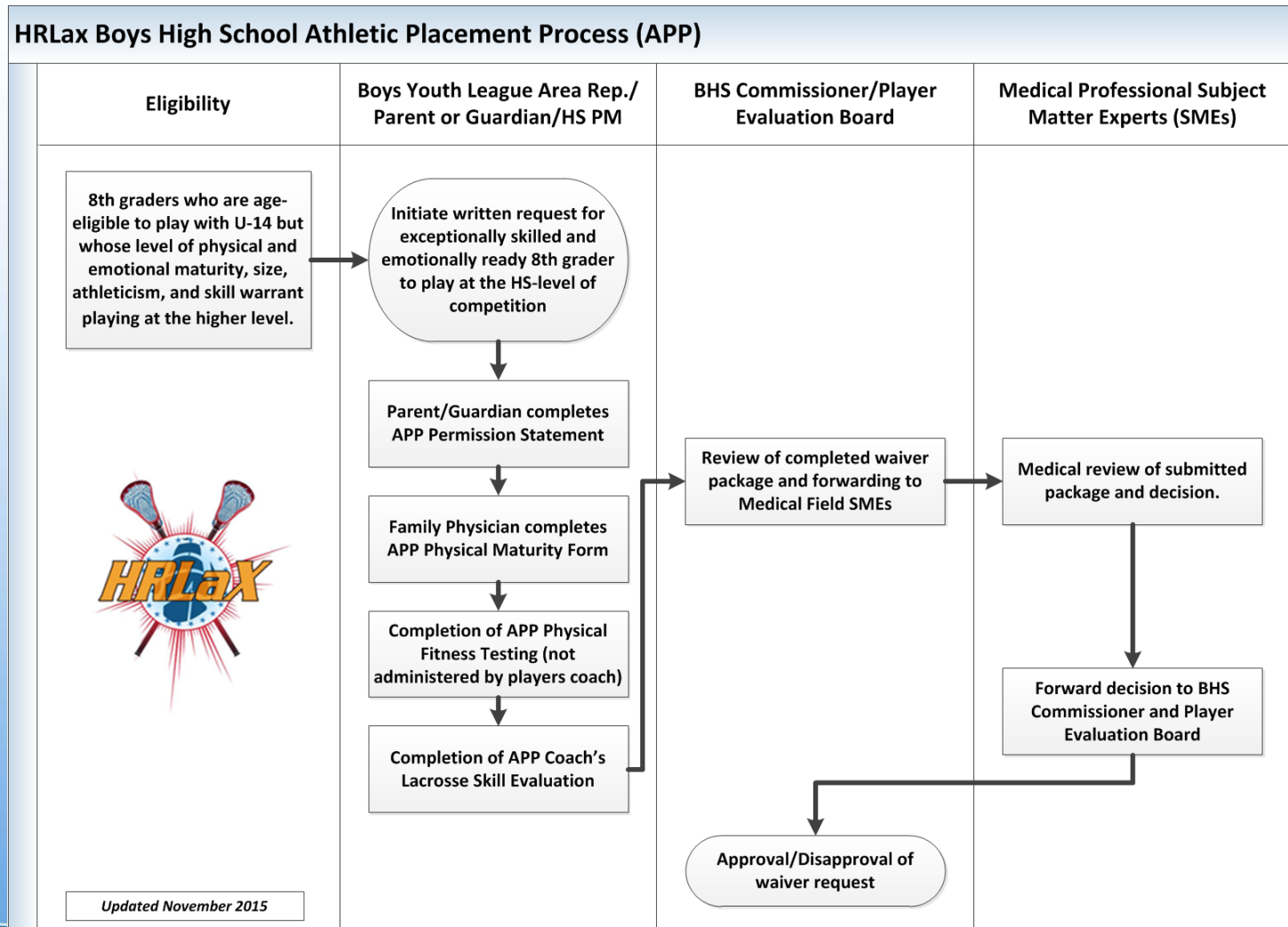
- If a situation warrants, the BHS Commissioner or Operations Manager may request team scan and email the game scorebook page showing roster and penalty sections to the league following a game
- All players on the sidelines, dressed for the game, shall be listed on the game's roster
- Duplicate numbers on jerseys shall not be permitted on the same team



# Lightning and Weather

- Comments
  - Get the CoachSmart app for your phone – realtime lightning feature  
(<http://www.smartphonewz.com/latest-app/coachsmart-solution-for-athletes/>)
  - The referees would rather the league & coaches make the call on weather situations

# Athletic Placement Process



# Season Dates

<b>Season Information</b>	<b>2015-2016</b>
<b>Weeks in regular season</b>	<b>10</b>
<b>HRLax scheduled games</b>	<b>10</b>
<b>Contest Limits</b>	<b>14 games</b>
<b>First Practice</b>	<b>Feb. 22, 2016</b>
<b>First Contest</b>	<b>Mar. 4, 2016</b>
<b>Area Playoffs</b>	<b>May 6-13, 2016</b>
<b>HRLax Championship</b>	<b>May 20, 2016</b>
<b>Memorial day weekend (NCAA finals)</b>	<b>May 28-31</b>
<b>VA State Championships??</b>	<b>June 4-5, 2016</b>

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# District Alignment

Peninsula	Southside
1. Gloucester	1. Cox
2. Grafton	2. Currituck
3. Jamestown	3. First Colonial
4. Lafayette	4. Grassfield
5. Menchville	5. Great Bridge
6. Poquoson	6. Hickory
7. Tabb	7. Kellam
8. York	8. Landstown
9. Western Branch	9. Maury
10. Warhill	10. Princess Anne

# HRLax Playoffs

- Issue
  - Currently have two 10-team Districts
- Decision Required
  1. All 10 teams make the playoffs with lowest seeds having play-in games
  2. Draw a cut line at the 8<sup>th</sup> seeded team and start playoff bracket-ology from there

**Discuss & Vote – (Coaches voted for option 1: 10 teams with bottom four compete in play-in games)**

# HRLax Playoffs

- Seeding shall be determined by end-of-season record
  - Ties will be broken by head-to-head record of regular season games
  - Three-way ties will be broken by regular season games between the three teams only:
    - ✓ Least goals allowed in regular season games with the other two teams

# League Registration Status

(as of 23 Jan 16)

Peninsula	Coaches	Players	Southside	Coaches	Players
Gloucester*	1/3	22+10	Cox*	1/6	45
Grafton	1/1	21	Currituck	1/2	17
Jamestown*	1/1	38	First Colonial	1/1	16
Lafayette	1/2	18	Grassfield*	1/4	43
<b>Menchville</b>	<b>1/1</b>	<b>12</b>	Great Bridge	1/1	21
Poquoson	1/1	21	Hickory*	1/3	41
Tabb*	1/2	32	Kellam*	1/1	43
Warhill	1/2	16	Landstown	1/2	20
Western Branch	1/1	22	Maury	1/0	19
York	1/2	23	Princess Anne	1/0	24

# State Club Championships

- Research ongoing for viable teams outside of the HRLax league
- Format in revision
  - 2 teams from HRLax
  - 2 out-of-area teams
  - Round-Robin Play
- Eligibility is exclusive to teams representing public high schools or geographic zones similar to a high school attendance zone.
- “Select” teams are not eligible.
- All games will be held at one location
- Details will be broadcasted once finalized



# 2016 All-District Team Selection

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# All-District Teams

- 2 Districts: Peninsula & Southside
- Head Coaches Live Voting: May 3<sup>rd</sup> and/or 4<sup>th</sup>, 2016
- 1<sup>st</sup> & 2<sup>nd</sup> Teams: 3 each for Attack, Midfield & Defense; 1 each for Goalie, Face-off & Specialty; Honorable Mention for each position
- Head Coaches to submit nominations no later than Apr. 26. No more than 3 each for A, M & D; 1 for G, F & S.

## All-District Teams (continued)

- “All nominees must be of outstanding character, in good academic standing in their school, and demonstrate good sportsmanship and safe play.”
- Nominees should not have had one or more ejections, 3 or more disqualifications, played in less than 6 league games, or served on Academic probation during the season
- Coaches can use discretion to not nominate a player due to other reasons not listed

## All-District Teams (continued)

- Head Coaches will be given list of all nominees with write-ups before Selection meeting
- Voting will be done live during the designated Selection meeting by the Head Coaches via ballots
- Votes will be tallied by Wayne, Kristi and Stuart.
- Additional voting may occur for ties in 3<sup>rd</sup> & 6<sup>th</sup> positions
- All-District selections will be announced as soon as possible after the Selection Meeting

# Contact Info

**Wayne Borchers**  
**wayne.borchers@hrlax.com**

**Kristi Brown**  
**BHS.Opsmanager@hrlax.com**



**Thanks for your participation!**

### **Important Future Dates**

- **30/31 Jan 16 BHS League Scheduling Mtg.**
- **6/7 Feb 16 Coaches Level 1 & 2 Training**

**Questions?**