

Appleton Lacrosse Club

Policies & Guidelines

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1. Mission Statement

The Appleton Lacrosse Club's (ALC) mission is to promote excellence and integrity in our players and volunteer staff throughout the community through the sport of lacrosse; among their families and on the playing field. Our focus is to create a safe, positive and fun environment firmly rooted in:

- Player and skill development for all levels
- Healthy competition where fairness, sportsmanship and team play are fostered, developed and role modeled
- Respect for other players, coaches, officials and teams
- Player and coach commitment to hard work and the development of the sport of lacrosse

2. Purpose Statement

The purpose of Appleton Lacrosse Club is to organize and promote a youth lacrosse program for athletes, regardless of race, creed, color, nationality or disability. It is further the purpose of Appleton Lacrosse Club to aid athletes who participate in this sport in the improvement and development of lacrosse skills, to teach and promote physical, mental and moral development, to teach a sense of fair and honest game play, resulting in good sportsmanship; and to encourage, aid, and support acquisition of facilities and means for the playing of lacrosse. It is also the purpose of this organization to provide a formal means of organizing, financing, and directing said lacrosse programs exclusively for charitable and educational purposes.

3. Affiliations and Representations

1. US Lacrosse (USL) - USE is the national governing body for amateur lacrosse in the United States. ALC is a member of the Wisconsin Chapter of US Lacrosse.
2. Wisconsin Lacrosse Federation (WLF) is the state chapter for US Lacrosse. The WLF prompts and oversees boy's and girl's youth lacrosse.

4. The Board of Directors

1. ALC is governed by a board of directors as outlined in the club's bylaws.

5. Player & Coach Policies and Procedures

1. Team Definitions
 1. ALC will follow USL rules for registered players.
 2. The ideal team sizes are
 - a. U8 - 6-10 players (no goalies)
 - b. U10 - 10-15 players, 1 goalie
 - c. U12 - 18-22 players, 1 goalie
 - d. U14 - 18-22 players, 1 goalie

2. Player Eligibility

1. All players participating in the ALC lacrosse programs will be eligible based on the birth and US Lacrosse eligibility.
2. Players are eligible to participate with a team based on their graduation year.
3. Special circumstances may exist for players to be moved up to fill open spots at higher age levels. See [\[\[move up policy link\]\]](#)

3. Player Ineligibility

1. All persons participating in the ALC program may be declared ineligible by the Board of Directors of the ALC, and can be suspended for the remainder of the playing season without refund of registration fees for the following reasons:
 - a. Use of an assumed or incorrect name
 - b. Giving an incorrect age, grade, or address
 - c. Playing on a team not assigned to that player
 - d. Inappropriate or unsportsmanlike behavior that results in serious injury

6. Team Formation and Composition

1. The “Regular Season” for teams from the ALC runs in conjunction with the WLF season standards, which is approximately from Mid-February through Mid-June.
2. At no point does the ALC endorse, fund, or recommend any “Travel”, “Elite”, or “All-Star” teams outside of the ALC.

7. Move-Up Policy

1. Based on the discretion of the age appropriate director, in consultation with the Player Development Committee, move-ups may be approved for the following reasons:
 1. Roster requirements: In the event that a roster is unable to be filled to the minimum required roster
2. The following steps will be in place to allow and determine a move-up:
 1. Once player registration is complete and the ALC Program Directors have determined that a specific number of players are needed to be moved up to an older team in order to adequately fill a roster, communication will be sent to parents of participants who are one year younger, or who have show the ability to play at a higher level, inviting them to participate in the evaluation process for the higher level.
 2. All younger players will be evaluated alongside the older players and will be judged based on their skill and physical ability.
 3. If a need arises to move kids up the following criteria will be evaluated:
 - a. Safety, Skills, Athleticism, Willingness between player and parents, and approval by coaches by both age groups and youth director final decision.

3. At no point in time may any player be allowed to play down an age level

8. Player Participation Guidelines

1. All registered players with ALC must also provide
 1. Proof of membership in US Lacrosse
 2. Proof of age (within 72 hours of a request)
2. With any team sport, participation at practices and games is necessary for the development of everyone on the team. When players miss practices and games it negatively affects the entire team. Communication between parents and coaches is critical for proper planning of team events.
3. All ALC players should
 1. Be respectful of other players', coaches', parents', and managers' time by attending all practices and games
 2. Understand that by not participating in practices or games, players are negatively affecting their teammates and coaches, and hindering development of the team; and such absences may result in less playing time.
 3. Communicate via email, text, or phone call to the coach and/or manager prior to the game or practice that you will not be attending.
 - a. 24 hours notice for practice
 - b. 48 hours notice for games
 4. All players should understand that playing for an elite or traveling lacrosse team or any other activity or sport during the same season as ALC Lacrosse is discouraged. If a player chooses to play for an elite team, they must inform the Head Coach as soon as possible.
 5. All players understand that participation on a team requires a higher level of commitment of attendance. In the event of a planned vacation or obligation, communicate with the coach and/or manager at the beginning of the season and let them know the length of time missed.
 6. ALC realizes there are many options for camps and other sports during the lacrosse seasons. If, however, a player chooses to miss lacrosse practice or games due to the attendance of practices/games/camps for other sports, that player will likely lose playing time in the subsequent lacrosse game. In order to be fair to all team members, lacrosse activities should be considered their primary athletic commitment during the lacrosse season.

9. Coaches

1. Each youth team shall have 1 head coach and no more than 4 assistant coaches.
2. All Head Coaches shall be selected and report directly to the appropriate ALC Director.

3. Approval of all coaches at the youth level is needed from the ALC Board of Directors.
4. A coach is responsible for the operation and conduct of his/her team. These responsibilities include:
 1. Select a team manager and Team Captains. Inform them of their responsibilities and ensure duties are carried out throughout the season
 2. Communicate regularly with parents and players.
 3. Hold a parent-coach meeting no later than two (2) weeks after the team has been formed.
 4. Have written team rules and discuss them with the parents at their meeting.
 5. Review with parents and players the ALC players Code of Conduct pledge.
 6. Enforce common rules regarding care of equipment and facilities which include the following:
 - a. Restrain players from damaging the fields and property
 - b. Cleaning fields from debris such as water bottles, pop bottles, etc.
 - c. Safeguard all facilities and equipment utilized
 - d. Return any ALC equipment and uniforms in good condition immediately following the season.
5. The Head Coach must establish and maintain a team discipline policy
 1. Coaches should first try to resolve disciplinary issues themselves, if the issues are unable to be resolved, the following meetings should take place:
 - a. Parent and Player with Coach
 - b. Above plus meet with the appropriate level Director;
 - c. Meeting before the ALC Board of Directors.
 2. When a player is disciplined, the coach should fairly inform the player of the reasons for the consequence before leaving the field. Matters of discipline should be discussed privately between the player and the coaches and be kept confidential.
6. Team coaches will maintain a minimal medical supplies inventory. If no emergency medical personnel are available, the coach or his/her assistant should call 911 for further medical support. However in all situations, the injured player's parent or guardian has the ultimate responsibility and final decision.
7. Coaches will refrain from the use of tobacco products during game and practice situations. Coaches will also refrain from the use of alcoholic beverages prior to and during games and practice situations.
8. A coach who continually violates the ALC guidelines will
 1. Meet with the appropriate director
 2. If no improvements, the coach personally meets with the appropriate director and the Executive Board.

3. If there are still no improvements, the coach may be dismissed by the Executive Board with the approval of the full Board of Directors, and a suitable replacement named.

10. Coaching Certification

1. All Head Coaches are required to have the following, prior to their first practice and/or game:
 1. An active USL membership
 2. All contact information including phone and email on file with ALC
 3. Appropriate level of USL certification for their experience and team level

11. Team Managers (if utilized)

1. The team manager is the liaison between the coaches and the parents at a team level.
2. The manager will support the coaching philosophy of the team in order to foster good communications among all participants and will generally manage the business of the team along with any responsibilities the coach may assign. If at any time, the team manager witnesses any breach of the Coaches, Player's and/or Parent/Spectators Code of Conduct, it is their responsibility to address the issue on-site if possible and/or report the incident to the ALC Director.

12. Uniform

1. An official uniform will be provided to each player.
2. These official uniforms must be worn at all games, scrimmages and tournaments and other events as announced by the coaching staff.

13. Equipment

1. Equipment requirements are set by USL, NFHS and the WLF.
2. ALC does not provide any player equipment with the registration fee; other than standard goalie equipment, which includes: throat guard, goalie stick, goalie gloves, and chest protector.
3. Other equipment may be provided to teams as determined by the ALC
4. The ALC may require certain equipment that must be purchased to be in compliance with WLF, USL and NFHS rules. For example a particular model and color of helmet.

14. Health And Safety

1. Substance Abuse
 1. Regardless of the quantity, a player shall not:
 - a. use a beverage containing alcohol
 - b. use tobacco

- c. use or consume, have in possession, buy, sell or give away any other controlled substance (including steroids.)
- d. The rule applies to any portion of an activity season. It is not a violation for a player to be in possession of a controlled substance specifically prescribed for the player's own use by his/her doctor.
- e. If a player is found breaking this policy, the following penalties will be assessed:
 - a. First Violation: After confirmation of the first violation, the player shall lose eligibility for the next two (2) consecutive games or two (2) weeks of a season whichever is greater. No exception is permitted for a player who becomes a participant in a treatment program.
 - b. Subsequent Violations: After confirmation of a subsequent violation, the player shall lose eligibility for the next twelve (12) consecutive games in which the player is a participant. If after the subsequent violation, the player on his/her own volition becomes a participant in chemical dependency or treatment program, the player may be certified for reinstatement in ALC activities after a minimum period of six (6) weeks. The director or counselor of a chemical dependency treatment center must issue such certification.
- f. Penalties shall be cumulative throughout the player's participation on ALC teams.

2. Sexual Harassment

- 1. ALC is committed to maintaining a safe environment that is free from sexual harassment and sexual abuse, where all members can play and exist together comfortably.
- 2. ALC prohibits any form of sexual harassment or sexual abuse. It shall be a violation of this policy for any player or member of ALC to sexually harass, through conduct or communication of sexual nature, any child or member of ALC.
- 3. It shall be a violation of this policy for any player or member of ALC to sexually abuse any child or member of ALC.
- 4. The Board of Directors of ALC will act to investigate all complaints, formal or informal, verbal or written, of sexual harassment or sexual abuse and to discipline any member or player who sexually harasses or sexually abuses a child or other member of this association.
- 5. Definition of Sexual Harassment and Sexual Abuse
 - a. Sexual abuse consists of any sexual physical contact with a minor.
 - b. Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct or other verbal or physical conduct or communication of a sexual nature. In the case of minors, any sexual advances or sexual conduct.

- c. Written contact constitutes sexually suggestive or obscene notes, drawings or letters or electronic messaging
- d. Verbal contact constitutes sexually suggestive or obscene comments, jokes or comments about a member's body or sexual characteristics
- e. Physical contact constitutes any intentional pats, squeezes, touches, and pinches, repeatedly brushing up against another's body, assault, blocking movement or coercing sexual acts.
- f. Sexual blackmail constitutes sexual behavior to control another member's placement on a team or to a coaching position.

3. Physical Abuse

- 1. Physical abuse is the physical contact with a player that intentionally causes the player to sustain bodily harm or personal injury. This also includes physical contact with a player that intentionally creates a threat of immediate bodily harm or personal injury.
- 2. Physical abuse does not include physical contact that is reasonably designed to coach, teach or demonstrate a lacrosse skill. Permitted physical conduct may include, but is not necessarily limited to, shooting balls at a goalie, demonstrating checking and other lacrosse skills, and communicating with or directing players, during the course of a game or practice, by touching them in a non-threatening manner.

4. Reporting Procedures for Victims of Sexual or Physical Abuse

- 1. Any person who believes that he or she has been the victim of sexual, physical or verbal abuse by any member of ALC, or any person with the knowledge or belief of conduct which may constitute sexual, physical or verbal abuse, should report the alleged act(s) immediately to the President of the ALC or any other board member they would be more comfortable reporting to.
- 2. The Board of ALC shall discipline any member who fails to report, immediately, to the President, any act(s) brought to their attention.
- 3. In addition, the Board of Directors will take immediate steps, at its discretion, to protect the complainant, children, or members of ALC pending the completion of an investigation of an alleged sexual, physical or verbal abuse.
- 4. Upon receipt of a report of sexual, physical, or verbal abuse, the President shall immediately authorize an investigation of the incident. ALC Board members or a third party designated by the ALC Board of Directors may conduct the investigation. A third party may include Law Enforcement or Social Services Personnel.
 - a. The investigating party shall provide a written report on the status of the investigation within ten (10) days to the President of ALC. Upon proof of violation of this policy, the violator will be permanently banned or suspended from all ALC programs.

15. Injuries/Medical Conditions

1. Injuries and medical conditions are not to be taken lightly. If there is any question as to the seriousness of an injury or medical condition, immediate arrangements for medical attention must be made by the team representatives or the parents.
2. When an ALC player has been injured or has been diagnosed with a medical condition, it is the responsibility of the parents to inform the team manager or coach who will in turn inform the Director.
3. When the injury or medical condition prevents the player from participating in team practice or a game, a medical notice with a doctor's signature will be required prior to the player returning to active participation.
4. Notice should be provided to the head coach or director including the date of injury or medical condition, type of injury or medical condition, a copy of a medical notice and a date when the player may return to play, will keep a report. If this information is not provided, the player will be restricted from participating.
5. In the case where an injury or medical condition requires admittance to the hospital, the ALC President must be notified immediately by the head coach. If there is a question about whether an occurrence should be reported, the Director can and should help with the decision.
6. Concussions

- 1. If a player is ever deemed to be unconscious or displays concussion-like symptoms during a game or practice that player is prohibited from participation for all activities for the remainder of the day; and must obtain a written clearance to play from a doctor.**

- a. The law requires immediate removal of an individual from a youth athletic activity if symptoms indicate a possible concussion has been sustained. A person who has been removed from a youth athletic activity because of a determined or suspected concussion or head injury, may not participate again until he or she is evaluated by a health care provider and receives written clearance from the health care provider to return to the activity.

[WI Concussion and Head Injury Statute 118.293]

7. Infectious Diseases

1. ALC subscribes to the policy put forth by the National High School Federation and the WIAA that reads: A player who is bleeding or has an open wound or who has any blood on his uniform shall be considered an injured player and must immediately leave the game or practice for appropriate treatment.
2. After bleeding is under control (clean and steri-striped as appropriate) and after all blood on the uniform is treated appropriately, the player may return. If the uniform is saturated with blood, the athlete may not return to the game without a clean uniform.

8. Season Ending Injuries

1. *In the event that an ALC player is hurt during an ALC event (tournament, play date, or practice), a formal investigation will ensure. This investigation should include trainer's incident notes, final diagnosis from family physician, 360 review from coaches and youth directors, and a board after action review with notes.*
 - a. *At time of review, ALC should determine if seasonal dues are to be reimbursed, wholly or partially, and determine next steps.*
 - a. *Reimbursement may be prorated based on time of injury during the season.*
 - b. *As a reminder, ALC is not liable for any game related injuries sustained to any of its participants during practices or games as covered under the liability waiver during registration.*
 - c. *Reimbursement of seasonal dues is contingent upon whether or not the family is in good standing with the club. Meaning, volunteer hours and fundraising goals need to have been met during the current season.*
 - d. *In addition to primary care insurance by family, Appleton Lacrosse Club recommends filing a claim with US Lacrosse as a secondary claim to cover additional expenses.*

16. Operational Policies and Procedures

1. Criminal Background Checks

1. Each year all volunteers with frequent and direct contact with players with ALC shall authorize ALC or its designee to perform a criminal history background check to determine whether the signer is the subject of any reported criminal conviction. Such forms shall be signed each year. A signed consent form for each head coach is turned into the appropriate Director. A member who refuses to sign such a consent form shall not be registered, and shall not be allowed to participate in any activity of ALC.

17. Enforcement

1. As elected members of Appleton Lacrosse Club Board of Directors, the Board will uphold and enforce all of the policies, procedures and guidelines that are contained in this manual. If a situation occurs, the Board will follow the appropriate procedures and take the necessary corrective and/or disciplinary actions abiding by the ALC Policy & Procedure Manual, The bylaws of the ALC and in accordance with the US Lacrosse Handbook.
2. As elected representatives, board members are obligated to report any type of situation, good or bad, which has occurred within our Club.
3. Each month that a regular board meeting is held, each Director is required to provide a report to the members of the Board.

18. Equal Opportunity

1. ALC seeks to provide an equal competitive opportunity taking into account ability, physical size and other athletic criteria, to amateur athletes, coaches, administrators and officials consistent with the requirements of the Amateur Sports Act of 1978.
2. ALC does not discriminate on the basis of race, color, religion, sex, age or national origin.

19. Discipline

1. ALC will follow ALC Bylaws and Policies, or US Lacrosse Rules and Standards, WLF and AASD guidelines on misconduct. When conflict between governing organizations is present, the penalty that is most severe will be utilized.
2. Any player, parent, or member of the coaching staff, who during the season engages in fighting, violence or any form of intimidation or abusive language or who receives a penalty for fighting or two unsportsmanlike penalties in one game, will be assessed penalties as follows:
 1. First Violation : Penalty: the player or person in violation shall lose eligibility for the remainder of the game in which they are expelled and the next scheduled league or exhibition game.
 2. Second Violation Penalty: the player or person in violation shall lose eligibility for the remainder of the game in which they are expelled and the next two scheduled league or exhibition games.
 3. Third Violation Penalty: the player or person in violation shall be expelled from attending the remainder of the season's practices, games, tournaments, and scrimmages as well as any ALC sponsored events.
 4. When a conflict between governing bodies rules and penalties exist the most severe suspension will be applied.
3. Appeals: If a coach, parent/spectator or player is suspended, an appeal may be made to the Executive Board and if the circumstances are warranted, the ALC Executive Board may reinstate the individual. All appeal decisions are made by the ALC Executive Board and are final.
4. The coach and director are the individuals responsible for informing the player of the violation and penalty. The Level Director is responsible for informing the coach of the violation or penalty. If the use of alcohol, tobacco products or drugs is found to be a contributing factor in the misconduct of the players or coaches, the penalties can be compounded. If an incident is determined by the meeting of the coach and director to be too severe, the incident will be brought directly to the ALC Executive Board and more severe penalties may be administered up to and possibly including removal from ALC.

20. Grievance Procedures

1. Players and Parents

1. In the event you, as a player or parent, have a complaint regarding an incident or believe you have been infringed on according to ALC, and/or US Lacrosse policies, you may file a formal grievance. Please be advised parties must wait 24 hours after an incident has occurred to allow for a “cooling off” period to prevent action solely out of anger. In the event a formal grievance is filed, please use the following guidelines:
 - a. Any individual with a grievance not previously resolved in a personal conversation with the Head Coach shall present a signed and dated letter, detailing the incident to the Head Coach and age level director and Team Manager. The Head Coach or director shall respond within 2 days of receipt of the grievance.
 - b. The Head Coach will schedule a meeting, which will include the individual that submitted the grievance and the age level directorthe Team Manager, at a time convenient for all. The purpose of this meeting is to discuss and make a best effort to resolve the issue. The Head Coach shall keep and submit a copy of the original grievance and notes from the meeting to the appropriate Level Director.
2. In the event that resolution is not achieved in the meeting indicated in Step 1, the appropriate Director shall request the ALC Board appoint one (1) Board member (appointed on a case by case basis to avoid conflict of interest) to act as mediator to hear the outstanding issues and determine a resolution. The mediator shall schedule a meeting with the Level Director, Head Coach, Team Manager and the individual initiating the grievance.
 - a. The mediator shall keep detailed notes as a record of this meeting. Resolution reached at any step of the Grievance Procedure will be considered final and a signed statement by all parties will be required.
3. Every effort will be made to process a grievance within 15 days.

2. Coaches – Grievances with ALC, Parent(s), or other coaches

1. In the event a coach has a complaint regarding an incident or believes they have been infringed on according to ALC policies, you may file a formal grievance. Please be advised parties should wait 24 hours after an incident has occurred to allow for a “cooling off” period to prevent action solely out of anger. In the event a formal grievance is filed, please use the following guidelines:
 - a. Any Coach with a grievance not previously resolved in a personal conversation with the individuals shall present a signed and dated letter, detailing the incident to the Player and their Legal Guardian.

- b. The Player and their Legal Guardian should respond within 2 days of receipt of the grievance. The Head Coach will schedule a meeting, which will include the Player, their Legal Guardian and the Team Manager within 2 days of the response.
 - c. The purpose of this meeting is to discuss and make a best effort to resolve the issue. The Head Coach shall keep and submit a copy of the original grievance and notes from the meeting to the Level Director.
 - 2. In the event that resolution is not achieved at the meeting indicated, the grievance will be forwarded to the Level Director. A signed and dated letter detailing the outstanding issues within 2 days of the meeting with the Head Coach and Team Manager will be provided.
 - a. The Level Director shall schedule a meeting with the Head Coach, Team Manager, the Player and their Legal Guardian within 2 days of receipt of the grievance. The Level Director shall keep detailed notes of this meeting and submit a copy of the original grievance letter, outstanding issue letter and notes from this meeting to the ALC Program Director.
 - 3. In the event that resolution is not achieved in the meeting indicated, the Level Director shall request the ALC Program Director to appoint one (1) Board member (appointed on a case by case basis to avoid conflict of interest) to act as mediator to hear the outstanding issues and determine a resolution. The mediator shall schedule a meeting with the Level Director, Head Coach, Team Manager, the Player and their Legal Guardian within 2 days of receipt of the grievance. The mediator shall keep detailed notes as a record of this meeting.
 - a. Resolution reached at any step of the Grievance Procedure will be considered final and a signed statement by all parties will be required. In no event shall the grievance process exceed 15 days.
- 3. ALC Board members, team managers and/or coaches may also enforce the Code of Conduct Policy for players, coaches and parents/spectators. It is within their rights to pursue disciplinary action on any incident they feel breaches the Code of Conduct Policy.
 - 1. Action may be taken on-site to remove the offending party from the viewing and/or game area with a follow up written report submitted to the ALC Directors explaining the incident. If merited, disciplinary action will be taken as detailed in the discipline policies in this manual. The decision of the Board is final and cannot be appealed.

21. Financial Policies and Procedures

- 1. The ALC will maintain individual accounts for each family through the ALC database.

2. Bill payment and reimbursement expense requests will require two signatures before the Treasurer will make payment through ALC.
3. ALC has the option to initiate mandatory fundraisers.
4. Registration: At the time of registration for any ALC program, all outstanding balances in family accounts must be paid in full before any player in that family will be accepted.
5. Fees for registration are set each year according to budget.
 1. Fees may increase or decrease as deemed necessary by the Board to maintain a financially sound association.
 2. Late Fees: ALC will assess a late fee, as set by the Board each year, for any registrations filed after the last day of published registrations. Exceptions will be made only for players who have moved into the Appleton area more recently than one year prior to the last registration or for players waived in from another association.
 3. Mail in registrations must be postmarked by the last day of published registration.
6. Returned Checks: Checks returned to ALC for any reason will be assessed \$50.00 service charge.
7. Suspension of Play
 1. Members who are not current with their ALC account will not be allowed to participate in any ALC activities until their account is made current. The team coach, manager and the family will be notified of the suspension. Any players suspended due to behavior or violation of ALC policies will still be responsible for payments accrued during the suspension.
8. Miscellaneous charges
 1. Charges can and will be assessed to teams or individuals for damaged equipment, equipment not returned, or damage to any ALC property, busses, or the property of another program or association.
9. ALC assumes no financial responsibility for property damage incurred by any player, parent, or coach.
10. Refunds or partial refunds will be granted after the registration deadline and up to the first game. After the first game, no refunds will be given. All refunds are subject to the following conditions:
 1. All ALC Uniforms or equipment has been returned in good condition;
 2. Any outstanding money to ALC will be subtracted;
 3. Any fund-raising monies will be subtracted;
 4. NO refunds of any type will be given to ANY family until the ALC Program Director, Level Director, and Treasurer has verified the above conditions.

22. Code of Conduct

1. All coaches, players, and parents will be expected to abide by the following ALC philosophy:

1. The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship.
2. The highest potential of sports is achieved when competition reflects these "six pillars of character."
3. Each player and their parent or guardian along with all coaches and ALC board members shall sign and agree to the following prior to each season starting.
 - a. I will not force my child to participate in sports.
 - b. I will remember that children participate to have fun and that the game is for youth, not adults.
 - c. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
 - d. I will learn the rules of the game and the policies of the league.
 - e. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
 - f. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
 - g. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
 - h. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
 - i. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
 - j. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
 - k. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
 - l. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
 - m. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
 - n. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
 - o. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field,

and will take time to speak with coaches at an agreed upon time and place.

- p. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
- q. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
- r. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action as outlined in the ALC Policy & Procedures Manual.

Appendix A: Policy And Guideline Changes

Date of approval	Changes
4/12/23	<ul style="list-style-type: none">• Added breakdown of the U8/U10 roster sizes. U12/U14 remain the same from the original document. (5.1.1)• Added graduation year based team eligibility (5.2.2)• Removed section regarding filling HS JV/Freshman rosters• Added “Active” to USL membership in Coaching Certification (10.1.1)• Added “Appropriate level of USL certification for their experience and team level” (10.1.3) [Was “Level 1 for 1st year coaches, Level 2 for 2nd year”]• Added reference to WI concussion law (15.6.1)