



Coach Expectations and Information

Head Coach Responsibilities

- Heads up certified, informs programs of suspected concussions & follows “return to play”
- Maintains coaches bag
- Plan and conduct practices
- Lead games
- Plan & Lead 1 KinderLax practice
- End of season celebration (1 sheet pizza provided by league)
- Communication expectations
 - Cancellation of practices or games
 - Schedule (time, field location, etc...)
 - Rosters for events if necessary
 - Relaying league communication
 - Team needs (portable creases, goals, lines, etc...)

Additionally, each head coach will receive a coaches bag and ball bucket. Contents of the bag should remain with the coach, especially **goalie** equipment.

Coaching items provided in coaches bag;

- First aid kit
- Ball bucket
- Goalie equipment
- Cones
- Whistles
- Extra mouthpieces
- Pinnies
- Extra Jersey
- Dry erase board

Assistant Coach Responsibilities

1. Provide a safe physical environment.
2. Communicate in a positive way.
3. Teach the fundamental skills of lacrosse.
4. Teach the rules of lacrosse.
5. Direct players in competition.
6. Help your players become fit and value fitness for a lifetime.
7. Help young people develop character.



Promises We Make To Parents

1. **This is a recreational league** - This means ensuring all the kids are having fun and getting an opportunity to play takes precedence over coach's and parent's desire to win.
2. **Equal Playing Time** - All players get about the same playing time and about the same number of touches of the ball, unless they just want to play defense (some do). Our league philosophy includes a promise to get everybody involved and made to feel like they are an important part of the team. That means rotating positions and giving every kid a chance to make a play. Additionally, we follow a "no playing up policy" unless deemed necessary due to roster gaps. In this situation the board of directions will decide on an inclusive approach to resolve roster gaps.
3. **Promoting a love of sports and exercise.** With regard to discipline, if you keep practices light and fun for the kids and limit the time spent standing around, you shouldn't have any kids messing around during practice. But if you do, sit them out for a minute or a 2 - they are here to play so sitting them out, depriving them of that, is usually an effective way to get their attention. If issues persist, a conversation with a parent may be necessary. At any time, reach out to the league for guidance or support.
4. **Teaching kids the value of good sportsmanship and teamwork.** Be a role model for these kids – that means always being respectful of the officials, coaches and players on the opposing team. It's easy to get caught up in the game and the competition, but please remember, ultimately, all the coaches and officials are there for the same reason: to ensure that the kids are having fun and playing in a safe environment. Never get into it with an official or an opposing coach, player or parent. Remember, the kids will see the way you act - be a role model for these kids by displaying good sportsmanship at all times and graciousness in both victory and defeat and you will earn their respect.
5. **Player safety is the top priority.** All coaches are required to take the CMC Heads Up Concussions In Youth Sports training. Please take it seriously – if you have any concern whatsoever that a player may have suffered a concussion, sit him or her out for the rest of the game. *When In Doubt Sit Them Out* is our policy regarding any potential head injury. No exceptions.