

Player & Parent Handbook

Sartell - Sauk Rapids Lacrosse

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US LACROSSE CONDUCT PLEDGE

Sartell - Sauk Rapids Lacrosse Association requires all players to sign off on this US Lacrosse Conduct Pledge when registering for any of our programs. SSRlax condones the attitudes and behaviors reflected in this pledge - they are core to having a fun, productive environment for our players.

I, as a player, coach, parent, spectator or official, pledge to conduct myself in a manner that complies with the US Lacrosse Youth Council "Code of Conduct" at all times. Accordingly, I pledge to:

1. "Honor the Game";
2. Demonstrate respect to other players, coaches, parents, officials and spectators;
3. Uphold the essential elements of the USL Youth Council "Code of Conduct", which are HONESTY and INTEGRITY;
4. Demonstrate and encourage good sportsmanship and the concepts of fair play;
5. Focus on fun and participation;
6. Know and abide by the Rules of Lacrosse, the established guidelines, and all eligibility requirements;
7. Understand that the safety and welfare of all concerned is the top priority;
8. Support the drug, alcohol, and tobacco free environment that is important for all youth sporting events;

Further, I pledge NOT to:

1. Ever use profanity at a youth event;
2. Criticize coaches, players or game officials;
3. Touch an opposing player, coach, or game official in a threatening manner.

Team Commitment Statement

The success of Sartell - Sauk Rapids Lacrosse is dependent on the commitment of the players and parents. Lacrosse is a team sport and the absence of a player affects the team and player development. Coaches need full participation at practices to develop and run effective and fun practice plans and drills. Filling out the team roster at games allows coaches to work on team development and enables effective player subbing to keep a high level of energy going during the game. As a result please review and acknowledge the player commitment.

I commit to:

- Be at 80% of the full season schedule (games, practices and tournaments) for the entire season.
- Arrange my schedule so that I can come to practice regularly and on time, and to participate in scheduled games and tournaments. If I am going to miss a game, I will inform the coach and/or team manager at least one week in advance.
- If I cannot attend specific practices, I will discuss this with my Coach in advance.
- I will work hard at practice to improve my lacrosse skills and my understanding of the game.
- Give my coaches or trainer my full attention and respect.
- When my coach or trainer is talking, I will stop talking, keep my ears open, and my eyes on the coaches.
- I will not distract others during the practice session.
- Do whatever is asked of me on the lacrosse field for the good of the team.
- Always encourage, and never to criticize my teammates at practice, during a game, and at school.

Players who miss practices or games in excess without prior notification, or whose participation in games and/or practices do not meet the expectations listed above, may have their playing time reduced. This will be explained to players and parents by the Coaches. Continued or frequent failure to meet commitment standards could result in suspension from play, or removal from the team.

Signed by: (checked in registration that registrant agrees to statement)

Concussion Policy

The SSLax policy regarding concussions is that any player who is suspected of having a concussion must be removed from the game or practice and not be allowed to return until the parents submit to the head coach written clearance from a medical doctor (other than a coach or the parent of any player associated with the team) stating that the player can return to play.

This includes cases where a player is removed from a game by the officials under the concussion rule and cases where a concussion is suspected by an athletic trainer, an emergency medical technician, or one of the player's coaches.

In no case can a player suspected of a concussion return to play on the same day even if the player has written clearance from a medical doctor. Violation of these rules may result in suspension as well as other sanctions as determined by the Board.

Take a Knee, Take a Seat, Take a Hike

SSRLax requires players to follow the guidelines laid out above. If a Coach, Coach's Assistant, or Team Manager (further referenced as "Coach" or "Coaches") finds a player be in violation of the conduct and guidelines as laid out above, they will ask the Player to:

Take a Knee - 5 minute sideline break.

The player must take a knee on the sidelines near the play, respectfully being quiet (Much like what is expected of them should they draw a penalty).

Take a Seat - 15 minute sideline break.

The player must sit out for 15 minutes, respectfully being quiet and watching the practice.

Take a Hike - Player is removed from Practice or the Game.

Parents will be called, the player is to remain by the equipment until the parent comes up and picks up the player by the team's equipment. The Coach will inform the parent of the issue, and resume practice.

Coaches cannot restrain walk offs. Parents should supervise their children accordingly and be on site. Parents must meet with the coach in the event of a dismissal, unless the coach (or assistant) speaks with the parent via the phone.

Coaches will use these tools at their discretion. This policy is aimed to allow Coaches to remove poor or unsafe or unsportsmanlike behavior from practice or games. Coaches may apply the "Take a Hike" suspension to the next game if the event happens near or at the end of a practice or game. Coaches are not limited to the above policy, and may request additional behavioral corrections based on player conduct. This includes: Suspensions from Practices, Suspensions from Games, or Removal from the Team. If a Coach feels that such an event is necessary, they will report the issue to the Board. Because it is impossible to predict every possible scenario, the Board will review each unique issue.

Game day "Knees" are to be served at the game, on the sideline. If a Coach feels the Player is unsafe or unwilling to practice, they may request the player be removed from the team. In such an event, the Coach will contact their Team Manager or Board Rep. In the event a player is dismissed from a team, there will not be refunds or remedy. Players may be dismissed for Disrespecting the "ROOTS" of the game (Rules, Opponents, Officials, Teammates, Self), while this is rare, this may be the first action depending on the severity of the issue.

Contact Requirements and Use Of Sports Engine App

Players must list Guardian's Cell Numbers under their card for any applicable guardians (ie, both parents, and a home phone if applicable).

This allows the coach to immediately contact the parent with any issues.

RSVP is required for ALL GAMES

Parents must RSVP for the Game by the practice BEFORE the game.

Coach Requirements and Practice Expectations

Each Coach may post at their discretion their expectations of the team. Failure to follow further guidelines laid out by the Team's Head Coach may result in disciplinary action as laid out above.

The Coaches are aimed at making lacrosse fun, but also using age appropriate expectations of players to improve upon the development of young adults.

Volunteering is Vital and Required

SSRLAX dues provide basic equipment, coaches salaries, game balls, fields, and fees (referees, EMS, etc). However, Lacrosse expects a community of Parents & Guardians surrounding it to operate. Rather than have one person volunteer to handle all things, many people can share the load and put in their 1-2 hours to split it up. It is expected that Volunteers participate somewhere. If you cannot commit to a specific time, being a Point of Contact for rescheduling is a great role. If you would rather be on site, volunteering to work a score/time table is a great way to do it.

All parents & guardians must assist in some way at some point during the season.

Positions will be open to be chosen, then remainder will be assigned. It is recommended you pick things you would prefer to do. If you cannot cover your shift, please arrange for a teammate's guardians to cover for you (or swap shifts, etc).

Parents who refuse to volunteer and don't make arrangements to have someone cover their volunteer shift (at that parent's own expense), may have their child's playtime penalized.

Dispute and Conflict Resolution

General:

Any concerns a parent has should be discussed with their Team Manager, or escalated to the Coaching and Practice Coordinator, or SSLax Board. Parents are asked to NOT contact the coach directly.

Parents are expected to follow a 24-hour cool down period. Excluding issues that are of an urgent nature, and must be immediately address due to a safety concern, parents should allow time to let an issue or concern settle before submitting a dispute or complaint.

Complaints should be discussed, ideally, in person to avoid any miscommunication. Email and Text Messages lack tonal context. Parents should request a time after practice starts or before practice ends to have a face to face conversation with the appropriate party to discuss the issue in person with Civility and Candor.

Disrespectful behavior may lead to an individual being barred from attending practices and games during a sanction period that is determined by the Board on an individual basis.

Games:

Disrespectful behavior to a Coach, Official, Player, or Parent at a game may lead to an immediate dismissal from that game. This will be determined by the guidelines given to a "Team Manager" or "Chill Manager", or, at the request of a Coach or Official.

Double Goal Coaches

It is our association's mission to develop both the character and the skills of the player. To do that, Parents and Coaches must work together to assist each other, and ensure success. SSRILAX board will employ the US Lacrosse and Positive Coaching Alliance standards.

Parents will be expected to be Single Goal Coaches whose role is to emotionally support the character of the Player, and help them understand the Life-Long lessons one can get from the game.

Coaches will be double goal coaches working on building the player as a person, and building the skills of the player through developmental oriented milestones.

The program, even in years when we structure A and B, will always be aimed at developing the Players and avoiding a Win-at-all-costs mentality. It is highly recommended parents carefully review the standards laid out by the LaxOps committee, as well as the materials available from US Lacrosse.

<https://www.uslacrosse.org/coaches/coach-development-program/pca-courses>

[LaxOps Rules - 2021](#)

Subject to Change

The guidelines, rules, and conditions laid out in this handbook are subject to change, and may change at any time throughout the season pending the Board's approval.