



GREENEVILLE LACROSSE CLUB COACHING CONTRACT

According to research, a successful coach...

- is motivational and inspires athletes to improve and work hard,
- is knowledgeable about the skills and tactics of the sport,
- is relational and excellent at communicating with players and parents,
- possesses good character and is a positive role model.

Potential Coaches:

- Read all information contained in this packet very carefully.
- Be sure to mark, initial, and sign where stated.
- Enclosed you will find
 - The Greenville Lacrosse Club Governance Model
 - Volunteer Coach Application Form
 - Appendices
 - The Four Virtues of Sports
 - US Lacrosse Code of Ethics
 - US Lacrosse Code of Conduct
 - NFHS Coaches Code of Ethics
 - Sample Coaching Action Plans

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GREENEVILLE LACROSSE CLUB GLC Coach's Governance Model

Section 1: Purpose

To clearly define the eligibility, role, responsibilities, and expectations of all coaches that serve under the Greenville Lacrosse Club (GLC) to insure that GLC policies and principles are followed and to prevent uncalled for disruptions, as well as outline a process of repercussions, should a coach not meet the expectations defined within this document.

Section 2: Definitions

GLC – Greenville Lacrosse Club

Governance - Establishment of policies, and continuous monitoring of their proper implementation, by the members of the governing body of an organization.

Conduct – The manner in which a person behaves, especially on a particular occasion or in a particular context.

Director of Coaching—The DOC will help manage coach development, training, positive culture development, developing training methodology, and developing philosophy of play. The DOC will also oversee coach management and evaluation.

Section 3: Coaching Eligibility

To be considered for a coaching position, the applicant must:

- Annually submit a GLC Volunteer Application form;
- Be a member in good standing with US Lacrosse;
- Get a green light on the NCSI background check through US Lacrosse;
- Be annually approved and duly appointed as a Coach by the GLC Board;
- High School Coaches must also be approved by the Principal of any related schools;
- Demonstrate good character and reliability;
- The Head Coach must be 18 years of age or older;
- Be interested in promoting the benefits of lacrosse;
- Review US Lacrosse's Safety Guidelines;
- Submit a Coaching Action Plan;
- First Aid, CPR Training is a bonus!

In addition to these requirements, each of the following roles requires that coaches meet specific criteria in order to be eligible to serve as a head or assistant coach:

Head Coach:

Each team is allowed one Head Coach. In order to be eligible to be a head coach, an individual will have earned or be working towards completing their US Lacrosse Level 1 certification. At minimum they must be a member in good standing with US Lacrosse, successfully complete the USL Level 1 Fundamentals of Coaching online course, PCA "Double Goal Coach 1: Coaching for Winning and Life Lessons, "How to Make Proper Contact," get a green light on the NCSI background check* with US Lacrosse, complete SafeSport Training, and sign the GLC Coach's Code of Conduct Policy. All coaches

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must register on the GLC club website. After their first season of coaching, Head Coaches must complete their Level 1 certification prior to their second season in order to remain eligible to serve as a head coach under GLC. Continuing education in coaching is highly encouraged every year.

Assistant Coach:

Each team is allowed up to two assistant coaches. In order to be eligible to be an assistant coach, an individual will have at minimum be a member in good standing with US Lacrosse, working towards successfully completing the USL Level 1 online course, PCA "Double Goal Coach 1: Coaching for Winning and Life Lessons, get a green light on the NCSI background check* with US Lacrosse, and sign the GLC Coach's Code of Conduct Policy. Coaches should also successfully complete the "How to Make Proper Contact" online course. All coaches must register on the GLC website. GLC encourages all coaches to earn their Level 1 certification from US Lacrosse, even assistants. Continuing education is always encouraged.

Coach's Helpers:

At the Head Coach's or Program Coordinator's discretion, Coach's helpers may be enlisted with the player's parents during practices or games. This is not a program sanctioned position and will be used in an ad hoc manner as deemed appropriate by the coaching staff. Coach's helpers will not be allowed to run practice, be with children unsupervised, or be on the sideline during games.

Section 4: Coach's Role and Responsibilities

The GLC volunteer position of coach is intended to develop in players a positive image of themselves, their teammates, coaches, game officials, and opponents, and provide a good role model for players. Additionally, the coach will develop in his/her players the appropriate skills as recommended by US Lacrosse. Coaches that have been approved by the board to serve within the GLC are to serve in the following roles and have the following responsibilities:

- a) Attend the GLC Coaches Meeting prior to the start of the season.
- b) Attend meetings called by the team's Director of Coaching and/or Board of Directors
- c) Submit player and field equipment requests to either: the Team Manager, Director of Coaching, or Board of Directors
- d) Conduct a parent meeting prior to the start of the season.
- e) Set practice schedules for their teams at GLC approved facilities, based upon GLC practice planning policies.
- f) Arrive to practice and games on time and communicate potential tardiness/absences to the team coordinator and either the assistant coach or team manager for their team so that parents can be informed.
- g) It is the responsibility of the head coach to ensure the parents of each player, be made aware of game and practice changes.
- h) Coaches develop drills, practice plans, and strategies that are appropriate for the age they coach. GLC strongly recommends following the Lacrosse Athlete Development Model (LADM).
- i) Coaches must be familiar with the rules and regulations and are responsible for teaching players, and their parents, the intent and the application of the rules of lacrosse.
- j) Coaches will teach players to have respect for themselves, the opponent, and the officials, while teaching the players sportsmanship and proper on-field conduct.
- k) Coaches shall be responsible for the conduct of parents, spectators, and players at games.
- l) Coaches will provide a fun learning environment for the players, while teaching progressive improvements in technical proficiency and tactical knowledge and promote self-esteem equally in all players.
- m) Emphasize positive coaching methods designed to foster a love and appreciation for the sport of lacrosse in players.

- n) Coaches will discuss player progress with players and parents.
- o) Coaches will encourage safe, competitive, fair play and will reward improvement and effort, regardless of skill, and regardless of the outcome of any game.
- p) Coaches may assign players specific positions.

Roles & Responsibilities Continued:

- q) Keep informed about “sound principles of coaching”; and “growth and development” principles relating to children.
- r) A coach must be prepared to work in bad weather and be willing to travel with the team to different locations for games throughout the season.
- s) Coaches run the risk of injury due to being on the sidelines during sports games and on the field during practices.
- t) Coaches will be familiar with emergency plans/procedures
- u) Coaches will maintain a list of emergency contacts for all players on their team(s) at every practice and game.
- v) High school level coaches are also subject to the rules, policies, procedures, and guidelines of the associated high school, TSLA, and TSSAA.

Section 5: Coach’s Code of Conduct

The coach’s behavior will be exemplary at all games, practices, and club functions and will represent the GLC Lacrosse League in a positive fashion. Coaches will abide by the following code of conduct to insure league principles are maintained:

- a) Coaches agree not to leave practices or games until all players have been picked up by a parent, guardian or other authorized adult;
- b) Coaches will refrain from teaching unsafe or unsportsmanlike methods to the players;
- c) Treat everyone fairly within the context of his or her activity, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
- d) Coaches will refrain from seeking any advantage beyond that of superior skill tactics and fitness;
- e) Coaches will instruct parents in proper behavior at games, including respect for the officials, the opposing parents, and both sets of players; I understand that spectator control is my responsibility, and if the official must take measures to control the game, he/she cannot take them with the parents so he/she will take them with me, as Coach;
- f) Coaches will accept the decisions of the game officials, on the field, as being called fair and to the best ability of said officials and should be accepted without rancor or anger, no matter how unfair they may seem.
- g) Coaches further understand that the use of behavior, verbal or physical, which is intimidating toward the official, opposing teams, players, coaches, parents or GLC board members (including vulgar, improper, foul, demeaning, and/or abusive language) is grounds for immediate dismissal as a coach.
- h) Coaches will not criticize or verbally abuse officials, opposing teams, players, coaches, parents, or GLC board members by word of mouth or by gestures.
- i) Coaches will not enter the field of play while a game is live and as per US lacrosse cannot enter the field of play until there is an official stoppage of play for a coach’s/official’s timeout or the end of a quarter or half.
- j) Coaches will remain within their designated team’s box throughout the game.
- k) Coaches will avoid excessive displays or outbursts of anger in the presence of players.
- l) Coaches will not threaten, harass, bully, or abuse a player physically, verbally, emotionally, mentally or sexually.
- m) Coaches will not maliciously criticize, badger, harass, or threaten any official, parent, coach, or GLC Board Member.

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n) Comply with Tennessee and GLC policies regarding concussions; educate themselves about the risks and symptoms of concussions; and not return to play a player who has been suspected of sustaining a concussion until they have received reasonable assurance that the player has been evaluated by a licensed physician who has provided the player with written clearance to return to play.

Coach's Code of Conduct Continued:

o) Not use the media (including electronic media such as websites, blogs, Twitter, Facebook, etc.) to criticize an official, opposing coach or player, or those associated with administering the sport of lacrosse through the GLC.

p) Coaches agree to abide by the rules and directives of GLC, US Lacrosse, TSLA, and TSSAA.

q) Coaches are responsible for creating a positive Team Culture that places emphasis on "The WAY we do things HERE" with the highest of standards.

Section 6: Zero Tolerance Policy

GLC desires to make youth lacrosse a desirable and rewarding experience for everyone involved – participants, coaches, parents, and other interested parties. GLC supports coaches and game officials in their efforts relating to ensuring a high level of sportsmanship before, during and after lacrosse practices and games.

These efforts include a zero tolerance policy towards unsportsmanlike behavior by participants, parents, spectators, coaches, club volunteers, which may include:

- Openly disputing or arguing any decision by an official
- Using obscene or inappropriate language or gestures at any time
- Visually demonstrating any sign of dissatisfaction with an official's call
- Taunting of players, coaches, officials or spectators
- Throwing of objects on or around the field

GLC's Zero Tolerance Policy must be adhered to at all times. Officials have the right, with no warning, to require removal of the offending person(s), assess penalties during the game to the team representing the offending person(s), as well as run the clock if it is not an advantage to that team. The Sidelines Manager and GLC Board Members also retain the right, with no warning, to require the removal of the offending person(s).

Section 7: Game Day Management

In order to establish and ensure a safe playing environment for players, parents, coaches, officials, spectators, and administrators, on game days, the Sideline Manager and/or a GLC Board member will be responsible for overseeing game day management. The role of the Sideline manager will be to identify unruly behavior or behavior which is direct violation of player, parent, coach, or official codes of conduct. Once this behavior is identified, the Sideline Manager will issue a Sportsmanship card to the offending team. When a Sportsmanship card has been administered, the Sideline Manager will notify the table to immediately sound the horn (two blasts at next dead ball) and alert the officiating crew on the field.

Example Criteria for Unacceptable Fan Behavior (Immediate termination)

- Entering the field of play to argue with officials.
- Throwing objects at officials or onto the field.
- The use of obscene or highly abusive language directed at officials.
- Fighting with other fans, or throwing objects at other fans.
- Entering the bench area and striking a coach or athlete.

- Verbal threats of bodily harm, injury or death toward officials, coaches, athletes or fans on either team.

Example Criteria for Unacceptable Coach Behavior (Immediate termination)

- Striking or pushing an official.
- Failure to leave the bench area, or arguing with officials after ejection from the game.
- Throwing objects at officials or onto the field.
- Fighting with officials, coaches, athletes, GLC Board members, or fans, or throwing objects at coaches, athletes or fans on either team.
- Verbal threats of bodily harm, injury or death toward officials, coaches, athletes, GLC Board members or fans on either team.

Example Criteria for Unacceptable Athlete Behavior (Immediate termination)

- Striking or pushing an official; verbal threats of bodily harm, injury or death.
- Failure to go to and remain in the team's bench area, after ejection from the game.
- Throwing objects at officials or onto the field.
- Fighting with officials, coaches, athletes or fans, or throwing objects at coaches, athletes or fans on either team.
- Verbal threats of bodily harm, injury or death toward officials, coaches, athletes or fans on either team

If the unruly behavior continues and is not resolved after the administration of the Sportsmanship card, this will be grounds for immediate termination of the game and potential discipline for the offending party as deemed fit by the GLC board. Games can be immediately terminated at the sole discretion of the officials or by the Sidelines Manager if the above criteria for unacceptable behavior are met or the field environment is unsafe for play.

If a player, parent, coach, board member, official, or other offending party has been asked by an official or Sideline Manager to leave and refuses to do so, the Official and Sideline Manager have the right to call local law enforcement to the field and immediately terminate the game.

Section 8: Discipline Procedures and Dismissal:

The Board of Directors of GLC will deal with any violation or failure to meet the requirements listed within Section 3, Section 4, and Section 5 at its sole discretion: imposing warnings, requiring retraining, suspension, probation, or expulsion, as it deems appropriate. Formal Complaints or Incident Reports of non-observed violations filed by players, parents, officials, spectators, or others will be handled in the following manner:

- a) Any complaints or incident reports filed to report violations will be fully investigated to determine the merit of the complaint/report and determine if any action is necessary.
- b) If action is necessary, the GLC Board President shall, with the Board Members, appoint a date, time and place for which shall not be more than 30 days from the receipt of the report.
- c) All interested parties will be notified of the proceedings and will have the opportunity to attend the hearing of the Board at their own expense.
- d) The GLC Board may call witnesses and demand any pertinent information which it deems necessary to arrive at a decision.

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e) The decision of the GLC Board will be announced by the President within 7 days of the hearing and all interested parties will be provided with a copy of the written decision. Interested parties are defined as those parties who are directly involved in the proceedings.
f) The decision of the Board is final and no appeals will be allowed.

By reading, initialing each page, and signing this document, I agree to meet the eligibility requirements noted in Section 3, the expectations of a coach as defined under Section 4, and abide by the rules of conduct as noted in Section 5 above Greeneville Lacrosse Club as established by the GLC Board of Directors:

Print Name, Coach

Team Coaching

Signature

Date

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Volunteer Coach Application Form

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APPLICANT'S INFORMATION

Full Name: _____ Preferred Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Personal Email: _____ Shirt Size: _____

CPR and/or First Aid certified? Yes No

If yes, Card level/Title: _____ Expires: _____

Please provide a photocopy of your card with this application.

Please list any children you have playing in GLC:

Child's name: _____ Program: _____

Child's name: _____ Program: _____

Child's name: _____ Program: _____

Position Volunteering for (please check one):

Head Coach Assistant Coach

Program (please check one):

6U 8U 10U 12U 14U High School Other: _____

EMPLOYMENT INFORMATION

Employer: _____ Work Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Occupation/Position: _____ Years employed: _____

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Volunteer Coach Application Form

QUALIFICATIONS

Do you have lacrosse coaching experience? Yes No

Do you have coaching experience? Yes No

Please list the three most recent coaching positions you have held:

From: _____ To: _____ Age Group: _____

Organization/Location: _____

Position: Head Coach Assistant Coach Other (please explain)

Additional info (optional): _____

From: _____ To: _____ Age Group: _____

Organization/Location: _____

Position: Head Coach Assistant Coach Other (please explain)

Additional info (optional): _____

From: _____ To: _____ Age Group: _____

Organization/Location: _____

Position: Head Coach Assistant Coach Other (please explain)

Additional info (optional): _____

Have you played lacrosse? Yes No

If yes, please list experience: _____

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Greeneville Lacrosse Club
Volunteer Coach Application Form
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Have you officiated lacrosse? Yes No

If yes, please list experience: _____

Please list any experience you may have coaching other sports: _____

Why do you want to be a volunteer coach for GLC? _____

PERSONAL REFERENCES

Please provide at least three personal references who are not relatives:

Contact Name: _____ Phone: _____

Affiliation: _____

Contact Name: _____ Phone: _____

Affiliation: _____

Contact Name: _____ Phone: _____

Affiliation: _____

Please feel free to include with this application letters of recommendation from any references.

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Greeneville Lacrosse Club
Volunteer Coach Application Form

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BACKGROUND

US Lacrosse Membership Number: _____ Background Check Yes No

Have you ever been refused participation in any youth sports organization? Yes No

If yes, please explain: _____

I, _____, wish to coach lacrosse with the Greeneville Lacrosse Club ("GLC"). I hereby recognize that volunteer coaches serve a vital need in helping provide positive recreation activities for the Greeneville and Greene County communities. Further, I understand that serving as a volunteer coach, I will adhere to the Ethics and Code of Conduct set forth by US Lacrosse and National Federation of State High School Associations ("NFHS") and adopted by Greeneville Lacrosse Club. I understand that all coaches are directly responsible, separately and collectively, to the GLC Director of Coaching for compliance with the policies and procedures of Greeneville Lacrosse Club and the Board of Directors, the rules and regulations of the Tennessee Scholastic Lacrosse Association ("TSLA") and Tennessee Secondary Schools Athletics Association ("TSSAA"). I understand that upon providing proof of my successful completion of US Lacrosse Level 1 certification and receipts, GLC will reimburse me for the cost of US Lacrosse Membership and 50% of the total fees accrued during training.

Signature: _____ Date: _____

Full Legal Name: _____

Please return your completed application and all attachments to:
Greeneville Lacrosse Club
35 Earlington Dr.
Greeneville, TN 37743
ATTN: Board President or Secretary

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THE FOUR VIRTUES OF ETHICAL SPORTS *uslacrosse.org*

Ethics in sport requires four key virtues: fairness, integrity, responsibility and respect.

Fairness

- Athletes and coaches must follow established rules and guidelines of their respective sport.
- Teams that seek an unfair competitive advantage over their opponent create an uneven playing field which violates the integrity of the sport.
- Athletes and coaches are not discriminated against or excluded from participating in a sport based on their race, gender, sexual orientation, religion, etc.
- Officials must apply the rules equally to both teams and cannot show bias or personal interest in the outcome of a game.

Integrity

- Similar to fairness, in that any athlete who seeks to gain an advantage over his or her opponent by means of a skill that a contest was not designed to test demonstrates a lack of personal integrity and violates the integrity of a sport.

For example, when a player fakes being injured or fouled, he is not acting in a sportsmanlike manner because sport is not designed to measure an athlete's acting ability. Faking is a way of intentionally deceiving an official, which only hurts the credibility of officiating and undermines the integrity of a game.

Responsibility

- To be sportsmanlike requires players and coaches to take responsibility for their performance, actions and emotions.
- Sometimes athletes and coaches make excuses as to why they lost a game. A popular excuse is to blame the officiating. The responsible thing to do instead is to focus only on the aspects of the game that you controlled, i.e. your performance, and to question yourself about where/how you could have done better coaching or playing.
- Responsibility requires that players and coaches are up to date on the rules and regulations of their sport.
- Responsibility demands that players and coaches conduct themselves honorably off the field, as well as on it.

Respect

- All athletes should show respect for teammates, opponents, coaches, and officials.
- All coaches should show respect for their players, opponents, and officials.
- All fans, especially parents, should show respect for other fans, as well as both teams and officials.

The sportsmanship model is built on the idea that sport demonstrates and encourages character development which, in turn, influences the moral character of the greater community. How we compete on the lacrosse field has an effect on our personal, moral and ethical behavior outside of the competition.

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Some argue for a "bracketed morality" within sports. This approach holds that sport and competition are set apart from real life, and occupy a realm where ethics and moral codes do not apply. Instead, some argue, sports serve as an outlet for primal aggression and a selfish need for recognition and respect through the conquering of an opponent. In this view, aggression and victory are the only virtues.

An ethical approach to sport rejects this bracketed morality and honors the game and one's opponent through tough but fair play. This means understanding both the letter and spirit of rules and their importance in encouraging respect for your opponent.

US Lacrosse Code of Ethics

The mission of US Lacrosse is to provide national leadership, structure to fuel the sport's growth and enrich the experience of participants. US Lacrosse grants the privilege of membership to individuals (players, coaches, officials and leadership) committed to the tenets of its mission. Inherent with all professional organizations is the potential for conflicts of interest, harassment, abuse of power, and other forms of unethical practice.

The goal of the US Lacrosse Code of Ethics is to establish and encourage the adoption of standards of behavior, as well as other guidelines of ethical behavior for all members, volunteers, staff and any other individuals and organizations that choose to affiliate with US Lacrosse.

Ethical considerations are integral, not optional, elements of sports best-practice organizations and apply to all levels of participations. US Lacrosse encourages all members to acknowledge and follow ethical guidelines and demonstrate integrity by voluntarily agreeing to adhere to our ethical code.

Participation in the sport of lacrosse provides a powerful vehicle for a participant's personal growth and development, teaches the values of respect, fairness, teamwork, communication, responsibility, truthfulness, non-discrimination, honesty and integrity. These values serve as the core ideals for the US Lacrosse Code of Ethics.

Respect

Respect is defined at the individual, team and corporate levels. Individuals should value the opinions, views and roles of others who work to further the mission of the organization. All should safeguard the dignity, privacy and freedom of individuals regardless of their race, color, creed, socio-economic status, age, gender, religion, sexual orientation, disability or nationality. Respect defines the value that US Lacrosse, as an organization, places on honoring the history of the sport, and demonstrates the regard it shows to the various and disparate constituencies that have come together to form US Lacrosse to further the growth and development of the sport.

Fairness

Fairness is making decisions without favoritism or prejudice. US Lacrosse firmly believes that the concept of fairness is fundamental to sport. Anything that creates an unfair advantage violates the spirit, as well as the integrity, of the sport of lacrosse.

Teamwork

Teamwork is defined as a cooperative or coordinated effort on the part of a group of individuals who work collectively in the interest of a common goal. US Lacrosse believes there is significant value in promoting teamwork, both on and off the field, in every segment of the sport. All members of US Lacrosse, its staff, and volunteers should adopt and promote the philosophy that greater success can be achieved when individuals sacrifice their desire for personal accomplishment in favor of goals.

Communication

Communication is an attempt by individuals to create shared understanding. Communication is an active 'two way street,' requiring a balance of articulating, listening, writing, reading, observing, questioning, analyzing, and evaluating. US Lacrosse members, employees and those individuals or groups representing US Lacrosse, should communicate with clarity, honesty, timeliness, and openness.

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Communication should include all pertinent information shared transparently with all appropriate recipients. Clear, honest, timely communication allows collaboration and cooperation to occur, building a stronger game and community for sport.

Conflict of Interest

A conflict of interest is present in any instance in which the actions or activities of an individual representing or acting on behalf of US Lacrosse could result in actual or perceived personal gain or advantage, and/or have an adverse effect on the interests, mission or integrity of US Lacrosse. Individuals who represent and serve US Lacrosse, at the local, regional or national levels have a duty to disclose any financial interest or personal obligation that may, actually or perceptually, affect the independence of their judgment.

Legality

All members of US Lacrosse, its staff, and volunteers are obligated to comply with all applicable laws. Violation of the law is not tolerated. US Lacrosse reserves the right to review such violations, which may result in revocation of organizational and/or member status.

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US Lacrosse Code of Conduct

Players, coaches, officials, parents and spectators are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, parents, spectators and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization.

It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports in the United States and around the world. US Lacrosse supports the following behaviors for those who participate in the sport or are involved in any way with US Lacrosse. The following essential elements of the "Code of Conduct" must be followed:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.
- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators.
- Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
- Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties.
- Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.
- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game.
- Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc., have been established to encourage and maximize participation, fair play and to promote safety.

NFHS Coaches Code Of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members.

The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials.

The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give student special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

Greeneville Lacrosse Club
COACH ACTION PLAN

- For youth lacrosse coaches your priorities should be:
 - Character development and making lacrosse enjoyable
 - Athletic development and skill-work
 - Defensive and offensive concepts
- Once you know what your priorities will be and what you should work on the first thing you should do is develop a long-term plan (two to five years) and season plan.
 - First, what would I like them to develop and learn before they reach high school:
 - Athleticism
 - Ball Handling
 - Passing
 - Footwork
 - Catching
 - Shooting
 - Basic Offensive Concepts
 - Basic Defensive Concepts
 - Second, what should I focus on this year?
 - Athletic development and offensive skills- 30 minutes
 - Defense- 15 minutes
 - Offense- 15 minutes
 - Scrimmage- 30 minutes

You could also look at it like this:

- 1/3 skills and athletic development
 - 1/3 offense and defense (small-sided games)
 - 1/3 scrimmaging
- Each year it is a good idea to have a primary focus and secondary focus for each section of practice. One of the biggest reasons to focus on one or two things is the coaches and kids will see clear improvement by the end of the year. This motivates the players and makes it fun!! If you try to do everything equally, you might improve skills (ball handling 20 minutes to every practice and emphasize the concepts in games, you will certainly see improvement from day 1 to

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the last game. You can see it on film, show it to players and parents, and everyone feels good about the improvement that was made.

- I will work on the primary focus every practice. I will work on the secondary focus every 2 to 4 practices.
- If you do this for 3 or 4 years with your focus shifting and progressing, that's when you develop lacrosse players!
- Third, create a practice plan template and drills to use.
 - This might take you an extra 2 to 3 hours at the beginning of the year, but it will save you many more hours during the season and beyond if you decide to coach for multiple seasons.
 - Create a practice plan for 2 to 4 practices. It will include your primary skills and secondary skills. You are not worried about specific drills here, just the categories of skills and concepts you want to work on. For example:
 - Practice 1 Template:
 - Athleticism- 6 minutes
 - Ball Handling- 10 minutes
 - Footwork- 6 minutes
 - Form Shooting- 4 minutes
 - Clearing the ball- 4 minutes
 - 1 v 1 defense- 5 minutes
 - Defense Positioning- 54 minutes
 - Cutting and Getting Open- 5 minutes
 - Small-sided game- 5 minutes
 - Special Situation- inbound plays- 5 minutes
- Create a Drills Binder
 - After you create a template, you can find your favorite drills and games for each section, print them out and put them in a binder. That way you can look at your template before each practice and pick out your appropriate drills.

High School Coach Action Plan

(based upon Duke's John Danowski: My Coaching Priorities uslacrosse.org March 03, 2015)

- Keep the game at its simplest form and play as fast as you can.
 - Athletic Development
 - Speed
 - Quickness
 - Strength
 - Flexibility
 - Endurance
 - Skill Development
 - Passing
 - Catching
 - Feeding
 - Scooping
 - Shooting
 - Dodging
 - Lacrosse IQ Development
 - Player Focused
 - Each player plays at a certain, individual level.
 - Help them develop the skills to get out of their comfort zone and to the next level.
 - Management

_____ Initials

- By position: Attack, midfield, defense, goalies, faceoff guys
- By groups: Offense, defense, man-up unit, man-down unit, faceoff team
- Game management: 30 seconds to go, we have no more timeouts, you're a defenseman running over the midfield line, you probably don't need to turn around and run back

Advice from a College Coach: Penn State's Jeff Tambroni uslacrosse.org April 15, 2015

1. Fundamentals

"Develop your players fundamentals first, second and third in the priority of your on-field game plan. A distant fourth would be schemes and patterns of slides and offensive formations."

2. Discipline

"Emphasize and take a disciplined approach to off-field weight training, nutrition and flexibility to avoid unnecessary injuries and to keep up with the growing pace and athleticism of our sport."

3. Culture

"Develop a leadership and culture plan the same way you develop your practice plan. Spend time developing your plan—and more importantly, your players—every day by communicating your vision and establishing a collaborative work environment to achieve your common goal."