



Parent/Player/Coach Handbook

Rams Lacrosse

Parent, Player, and Coach Handbook

Welcome

Welcome to South Eastern Rams Lacrosse (RAMS). Established in the year 2001, Rams Youth Program was started by a group of dedicated volunteers to bring the great game of lacrosse to South Eastern York County. Rams is a member of the York County Lacrosse Association in Pennsylvania. It is our desire to deliver a quality Youth program and to foster the growth of lacrosse in Pennsylvania.

Mission Statement

Rams Lacrosse is an athletic program offered to the youth of South Eastern School District from ages 5-15. We will promote the sport of lacrosse to the boys by teaching the fundamental skills and strategies of the game through experienced, caring, fair coaches to result in a positive learning and rewarding experience for all involved.

Insurance

As with any athletic activity there is potential for injury therefore player insurance is required. The coverage is a medical supplement provided through US Lacrosse. Details are provided at sign up and the cost is included in the registration fee. Inasmuch as there are hazards involved with lacrosse, as with any sport, a signed (by parent or guardian), hold harmless release is also required prior to the start of the season practices in order for a child to play.

Hardship

It is our desire to have every interested youth, experience lacrosse and not be inhibited by financial restraints. Please contact a member of the Rams Lacrosse Board to work out a financial plan with you. Inquiries will be held in a strictly confidential manner.

Refunds

Rams will grant a refund for any reason up to the first league game, minus any incurred expenses (i.e. uniforms, insurance, etc.) A parent must bring the request to either a coach or board member. No refunds will be allowed after the first game.

Registration

Rams registration will consist:

- Volunteer Sign-up
- Medical Release
- Code of Ethics for Parents
- Code of Conduct for Players
- Club Application
- US Lacrosse Insurance Application
- Athletic Waiver
- Acknowledgement of Receipt of Parent/Player Handbook

Code of Conduct for Players, Parents, and Coaches (New)

Player - As a youth player in the Rams Lacrosse Program, you are to understand that a high level of sportsmanship is expected from you. Each player is expected to treat your coaches, fellow teammates, officials, opposing team players, opposing coaches, and spectators with respect and dignity. Your sportsmanship directly affects the club's ability to play other programs. You are expected to come to your practices and games ready to play and improve your individual stick skill and team play skills. Understand that unsportsmanlike misconduct such as taunting; the use of foul and abusive language, fighting, or flagrant unnecessary roughness is ground for ejection from a game. Repeat offenses will result in a meeting, consisting of the player, the Rams Lacrosse Board, the players' parents or guardians, and the coach. Depending on the offense and the number of occurrences, the result could be expulsion from the Rams Youth Lacrosse Program for the remainder of the year and all fees will be forfeited. Consider it an honor to play the great game of lacrosse.

Parent - As a youth lacrosse parent of the Rams Lacrosse Youth Program, you are to understand that a high level of sportsmanship is expected from you. You are expected to treat your coaches, fellow teammates, officials, opposing team players, opposing coaches, and spectators with respect and dignity. All Rams spectators, on the sideline, directly affect the Rams Lacrosse Youth Program image and the ability to play other programs. During the practices and games, you are asked to watch the action away from the players' benches and stay on the opposite side of the field. Understand that unsportsmanlike misconduct such as taunting; the use of foul and abusive language, fighting, or flagrant unnecessary roughness is ground for ejection from a game. In addition, no parent or guardian shall directly instruct any child to purposely play differently and overrule the coaches' strategy. Repeat offenses will result in a meeting, consisting of the player, the Rams Lacrosse Board, the players' parents or guardians, and the coach. Depending on the offense and the number of occurrences, the result

could be expulsion from the Rams Lacrosse Youth Program for the remainder of the year and all fees will be forfeited. Consider it an honor to be part the great game of lacrosse.

Coach - As a youth coach in the Rams Lacrosse Youth Program, you are to understand that a high level of sportsmanship is expected from you. You are expected to treat your coaches, officials, opposing player and coaches, and spectators with respect and dignity. You are expected to come to your practices and games on time ready to coach, ready to improve your players' individual stick skills and the teamwork skills, and ready to make your time with your team an enjoyable one for all. You are expected to give your players positive reinforcement. Understanding that unsportsmanlike misconduct such as taunting, the use of foul & abusive language, or fighting is grounds for ejection from the game, and you are expected to remove yourself from the area. Repeat offenses will result in a meeting, consisting of the Rams Lacrosse Board, the players' parents or guardians, and the coach. Depending on the offense and the number of occurrences, the result could be expulsion from the Rams Lacrosse Youth Program. Consider it an honor to coach the great game of lacrosse.

General - Any unsportsmanlike offense may immediately result in code of conduct committee meeting consisting of the Rams Lacrosse Board, the coach, the player, and the parents and guardians. The Rams Lacrosse Board and coaches will strictly enforce sportsmanship and take appropriate action if required for unsportsmanlike violations.

Equipment & Uniforms

Individual equipment is the sole responsibility of the player. Farc equipment, i.e. goals, liners, goalie equipment, timers, etc. is the property of FARC Youth programs and paid for by the efforts of many. Players are not permitted to use any program equipment for their own personal use. Any violation could be cause for dismissal. Uniforms are included in the registration fee and are the responsibility of the individual player. The Uniform should be returned to the program if player no longer plays for the Rams Lacrosse Youth Program. If uniforms are lost or damaged, the parent of player is responsible for the cost of replacing said uniform.

Academics

Although Rams does not monitor grades, the Program and coaches do emphasize and encourage academic achievement. If a parent feels their son or daughter needs to miss a lacrosse practice or game for academic or other personal disciplinary reasons please communicate this information to their coach. This information will be held strictly confidential. Although we cannot enforce the academic and disciplinary policies of the school it is our goal to mirror those same standards and we ask for parental support in this area. Rams believes strongly that academics come first.

Practice

1. Scheduled practice time will be posted. Please arrive early enough to be dressed and completely ready for practice by start time, which usually requires arriving 15 minutes before start time.
2. Horseplay is strictly prohibited.
3. Attendance is taken at every practice.
4. IF A PLAYER CANNOT ATTEND PRACTICE PLEASE CONTACT THE COACH BEFORE PRACTICE. Regardless of the reason, if a player misses an excessive number of practices, his or her playing time may decrease.
5. Players are encouraged to bring water, in an unbreakable container to practice and games. Absolutely no glass containers are allowed. No sharing of water containers is permitted.

Playing Time

The coach determines the amount of time an athlete sees in a game. Time is based on the guidelines provided by the league and the athlete's participation/attendance in practice. As a guide, the following categories outline the coach's general guidelines for athlete playing time:

- **Elementary/Intramural Level** (grades 4-6). This level of play is for the purpose of introduction of playing skills, team building, and game awareness. Although competition is still important as in any sport, the primary focus will be on exposure to game situations. Athletes will be assured of playing time in each half of the game.
- **Junior High** (grades 7-8). This level continues with the introduction of playing skills, skill development and team play, while introducing game strategy and position play. This is our first competitive level. Athletes will be assured of playing time, but the amount of time in each game will be dependent on the game situation.

Grievance Procedure

Knowing when to communicate and how to communicate with your athlete's coach is a concern for almost every parent at some time during the season. Rams encourages the athlete to talk to the coach when he or she has a problem, or if the player is unclear about what the coach expects from him or her either in practice or in competition. The appropriate attitude for the athlete is to ask the coach what they need to do to get more opportunities to play in games. Parents can best help their son or daughter by encouraging them to set goals to achieve more opportunities.

When parents have an issue that is specific to their own athlete, we encourage them to talk to the coach.

In addition, we instruct coaches not to discuss any athlete other than the parent's own child, or the actions of any other Rams coach. If you as a parent have legitimate concerns about a coach other than your son or daughter's coach, or with a player other than your own, you need to address the Head Coach or the Rams Lacrosse Board.

Many times issues are simply a matter of miscommunication or misunderstanding that can be resolved simply by addressing the issues with the coach as soon as it arises. Specifically, the procedures to follow if you as a parent, or your son or daughter as a member of the team, have concerns about our policies or actions are, in this order:

1. The athlete is encouraged to speak to or meet with the coach about the matter. If the matter remains unresolved,
2. The parent should speak to or meet with the coach.
 - a. Parents and/or athletes are expected to call the coach on the phone to schedule a meeting prior or after a practice.
 - b. Meetings are to be at times and locations other than games. If a parent approaches a coach during a game, we have instructed the coach to refuse to discuss any controversial matter, and ask the parent to call him to set up a meeting, and to walk away from the parent.
 - c. The recommended time for a parent and or player to talk to a coach about a problem is a previously arranged meeting time either before or immediately after a scheduled practice. If the matter is still unresolved,
3. The parent may speak to the Head Coach and a member of the Board and request a meeting with the coach and the Head Coach. A Rams Board member will not engage in discussion about coaching strategy without the coach or head coach present.

Other general policies regarding grievances with the Club are:

1. Rams Lacrosse Youth program will not tolerate hostile, aggressive or confrontations between a parent and any official, coach, player, or other parent whether or not the player or parent is a member of Rams. Violation of this policy may result in the involved parties being dismissed from the program.

2. Any board member who is approached and asked to listen to or express an opinion about matters between two other parties in the program is strongly encouraged to refer the complaining party to take the matter up with either the coach or suggest to arrange a meeting to include the Coach or Head Coach.

Sexual Harassment Policy

Federal law (title VII of the Civil Right Act of 1964) prohibits sexual harassment/discrimination in the workplace. Rams is fully committed to preventing sexual harassment in any form in its program. We try to be very sensitive to conduct that may be seen as creating an environment that is sexually discriminatory or harassing. This includes demanding sexual favors, unwelcome touching of any kind, unwanted letters, telephone calls or e-mail of a personal nature, unwarranted inquires about personal life or sexual habits, repeated jokes with sexual content, sexual comments about a person's appearance of body.

In addition, Rams vigilantly maintains a policy that places the safety of the athletes entrusted to our care and instruction as our highest priority. We do not tolerate verbal or physical behavior or miscommunications that cause discomfort to any of the athletes or parents.

Reporting Complaints Sexual Harassment Complaints

If you see behavior by a Rams volunteer you believe to be inappropriate, or if you experience behavior from a coach or administrator that you believe to be inappropriate, report it immediately to either the Head Coach or Board Chairman. All sexual harassment complaints will be investigated. Any volunteer found to be in violation of the sexual discrimination policy would be subject to discipline, which may include dismissal. Every effort will be made to prevent retaliation against any complainants and/or witnesses who participate in an investigation of a sexual harassment charge. All information pertaining to a sexual harassment charge will remain strictly confidential. If you have questions about Rams policies and or procedures, please do not hesitate to Contact either the Head Coach or the Board Chairman.

Physical Training and Conditioning

We are about to begin an exciting and successful lacrosse season. Please remember that the athletes' best performances will occur when they are at the top of their physical shape. This will require physical training outside of lacrosse. Two days of practice is not enough time to keep your body ready for competition. Players are encouraged to remain active outside lacrosse activity and eat healthy.

In order to maintain the body and mind at a peak performance level, an athlete must learn to handle various stresses and deal with the recovery process following workouts. These stresses can be anyone of a combination of the following: poor nutrition, illness, fatigue (i.e. lack of sleep), insufficient rest between workout sessions, emotional stress from schoolwork, friends or family situations, or other extra-curricular activities.

It is of great importance that you take these factors into account when scheduling your time and activities. The body can only handle a certain amount of stress within a given time period before an illness will occur.

Diet and Nutrition

In addition to physical recovery periods, the athlete should be sure to eat a well-balanced diet that will provide their body with enough long-term energy to sustain a game. Be sure to eat a nutritious meal that contains a lot of carbohydrates (pasta), the day before a game. Players will also need to bring plenty of water, fruit, and healthy snacks to games to refuel their bodies. Foods such as soda, potato chips, and chocolate should be avoided. **Players are responsible for their own water bottles and are not permitted to share their bottles with others.**

General Policies

1. While representing Rams, all athletes are expected to behave in a responsible manner. Determination of what is responsible lies solely with the Program.
2. Any athlete damaging equipment owned by, used by or provided for the benefit of Rams or facilities used by the Program during practices, games, or other functions, will be required to reimburse the Program and/or facility for the damages before continuing in the Program. In some circumstances, the athlete may be dismissed from the Program.
3. Substance abuse will not be tolerated by Rams. Any player found with any illegal substance will be immediately suspended and will forfeit all fees.
4. In case of inclement weather, a coach will contact you by phone or email to notify you of practice cancellation.

Conflicting Activities

Rams is very understanding of the fact that our athletes compete in other sports and activities. However for the good of the team, it is extremely important that our players attend as many practices as possible. It impedes the cohesion of your team if you only attend sporadically.

It is recommended that Players discuss conflicting activities with other program coaches before signing up for lacrosse. Even though Rams Coaches understand of conflicts, other program coaches may not. Either way it is important that you discuss this with your coach and makes your decision with open eyes. It is also important to note that your lacrosse playing time may be affected by your attendance at practices.

Rams Lacrosse Youth Board of Directors

Board meetings are held regularly during between November and May. We welcome Parents at all Board Meeting and encourage participation with the Program.



Parent/Player Handbook
Acknowledgement Form

I acknowledge that I have received a copy of the Rams Lacrosse Youth program Parent/Player Handbook. I understand that it is my responsibility to read and refer to the handbook when I have questions about the policies and procedures of Rams.

Print Your Name (Player)

Player Signature

Date

Parent Signature

Date