

2018

# Dover Youth Lacrosse Club Parent and Player Handbook



Dover Youth Lacrosse Club  
01/23/2018

# Dover Youth Lacrosse Club

## Parent and Player Handbook

### INTRODUCTION

Welcome to the Dover Youth Lacrosse Club (DYL). We are all excited about your interest in the sport of lacrosse. DYL started in the Dover area as a youth Eagle Lacrosse Club with 3 boys teams and 1 girls team for in 2009. We now have a full complement of boys and girls teams at all of the level in York County Club Lacrosse. We are members of the York County Lacrosse Organization (boys) as well as the York Girls Lacrosse League and play games mostly in York County. In late 2017, the club board renamed the club to Dover Youth Lacrosse to better portray our mission to support the kids in the Dover School District and to show alignment with the Dover High School lacrosse programs.

### MISSION STATEMENT

The DYL is dedicated to providing the youth of the Dover community with an athletic option that supports and encourages the core principles of honesty, respect, integrity and good sportsmanship through “ROOTS”, both on and off the field.

**R = Refuse** to bend the rules to win

**O = A worthy opponent** is a gift that brings out our best

**O = Show respect** even when we disagree with the **officials**

**T = Never do anything** to embarrass our **team** or our club

**S = Live up to our own standards** even when others do not

### COMMUNICATIONS

If a player or parent has a question regarding practices, schedules, directions to games, etc., they are encouraged to look first at the club website for the information before calling or emailing their team parent, coach or board member.

The address of the club website is: [www.doverlax.com](http://www.doverlax.com)

The DYL Board general email address is: [elcinfo1@gmail.com](mailto:elcinfo1@gmail.com)

The DYL Facebook page is: [www.facebook.com/doveryouthlacrosse](https://www.facebook.com/doveryouthlacrosse)

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### **AGE LIMITS AND CUT-OFF DATES**

The club follows age guidelines set by the board of the current York County Leagues. For the **2018** season, we will have: Boys 8U, 10U, 12U, 14U. The girls' teams are: K-4, 5-6, and 7-8.

**Please note the policy for "playing up" is based on league rules:**

All players registering to play for DYL shall be registered in their age appropriate division based on grades. If a coach desires a player to play up an age division, the coach must invite the player to play up by signing the request to play up form. The coach shall present the request to the board for review. If the board approves the request, the coach shall present the request form to the parent of that player and parent must sign the form agreeing to play up an age division.

If a parent desires for their child to play up, and has not been invited to do so by the coach, the parent may present a written request to the board. The board shall then consult with the coach for the age appropriate division and the requested age division and decide whether it is appropriate for the player to play up based on his age, size, skill, physical development and any other relevant factor.

**NOTE: Once a player plays a league game at a higher level, they MUST stay at that level. There is no dropping back down as per the YCLA and YGL.**

### **REGISTRATION**

Registration for the 2018 spring season is open now on the DYL website [www.doverlax.com](http://www.doverlax.com). We encourage all parents to register their player(s) as soon as possible so we know who is playing for which teams. We have a variety of payment options from complete payment, deposit, check, cash, and PayPal/Credit card. DYL Board will also work with parents to set up payment plans through the off-season to ensure everyone has a chance to play. Refer to the Online Registration page found on the DYL website for the most up-to-date options or contact a DYL Board member for assistance.

Club fees are collected to cover the cost of insurance, league fees, coaches' clearances, coaches' clinics, equipment, referees, and field maintenance. Club fees are due by dates set by the board.

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## **INSURANCE**

As with any athletic activity there is a certain amount of risk involved, therefore players must be properly insured. Parents must provide proof of insurance at registration. Required supplemental insurance is included in the registration fees which is why all players are registered members of US Lacrosse. As there are hazards involved with lacrosse, a parent or legal guardian must sign an athletic waiver and release of liability for a child to participate.

## **PLAYER WELLNESS**

DYL strives to do all we can as a club to protect player wellness on and off the field. Before the season, players who are Grade 5 or older must complete an online baseline concussion testing. This will give the medical providers a tool to assess and head injuries that may occur. This is mandatory to play and is required every other year after the Grade 5 season.

## **REFUNDS**

The club will grant 100% refund up to the date when we need to have our information to the US Lacrosse for registration as that requires payment per player. The club will grant a refund of 50% of the total registration fee up to the date when games begin. A parent must present the request in writing to a coach or board member.

**No refunds will be given after the season starts.** A parent must present in writing to the board any exceptions or hardship cases.

## **FUNDRAISING**

Fundraising is your way for you to control the pricing for your player(s) to compete. DYL strives to have multiple and varied Fundraising campaigns throughout the year to allow you the ability to “bank” funds to be applied to registration fees. You will thus have the ability to sell as much or as little as you want but if you sell enough from the various campaigns you could have zero due for your player(s) to play.

We will announce for each campaign what percentage is going to the player vs. what is going to the club. Depending on the time of the season and what is needed for club expenses, some campaigns will be all player, some all club, some a split.

**The club may hold mandatory fundraisers.** If this is the case, the player must participate fully in the fundraiser (sell a minimum dollar amount or number of items).

A fee will be assessed for any returned/rejected checks equal to the amount charged to us.

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### EQUIPMENT

Individual equipment is the sole responsibility of the player. Equipment belonging to the club is intended for official use, and may not be used by individuals unless specific permission has been granted. Violation of this policy can result in immediate dismissal. Additionally, players are expected to care for their own equipment, keeping it in good condition.

**Boys Required Equipment:** stick, helmet, pads, gloves, mouth guard, protective cup and cleats (lacrosse, soccer, or football OK but no spikes)

**Girls Required Equipment:** stick, goggles, mouth guard and cleats (lacrosse, soccer, or football ok but no spikes). Gloves are optional.

### GRIEVANCE PROCEDURE

Knowing when and how to communicate with your athlete's coach is a concern for almost every parent at some point in the season. We encourage the athlete to discuss matters with the coach or with the Boys or Girls Athletic Directors if a problem should occur, or if an expectation is unclear.

When a parent has an issue that is specific to their athlete, they are welcome to discuss it with the appropriate coach or Athletic Director. However, the parent is encouraged to set a meeting time to discuss the issue. Immediately before, during or after the game is not the best time to approach a coach. Coaches are not obligated to discuss their coaching decisions. Coaching decisions may include playing time, substitutions, who is playing when or where, etc. Playing time is a complex determination of the individuals' abilities, potential, safety and the needs of the team. The coach will **not** be required to defend their thought process in these determinations, and it is improper for a parent to request this.

Coaches will not discuss individual athletes with anyone other than a parent of said athlete. Additionally, they will not discuss the actions of any other coach.

If you have legitimate concerns about a coach or another player, please address the Head Coach or Athletic Director. Often times, these issues are a matter of miscommunication or misunderstanding that can be resolved by simply addressing the issue when it arises.

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Listed below are the procedures to follow should you or your player incur a problem:

- 1) The player should speak with the coach.
- 2) The parent should meet or speak with the coach or Athletic Director
  - a) A scheduled time is requested.
  - b) Meetings are to be at times and locations other than games. If a parent approaches a coach, the coach has the right to refuse the conversation, until the proper channels have been followed.
  - c) The recommended time for a meeting is either before or immediately after a scheduled practice, if the matter is still unresolved.
- 3) The parent may speak with the Head Coach and/or Athletic Director to request a meeting.
  - a) In special situations, we may ask the player to attend the meeting. Or we may ask that the player not attend.
  - b) Meetings should be scheduled privately. Coaches will not schedule a meeting directly before, during or after a game.
  - c) Coaching strategy will not be discussed during this meeting. Other general policies regarding grievances:
- 4) Aggressive confrontations should not and will not be tolerated. This applies to coaches, parents, officials and players.
- 5) Asking uninvolved parties to take sides in an issue is unfair to the third party and the club.
- 6) Competitive sports often create situations where everyone is not always happy.
- 7) Please be discreet, as team morale can suffer in the shadow of disputes.
- 8) Any member who hears remarks or stories that concern them is advised to take matters to the Head Coach or Representative. They are also encouraged to suggest the complaining party to discuss matters with the Head Coach or Representative, so that all of the facts can be determined.
- 9) It is detrimental to everyone when complaints are repeated to uninvolved parties. Please use your utmost discretion.

### **PRACTICE**

We typically begin to practice indoors using one of the school gyms or another suitable location at the beginning of February. As soon as the weather breaks, we move outside to practice until the season starts. During the season, practices continue with some changes possible based on the coaches discretion.

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During practices, we welcome you to watch for the duration of practice or you may run some errands but **PLEASE** keep an eye on the weather as storms may pop up and require us to stop. At that point we would need parents to be present **ASAP**.

Also, be sure to return **BEFORE** practice ends so that when practice is done you are there for your player. **If you are not there at the end of practice the coaches have to remain there until you show up as they can't leave until the last player is picked up.** Some coaches come directly from working all day, so they are looking forward to getting home for the night.

### **CONFLICTING ACTIVITIES**

Many of our athletes are involved in activities other than lacrosse. We understand and accept this, however it is expected that your player will attend as many practices and games as possible. We ask that the Head Coach of your players' team be notified ahead of time of any practices or games that will be missed.

Players should discuss conflicts with their coaches so that a mutual agreement can be reached. It is important to realize that lacrosse is a team sport and individual playing time could suffer because of attendance. Lack of attendance impedes both the team and the individuals' abilities.

### **TEAM PARENT**

We utilize a Team Parent as a Coach's Helper. The Team Mom or Team Dad will help with corralling the players, getting info to the team parents, coordinating snacks at games, and any other tasks as they arise. It is a great way to free up the coaches from some of the administrative tasks and allow them to just coach.

### **BEHAVIORAL CODE FOR PLAYERS**

- **All** players will act in a responsible manner. The definition of "responsible" lies solely with the club and coaches. Responsibility is expected both on and off the field.
- Substance abuse will not be tolerated. Any player found to be in possession of or using a substance will be immediately dismissed without refund.
- Players are expected to attend all practices. In the event of a cancellation, coaches will notify you.
- Any athlete damaging club equipment will be responsible for its replacement. Under certain circumstances, the player may be dismissed from the club.
- Players will refrain from the use of vulgar or abusive language, racial slurs, etc., directed towards other players, coaches, officials or parents.

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- Youth players are students first and athletes second. We strive to work with the parents to ensure that school work and activities take a priority and unsatisfactory grades can lead to issues with playing time.

### **BEHAVIORAL CODE FOR PARENTS**

Parents are expected to:

- encourage good sportsmanship by demonstrating positive support of all coaches, players and officials.
- remember that the game is for the players, not the parents
- help their child respect other players, coaches, and officials
- support the decision of the coaching staff.
- conduct themselves in a civilized and discreet manner, when commenting or criticizing parents, players, coaches or officials.
- Refrain from the use of drugs, tobacco, or alcohol at all sporting events.

### **CODE OF CONDUCT—DYL**

The Dover Youth Lacrosse Club supports and encourages behaviors that honor the game of lacrosse with principles of honesty, respect, integrity, and good sportsmanship. The Code of Conduct is a condition of membership, and all members of the Dover Youth Lacrosse Club agree to abide by the Code of Conduct.

Dover Youth Lacrosse Club Members shall:

- Arrive at Practice on time, prepared to listen, learn and work
- Respect coaches, referees, and all opponents at ALL times
- Be supportive of teammates in a positive manner
- Display good sportsman ship on and off the field
- Refrain from obscene or vulgar language
- Refrain from drugs, alcohol, or tobacco products
- Wear the required equipment at all practices and games
- Never engage in taunting or arguing with referees or opponents
- Always win with character and lose with dignity

Club members not adhering to the Code of Conduct will be subject to disciplinary action, including suspension and/or termination of Dover Youth Lacrosse Club membership. By signing the agreement at registration, you agree to have to adhere to these rules.



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### **CODE OF CONDUCT—US LACROSSE**

US Lacrosse and the Positive Coaching Alliance have partnered to establish and promote positive coaching throughout the sport of lacrosse. US Lacrosse is committed to preserve the "Honor of the Game" for all who enjoy the sport of lacrosse. To help fulfill this commitment, US Lacrosse requires all players, coaches, officials, parents and spectators to sign and abide by a "Code of Conduct" that embodies basic common sense principles; demonstrates consideration of others; and projects a positive image to our young men and women.

Individuals and/or teams participating in US Lacrosse events that fail to abide by this code will be subject to ejection and disqualification from future US Lacrosse events. Thank you for your help in promoting these principles.

THE CODE OF CONDUCT Players, coaches, spectators and parents are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials and spectators. 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 earn and maintain a positive image and make its full contribution to youth sports in the United States and around the world. US Lacrosse supports the following behaviors for those participating or involved in any way with US Lacrosse in general:

- The essential elements of the "Code of Conduct" must be adhered to.
- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught and developed both at home and on the field during practices and games.
- The emphasis on winning should never be placed above the value of good sportsmanship, the concepts of fair play, or the skills of the game.
- Derogatory comments are unacceptable. Use positive reinforcement with players and adults alike. It should be remembered that criticism once made can never be retracted.
- 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 with adults.
- Officials are expected to conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties, while exercising their authority on the field.
- Adults involved with the game must never permit anyone to openly or maliciously criticize, badger, harass, or threaten an official.
- Knowledge of the Rules of Lacrosse must be respected and adhered to by all who participate in the game of lacrosse, both in the letter and the spirit of the game. 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, such as age and previous level of participation, must be followed. They have been established to encourage and maximize participation, as well as promote safety.

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## **Parent/Player Code of Conduct Agreement**

I, by signing the following, agree that I have read and understand the Dover Youth Lacrosse Parent and Player Handbook. I understand the importance of meeting team/program expectations and upholding standards as they pertain to Dover Youth Lacrosse. In doing so, I agree to follow and meet the expectations of the team, program and school and contribute positively to the overall mission, vision and culture of Dover Youth Lacrosse.

<b>Player Name (Print)</b>	<b>Player Signature</b>	<b>Date</b>
<b>Parent/Guardian Name (Print)</b>	<b>Parent/Guardian Signature</b>	<b>Date</b>