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KCE Lacrosse Travel Team Goals and Expectations

Objectives

1. Offer continued participation in a competitive situation for all grades.
2. KCE efforts are ultimately directed at the development of the players for a successful transition to the high school program. Based on the objective KCE supports and works directly with the Kenston High School Lacrosse program and the coaches.
3. To foster the development of all players through positive coaching techniques and stressing the fundamentals of lacrosse.
4. To prepare players with the skills required and overall player development.
5. Develop loyalty to the team, dedication and working relationships with teammates and coaches.
6. Have fun playing Lacrosse.

Philosophy

1. Lacrosse is a fun game and there is no reason that lacrosse at this level should be anything but fun. We have expectations of our players and we are committed to developing our teams and the program. Yet, we will not lose sight of the fact that enjoying ourselves in the process is central to what we are doing.
2. Accepting roles and making individual sacrifices is important. It should be clearly understood that each player's skill level, athletic ability, attitude and attendance will determine the type of role he/she may play. The players we select to be members of the team may contribute in a variety of roles. Certain players will help us more defensively, some will defend better, some will pass and shoot especially well and others may have better endurance. Certain players may lack some skills, yet may still be valuable team member because of their positive attitudes and hard work in practice. More emphasis will be placed on winning in the traveling team program versus a recreational type team.
3. Equal participation will not be part of this program. Every effort will be made to get each player a reasonable amount of playing time in each game, although this is not guaranteed.
4. In order for our teams to reach their potential, we must have players that are willing to work together. We will place a great deal of emphasis on this idea. The friendships that develop out of this experience will endure long after the season is over. How we work together and how we treat each other will be an area of emphasis.
5. Player safety is an important element of the program. All players must have the protective equipment required to play lacrosse. That equipment is: Helmet, shoulder pads, arm pads, gloves, mouth guard and cup. Goalies are not required to wear arms pads.

Team Selection

1. Players who tryout must reside in the Kenston Local School system.
2. There is a standardized system to pick traveling teams. These players will be rated and selected by the head lacrosse coach as well as the other coaches on the team. The goal is to get a fair unbiased look at each one of the players.
3. We will attempt to fill one team per grade and gender with no more than 30 players per team. For those players selected to the traveling program we expect them to choose lacrosse as their spring sport of choice as the time to practice and play will require it.
4. Player selection will be determined by the rating results, combined with position considerations. Kenston Community Ed. Follows an "A" team / "B" team philosophy at the middle school level. This is an effort to develop all skill levels at the pace of play each player is ready for.
5. The coaching staff will schedule games with the appropriate skill level teams and tournaments to give each team success at their skill level.

Coach Selection

1. The quality of coaching lacrosse is one of the most critical components of a successful program. All head coaches must be able to work with youth players and have an appropriate level of knowledge and expertise for the age and ability level of the team they are coaching. Coaches should demonstrate past experience in coaching and former playing experience will be strongly considered.
2. Anyone interested in coaching at the head level must submit a request to the KCE office before being considered.
3. Coaches are expected to teach the fundamentals of lacrosse.

Coach Expectations

1. One head coach and assistant coach(s) will be assigned to each team.
2. Coaches are required to have a back ground check though the Kenston Local Schools.
3. KCE will provide the travel teams 4 hours of practice time a week, weather permitting.
4. Coaches will work closely with the KCE office to provide the best season possible for the team.
5. **Coaches are expected to give each player fair consideration throughout the season.**
6. Coaches are available to parents and will communicate clearly the philosophy for coaching.
7. **No child is to be left unattended.** All coaches must wait until all players have been picked up from an event. Parents are asked to pick up there players on time or make other arrangements.
8. **Coaches are expected to maintain sportsmanship at all times.** This program is aimed at giving the youth of our school district the opportunity to have fun through travel sports. By doing so, we hope to develop self-discipline, team spirit, and physical fitness. Sportsmanship and respect for others in winning or losing is expected at all times.

9. The KCE Board of Directors is authorized to have summary powers to suspend, expel or terminate any coach whose conduct the majority of the Board shall deem detrimental to the purpose of the organization.
10. KCE will make every effort to further offer training and guidance to all of their volunteer coaches.

Player Expectations

1. All players are expected to attend all practices and games. If for some reason you are going to be late or miss a practice, let your coach know.
2. Attendance + Attitude + Ability = Playing Time
3. **Unexcused absences will result in a 1 game suspension for the first offense, 2 games for the second offence and they will be removed from the team for the third offense. Be at practice at least 15 minutes early.**
4. Lacrosse is a gentleman's game as well as a game of honor, players must respect tradition of the game.
5. Players that arrive late to practice (not padded up at the start of practice) will have the opportunity for special conditioning prior to being admitted to practice that day.
6. Success on the team and your season directly relates to what takes place on the practice field. Team Success = 100% attention and focused participation.
7. Provide coaches your full attention and respect while at practice and during games. Practice time is the coach's time to prepare the team of upcoming games.
8. Lacrosse is played on a field that measures 110 yards long by 60 yards wide. A player must have endurance and the burst speed required to play. This translates to training on your own to improve.
9. Be on time! This means on the field in full practice attire and ready to start at the designated time. This may require getting ready at home or in transit.
10. Be respectful of your coaches, teammates, officials, parents, opponents as well as school property.
11. Be extremely respectful to the officials and never challenge their calls or respond in a negative manner.
12. Encourage your teammates with positive comments. Everyone on the team is entitled to and deserves respect.
13. **NO PROFANITY!** All players, coaches and parents are a representation of the Kenston Community. Any profanity reported will result in a (1) game suspension and stronger disciplinary action if needed.
14. All trash during practice and games is your responsibility to pick up and discard.
15. We're looking for focus and concentration at practice. Talking should be kept to a minimum except to communicate on the field and especially to encourage your teammates.
16. Compete hard, but treat our opponents with respect.
17. Players on the bench need to be paying strict attention to the game. Be aware of what your team is doing offensively and defensively and be ready to play with all of your gear on.
18. At the end of a game, you're always to line-up and congratulate your opponent.

Parent Guidelines

1. Lacrosse is a physical sport and as such there is potential for injury.
2. Parents are expected to support the team and the coaches.
3. **Pick up your child on time.** If you are going to be late arrange for someone to be there for your child.
4. Set a positive tone for your player. Encourage them to always try their best.
5. If you don't like what is going on with the team. Respectfully ask for a meeting with the coach. Remember communication is the key.
6. If you do not get satisfaction from your coach please call the sports coordinator at the KCE office.
7. **PLAYING TIME OF OTHER PLAYERS WILL NOT BE DISCUSSED WITH THE COACHES.** Questions on how to improve your child's game are always welcome.
8. Accept your child's role on the team and work together with the coach to help improve the player's skill level and team participation.

Leagues and Tournaments

1. Teams will travel throughout NE Ohio
2. KCE will run and attend tournaments: The 1st Annual Boys CVC Middle School Shoot Out on our home fields and the OMSLA (Ohio Middle School Lacrosse Championship) in Columbus in mid May.
3. Parents will be asked to volunteer to run concessions, table and assist in organizing for these events. Families will be assigned responsibilities so that equal participation is achieved.

I have read, understand and accept the expectations of KCE Travel Lacrosse. I will have my player at all practices 15 minutes prior to start time and pick them up promptly or make other arrangements to have them picked up.

Parent or Guardian Signature

Date

Player Signature

Date

Coach

Coach

Coach

Coach