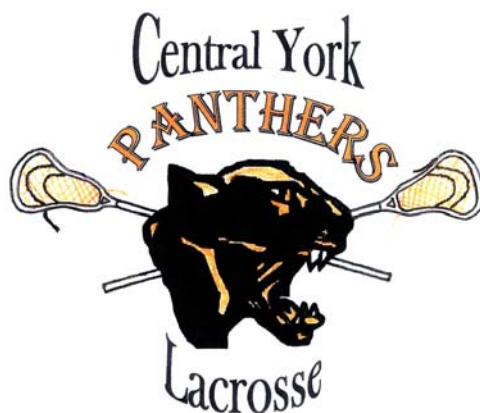


2007 – 2008 HANDBOOK

CENTRAL YORK LACROSSE CLUB



Established 2002

Member of
The York County Lacrosse League
The Central PA Regional Chapter of US Lacrosse

**Dedicated to the promotion of the sport of lacrosse – “the fastest game on two feet”
Providing opportunities for instruction and game play to the youth of the
Central York School District
(Girls and boys in grades 2 through 12)**

www.centralyorklacrosse.com

Revision Date: 8 February 2008
Subject to revision – see website for updates

ABOUT THIS HANDBOOK

This handbook was written to help parents and players become familiar with the club's organization and contains guidelines that coaches, parents and players are expected to follow as a part of the Central York Lacrosse Club. The handbook is modified each year to better serve our club.

BOARD MEETINGS

Board Meetings are open to anyone who wants to attend. Board meetings are normally scheduled for the second Thursday of the month. Anyone interested in attending will need to check our website www.centralyorklacrosse.com for details on the meeting time and place. Normally meetings are located in the classroom of the Manchester Township Building at 7 PM. Our board will do their very best to communicate to our club through our website and emails to inform them of exciting events upcoming. Interested in becoming a board member? Contact our club Secretary! Contact information for each of our current volunteers is posted on the website.

COMMUNICATION

Good communication is essential for the continued growth and success of the Central York Lacrosse Club (CYLC). It is so important that we have made it the number one topic in this handbook. We welcome your participation and encourage you to share your ideas and concerns. Here are some ways to reach us:

1. Email us at cylaxclub@yahoo.com
2. Attend a board meeting
3. Log on to our website www.centralyorklacrosse.com and contact a member you are comfortable communicating with.

CYLC prefers to communicate via e-mail. At registration, you will be asked to provide us with at least one frequently checked e-mail address. If you have more than one, that's fine, we create multiple lists and will send messages to as many as you wish.

If you do not have access to e-mail or do not check it very often, please let the coach, club secretary and registrar know so that an alternate system can be set up for you. **If your contact information should change over the year, it is your responsibility to tell the club secretary as well as your coach.**

Communication with coaches, especially about coaching decisions, can often become complicated. Please do your best to be present at the Parent/Coaches meeting to meet the coach and understand his or her policies regarding the team. At that meeting you will meet the coach and or receive a coach's letter regarding his/her personal policies and expectations for the season.

If a problem does arise during the season here are some steps to follow:

1. If your child has an issue, please encourage your child to discuss it with the coach on their own. Give suggestions and/or role play with your child beforehand; this should be a positive learning experience.
2. If your child does not feel comfortable doing this on their own, or if you have an issue/concern of your own, feel free to contact the coach and set up a time and place to discuss the situation. **Before, during or after practices or games is not the appropriate time to speak with the coach.** Please respect the coaches need to dedicate this time to the entire team.
3. If an issue is not resolved to your satisfaction, contact the Athletic Director immediately, confidentiality will be respected. Please do not let resentment build and create further problems. As a growing lacrosse club, we are bound to experience growing pains. Let's work together to solve any problems that should arise.

ACADEMICS

Although CYLC does not monitor grades, we do honor and encourage academic achievement and commitment. We ask that parents and athletes do the same.

CODE OF CONDUCT

There is a form containing a simple, straightforward statement that both parents and players are required to read and sign at registration.

While representing CYLC, all athletes, families and fans are expected to behave in a responsible manner. Verbal or physical abuse will not be tolerated. In addition, we have worked very hard to obtain our playing fields. Please respect the environment and obey any posted signs and parking policies.

Substance abuse will not be tolerated. Any player found with any illegal substance will be subject to disciplinary action up to and including suspension and forfeiture of any registration fees.

Sexual harassment/discrimination will not be tolerated. This includes but is not limited to: demanding sexual favors, unwelcome touching of any kind, unwanted letters, telephone calls or e-mails of a personal nature, unwarranted inquiries about a person's private life or sexual habits, repeated jokes with sexual content or sexual comments about a person's appearance.

CYLC coaches are screened in the same manner (state police background checks) as the volunteers working in Pennsylvania's public school system.

CONFLICTS OF INTEREST

The CYLC understands that our athletes have family and academic responsibilities as well as interests in other sports and activities. However, for the good of the team, it is extremely important that players attend practices and games. Athletes and families should discuss conflicting activities with other coaches and advisors **before** signing up for lacrosse.

PRACTICES/GAMES

Players should commit to 100% attendance. Lacrosse is a physically demanding team sport; each athlete needs to be in peak condition and learn how to coordinate with teammates. For safety reasons and in fairness to all — **no practice time means less game time at the HS LEVEL.**

For Youth Lacrosse (U9-U15 and MS Girls) playing time requirements are:

- U9 and U11 – All play as equally as possible
- U13, U15 and MS Girls – All play at least one quarter total

All players, regardless of the level of play, should commit to lacrosse as their primary extracurricular sport in the spring, for the benefit of the team and the lacrosse program.

If you do have other conflicts that will prevent you from attending practices or games please let your coaches know ahead of time so they can plan accordingly.

Coaches make the final decision on the position(s) played for all players. These decisions are made with the team's best interests in mind. Please help your child understand this very important life lesson. Players that work hard during the off-season on their stickwork will be rewarded by having more positions open to them the next season.

Indoor practices, when possible, usually begin the first week of February. Outdoor practices are weather dependent. Exhibition games are usually scheduled for the end of March. League games run through April and into May, with playoffs usually scheduled the middle of May.

Scheduled practice time is **start time**. Please arrive 15 minutes early so there is enough time to dress and be ready.

Athletes are encouraged to bring water, in an unbreakable container to practices and games; absolutely no glass containers.

***NOTE TO THE PARENTS:** Please don't leave your athlete (and coach) waiting at the end of practice. Be on time to pick up your player. Coaches will strive to end their practices on time.

EQUIPMENT/UNIFORMS

BOYS

Equipment:

- Mouth Guard (mandatory)
- Gloves (mandatory)
- Elbow Pads (mandatory)
- Shoulder Pads (mandatory)
- Helmet (mandatory) – preferably White or Black
- Turf shoes (recommended) – non-metal cleats
- Athletic protector (recommended)
- Rib Pads (recommended)
- Crosse and Pole (mandatory) –
 - Attack & Mid-fielder: Short stick
 - Defense: Long stick for HS, U15 and U13 (at coaches discretion for U11 and U9)
- Additional protective padding (optional)

Uniform: Must purchase Jersey, shorts must be black mesh or team shorts

- Jersey (mandatory)
- Shorts (mandatory)
- Ordering Information:
 - The uniform will be ordered through a vendor of the club's choice (jersey number needs to be chosen/assigned)
 - Samples will be available for sizing.

Each player is responsible for purchasing and maintaining these items

Throat & Chest Protector (goalies mandatory) – provided by CYLC

GIRLS

Equipment:

- Mouth Guard (mandatory)
- Protective Eyewear (mandatory and PECC certified) - as of January 2005
- Crosse and Pole (mandatory)

Helmets and Protective Padding (goalies mandatory) – provided by CYLC

Uniform:

- Jersey
- Kilt or Shorts
 - The uniform will be ordered through the club at registration (jersey number needs to be chosen/assigned)

- Samples will be available for sizing.

Each player is responsible for purchasing and maintaining these items

ALL

Basic beginner's equipment packages from a club board approved vendor will be available at registration, pending availability of vendor's sales personnel.

- Boys Equipment Package consists of helmet, Crosse, pole, elbow pads, gloves and shoulder pads and helmet costs approximately \$175.00.
- Information on Girls Equipment Package not yet available.
- If you prefer to shop around online feel free. We do not limit you to shopping at any store or vendor.

CYLC is steadily expanding its inventory of durable equipment such as goals and goalie equipment, timers, tables, field markers, striping machine and so on. These items are the property of the club, paid for by the efforts of many and are not for any individual's personal use.

FEES

CYLC registration fees are available on the website. The funds are used to pay for referee and assignor fees (our largest expense), insurance and US Lacrosse membership, league dues, equipment, field supplies and maintenance, administrative costs and so on. The total cost of registration (club fee plus uniform expense, if any) is due at registration. If an outstanding balance remains for any reason it must be paid by the first practice in order to participate in practices or games.

We understand that the initial costs of registering & outfitting an athlete may seem overwhelming. We try to keep costs down as much as possible by relying heavily upon volunteers, donations and fundraisers.

**In the case of financial hardship, please contact the club Registrar and President so that alternate arrangements may be made in a confidential manner.*

FUNDRAISING

Participation in CYLC fundraisers remains voluntary (although a "buyout" cost is now in force). In the past, we have sold Yankee Candles, Cloister Car Wash coupons, Brenda's Sandwiches, Joe Corbi's Pizza & Cookie Kits. We have set up concession stands during home games, and sell apparel such as fleece blankets, t-shirts, and hoodies, etc. We are always looking for new ideas! Please contact our Fundraising Committee if you would like to help.

INSURANCE

At registration, you and your athlete will be asked to complete several forms, one of which is the “US Lacrosse Player/Coach/Official Membership Registration Form”. Members receive eight issues of *Lacrosse Magazine* (youth members receive four issues) as well as a full year’s protection in their comprehensive lacrosse insurance program. Please call 800.350.8005 or log onto www.lacrosse.org for additional details about this program.

At registration, you will also be asked to provide medical information, your primary medical insurance information and sign an athletic accident waiver.

OFF-SEASON PLAY

For the past three years we have participated in the winter indoor lax league at LancoFieldhouse. Only experienced athletes with current US Lacrosse player’s insurance are eligible for this league. A growing number of opportunities exist for tournaments, local and regional lacrosse camps, summer and fall leagues. We post these announcements on our website and in direct e-mails to CYLC members.

REFUNDS

Please contact the club president in writing (email is acceptable) by March 1, to request a refund. Any expenses already paid, such as the uniform, equipment and the US Lacrosse fee will not be included in the refund amount. The uniform and equipment remains the property of the player. Any individual fundraiser credit earned will be credited to the club.

RULES OF THE GAME

Lacrosse is unique, exciting and involves a whole new vocabulary! One of the best ways to learn the game is to volunteer your time as an assistant coach, scorekeeper and/or timekeeper. In the meantime, log on to www.lacrosse.org and click on “about the sport” for a diagram of the playing field as well as a glossary and history of the game.

TEAM ASSIGNMENTS

The York County Lacrosse League, of which CYLC is a part of, is an age-based system. All age groups are listed as Under 9 or U-9 (1st Graders allowed), Under 11 or U-11, etc. Players are grouped into teams based on their birth date. For example, 9 and 10 year olds would play on the U-11 Team. A player can only be 11 years old and play on the U-11 team if that player turns 11 on January 1st or later of that season.

Teams include:

U-9 Co-ed Team – developmental (can be as young as 7 years of age or 2nd Grade, 1st Grade is allowed)

U-11 Co-ed Team - developmental

U-13 Boys Team - competitive

U-15 Boys Team - competitive

High School Boys Team – competitive (Grades 9 thru 12 - JV and Varsity)

Middle School Girls Team - developmental/competitive (Grades 6 thru 8)

High School Girls Team - competitive at Varsity level (Grades 9 thru 12 JV and Varsity)

Athletes will not be allowed to “play up” to the next level unless approved by the Athletic Director in coordination with the respective coaches. Athletes who do not have a lacrosse club in their own school district, or whom attend a private school that does not have a lacrosse team, may sign up with an existing club in a neighboring district. York County Lacrosse Clubs should not recruit athletes from districts that do have clubs.

VOLUNTEERS

Numerous opportunities exist for you to get involved. If you are interested please visit our website to see what positions need filled and what the duties and responsibilities are for that position. As a volunteer only organization we rely on your support. The club only runs well when we have all of the positions filled.

WEBSITE

www.centralyorklacrosse.com

Our website is **the source for all information** about the Central York Lacrosse Club. It contains the latest important news for CYLC, practice schedules, game schedules, board meeting schedules, handouts, upcoming events, and more. It also contains web links that take you to various lacrosse-related web sites in learning more about the sport.

Check if often so that you can keep up-to-date with the latest Practice and Game breaking news and announcements. If you do not have internet access, ask a teammate or friend who has internet access to check the website regularly and to call you with cancellations, field changes and other important information.

We welcome you to the Central York Lacrosse Club and the exciting sport of lacrosse. Join us as we promote the growth of this unique sport in the Central York School District and the rest of York County. It's going to be a great year for lacrosse!