



FARMINGTON YOUTH LACROSSE ASSOCIATION

General expectations

1. We expect the head coach and coaching staff to be at 90% of all activities.
2. We expect all coaches to have all league paperwork completed before they begin coaching.
3. All coaches read and sign the Coaches Code of Conduct
4. If you are a paid coach you must complete all of the coaching duties by year's end to get paid.
5. We understand that the (paid) head coach is the subject expert and that is why we are paying you, to improve our program and our kids. We ask that the head coach work with the parent coach in a 50/50 matter about issues outside of just the teaching aspects.

Seasons for Coaches

- Box Season (March - mid May)
- Skills Season (April - mid May)
- Summer Season (May - **BOYS** end of July, **GIRLS** mid Aug)
- Fall Season (September - October)

Practices

Skills Season practice schedule

PRE-SEASON SKILLS – SCHMITZ-MAKI ARENA

	BOYS	GIRLS
10U	6 – 7pm M, Tu	6 – 7pm W,Th
12U	7 – 8pm M, Tu	7 – 8pm W,Th
14U	8 – 9pm M, Tu	8 – 9pm W,Th

SUMMER – FARMINGTON HIGH SCHOOL FIELDS

	BOYS	GIRLS
10U	6 – 7:30pm M, Tu, Th	6 – 7:30pm M, Tu, Th
12U	6 – 7:30pm M, Tu, Th	6 – 7:30pm M, Tu, Th
14U	6 – 7:30pm M, Tu, Th	6 – 7:30pm M, Tu, Th

Summer Season Schedule

10U will practice three times a week from 6:00 to 7:30. Currently we are holding practices Mondays, Tuesdays and Thursdays. When games start we ask that if a game happens on a practice night you still only meet for the three times a week.

12U **14U** will practice three times a week from 6:00 to 7:30. Currently we are holding practices Mondays, Tuesdays and Thursdays. When games start it will be coach's discretion if a game happens on a practice night if you practice on Wednesday night. No practices on Friday or weekends unless approved by the board.



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Indoor Box / Fall Season

Currently there are no scheduled practices for fall, this can be added at coach or association discretion in the future.

Tournaments

Each team at each level will be given two Association sponsored tournaments/jamborees depending on level and availability.

No coach will sign up for another tournament as a Farmington Youth Lacrosse Association team without Board approval.

1. If a team wants to participate in additional tournaments, the parents would be responsible for dues.
2. All team members must be invited to participate.
3. If you cannot field a team from just your team, then you may request players from the other teams at your level. No player can be refused to play.
4. If you still cannot field a team, then you cannot play as no non Farmington player can play on a team representing itself as a Farmington Youth Lacrosse Association team.

Playing Time/Coaching

We will have an experienced coach as the head coach for each team. We also anticipate having two parent coaches and/or current high school varsity player to help as well.

We expect fair and equal playing time for all offensive and defensive positions. The goalie position is not for everybody, we hope that every player will try it once, but we will not force anybody to play that position.

10U The coach is expected to play kids at all position.

12U The coach is expected to try the kids at all positions for the first half of the season, then based on their expert opinion start to play the kids at a position they can excel in.

14U By this level, athletes have begun to specialize in a particular position. Exceptions are made for those athletes that are new to the sport.

If the coach feels there are behavior, attendance or participation issues that will affect playing time, those issues will be discussed with the parent.

Each player at the end of the year will receive a player feedback from their coach outlining their seasonal performance highlighting their strengths and weaknesses. Athletes should use this feedback to help them decide what areas to work on in the offseason.



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Escalated Issues

We as an association hope that all our players and parents have nothing but a great time all season long. However if you experience something that you feel needs improvement, we ask that you follow these steps in order.

1. Bring the issue to the *Coaching Director* who's information can be found here <http://www.farmingtonlacrosse.org/board>
2. Next the Boys/Girls Program Director
3. As a last resort the President or Vice President of the Association

Weekly Feedback

We will require your coaching staff to supply the following two items every week. This information will be kept by the association and used for season-end feedback.

1. Attendance sheet for all games and practices
2. Game sheet and season summary
<http://www.farmingtonlacrosse.org/forms>
 - Attendance
 - Who Scored
 - Penalties
 - Goalie
 - Any issues with other team, referees, spectators, facilities

Yearly Feedback

We will require each head coach to supply a short feedback for every player on his team. This will be given to the player letting them know what they excelled at and what they can work on during the offseason.

Paperwork

US Lacrosse Membership

<https://usl.ebiz.uapps.net/PersonifyEbusiness/Default.aspx?TabID=340>

Background Check

<https://farmingtonlacrosse.sportngin.com/register/form/282037581>

Level 1 US Lacrosse Training Certificate

<https://www.uslacrosse.org/coaches/coach-development-program/online-courses>

HEADS UP Concussion training

<https://www.cdc.gov/headsup/youthsports/training/index.html>

W9 Tax form for paid positions > \$600



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<https://www.irs.gov/forms-pubs/about-form-w9>

Expense Form to cover US Lacrosse membership fee

https://cdn2.sportngin.com/attachments/document/0120/1799/FYLA_Reimbursement.pdf

Final Thoughts

We all coach for our own very personal reasons. Please think about why you signed up or agreed to coach the youth players of Farmington. I promise you will not get financially rich from doing this, and you more than likely will never get a full time job because of it. However if you truly care about the program and the kids you might be wealthy in the fact that these kids will always remember you and say hello to you years from now. You might get the appreciation of a job well done when these kids remember something you said or taught them and are playing or using it in their personal lives many years later. Your influence lives on in these athletes for the rest of their lives. Will you be the coach that took the time to get to know them as a person and made them better as a player and as a person? Will you be the coach that made them think only winning was important and made them feel like they had nothing to contribute?

A good coach can change a game.

A great coach can change a life.