

2008 B.O.L.T. COACHING GUIDELINES

1. The program director(s) must be notified of any and all activities. Practice, scrimmage, and pick-up game requests must be forwarded as soon as possible to be approved by the director(s).
 - a) Scrimmage & Pick-up Game Procedures for Head Coaches:
 - i) Contact director(s) to get approval to make contact with opponent.
 - ii) If approved, contact opponent to acquire interest and date/location possibilities.
 - iii) Contact director(s) to get event/date/location set-up & approved.
 - iv) Contact opponent with information.
 - v) Inform coaches, players, & parents.
2. Practices should begin and end on time. Inform the parents of this at the first practice and follow up with a schedule via letter and/or e-mail.
3. E-mails are good but set up a phone chain for last minute change of plans. Make note and call players without Internet access.
4. Remain off the High School Lacrosse teams' fields. Remain off the Douglass Park Soccer fields when not scheduled or when a Soccer team is using them; they have precedents. Report any incidents or conditions about a field immediately.
5. When using the two full-size fields at Douglass Park, please remove the soccer nets, respectfully, outside the end lines. Then place the Lacrosse nets on the field. When finished, remove the Lacrosse nets and replace the Soccer nets; leaving it the way it was when you arrived.
6. Take attendance at all events. Report any unregistered players to the program director(s) immediately. All players must be registered (including birth certificate) properly to participate. Any players found participating without being registered will be removed from the program.
7. Review proper wears with players and parents. All equipment, including mouthpieces, must be worn at all times; no exceptions. No metal spikes.
8. Strive to play the players at different positions throughout the season; especially at the U9, U11, and U13B levels.
9. Our goal is to instruct and improve the fundamentals and skills of each player. Winning is not the goal.
10. Each practice should consist of stretching, calisthenics, and half to three-quarters of the time on fundamental drills. Encourage the players to practice at home, on a wall.
11. Spend individual time with players who lack the basic skills.
12. Praise proper skills, great efforts, and progress.
13. Never argue with the referees or make comments about their calls or lack of calls. Be respectful of officials. Uphold the dignity of Lacrosse.
14. Any player or parent problem/confrontation should be passed on to the program director(s).
15. If a game is getting out of hand (players, parents, coaching, or officiating) immediately call a time out and confer with the referee and opposing coach to try to remedy the situation.
16. Encourage parents to remain at practices and games.
17. Profanity by coaches, players, and parents will not be tolerated.