

RANDOLPH RECREATION BOYS LACROSSE

2019

Dear Parents, Coaches and Players:

The following information is intended as a guide to help you make the experience of playing Randolph Boy's Lacrosse a positive one. Parents, it is my hope that you will take an interest in his progress and attend the games as an enthusiastic parent. I hope too, that you will find the time to become involved in the activities of his team. Have a great year. I am available to answer any questions you might have.

Sincerely,

Joseph Nazzaro, Program Director/Head Coach (973-476-8731)

IMPORTANT Lacrosse Parent/Player Information:

Randolph Lacrosse is a Traveling Team Program sponsored by the Randolph Recreation Department. This guide is designed to answer most of your questions regarding our program.

The **2019** edition of the recreation lacrosse **Traveling Team** program features teams with players from grades 3 through 8 including an in-town 7v7 league for 1-2 graders as well as a K-1 non-contact clinic. We are a member the **North Jersey Junior Lacrosse League in the AAA Northwestern Division** and as such, we abide by their rules. (Rules can be found on the NJJLL website at www.njlacrosse.com) We will schedule approximately 12-15 games per team and will provide the opportunity for your son to be exposed to spirited competition and excellent instruction throughout the season. **Please read and understand our Mission Statement for each of the teams.**

All members of the NJJLL must be members of US Lacrosse, (including coaches) the National governing body for youth lacrosse. Please use either their website to register and become a member (www.uslacrosse.org) or through our website at www.randolphlax.org It is your responsibility to become a member and pay the registration fee prior to the end of February.

General Program Rules: (Please see team policies)

Teams: All of our teams will have a roster in the range of 20 -32 players or possibly more. We will make every effort to place your son appropriately. On our larger teams, a dress-list rotation may be used for games. **A and B Teams will be used when appropriate at the Varsity (8th), and the (7th) grade levels only. There may be some opportunities at the 6th grade level for B games.**

Equipment: Each player must provide:

- lacrosse stick, gloves, arm pads, protective cup and shoulder pads.
- a mouthpiece (must be colored),
- cleats (soccer, football or lacrosse , practice sweats,
- official game shorts (can be purchased through our program).
- Helmets:
 - will be provided to those who need them up through the 6th grade.
 - We require the player to own his own Navy Blue helmet beyond grade 6, A number of area lacrosse stores offer team discounting. **ONLY NAVY BLUE HELMETS WITH A WHITE BRIM CAN BE USED IN GAMES.** See the equipment guide in this handbook.
 - ***Please note: It is not permissible for us to loan to equipment for use in other programs including non-Randolph Recreation sponsored summer camps, leagues or other teams.***

Practices: Our program generally begins practice in late February or early March as follows:

- Varsity (8) March 2nd weather permitting
- JV (7th), and (6th) begin practice on March 2nd and thereafter.
- Fifth (5th) and (4th) begin the 2nd weekend in March (9th).
- Each team generally practices twice per week (90 mins) and once on the weekend (2hrs).
- Days and times are assigned to each team and are not flexible due to the scheduling of the Turf Fields at Freedom Park and at the High School.
- Practices are scheduled at Freedom Park and Randolph High School .Other sites will be announced for use by the Pee-Wees (1-2) who will begin practice in later March or early April.

Practice times for each team will be confirmed at the mandatory parent's meeting in February.

Playing Time in Games: (SEE TEAM POLICIES)

One of the best features of the NJJLL, is that all players on the dress or play list for the game must play the equivalent of at least one quarter of the game.

Being on the play list for the game is predicated upon attendance at practices and being in good standing with the team. Each player must understand that attendance at all practices and games is expected. It is understandable that over the course of a season, a player may miss a few practices or a game. The number of absences must be kept to a minimum and it should be cleared with the team's head coach before hand if possible. *Except in most unusual circumstances, a player will be kept out of a game if the previous two practice sessions are missed.*

If a player is ejected from a game for un-sportsman-like-conduct, he will be required to miss the next game and his team status will be at the coach's discretion. As coaches, we will reward those who attend all practices and try their best.

Note: A coach has the discretion of not allowing your son to dress for games until his stickwork skills are at least at the minimum level expected for his grade level of play.

At the Coach's discretion, a player may be dismissed from the team or requested not to dress for a game if:

- He has **repeated absences** from games and practices either excused or unexcused.
- He **regularly comes late** to practice or games.
- He **disrupts practices** and is a **disciplinary problem**.
- He **does not "honor the game" and exhibits poor attitude and sportsmanship towards players, coaches and officials.**

(Dismissal will be cleared with the program Director and a final determination made)

Games: League games are played usually after April 1st through the first week in June. Our Varsity (8th grade) and JV (7th) teams play 12-15 games, the 6th grade plays 12-14, and the Minors and Clinic typically play a 10-12 game slate. There are tournaments and jamborees that each team will participate in including grades 1-3.

Dual Participation: The player must declare which sport shall be considered his "major or Primary" sport and which is his "Secondary" sport. Then the following rules apply (See the Recreation Department's Dual Sport Participation rules). A game always takes precedence over a practice for both primary and secondary. A primary game takes precedence over a secondary game. A conflicting practice time should be resolved in favor of the declared primary sport.

Coaches: **Volunteer coaches are appointed by the Program Director**. Each coach must attend a series of coach's clinics sponsored by the Program Director or the League and adhere to the principles espoused by the

Positive Coaches Alliance. Coaches have the responsibility to provide practices and teach the skills and game of lacrosse in a positive atmosphere. Coaches are encouraged (and required by 2020) to pass the level I coaching course provided by US Lacrosse and attend training meetings provided by the program Director. Additionally, each coach is expected to attend the Rutgers Youth Sports Training Program. Although the mission of each team level is slightly different, the coach is responsible to determine positions, playing time and other issues normally associated with team development. **The Head Coach at each level also determines the roles of his various assistants and is responsible for all team decisions.**

Parents Rules: (WILL BE STRICTLY ENFORCED)

- The parent or guardian's responsibilities to the team include getting your son to practices and games on time and to pick him up afterward in a timely fashion.
- Cheer for and support **the team** during games.
- Parents should never interfere with a coach during practices or games and must remain on the opposite side of the field from the players bench at all contests home or away.
- Parents must adhere to the code of conduct outlined in the Randolph Recreation "Yellow Card" system.
- Parents should not offer "advise" or "suggestions" to the coach prior to or immediately following a game.
- **We have a 24 hour "no contact" period before discussing games with the coach.**
- Coaches are expected to communicate with parents to discuss any concerns.
- ***Do not embarrass your child during a game with excessive yelling or especially berating an opponent, criticizing an official, (can result in a team penalty) or confronting the coach. The players tend to follow parents and coach's leads in their behavior.***
- Following a game, win or lose, all players and coaches from both teams must be treated with respect and sportsmanship. Anything less is not acceptable.
- Lacrosse is a contact sport and your son may experience some hard hits during a game. This is part of the game and should be expected and accepted.
- Parents should also try and learn the rules of the game of lacrosse. (We provide that parent training prior to the mandatory meeting in February.)

There are many volunteer opportunities for parents to become involved and support the team. These include: Member of the lacrosse Booster committee (contact Joe Nazzaro or Eliot Grover if interested), scorekeepers, timers, communicators, fundraisers, team manager (mom or pop), and other similar opportunities.

Player Rules

- Your job is to learn and properly execute the skills associated with the game of lacrosse and perform to the best of your ability in practice and in games. This should be done in a positive atmosphere while having fun.
- Having fun does not mean fooling around at practice during drills or when being taught by a coach. Bullying will not be tolerated at any level.
- A player must treat his coaches, teammates, officials, parents, and opponents with respect. **This is known as "honoring the game."** Racial slurs to or about an opponent will result in dismissal from the team. Zero tolerance.
- Your personal work ethic will determine how far you go in the sport.
- You must attend practice if you expect to play in games.
- **Learn the rules of the game.**
- Above all, practice your stickwork on your own time between practices.

Adverse Weather: In the event of adverse weather affecting practices, the Recreation Center Hot-line will be used in addition to our website's communications system and communication from the team Manager. (www.Randolphlax.org) Communication will originate from the program Director through the Coaches and

Team Managers. This sometimes can be as close as one hour before practice time. Due to our turf field practice time lost to weather is generally minimal.

Injuries and emergencies: If your child is injured during a practice or game, the coaches will assess the extent of the injury. Parents should refrain from going onto the field in such situations unless invited on by the attending coach. If a hospital emergency trip is necessary and a parent is present, they will accompany their son to the ER. If the parent is not in attendance, a member of the coach's staff or a parent designee will accompany the child and the parents will be notified immediately. In the instance of such an injury, an injury report will be filed with the Rec. Department.

Directions to games: All directions to away game sites can be found on our NJJLL website at www.njlacrosse.com.

Boys Lacrosse Team's Mission Statements

The Boy's Lacrosse Team is a Randolph Township Recreation Department Traveling Program participating in the New Jersey Junior Lacrosse League which is a chapter affiliate of US Lacrosse Inc. As such, *it is the mission of the program to promote lacrosse among the youth participants and to develop lacrosse players who wish to continue to play the sport at a progressively competitive traveling team level.* The program is divided into teams as specified by the NJJLL, each with a different set of goals:

– Each grade level has an age maximum as follows: **8th Grade players cannot turn 15 prior to 3/1/2019* 7th Grade players cannot turn 14 prior to 3/1/2019 6th Grade players cannot turn 13 prior to 3/1/2019 5th Grade players cannot turn 12 prior to 3/1/2019 4th Grade players cannot turn 11 prior to 3/1/2019 3rd Grade players cannot turn 10 prior to 3/1/2019** *Any player in high school is ineligible regardless of age

PeeWee and Clinic Teams Grades 1-4: These introductory levels for boys in the 1st, 2nd, 3rd and 4th grade is designed to introduce lacrosse, teach the skills needed to have a sound fundamental base for future development and to have fun. Winning games is de-emphasized, stickwork and skill development are stressed. We want the kids to fall in love with the game. Body checking contact is not allowed at this level during games.

Grade 5 (Minors): This level of lacrosse for boys primarily in the fifth grade is also introductory in nature and highly participatory with an emphasis on teaching the stickwork skills of the game. Winning is de-emphasized and skill learning is stressed. Again, the goal is to fall in love with the game and to progress to the next level. Body checking contact is not allowed at this level.

Grade 6 (Majors): At this level, competition begins to become important as well as the continuation of building skills. At this level, dual participation in other Spring sports is discouraged as the game becomes more complex. Fun and skill building is stressed, but competition and team success is included in the goal. Boys should begin to play both lefty and righty at this level and teamwork begins to become important. Body checking contact is not allowed. The possibility of an "A" team and a "B" team may exist if numbers permit.

Grade 7 (JV's): This level, for primarily seventh graders, is still at the teaching learning stage, however the "game" and "teamwork" is stressed and individual development occurs within the team context. More advanced team concepts are introduced at this level. **Boys may be asked to change position for the good of the team, advanced players will begin to differentiate themselves from lesser skilled and some at the seventh grade level**

may be asked to play "up" on the Varsity (8th) Team. The game begins to become more physical at this level and skills and athleticism begin to become more important as development occurs. Dual spring sport participation is not allowed at this level. Strong stickwork is required. An "A" and "B" team (numbers permitting) may be chosen at this level

Varsity Level Grade 8: This level is the highest competitive and physical level of Junior Lacrosse. The Varsity represents the Team(s) in the league as standings are kept, playoffs are held and a Conference Champion is crowned. All-Stars are chosen allowing state and possibly national opportunities are present for the very best players. "Teamwork" and team play are most important. The "game of Lacrosse" is taught more at this level and the assumption is that basic individual skills have been taught developed over the years. This is not the basic skill level to learn, but rather to develop basic skills along with team skills at a high level. (New players to the program are always welcome and need to work extra hard on their own time to develop the stickwork and skills necessary to compete.) Fun and competition are stressed and **the individual becomes subordinate to the team**. A major goal is to move this entire group into high school level of competition with an emphasis on continuation. Dual spring sports participation is discouraged at this level.

Possible COMBINED Varsity 7th/8th grade Teams: THIS IS DONE ONLY IN EXCEPTIONAL YEARS WITH A NUMBERS ISSUE In keeping with the NJJLL's best practices, **it is possible that a program may choose to combine it's 7th and 8th grade pool of players and field an (A) team and a (B) team from the pool creating two Varsity Teams.** Each team would be entered into League play according to their level (A) or (B) If this option is exercised, selection for the teams will be determined by a committee of coaches involved with those grades and through a process communicated to all parents and players. Parent/Coaches of the players will be excluded from this selection process. It should be noted that the purpose of this option is to provide improved instruction and successful play at the appropriate level placing the player **in a position** to experience maximum **development and success**. Each team would participate in League Play with an option to win their respective division, play in the same number of tournaments and participate in all league activities.

Program and Coaches Goals at all Levels:

1. Teach stickwork to the extent that your players can handle the stick at an above grade standard.
2. Teach the skills of lacrosse appropriate to each stage of development.
3. Expect players to Honor the Game of Lacrosse through understanding its history, culture and values.
4. To display **Exceptional** Sportsmanship
5. To work your players hard at practice in a fair and humane manner encouraging positive reinforcement.
6. Sixth-eighth grade: Try and win games within the competitive teaching framework while having fun.
7. First – fifth grade: Winning is secondary and should be focused on teaching, learning, and playing in games while having fun. The primary goal is to have the players fall in love with the game.
8. Players will be given a chance to develop as young athletes in a positive encouraging manner.

See Team Policies. Next Section

Randolph Recreation Boys Lacrosse Team Policies – 2019 Season

	Pee-Wee (1st, 2nd & 3rd Grade)	Clinic 4th Grade)	Minors (5th Grade)
Focus	<ul style="list-style-type: none"> ▪ Introducing The Sport In A Fun & Engaging Way ▪ Teaching Fundamental Skills & An Appreciation For The Game ▪ Participation & Inclusion 	<ul style="list-style-type: none"> ▪ Introducing The Sport In A Fun & Engaging Way ▪ Teaching Fundamental Individual & Team Skills ▪ Participation & Inclusion Primary; Competition Secondary 	<ul style="list-style-type: none"> ▪ Teaching Fundamental Individual & Team Skills ▪ Increased Commitment Expected from Players ▪ Participation Primary; Competition Secondary But Increasing In Importance
Practices	2 – 3 per week starting late March	2-3 per week starting mid March	3 per week starting early March
Games	An in –town 7v7 league will be developed for non-travel players. Some teams will travel at this level. Options will be explained at parents meeting.	A combination of intra-squad scrimmages and officiated games and scrimmages with other programs (towns).	Travel schedule of 10 – 12 games plus at least 2 tournaments. Games scheduled by league; officials present.
Game Eligibility	<ul style="list-style-type: none"> ▪ Attended at least 6 practices before game eligible ▪ No significant disciplinary or behavioral issue* ▪ Maintain regular attendance at practices 	<ul style="list-style-type: none"> ▪ Attended at least 8 practices before game eligible ▪ No significant disciplinary or behavioral issue* ▪ Maintain regular attendance at practices 	<ul style="list-style-type: none"> ▪ Attended at least 10 practices before game eligible ▪ No significant disciplinary or behavioral issue* ▪ Maintain regular attendance at practices
Game Dress List	No dress list. All eligible players are invited to participate in games.	Game dress list will be used if there are more than 24 eligible players on roster. Dress list will reflect equal rotation across roster (with the possible exception of goalies) Coaches' discretion	Game dress list will be used if there are more than 24 eligible players on roster. Dress list will reflect equal rotation within position (i.e. attackman rotate within attack pool; middies within middle pool; etc) Coaches discretion
Playing Time	Equal rotation/playing time.	Equal rotation/playing time (with the possible exception of goalies)* *All players dressed will play a minimum of one full quarter. .	Equal rotation/playing time within position**. Coach may call upon dedicated squad for man up and man down situations. All players dressed will play a minimum of one full quarter.

* Parents and players will be made aware of any such issues prior to sanction being issued. If on-going, player may be dropped from team.

** Goalie policy should be made clear to the goalies and the team at the beginning of the game season. No more than two goalies per team. Goalies may split each game in the following ways: (a) ½ each., (b) alternate full games (no exception to the alternating policy based on strength of team to be played. (c) divide schedule before hand if one goalie is exceptionally stronger than the other to have them be competitive, but an equal number of games each. Must be made clear at beginning.

Team Policies – 2019 Season (continued)

	Grade 6 (Majors)	Grade 7 (JV) (see combined 7/8 teams)
Focus	<ul style="list-style-type: none"> ▪ Teaching Fundamental Individual & Team Skills ▪ Increased Commitment Expected from Players Lacrosse is the major spring sport. ▪ Participation primary sport. Competition Increasing In Importance 	<ul style="list-style-type: none"> ▪ Teaching Fundamental Individual & Team Skills ▪ Increased Commitment Expected from Players ▪ Participation Primary; Competition Secondary But Increasing In Importance
Practices	3 per week starting early March Special practices may be called	3 per week starting early March Special practices may be called
Games	Travel schedule of 12-14 games plus at least 2 tournaments. Games scheduled within conference and Division	Travel schedule of 12-15 games plus at least 2 tournaments. Games scheduled within conference and Division An "A" and "B" team schedule will be employed
Game Eligibility	<ul style="list-style-type: none"> ▪ Attended at least 12 practices before game eligible ▪ No significant disciplinary or behavioral issue* ▪ Maintain regular attendance at practices 	<ul style="list-style-type: none"> ▪ Attended at least 12 practices before game eligible ▪ No significant disciplinary or behavioral issue* ▪ Maintain regular attendance at practices ▪ Non injured.
Game Dress List	An A and B team may be selected at this level. Players will be placed according to their ability, skills and position so they may be competitive. Teams will reflect ability within positions. Coach may exercise his discretion in moving players from A to B and vice versa. .	An "A" and "B" team will be used if there are more than 28 eligible players on roster. Coach will exercise his discretion in placing players on the "A" or "B" Teams or placed through a pre-determined process. Dress list rotation may be used in lieu of an A and B team
Playing Time	Coach may call upon dedicated squad for man up and man down situations. All players dressed will play a minimum of one full quarter. (approx. 10 mins. PT)	Coach may call upon dedicated squad for man up and man down situations. All players dressed will play a minimum of one full quarter. (Apporox. 10 mins. PT)

* Parents and players will be made aware of any such issues prior to sanction being issued. If on-going, player may be dropped from team.

Goalie policy should be made clear to the goalies and the team at the beginning of the game season. No more than two goalies per team. Goalies may split each game in the following ways: (a) ½ each., (b) alternate full games (b) divide schedule before hand if one goalie is exceptionally stronger than the other to have them be competitive, but an equal number of games each. Must be made clear at beginning.

TEAM POLICIES CONTINUED ON NEXT PAGE

Team Policies – 2019 Season (Continued)

	Grade 8 Varsity and/or combined 7/8th grade A&B Teams
Focus	<ul style="list-style-type: none"> ▪ Teaching Fundamental Individual & Team Skills ▪ Increased Commitment Expected From Players ▪ Participation and competition of equal importance. ▪ Players preparing to enter High School
Practice	3 per week starting early March Special practices may be called
Games	Travel schedule of 12-15 games plus at least 2 tournaments. Games scheduled within Conference and Division Conference Champion is determined officials present. All-star selection possible.
Game Eligibility	<ul style="list-style-type: none"> ▪ Attended at least 12 practices before game eligible ▪ No significant disciplinary or behavioral issue* ▪ Maintain regular attendance at practices
A & B Teams	An A and B team may be selected at this level. Players will be placed according to their ability, skills and position so they may be competitive. Some 7 th graders may be brought up to the Varsity level, or combined 7 th and 8 th grade teams may be used. Teams will reflect ability within positions. Coaches may exercise their discretion in moving players from A to B and vice versa. This may occur primarily if numbers are a problem for either team.
Playing Time	Playing time will be reflective of the player's commitment and development. Each player on the designated team for that game may see action for a combined total of approximately 10 minutes. There are no total playing time guarantees at this level.
Playing Time if a (B Team)	Every player dressed for the B team game will receive the minimum amount of playing time equivalent to one quarter.

* Parents and players will be made aware of any such issues prior to sanction being issued. If on-going, player may be dropped from team.

Goalie policy should be made clear to the goalies and the team at the beginning of the game season. No more than two goalies per team. Goalies may split each game in the following ways: (a) ½ each., (b) alternate full games (b) divide schedule before hand if one goalie is exceptionally stronger than the other to have them be competitive, but an equal number of games each. Must be made clear at beginning.