

MONROE LACROSSE

MLA Player, Parent and Coaches Guidelines

What is MLA about:

1. Player growth on and off the field
2. Providing the tools necessary for player development
3. Great sportsmanship
4. Community

What parents should expect – Girls:

1. 1st to 6th grade girls will follow the equal play guideline. All players will play equally in a game and will rotate through positions as this is a time for development. It will be the Team Manager's (Asst Coaches) responsibility to rotate the players in and out equally.
2. 7th/8th grade girls will follow the 40/10 guideline. Players will rotate equally for the first 40 minutes of the game. The last 10 minutes of the game will be coach's decision on who plays and for how long. 7th/8th grade will learn basic plays from our high school representative and will incorporate plays to prepare for Masuk Lacrosse.
3. One to two practices a week with approximately 12 games against other Teams in CONNY.
4. Participation from Masuk High School assistant Coach Garrett Picci at practices as his schedule allows.
5. Masuk High School / MLA Night where our girls will meet the Masuk High players, participate in drills or scrimmage at halftime and Team Photo at game completion.

What parents should expect – Boys:

1. 1st through 4th grade will follow the equal play guideline. All players will play equally in a game and will rotate through positions as this is a time for development. It will be the Team Manager's (asst Coaches) responsibility to rotate the players in and out equally.
2. 5th and 6th grade will follow the 40/10 guideline. Players will rotate equally for the first 40 minutes of the game. The last 10 minutes of the game will be coach's decision on who plays and for how long. We will look to incorporate plays used by Masuk HS lacrosse. Players should still expect to rotate through positions however players may start to become a bit specialized. Maturity and physical player development are noticeable at this age. It is the coach's responsibility to not put any player in a potentially dangerous situation.
3. 7th and 8th grade will follow the 40/10 guideline. Players will rotate equally for the first 40 minutes of the game in their appropriate line. The last 10 minutes of the game will be coach's decision on who plays and for how long. Players will be taught and expected to execute Masuk HS plays. Development at specific positions will be encouraged to prepare our youth for High School level play. Equal rotation may be more difficult at this level due to penalties and line changes. Parents should understand that Team Manager's and Asst Coaches are doing their best to follow the 40/10 guideline.
4. One to two practices a week with approximately 12 games against other Teams in Conny.

What Parents should expect – Boys/Girls:

1. Communication from your Team Manager/Asst Coach.
2. Schedule posted on the MLA website. Coaches are not responsible to inform families of every practice or game. Parents should use the RSVP system through MLA, so coaches know who will be in attendance and can form the lineups accordingly.
3. Your son and/or daughter to be safe, have fun, learn and enjoy the sport of lacrosse.
4. A positive attitude from Coaching staff.
5. Constructive criticism about play.

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6. Information from MLA posted on our website regarding outside development clubs, leagues and tournaments.
7. CONNY Tournament for Lightning, Junior and Senior divisions or Battle of the Border.
8. Brookfield Break The Ice Tournament – March/April 2019
9. Younger teams will participate in one extra jamboree
10. Indoor winter practices once a week on Sundays.
11. Uniforms to be returned at the end of the season. Your son will receive shorts and all players will receive a shooter shirt.

What MLA expects from Parents – Boys/Girls:

1. Players show up to practice and are ready to play when practice starts. Missing practice will negatively impact player development. Practice is where players receive instruction and “touches”. Not attending practice can impact play time come game day.
2. Advocate for your son or daughter. Let your older player (5th through 8th) advocate for themselves. Our coaches are approachable and coach because they love the sport and our youth. Players should always feel comfortable speaking with their coaches about plays, play time or any concern they may have.
3. Teamwork with everyone on the team regardless of talent level. Parents are expected to teach community and being a great teammate to their sons/daughters.
4. Should there be a situation we ask that parents address their coaches with respect (treat others as you expect to be treated) to discuss the situation. Should a situation not be rectified by a mature discussion the parent should contact the respective program director for resolution. Contact should be made 24 hours after the game or practice. On field confrontations by parents will not be tolerated and should this take place your son or daughter may be removed from the program without delay.