

USL LEVEL ONE COACHING DEVELOPMENT

Level 1 Coaching Development certification is designed to introduce coaches to the responsibilities and philosophies of coaching and how to provide a safe and athlete-centered environment that emphasizes positive growth and sportsmanship. The Level 1 curriculum provides the tools to teach lacrosse effectively to players of all ages. This baseline training is relevant for all lacrosse coaches, regardless of experience.

Full US Lacrosse Coach Education Program (CEP) details are on every program website. Click on the US Lacrosse tab to see all the details such as CEP; Drills Archive; Practice Plans and Mobile Coach. Please point your coaches to this tab.

Level 1 Certification Requirements

Current US Lacrosse membership

Safesport Training (Membership Requirement)

Current "Green Light" NCSI background check (Membership Requirement)

Level 1 Fundamentals of Coaching Online Course

Level 1 Instructional Clinic (Developing the Individual Athlete, Non Game-Specific)

PCA "Double Goal Coach 1: Coaching for Winning and Life Lessons" (Non Game-Specific)

Men's Game Coaches Only: How to Make Proper Contact Online Course

Due to the background check requirement, certified coaches must be at least 18 years of age. Coaches under the age of 18 who wish to become certified may complete a [junior certification](#).

Steps to Certification

1) Purchase a [US Lacrosse membership](#) \$55.00

For coaches 18 and older, membership includes complimentary enrollment into the Level 1 Coach Development Certification Program. Members will see this listed in their account online as "pending" until all requirements below are completed.

You may complete these components in any order. The recommended path is below.

2) Complete Safesport training – included in price of membership but must be completed w/in 10 days.

Due to Federal Requirements, **all coach-members are required to complete this training within 10 days of joining** as a coach-member. If training is not completed within 10 days, the coach membership will be converted to fan, and member will be ineligible to become a certified coach until this training is complete.

3) Pass an [NCSI background screening](#) – included in price of membership

The criminal background check is based on guidelines from the National Council for Youth Sports, the FBI PROTECT Act and the National Center for Missing and Exploited Children. Please note: It takes 2-3 weeks for US Lacrosse to receive the results of a background check investigation. Membership is pending until a green light background check is received.

4) Complete a [Level 1 online course](#)

Tour guides navigate through coaching fundamentals and methods of teaching the sport. Current US Lacrosse members have free, unlimited access to the men's and women's game courses. This access does not expire as long as

your membership is current. Coaches must take the course for the game in which they wish to certify. Coaches looking to certify in both games must take both courses.

5) Complete a **Level 1 instructional clinic- \$50.00**

Clinics are 3-hour hands-on training sessions, available annually nationwide. The training season generally runs from October through March. [Click here](#) to locate a clinic near you. This website is updated continuously as clinics are scheduled. Once a clinic is attended, coaches will receive a transcript listed "Developing the Individual Athlete" on their training profiles. This transcript is not game-specific. Coaches looking to certify in both games must only take the clinic once.

Don't see a clinic near you? [Learn how to host.](#)

Completion

When US Lacrosse has all of your requirements on record, you will receive a confirmation email stating that your Level 1 certification is complete within 24 hours. If you reside in an area where certification is required, you may print out this email for your local program administrators. If you do not receive your certification completion within 24 hours, please review your training history in your [account online](#) to make sure all training components above are current and listed. Please also check your spam filters and add cdp@uslacrosse.org to your address book.

Recertification

To maintain your certification, you simply need to:

1. Keep your membership current by renewing each year. You can find your expiration date in your [US Lacrosse account](#) .
2. Renew your NCSI background screening every two years after the first screening. Not sure when to do this? [Check your expiration date](#) .

RIYLL REIMBURSEMENT

1. COMPLETE ALL CERTIFICATIONS STEPS!!!

2. Save receipt for US Lacrosse Membership Purchase
3. Save receipt for US Lacrosse Clinic registration payment receipt
4. US Lacrosse tracks the progress for you. Once you have completes all steps, US Lacrosse will send you a letter confirming you are US Lacrosse Level 1 Certified (or 2 or 3). You will also be added to the national database of Certified Coaches. Search here:
<http://usl.ebiz.uapps.net/PersonifyEbusiness/CertifiedCoachList.aspx>
5. Send copy of US Lacrosse letter along with all receipts and mail to RIYLL / PO Box 162 / North Kingstown, RI 02842 or email all to riyllbookkeeper@gmail.com