

Our Mission:

Biddeford Youth Lacrosse will use lacrosse as a vehicle to develop healthy, happy, confident, and well-rounded children in the greater Biddeford community and to empower them to become better citizens through the lessons of sports, including sportsmanship, teamwork, discipline, courage, and healthy competition.

Biddeford Youth Lacrosse strives to find coaches who promote its mission in a safe and positive environment. The qualifications to be a BYL coach are as follows:

- I. Head Coach
 - a. Each team will have one US Lacrosse Level 1 certified head coach. Must be a member in good standing with US Lacrosse, successfully complete the USL Level 1 online course, Level 1 instructional clinic, PCA “Double Goal Coach 1: Coaching for Winning and Life Lessons, and get a green light on the NCSI background check* with US Lacrosse. Will also sign code of conduct and register on the BYL website. May wear BYL coaches gear. Boys coaches should also successfully complete the “How to Make Proper Contact” online course. Because of the increasing complexity of the game at higher levels, it is preferred that head coaches at the 7/8 grade level also become USL Level 2 Certified.
- II. Assistant Coach(es)
 - a. Up to two per team. Must be a member in good standing with US Lacrosse, successfully complete the USL level 1 online course, and get a green light on the NCSI background check* with US Lacrosse. Will also sign a code of conduct and register on the BYL website. May wear BYL coaches gear.
- III. K-2 – There shall be one Program Facilitator to organize the K-2 sessions and facilitate session activities. The Program facilitator will ideally be working towards US Lacrosse Level 1 certification. Program facilitator must register on the BYL website and get a green light on the NCSI background check* with US Lacrosse. The group shall be broken into even groups, each lead by a Coach. Each Coach should have two Assistant Coach’s. The K-2 Coach and Assistant Coaches must get a green light on the NCSI background check* with US Lacrosse and shall be supplied with and wear a team shirt matching their group (one issued per season, no other BYL apparel issued).
- IV. At the Head Coach’s or Program Facilitator’s discretion, Coach’s helpers may be enlisted with player’s parents during practices or games. This is not a program sanctioned position and will be used in an ad hoc manner as deemed appropriate by the coaching staff. Shall not wear BYL coaches gear at games. Will not be allowed to run practice or be with children unsupervised.

Biddeford Youth Lacrosse Coaches' Qualifications

During the fall, the Coaching Director and/or the BYL Board will call for anyone interested in coaching. Candidates are expected to submit their name, the team they are interested in coaching, and a brief summary of their qualifications. At its earliest opportunity thereafter, the President will meet with the Board (in executive session) to review the candidates and select Head and Assistant Coaches for each team. Per the Bylaws, the President names the coaches, subject to the approval of the Executive Committee, unless he/she delegates the authority.

Biddeford Youth Lacrosse will reimburse head and assistant coaches for USL membership, background checks and CEP courses. Upon completion of course requirements, BYL will make a one-time purchase of a jacket, polo shirt, and a hat/visor.

Biddeford Youth Lacrosse will also offer CPR/AED and first aid training on an annual basis. It is required that each team have a least one coach complete this training.

*NCSI Background check is done through US Lacrosse. This is Green light/Red light system. Any member who has received a red light on their NCSI background check will not be allowed to be a coach or helper. Appeals must go through USL. This does not preclude member from assisting in another capacity, i.e. scheduler, field lining, team parent etc.

The US Lacrosse Coaching Education Program is broken down into three levels, fundamental (Level 1), intermediate (Level 2) and advanced (Level 3) coaching. It is the USL vision that all lacrosse teams are led by US Lacrosse certified coaches for the benefit and quality of our sport.

Coaching Education Program Certification Requirements		
Level 1	Level 2	Level 3

	Level 1 certification plus	Level 2 certification plus
US Lacrosse membership	US Lacrosse membership	US Lacrosse membership
NCSI background check	NCSI background check	NCSI background check
Level 1 online course	Level 2 online course	Continuing Education Credits
Level 1 instructional clinic	Level 2 instructional clinic	Level 3 instructional clinic
PCA "Double Goal Coach 1: Coaching for Winning and Life Lessons"		PCA "Double Goal Coach 2: Culture, Practice and Games"
How to Make Proper Contact online course*^		Concussion course

* Men's coaches only

^ Requirement takes effect Feb. 1, 2014

Level 1

Level 1 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

rules, basic individual skills, and basic team concepts to beginning players of all ages. This baseline training is relevant for all lacrosse coaches, regardless of experience.

Level 2

Level 2 certification is tactically and practically focused. Coaches will receive detailed instruction on building the tactical elements of their team based on overarching principles for offense, defense and transition. The Level 2 curriculum is geared toward coaching players who have an understanding of the basic skills and objectives of the game. Coaches will also learn how practice planning fits into overall tactical objectives for their season.

Level 3

Level 3 certification focuses on high-level tactical and practical skills. Coaches will receive detailed instruction on pregame preparation and tactics of the game. Coaches will also engage in critical thinking activities to build a higher lacrosse IQ for themselves and their team. The Level 3 curriculum is geared toward coaching players that have a deep understanding of the objectives.

Courses may be found at www.uslacrosse.org. BYL will notify interested candidates about training opportunities in the region as they become available.