

North Central Wolves
Lac La Biche Minor Lacrosse Association

Parent/Player Information

Message from the Executive Board Members

Welcome to the North Central Wolves Lacrosse club! We are exceptionally excited for the upcoming 2019 lacrosse season and that you are here to join us! If you ever have any questions or concerns throughout the season never hesitate to let any of the Executive Board Members or Coaching Staff know, we will do our best to help.

Coaches play an essential role in every child's development throughout life. Each player has individual needs to feel secure, cared for, and stimulated to enjoy the game. As coaches it is our responsibility to assist players to grow and mature emotionally, intellectually, physically, and socially. Team cohesion, respect, and player safety is a very high priority in coaching.

The role of the players is to maximize performance by participating and engaging in on floor drills, activities, and systems. In addition, it is the player's responsibility to ensure they engage at their best capability.

Diversity is an essential component to a team's success and should be addressed by the coach immediately. This will allow for players to feel included within the team on and off the floor. Players and coaches need to respect the beliefs and values of all teammates, and anyone involved in the sport of lacrosse. (Players, Parents, officials, fans, and coaches)

A coach who is courteous, reliable, respectful, honest, responsible, and competent can define professionalism. Our coaches are professional in a way that we maintain composure and will always speak politely. As coaches we will not give up on a player. We will work as long as needed to give each player equal opportunity to progress and master skills.

Cohesion is extremely important within teams, families, peers, groups, classrooms, and relationships. Creating team cohesion starts with everyone being on the same page from the start to finish. Respect is an essential factor of cohesion. Parents, players, peers and families need to respect and show respect to everyone involved in lacrosse on and off the floor. Another contributing factor of cohesion is equality; Equality means there is no biased or favoritism towards any player on the team. We believe that all players deserve the equal amount of

instruction and opportunity in practices and games. With cohesion players will work together and help each other strive to achieve team success.

We believe that success is not about winning. Team success is everyone showing love for the sport and enjoying the game of lacrosse equally. It is the individual player's responsibility to work at the best of their ability for themselves and their teammates. It is the parent/guardian's responsibility to support and respect all members on the team. It is the coaching staff's responsibility to do the best of their ability to coach, support, and respect; players, officials, and anyone involved in lacrosse. It is also the coaching staff's responsibility to listen and make team decisions.

Lacrosse is a physical sport. It is our job as coaches and board members to teach parents and players the safe and respectful ways of the game. Players will engage in very light body contact, due to developmental differences not all players are the same size. We cannot change this, nor can the officials. It is a game; mistakes happen and create learning opportunities. Please trust what the coaches are doing safety is our number one concern.

LLBLMA Policies and Procedures are listed on the following page, be sure to familiarize yourself them and any questions let your coach know. A few key dates you need to know are: Clothing Deadline, April 20th. Home Tournament, May 31- June 2, 2019. LLBMLA Annual General Meeting, October 2019 (exact date TBD).

If it becomes easy, it becomes boring. The difficulty sparks determination to master skills!

Executive Board – Lac La Biche Minor Lacrosse Association

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| President: | Nick Brown |
| Vice President: | Megan Bourassa |
| Treasurer: | William Britton |
| Secretary: | Lauren Kumpula |
| Director of Registration: | Rob Wladyka |
| Director of Scheduling: | William Cox |
| Director of Officiating & Player/Coaching Development: | Julian Grbich |
| Director of Equipment: | Jolene Yackimec |
| Director of Marketing & Fundraising: | Elisha Sturges |

LLBMLA Policies and Procedures

ALA Insurance Claim Forms: In the event there an insurance claim is required, there is a direct link on the ALA website, in the “Administration Tab”, under “Request Forms” click on the “insurance Claim Form’ link.

ALA Insurance Coverage Information– This is found on the ALA website, in the “Administration Tab”, under “Request Forms” click on the “ALA Insurance Brochure” link.

Practices– Players and Coaches need to be at the rink **15 minutes before practice**. Parents please be in the dressing room to assist your child with equipment.

Loose Ball Rule – Lacrosse balls are expensive and destructive. Please ensure that all lacrosse balls stay in bags when going in and out of the Bold Center. If balls are found inside the arena please return them to coaching staff.

Volunteering– Each families initial player is responsible for 8 points of volunteering, each additional player in the family requires and additional 2 points of volunteering (example; a family with 3 children would require 12 points). For Volunteering Opportunities and scoring please refer to our webpage.

Team functions– These are events in which everyone on the team will attend. They are mandatory, and players will be held accountable for missing them. These events allow players to: build team bonding, trust one another, build life-long friendships, and work together on and off the floor.

Injuries– All injuries leading to hospitalization or a medical practitioner require a doctor’s note before returning to play. An emergency action plan will be developed and reviewed.

Bullying/Harassment - There will be ZERO TOLERANCE for any bullying and harassment. Players, coaches, parents, and spectators must follow Alberta Lacrosse Association Values. Any bullying or harassment will lead to individual and team consequences.

“Wait 48”– Acting before thinking can be detrimental. This rule applies to parents, players, and team members. If there are any questions or concerns on how the team is being run, we are here to listen. Please contact the Director of Player Development, Julian Grbich, within 48 hours after the situation, whatever it may be. This allows everyone to go home after games and practices and think over what happened then voice their opinion.

Tournaments– Lacrosse tournaments create great team cohesion. It is important to enter as many tournaments as possible. Players will gain experience with various teams and promote

healthy competition. This season we are anticipating on attending two away tournaments May 10-12 in Cold Lake and June 8,9, 2019, in Bonnyville. We are hosting our annual “Wolves Invitational Cup” Tournament here is Lac La Biche May 31 – June 2 at the Bold Centre. Additionally, we are hoping to extend our season season we are hoping to attend Provincials in Calgary Alberta, July 10-14 2019. More information on schedule will be available soon.

School– School has everything to do with lacrosse. Please be aware that school is number 1 over lacrosse. If players are not getting their homework done, not going to school, having problems focusing in class, and or bullying other students. Please make the coach aware of these preventative problems. Pass on contact information to homeroom teachers. There will be negative consequences for these actions/decisions.

Deposits - North Central Wolves Lacrosse require 2 separate deposit cheques, the first is a Volunteer Deposit for \$250 post dated to August 1st, 2019. This cheque will be destroyed on if the above volunteer requirements are met or an official exception is made by vote of the Executive Board Members. The second deposit cheque is the Jersey Deposit for \$80 also post dated to August 1st, 2019. This cheque will only be cashed in the event that the game jersey supplied to a player is damaged, lost or not returned by August 1st, 2019. All cheques should be given to your Team Manager/Coach. If they have not received your deposit cheque by the chosen deadline, with instruction of the Club, they have full authority to remove the player from all practices, games and team events until the deposit is acquired.

Medical Health Forms– All players must fill out the Mandatory Health Form immediately. The form can be found at our website www.ncwolveslacrosse.com. The purpose of this form is to ensure that we provide every participant with the highest level of care. For most children, physical activity provides an opportunity to have fun and promotes the basis for good health. However there are a small number of children or adolescents who may be at risk when participating in an exercise/ physical activity program. **Completion of this questionnaire is mandatory and your child cannot participate in any minor lacrosse until it has been submitted and reviewed by the manager and trainer of the lacrosse team.** The information contained in this form is confidential and is subject to the regulations of the Privacy Act.

Kid’s Sport- KidSport Alberta provides assistance to families facing financial obstacles so all kids can play organized sports. Forms can be found at the front desk at the Bold Centre. Ask front desk staff for assistance and they will help you right away!

Player Movement– The parent requesting that their child “play-up” should submit an LLBMLA Age Division Exception Form (see below) to the LLBMLA EXECUTIVE discussing the reasons for their request and citing at least two of the criteria listed: Exceptionally Skilled Player,

Physical Ability and Above Average Size/Above average Maturity Level, Parental Hardship, Overall Benefit to the Teams. This form can be found under the “Information” sections of our webpage.

Team Job List

Manager: This position is in charge of making sure things run smoothly for the team off the floor. The manager will:

- Get Score sheets completed ready for games. If you are unsure how to fill out the game sheet don't hesitate to ask for help!
- If you are the home team, you will need to ensure the visiting team receives a copy of the game sheet.
- Following the completion of a game, the team manager will be required to collect and hold onto the game sheet; yellow is the team won and pink if the team lost.
- Be the key communicator between the head coach and parents about any information or questions.
- Locker rooms. Rooms are to be opened 20 minutes prior to each practice. Locker rooms are to be locked following practice, and keys returned to the Bold Front desk.
- Have all Medical Forms on person during games. Forms are online.

Jersey Parent: This individual is responsible for the team's jerseys and practice jerseys for the season. They are to collect the team jerseys at the end of the season. Following the completion of the season, the individual is to wash the jerseys. No Bleach.

Photo Parent: This individual is in charge of filling out the forms provided by the photographer and having everything ready on your team designated photo night. They will be in charge of getting proof back to the team when they become available. They will also be required to collect order forms by the deadline (TBD) and deliver the orders to the team once available.

Lacrosse Equipment

For equipment funding and information please reach out to any board member.

The measurement for stick length for Pee wee and below must be a minimum of 86.36cm (34") and a maximum of 116.84 cm (46"). Sticks can be purchased from the Club as well.

Lacrosse equipment can be bought and fitted at numerous locations in Edmonton and at Sporting Goods in Lac La Biche. For assistance check with your Coaching Staff.