



SABRECATS LACROSSE

Sabrecats Lacrosse Association

2024 Manager's Manual

TEAM MANAGERS MANUAL

Thank you for stepping up for this very important role that is integral to the Association, the teams and the players! This guide has been developed to assist you. On the Sabrecats website there is also a Manager’s with some quick links. If you require assistance, please ask!

*****Please read this entire document
before you have your first parent meeting*****

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INTRODUCTION

The Team Manager is the central figure in facilitating the flow of communication within the team (players, parents and coaches), between the team, the Association, other teams, referees, etc.

The Manager is responsible for ensuring all off-field tasks are completed. By taking on the operational aspects of the team, the Manager enables the Coach to focus on player development and on-field instruction.

Each Manager must establish a primary relationship with the Head Coach. Discuss your role and expectations on both sides. It will vary with each Coach and each level. It is very important for the Manager and Coach to work collaboratively. Ultimately, the Head Coach is responsible for the overall operation of your team and will have the final say on matters that require a decision.

As part of your job you will be the liaison between the Sabrecats Executive Director (Kelly Mantei) and your team. Any questions that you may have can be forwarded to her via e-mail at execdirector@sabrecatslax.com.

CALGARY DISTRICT LACROSSE ASSOCIATION (CDLA)

CDLA has a website at www.calgarylacrosse.com which you are encouraged to access frequently to get up to date information on key dates, schedules, current standings, tournament information, travel permits, etc.

The CDLA Rulebook and many relevant forms are also available from the website.

Please take the time to familiarize yourself with the Managers Resource Page link under the Information Tab on the CDLA website as well as the CDLA Rules and Regulations.

MANAGER RESPONSIBILITIES

The Sabrecats encourages the team manager to be responsible for the behind the scenes responsibilities and activities including but not limited to:

1. Liaison between the coach and parents
2. Administering team monies and organizing team fundraising (can be done by Treasurer as well)
3. Organizing exhibition games, tournaments, extra floor time (if desired)
4. Game sheet reporting
5. Relaying floor times to the parents
6. Ensure Medical Information for each player has been completed through ePACT
7. Distribute and collect Code of Conduct Forms for team, coaches and parents (to be kept on bench at all times)
8. Familiarize yourself with the Sabrecats Policies located on the website
9. Collecting and returning of team jerseys (home and away)
10. Organizing box duties (home games – 3 required, penalty box, game clock, shot clock; away games – 2 required, penalty box and game sheet)

The Manager will work with the Director of Volunteers – Amanda Taffs volunteer@sabrecatslax.com to ensure all parents who committed to volunteering at the association level have completed their commitment. Please refer to the [Section](#) on Volunteer duties for more information on the difference between Association volunteering and team-based volunteering.

At the beginning of the lacrosse season the team coach and manager should agree on a division of duties, following the guidelines above. The manager should not try to do take on all the duties.

DELEGATE!!! It is best to delegate as much as you can but remain in close contact to ensure delegated duties are completed in a timely manner.

LIAISON BETWEEN COACH AND PARENTS

The manager should arrange a coach/parents meeting shortly after the team is formed. Items to be discussed and agreed upon should include (among others):

1. Introductions
2. Coaching Overview: Have the coach provide information on the goals and objectives for the season and his credentials and philosophy
3. Outline Team Rules/Expectations
4. Expected time to arrive prior to games/practices
5. Expected behavior of players and parents

6. Parent access to the dressing room before and after games
7. Dress code if decided by team/coach
8. Code of Conduct for the players, parents, and coaches – distribute forms for signatures
9. Budget: Clarify there will be a ‘cash call’ to operate for the season the team will require funds for numerous items including: tournaments, extra field time, exhibition games, team social activities
10. Fundraising: This is a decision to be made at the team level. Possible fundraising ideas: cash call, corporate sponsorship, bottle drive, raffle etc.
11. Tournaments: The team needs to decide on the number of tournaments it will attend in total, how many of these will be out of town tournaments.
12. Team Positions: There are a variety of team-level positions that will help to ensure the successful running of the team (game volunteers, tournament activities coordinator, etc.)

Draft Agenda is included in [Appendix 1](#).

CODE OF CONDUCT FORMS

Code of Conduct Forms can be found on the Sabrecats website.

Code of Conduct forms must be collected from all Coaches, Parents and Players.

The manager will be responsible to ensure that these signed forms are on the bench for all games and practices (keep it in a folder in the coach’s bag) by APRIL 30. It is essential that coaches, parents and players read and sign the forms and adhere to this code of conduct throughout the season. It is recommended that the Head Coach review the Player Code of Conduct with their players.

Players at the U7 and U9 levels do not need to sign but the Code of Conduct should be reviewed with them by the coach.

PLAYER MEDICAL RECORDS

Each manager will be responsible for ensuring that each member of their team have completed and shared their medical information through ePACT.

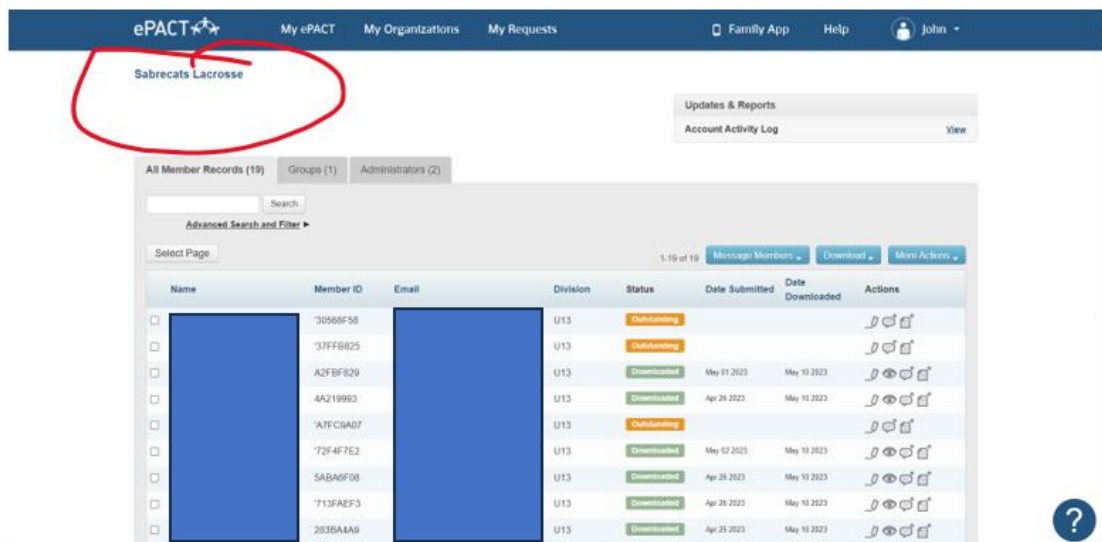
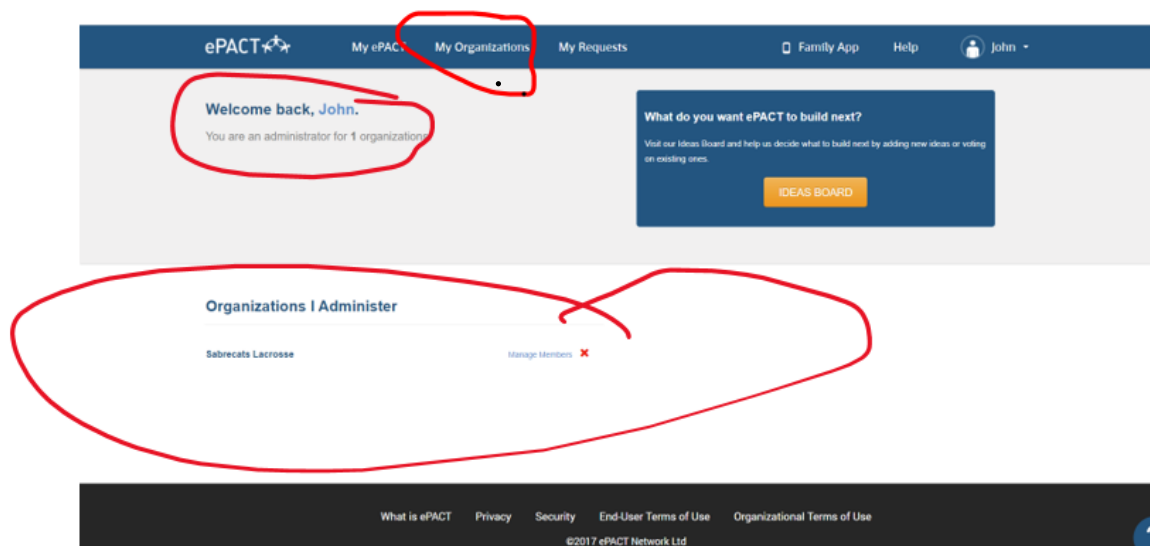
Each team member will receive an invitation to complete the on-line information. If they are having issues please have them contact our Executive Director Kelly Mantei at execdirector@sabrecatslax.com.

The medical information for each player will be accessible by the coaching staff and manager for that team ONLY through the ePACT app on their phone. Access will expire at the end of the

season.

EPACT PROCESS:

- As the manager, you will be sent a link to the EPACT site.
 1. Click on “MY ORGANIZATION” from top menu
 2. Click on “Sabrecats” under Organizations
 3. This will open a window with all player records.
 4. You can download a PDF of all records if required.
 5. Manager and Coach should download the APP so you can have all player medical info on the bench at all times via the APP.



VOLUNTEER DUTIES (TEAM VS ASSOCIATION)

All families are expected to volunteer at the team level – **no exceptions.**

Team level volunteering includes things like: duties at games like shot clock, penalty box, game sheets, and scoreboard. It could also include helping at practices, organizing team dinners and other team-based duties as they arise. Parent involvement at the team level is expected and required to make the team run smoothly and for all families to take on responsibility for the season's success.

Association level volunteering are things like: volunteering at annual evaluations in March, tournament positions at Sabrecats tournaments, club jersey organization at storage facility, volunteering on the Board of Directors, volunteering as an age group coordinator, etc.

At the time of registration, families are given the option to “opt out” of volunteering at the **association** level by paying an extra \$200 fee. If families decided at registration to volunteer at an association level, they would have picked a volunteer position and it is recorded by the Executive Director.

There are, however, positions on the team that do require a tremendous amount of time – so we do allow those positions to count towards families association volunteer commitment.

These are:

- Head Coach
- Assistant Coach
- Manager,
- Team Treasurer and
- Team Jersey Coordinators.

The Team Manager needs to submit to the Director of Volunteers the list of those individuals that have stepped up to fulfill these very important roles.

TEAM CONTACT LIST & COMMUNICATION

A team list needs to be developed and distributed to parents as early in the season as possible. This is usually distributed by the Association to the Head Coach in Excel format initially.

Managers can distribute the list to families or upload it to Team Snap or other APP once information has been confirmed and consent given to share the info among the team.

This list should include:

- player's name and jersey number (once confirmed);
- home phone number;

- home address;
- parent’s names and cell numbers; email address; and volunteer positions.

Most teams communicate via Team Snap. The cost for running a Team Snap account is **not** covered by the Association. Teams can use cash from their cash call to cover costs.

All roster, contact info, practice times, parent volunteer requirements, tournament dates and playoff dates can be manually entered into Team Snap.

Privacy regulations require that you get agreement from all team members before sharing contact information.

It is also recommended to have a parent create laminated wallet size “cheer card” with player names/jersey numbers/parent’s names. Please see the Sabrecats Website for Template under Manager Resources.

TEAM JERSEYS AND TEAM EQUIPMENT

The team manager is responsible for issuing the jerseys and gathering them at the end of the season and returning them to Sabrecats.

It is **MANDATORY** that each team assign a jersey person to distribute and collect jerseys before and after each game. The purpose is to try and cut down on loss and damage to jerseys.

Please note that team jerseys are not to be worn for practices and name bars may not be affixed to them (no alterations or addition of names/logos are allowed). Jerseys should be hung to dry – not put into dryers.

Jersey colours (home and away) are listed on the Game Sheets.

TEAM PHOTOS

The Sabrecats arranges for team photos to be taken for all team. Each player receives a team photo as well as an individual photo as part of registration. Details and booking instructions will be emailed to Managers. Photos are taken in late April or early May.

Information will also be posted on the website closer to the date.

TEAM APPAREL

Upon registering you are prompted to choose the size for your player.

Our goal is to provide shorts and a shirt when teams have been formed. Late registration does delay when you will receive these items. We do not have a solidified date when these can be available to players.

Adrenaline Source for Sports will be selling apparel of Sabrecats. This includes hoodies and t-shirts. They are responsible for manufacturing, selling and providing details for those items, not Sabrecats.

Adrenaline Source for Sports is located at 9309 Macleod Tr SW.

TEAM FUNDS

The team Treasurer is responsible for collecting, banking and disbursement of team funds. This is done by establishing a team bank account, collecting funds needed from parents (usually through a cash call) and paying from this account for additional floor time, tournaments, social functions, etc.

See [Appendix 2](#) for instructions on how to open a bank account. Letters and forms are available on the Sabrecats website.

In your initial team meeting your parent group may choose to do a cash call to cover any additional costs incurred by the team. If so, it should be made clear that the cash call is voluntary and is for extras that go over and above what the Sabrecats and the CDLA provides.

The Sabrecats urges teams to use careful discretion with cash calls and would remind teams to be respectful of the individual situations of team members/ families.

Team Budgets / Fund Raising Guidelines:

- Teams are permitted to raise funds.
- The team budget must be discussed and agreed upon by at least 75% of the parents/guardians at the team's first team meeting.
- Team funds are to be held and distributed from a Team Bank Account.
- Teams must spend the **publicly raised funds** in the current season; as per the team's approved budget.
- Any **publicly raised funds** which remain unspent at the end of the season are to be donated to Sabrecats.
- **Unspent publicly raised funds CANNOT be re-distributed to the parents/guardians of the team.**
- Cash contributions ("cash call"), which the parent/guardian has made to the team that have not been spent, are to be reimbursed to the parent/guardian who made the contribution; up to the amount of the original "cash call" amount.
- Teams are to remain reasonable and sensitive to financial and social challenges; with regards to the amount of financial burdens placed on their players' families.

- At the end of the season, an accounting of all cash collections and expenditures is to be provided to the parents/guardians and the Sabrecats Treasurer if requested.

TEAM MANAGEMENT - DETAILS

TEAM ROSTER – ‘HOW TO’

Each Team has a location on the Sabrecats RAMP Site. This site shows the info for your team only – contacts for staff, and your games, practices, etc.

Go to your Age Group > Level > Team

See below for a sample view for “U13 B 2” below:

The screenshot displays the Sabrecats Lacrosse website interface. At the top is the Sabrecats Lacrosse logo. Below it is a navigation menu with options: U7, U9, U11, U13, U15, U17, and JUNIOR B TIER 2. The main content area is titled "U13 - Calgary Sabrecats U13 B 2". It features a navigation bar with "CALGARY SABRECATS U13 B 2", "CALGARY DISTRICT LACROSSE GAMES", "CALGARY DISTRICT LACROSSE STATISTICS", and "PRACTICES". Below this is a "Staff" section with a table:

Name	Position	Contact
	Head Coach	
	Manager	
	Assistant Coach	
	Assistant Coach	
	Assistant Coach	

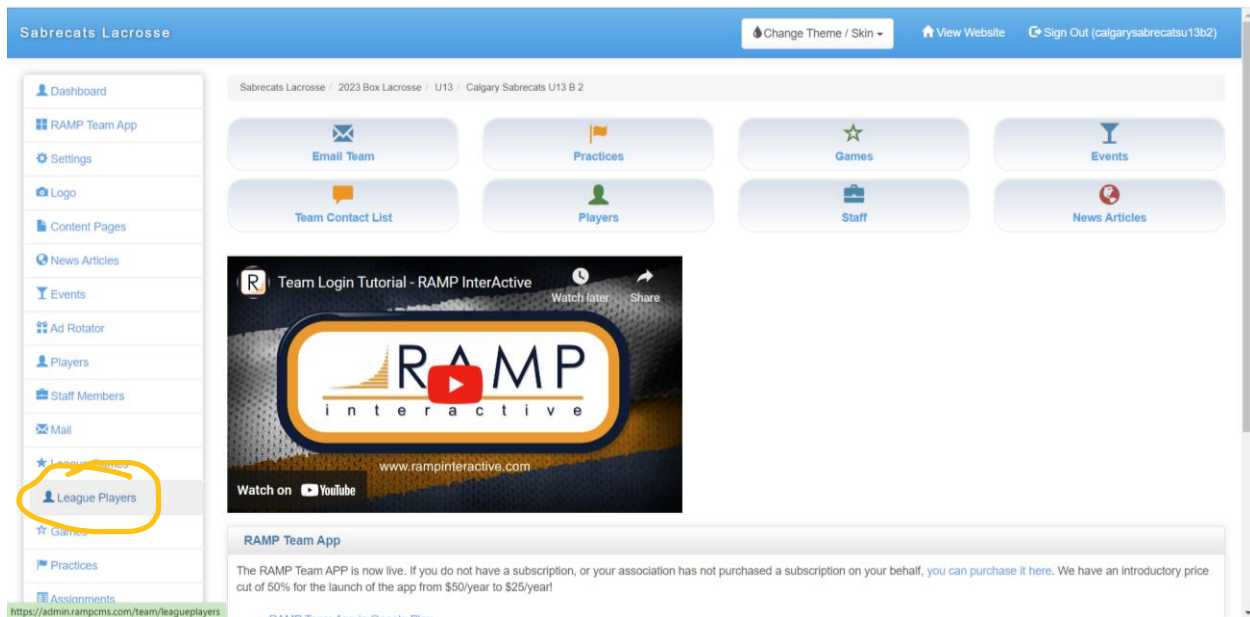
To the right of the staff table is an "Upcoming Games" section listing three games with dates, times, and locations.

You will need to enter you Team Roster in to the TEAM RAMP site for your regular season & playoff Games. As Manager, you will be given the log-in for your team’s TEAM RAMP site.

1. Your roster, under “League Players” needs to be filled out manually once your jersey # are assigned to your players.
2. ENSURE YOU CLICK “UPDATE ROSTER” to save your player jerseys in your Team Ramp. Otherwise, you will end up re-entering your Roster info repeatedly.

Once saved, this will allow you to:

- Print labels for your team to use on game sheets.
- Automatically fill out your roster in game sheets area of RAMP so your players are listed for all the league games.



GAME AND PRACTICE SCHEDULES

The manager is responsible for keeping the team informed of game and practice schedules along with additional team events throughout the season.

Practice and game schedules will be available on the RAMP website under your *Age Group > Team* at the start of the season. This information can be imported into Team Snap. **Practice and game schedules are also available through the CDLA website and the RAMP app.**

The manager is responsible for ensuring that all players are made aware of the team’s schedule for the next month. The CDLA sets the practice schedule as well as the game schedule for the regular season as well as playoffs. This, plus any team events, should be put together and emailed to the team. Once floor times have been assigned, teams are responsible for that floor time. Please refer to Floor Policy in the Sabrecats Policies and Procedures and below:

Unused Floor Times:

- It is the responsibility of each Coach or Team Manager to notify the Executive Director as soon as possible if they are unable to use a scheduled floor time.

The following is the Return Floor Policy for Sabrecats teams for allotted practice time. If a team cannot use a scheduled practice time, **it is the teams' responsibility to find a replacement team.**

Steps for finding a replacement team:

1. If you may know of a team who would reciprocate practices with you, contact them first. If that team is unable to reciprocate a practice, but can take the practice you are offering, your team may need to just give up the time, to that team to avoid any penalty.
2. If you do not know of any team to contact, then contact your Age Group Coordinator to request Team Manager's contact information; for the purpose of proactively looking for a replacement team.
3. If all attempts to finding a replacement team are unsuccessful, the team may still have the following penalty applied; as approved by the Executive:
4. Pay the cost of the floor time; on the contract.
5. If a team fails to notify the Executive Director of a time that went unused, prior to the date of the time; for example; the team had no intention of using the floor time, the team will be penalized; as approved by the Executive:
6. Pay **twice** the cost of the floor time on the contract.

RESOLUTION OF TEAM DISPUTES

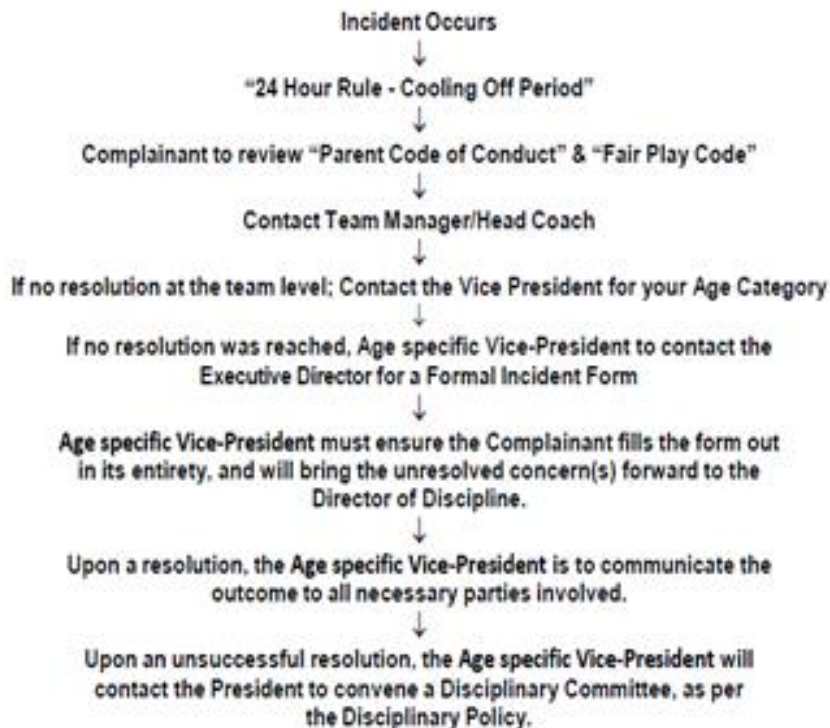
Occasionally disputes arise within a team over issues such as behavior, discipline, equal floor time, quality of the program provided by the coaches, etc.

The parents should bring their concerns to the team manager who should work with the coach and parents to resolve the issues.

Manager must inform parents that it is **ESSENTIAL** to use **"the 24-hour rule"** before approaching the manager in person, by phone, or by email. Please familiarize yourself with the Flow of Communication within the Sabrecats Association.



Incident Reporting



GAME PARENT VOLUNTEERS

It is the Manager's Responsibility to ensure that box duties are carried out by ALL families on the team.

Create a rotating parent volunteer schedule for all home and away game. **If a parent cannot fulfill their slotted duty it is their responsibility to find a replacement.**

For home games, you will need three parents:

1. penalty box
2. score clock
3. 30 second shot clock.

Home teams are responsible for game balls and game sheets.

For away games, you will need two parents:

1. penalty box
2. scoresheet.

GAME SHEET PROCEDURES

Each Head Coach and Manager will receive an email with login information and links re: entering game sheets. If you don't receive this email, please contact our Executive Director Kelly Mantei at execdirector@sabrecatslax.com

The "HOME" team, as shown on the website schedule, is responsible for uploading and entering the gamesheet in RAMP within 24 hours.

The "VISITING" team, as shown on the website schedule, is responsible for verifying the information is correct that the home team entered.

In the event of a tie, the home team keeps the white and yellow copies and is responsible for reporting the game results. Each manager will be given a Username and Password to login into RAMP for game sheet reporting.

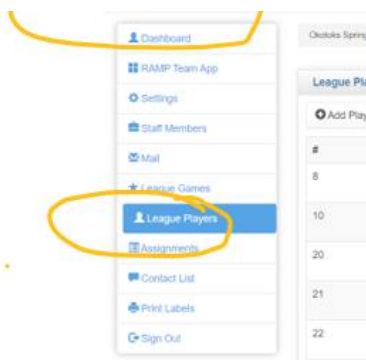
<https://calgarylacrosse.com/content/2024-game-reporting-procedures>

Game sheets: ENTER ON RAMP SITE UNDER "League Games"

All that is required on game sheets is:

- game information (game number / date / time / location / teams / age group / division)
- team rosters for each team
- coach and manager information
- All goals, assists and penalties
- referee information (and signatures)

Once you enter the game sheet information it will automatically save on RAMP. There is no 'submit' or 'save' button, but it will reload and save.



SAMPLE Game Sheet – The link below is a sample game sheet so you can see how to fill one out. Useful to share with the team so your parents can volunteer and fill them out when it is their turn to be the game sheet parent.

<https://cloud.rampinteractive.com/calgarylacrosse/files/Managers/Sheets%20and%20Sched/Score%20sheet%20101%20updated%202019.pdf>

**** When you upload PDF/photos of the game sheets in RAMP, use the GAME ### from the CDLA game schedule as the "FILE NAME" of the gamesheet so CDLA can find it easily if need be.

The screenshot displays the 'Games' section of the RAMP website. At the top, there are navigation tabs for 'GAMES', 'STANDINGS', 'LEADERS', and 'ROSTERS'. Below these, the 'Games' section includes filters for 'Season' (2023 Box Lacrosse), 'Game Type' (Regular), and 'Month' (All Months). A table lists games with columns for '#', 'Date', 'Location', 'Home', and 'Visitor'. A yellow circle highlights the '#' column. To the right of the table, there are buttons for each game, such as 'Calgary Axemen U13 B 1', 'Calgary Axemen U13 B 2', 'Calgary Axemen U13 B 3', 'Calgary Axemen U13 B 4', 'Calgary Hornets U13 B 1', 'Calgary Hornets U13 B 2', 'Calgary Hornets U13 B 3', 'Calgary Hornets U13 B 4', 'Calgary Knights U13 B 1', 'Calgary Sabrecats U13 B 1', 'Calgary Sabrecats U13 B 2', and 'Calgary Sabrecats U13 B 3'.

#	Date	Location	Home	Visitor
32001	Mon, Apr. 17, 2023 6:00 PM	Oakridge Community Association	Calgary Sabrecats U13 B 1 (15)	Okotoks Raiders U13 B 1 (1)
32002	Mon, Apr. 17, 2023 6:00 PM	Optimist Arena	Calgary Sabrecats U13 B 3 (4)	Calgary Knights U13 B 1 (7)
32003	Mon, Apr. 17, 2023 6:00 PM	Acadia Recreation Complex	Calgary Axemen U13 B 2 (4)	Strathmore Venom U13 B 2 (3)
32004	Mon, Apr. 17, 2023 6:00 PM	West Mount Pleasant Community Sportsplex	Calgary Hornets U13 B 1 (2)	Rockyview Rage U13 B 2 - Green (9)
32005	Mon, Apr. 17, 2023 7:15 PM	Acadia Recreation Complex	Calgary Axemen U13 B 3 (3)	Strathmore Venom U13 B 1 (9)
32006	Mon, Apr. 17, 2023 7:15 PM	Oakridge Community Association	Calgary Sabrecats U13 B 4 (3)	High River Heat U13 B 1 (3)
32007	Mon, Apr. 17, 2023 7:15 PM	Optimist Arena	Calgary Sabrecats U13 B 2 (4)	Rockyview Rage U13 B 3 - White (4)
32008	Mon, Apr. 17, 2023 7:15 PM	West Mount Pleasant Community Sportsplex	Calgary Hornets U13 B 2 (6)	Rockyview Rage U13 B 1 - Maroon (7)

** Rather than filling out your roster for each game by hand on the sheet, it is much easier to create a team list on stickers to save time in your pre-game preparations.

*Sticker template can be automatically generated through your team's RAMP site and printed on Avery labels.

You only need to report to CDLA if there is a major penalty in the game.

Results@calgarylacrosse.com

There is no longer a requirement to mail in the paper game sheets, but you must hold on to them until the end of the season.

For U7 and U9

- record the game number, date, time, and location on the game sheet

- enter the game roster (players and coaches) on the game sheet
- DO NOT record goals, assists and penalties
- home team submits the game sheet by logging into RAMP and uploading it; no need to enter any other stats - keep a copy of the paper game sheet

For U11, U13, U15 and U17

- All teams must enter the required information into the RAMP system. This includes:
 - game rosters
 - major penalties
 - uploading of game sheet

EXHIBITION AND TOURNAMENT GAMES

Exhibition games organized in Calgary

If you require referees, email exhibition@calgarylacrosse.com with your game details (teams, date, time, location).

- the CDLA Office will enter this game into the system and request referees on your behalf
- you will be contacted once referees have been assigned to your game
- following the game, you must login to RAMP and enter game rosters, major penalties and upload the gamesheet within 24 hours of game time

Tournament Games and Exhibition Games Played Outside of Calgary

- All tournament games and exhibition games played outside of Calgary must be entered into the RAMP system by the team.
- Following the game, you upload game sheets and enter major penalty information just as you would for regular season games.
- The CDLA only require game roster information and major penalties for CDLA teams.

Travel Permits:

A team only requires a travel permit if they are travelling outside of Alberta (or to a non-sanctioned ALA event) to attend a tournament. The form can be found on the ALA website. Submit your travel permit early to allow for time to make adjustments if required.

You can find all of this information in more detail on the CDLA website.

TOURNAMENT INFORMATION

Tournaments are listed on the ALA website.

<https://www.albertalacrosse.com/content/tournaments>

***** Some teams book tournaments immediately after evaluations – book early.** Contact the tournament organizer for any tournaments you are interested in ASAP.

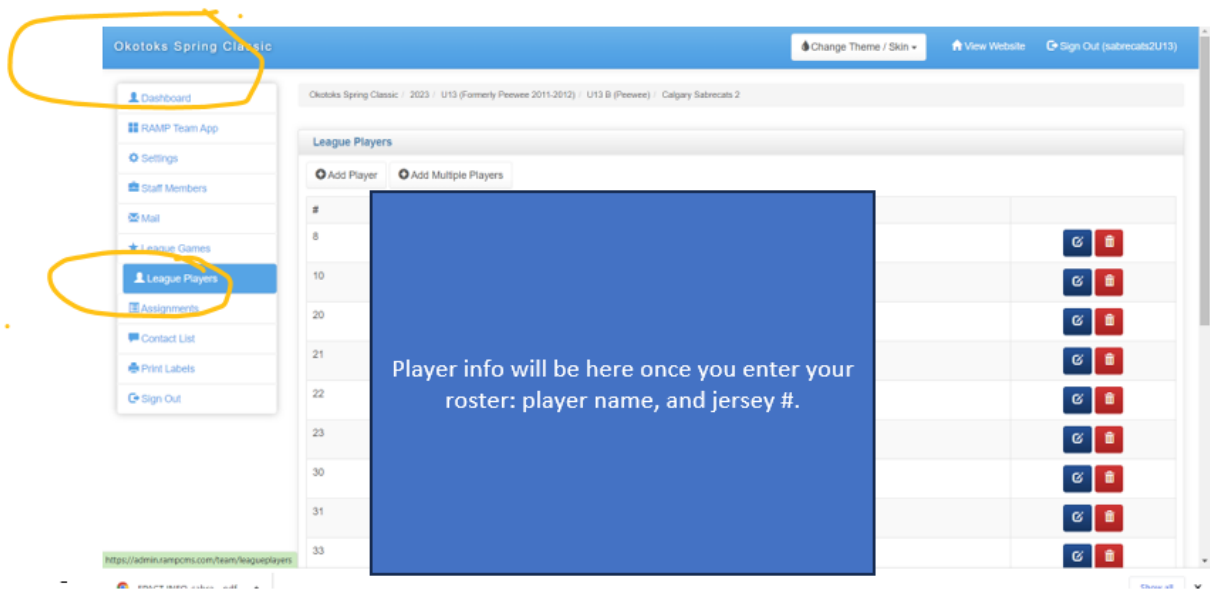
For the CDLA Canada Day tournament, all spots in that tournament are allocated to CDLA associations by the tournament coordinator. Please DO NOT contact Canada Day for a spot in that tournament. We will notify you if your team has been allocated a spot for Canada Day.

If you are attending a tournament outside of Alberta (or not sanctioned by the ALA), you need to ensure that you obtain a travel permit. Located on the ALA website.

***** Reminder that for all tournaments entered (including out of province and out of town) – game sheets must be submitted as per ALA rules**



Once registered, each tournament your team participated in will have an individual RAMP site that you will need to enter/confirm your roster. You will need to enter your team roster manually for each tournament.



COACHES, PLAYERS & USE OF AFFILIATES

Each team may formally register a maximum of five adults including coaches and manager on their official roster.

Although up to five registered adults may be on the bench during games, generally the benches don't have room for more than three. The additional adults can then substitute when one is absent.

It is now mandatory for coaches in Calgary to attain some degree of coaching certification according to the age group of their team. Please contact the Director of Coaching at coaching@sabrecatslax.com for questions with regards to the requirements for coaching certification.

Only officially rostered players may be on the bench during a game. If a player is injured, he/she may sit on the bench, as long as, they wear a helmet.

You may use an approved affiliate player if one of your players is injured, ill or away but not if you have a suspended player. The procedure for calling up an affiliate is that the Coach or Manager will contact the Coach of the affiliate player's team and discuss the situation with them. If all agree, the player may play in the designated game. The player should be handwritten on the game sheet with AP next to their name. Please note that there are restrictions as to how many games an affiliate may play.

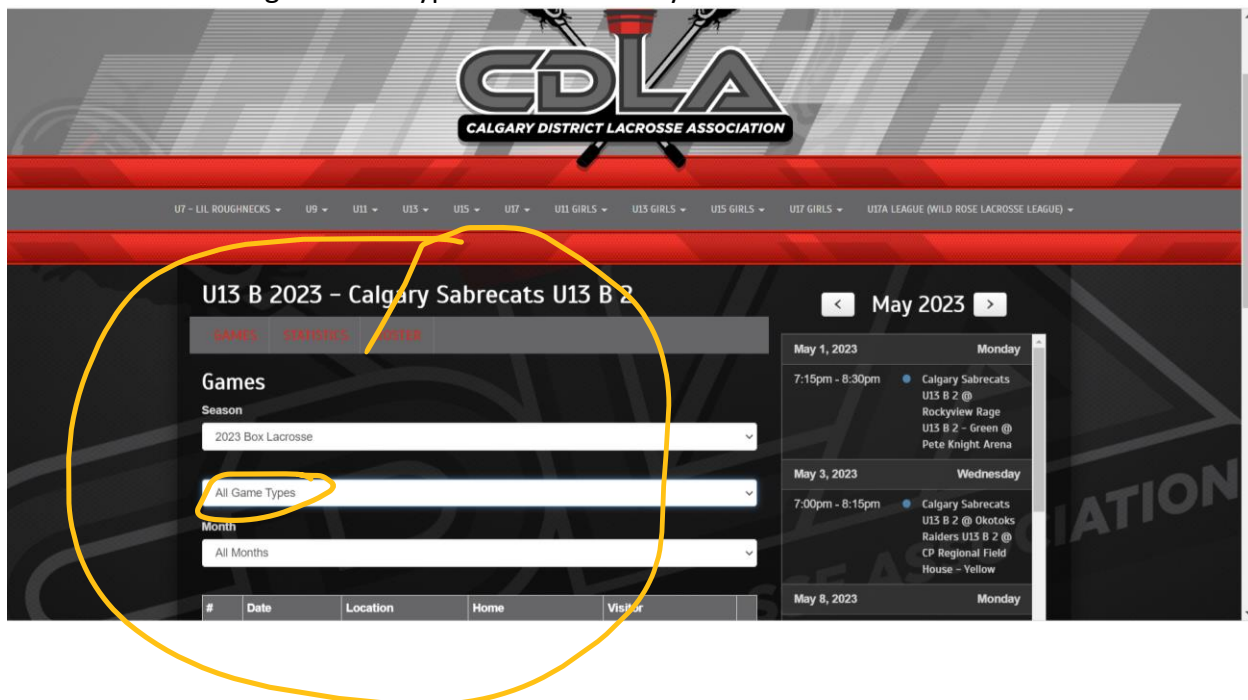
****Please familiarize yourself with the CDLA rules and regulations surrounding use of affiliates.**

PLAYOFFS

Playoff Schedule is usually posted a few weeks before playoffs start. You will need to regularly check the CDLA site to see when those dates get loaded to the site and update your team schedule accordingly.

Playoffs usually begin the **THIRD WEEK IN JUNE** and run into **early July**, depending on your standing.

You can scroll through “Game Types” to select “Playoffs” to find the schedule. See below:



FACILITIES

Please RESPECT the Arenas & Public Buildings that you attend for games, practices, tournaments, dry land etc. Team Management is responsible for their own behavior as are parents and guests. The Head Coach is responsible for the behavior of their players and all coaching staff.

As per the CDLA guidelines the following list of behaviors should be adhered to:

- Cleanliness – dressing rooms should be left in a similar state to where it was upon arrival, the last person leaving should ensure it is tidy.
- Teams must not linger in dressing rooms; all players should be out of the room no longer than 30 minutes after their scheduled time.
- Arrival times – Teams will not be granted access to dressing rooms more than 60 minutes

prior to games (Note: this may be amended as required by the Arena facility). Coaches that want their teams there earlier must advise players to keep equipment outside the arena.

Equipment in hallways blocking access to emergency exits is a safety violation and will not be tolerated by the facilities.

- No use of lobbies, stairs, and/or hallways as warm up areas. This is an insurance risk and disrupts other users. Please have teams warm up outside, or in some cases arenas may have designated areas to utilize.
- Respect the arena staff – these people are paid to do a job; disrespect or verbal abuse will not be tolerated.
- No use of chewing tobacco and/or alcohol in and around dressing rooms.

Upon arrival:

- Coaches MUST report any damages observed in the dressing room or if the room was left a mess from the previous team; to the Arena Attendant immediately.
- If this is not done, and the Arena Attendant finds damage unreported, then the last team noted as being in the dressing room may be charged. If Sabrecats is liable for any damages/charges, then Sabrecats may forward these charges to the team involved.

CONCLUSION

The team manager and coach should work in partnership to provide the players and parents with the best possible lacrosse experience.

Have an enjoyable season and remember to encourage the parents to cheer hard and be kind to the players, coaches and officials.

Thank you for volunteering your time!

APPENDIX 1: Team Parent Meeting Draft Agenda

- **Introductions**
 - Coaching Credentials
 - Coaching Philosophy
 - Objectives and Goals for the season
- **Ensure contact information is collected from all families**
- **Team Rules and Player Expectations**
 - Behavior/Respect
 - Parent Code of Conduct:
 - Demonstrate sportsmanship by setting a good example.
 - Show team/player support and use appropriate aged language.
 - Respect the judgement of coaches and officials.
 - Arrival time prior to games/practices.
 - Attendance (how much notice is expected)
 - Parents in dressing room.
 - Game dress code (if applicable).
 - Water bottles (the importance of each having their own)
 - Discipline/Team Rules

Volunteer Positions

- The most important thing a Team Manager can do is DELEGATE. A strong parent base will make for a strong team.
- Head Coach, Assistant Coaches, Manager, Team Treasurer, and Jersey Parents are “Association Approved” roles at a team level. These positions go towards fulfilling the Volunteer Bond.
- Other roles including Team Tournament Coordinator, Social coordinator etc. although important are not approved functions for fulfilling your volunteer bond commitment.
- Other “Approved Association” roles can be found on the Sabrecats website.
- Each family is responsible for ensuring their Volunteer Bond has been fulfilled AND their Credit Forms are submitted; according to the approved roles by the Association.

Forms that are to be filled out and collected from EVERY family:

- **Fair Play** (Coaches/Parents/Players – this is supported by the ALA/CDLA)
- **Code of Conduct** (24 hr “cooling off period”) – To be reviewed
- **Submit all forms to Team Manager**

Tournaments

- How many “in town” and “out of town” tournaments?
- Need someone to cover tournaments and take care of sanctions, hotel bookings

etc; and this person would be the Team Tournament Coordinator

Budget – outlining anticipated/estimated costs. A few things to consider are:

- Cash Call
- Tournaments (on average cost about \$800-\$1100 each)
- Team Apparel – MUST use **Adrenaline Source For Sports** (link is on the Sabrecats website)
- Team building activities
- Extra floor (if available)

Fundraising

- Cash call as needed
- Bottle Drives
- Silent Auction

Scorekeeping & Timekeeping

- Explain that the CDLA expects the 'Home' team and the 'Visiting' team volunteer requirements.
- The Team Manager, or designate, should set up a schedule and ensure all Off-Floor Officials are aware of the dates they have been assigned. It's suggested that once the games have been posted, do up a schedule and if a parent is unavailable for that shift – that parent needs to find someone to cover their shift
- All Off-Floor Officials are responsible for conducting their duties in a manner that displays sportsmanship and shows fair play and respect to all participants.
- As **NEUTRAL Off-Floor Officials** assisting the referee in proper conduct of the game they are significant contributors to the management of the game. If their behaviour warrants disciplinary action, they may be relieved of the duties by the Referee or other CDLA official.

- **Q & A**

APPENDIX 2: How to open a team bank account

You may open a team account at any financial institution. It must comply with the following Sabrecats Lacrosse Association Rules and Regulations:

- Teams must establish a bank account for the team. Team money must not be managed through a personal account.
- The team bank account must be set up with a minimum of two (2) signing authorities required on all debit transactions.
- Signing authorities on team bank accounts are not to be immediate family members (i.e. husband, wife, partner, brother, sister, etc.).
- A letter to the bank outlining the requirements for a team account, must be requested by the Head Coach, by emailing the names of the two (2) team signing authorities to the Sabrecats Executive Director at execdirector@sabrecatslax.com.
- Due to the high volume of requests, please allow a **minimum of 48 hours** between requesting a team letter and the bank appointment to open the account.
- The name of the team account must clearly state the perspective of the team, under the auspices of the Sabrecats Lacrosse Association, and not “Sabrecats Lacrosse Association” or “Sabrecats” or “Sabrecats Lacrosse” names, as these names belong to the overall Association. The name of the team account must also include the year of the current lacrosse season (i.e. 2019). For example “**Sabrecats Peewee B2 2023**” would be acceptable.

All team bank accounts must be closed and funds disbursed no later than July 31st of each calendar year.