

South Brunswick Police Athletic League 2015 Youth Boys Lacrosse Orientation

Let's Go VIKINGS... It starts here. It starts now!

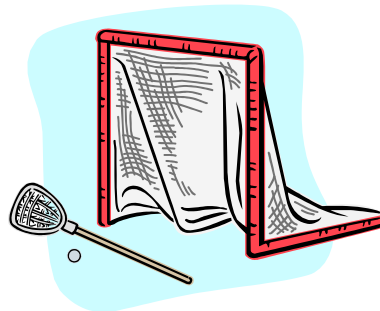


SBPAL

Youth Boys Lacrosse

Program Overview

Rich Boulware
Lacrosse Director





Orientation

**History of South Brunswick
Police Athletic League (SBPAL)**

**SBPAL's Lacrosse Rules and Policies
and Lacrosse Overview**

Schedule (Games, Pep Rally, Fundraiser)

Uniforms and Sizes

Meet your Coaches



SBPAL Lacrosse Committee



- Rich Boulware – Lacrosse Program Director, SBPAL Executive Board Member
- Ed Young – Coach, Scheduler, Background checks, SBPAL Executive Board Member
- Tim McDermott – Head Coach, Coaching Certifications
- Tim Watts – Head Coach
- Jim Woisznies – Head Coach
- Cliff Higgins – Head Coach - SBHS Lacrosse
- Bruce Boehm – Head Coach - Crossroads MS Lacrosse
- Tracey Lauri – Fundraising Chair, SBPAL Executive Board
- Melissa Caruso – Promotions Chair, SBPAL Executive Board



SBPAL History



This organization has existed since 1989...

- Jake Rodriguez, Police Chief, Raymond Hayducka and others
- Lacrosse, Basketball, Cheer, Flag Football, PW Football, Wrestling,

The purpose of our organization as defined by our bylaws:

- Providing children of South Brunswick Township or eligible children from surrounding communities with opportunities and activities for constructive use of leisure time;
- Develop a friendly relationship between community, its youth and the police officers and engender a spirit of respect for law and order; and
- Establish developmental and competitive sports within the community.



Lacrosse Coaching Staffs



Grades 2/3/4

- Tim McDermott
- Charlie Somogyi
- Ram Regulapati
- Connor McDermott

Grades 5/6

- Jim Woisznies
- Ed Young
- Ryan Woisznies

Grades 7/8

- Tim Watts
- Josh Nicastro
- Matthew Gorzynski

SBHS Lacrosse:

- Austin Miller
- Michael Oakes
- Jonah Boulware



SBPAL Rules & Policies



Documentation

Below is a list of the items that must be completed **before the first practice:**

- US Lacrosse Membership
 - Required for Registration – we will validate numbers next week
- Completed registration
- Signed and dated Parent Code of Conduct
 - Completed at registration
- Signed and dated Player Code of Conduct
 - Completed at registration
- Consent for emergency medical treatment
 - We will get this to you...

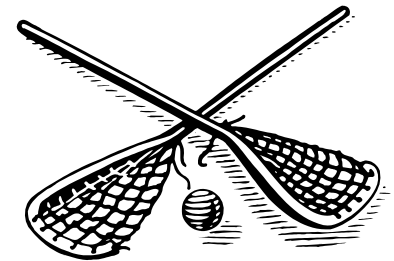


SBPAL Rules & Policies



Registration / Financial commitments

- Registration is first-come, first-serve basis.
- Full payment is expected at time of registration unless otherwise arranged
 - Checks returned for insufficient funds will result in additional \$25 fee and a Cash or Money Order is required to replace the bounced check(s).
- Failure to remain current with financial obligations will result in player's suspension





SBPAL Rules & Policies



Absences

- **Unexcused** absences from regular season or post-season events are grounds for dismissal from program
- Participants who are absent (**unexcused**) for more than 50% of practices are not permitted to compete in that week's event
- Arrive on-time -- **Unexcused** lateness may result in dismissal from practice or game
- Parents/guardians must attend practice – no drop-offs, please



SBPAL Rules & Policies



Coaching / Practices / Games

- Notify Coach or the Lacrosse Director of any medical, behavioral, or dietary conditions
- Only players, coaches, and SBPAL Executive Board are allowed on field of play or practice field -- Parents must remain outside the field of play in designated areas
- Coaching by parents from the sidelines during practice or games is prohibited
- Coaches may designate parents to perform certain 'on-field' functions (statistics, equipment support, timer, horn)
- Any coach or parent who violates the Coach or Parent Code of Conduct will be brought before the SBPAL Executive Board
- Coaches are not permitted to request contributions, solicit business or use their position to represent any business entity to our SBPAL parents for any reason without prior authorization from SBPAL Executive Board.



SBPAL Rules & Policies



SBPAL Coaching

- Coaches must be:
 - Safety-certified: Rutgers Safety Course
 - Successful pass a background check
- Head coaches and assistant coaches must take an online course titled: *US Lacrosse Certification Level 1*
 - The course includes fundamental coaching concepts, coaches' responsibilities and important coaching points with respect to the major skills and tactics of youth lacrosse.
 - From this interactive online course, coaches are trained to be prepared for the season to provide the best possible experience for our athletes.
- Additionally, all coaches must take the CDC online course on concussions



Positive Coaching Alliance



ROOTS of honoring the game:

- **R**ules: We refuse to bend the rules to win
- **O**pponents: A worthy opponent is a gift that brings out our best
- **O**fficials: Show respect, even when we disagree
- **T**eammates: Never do anything to embarrass our team
- **S**elf: We live up to our own standards even when others don't

Three Principles of Double Goal Coaches:

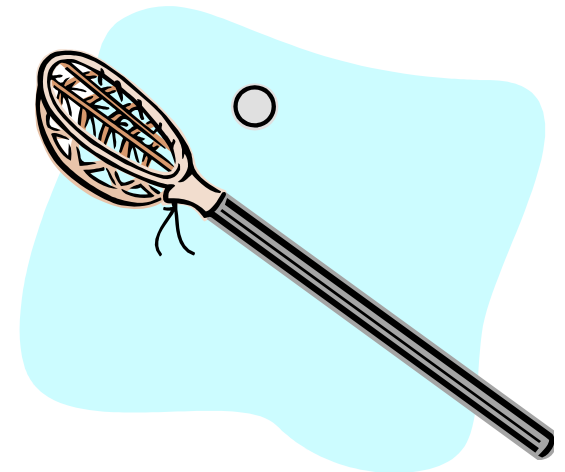
- **Redefining Winner:** ELM of mastery – Effort, Learning, bouncing back from Mistakes
- **Filling Emotional Tanks:** with encouragement, praise and a 5:1 ratio of tank fillers for every one criticism
- **Honoring the game:** via ROOTS



We Can't Do This Alone!



- All coaches need your support
- 'Dinner table' conversation must be positive & supportive
- Volunteer!!!
- If you have an issue, problem, concern, suggestion, the steps are:
 1. Speak to your Head Coach after practice or arrange a time to get together
 2. If needed, escalate to Lacrosse Director
 3. If needed, escalate to Lacrosse Committee
 4. If needed, escalate to SBPAL Executive Board





Schedule



- Practices begin THIS WEEK!
- 2/3/4 Grade Team: 6:30pm
- 4/5/6 Grade Team: 6:30pm
- 7/8 Grade Team: 7:00pm
- Season-opening game is: April 7th at East Brunswick
 - Game schedule runs April through the end of May
- The game schedule may change but it will be posted on the SBPAL Website (SBPALSPORTS.ORG)



Schedule



Percent of 2015 Budget

League and tournament fees	8%
Lacrosse Pep Rally	1%
Equipment	12%
Players Apparel	37%
Coaches Apparel	3%
Coaches Equip and Training	5%
Advertising and Promotion	2%
Insurance (@ \$25 per registrant)	12%
Referee Fees	19%
End of Season Party and Awards	11%
Other	0%
	109%

- **Pep Rally:**
Saturday, March 21st at
Rowland Park: South
Brunswick Township
Lacrosse Pep Rally and
Picnic
- **Fundraiser:**
Sunday, April 12th –
Applebee's Restaurant
Breakfast (Milltown, NJ)





Overall Schedule



March:

- 3/21 – SBPAL Lacrosse Kickoff
- 3/22 – Scrimmage vs. Hopewell
- 3/24 – Scrimmage at Blackhawks

April:

- 4/7 – at Blackhawks
- 4/11 – Round Robin at West Windsor
- 4/14 – Hillsborough
- 4/18 – Round Robin at Robbinsville
- 4/23 – Robbinsville
- 4/24 – Lawrence
- 4/25 – Round Robin at Allentown
- 4/28 – Montgomery

May:

- 5/1 – at North Brunswick
- 5/2 – North Brunswick
- 5/5 – Monroe
- 5/6 – at East Windsor
- 5/9 – Round Robin at Princeton Lacrosse
- 5/10 – at Montgomery
- 5/14 – at Monroe
- 5/16 – Robbinsville Shootout
- 5/19 – at Hillsborough
- 5/20 – Allentown
- 5/26 – Blackhawks
- 5/28 – Princeton Lacrosse

June:

- 6/5 – at Lawrence
- 6/6 – End of the year Picnic



Equipment and Apparel

Each athlete will need provide their own turf cleats designed for lacrosse **or** football, a lacrosse helmet, a lacrosse stick, shoulder pads, gloves and elbow pads.

SBPAL Youth Boys Lacrosse will provide a reversible pinney, shooting shirt and shorts.





New SB Vikings Lacrosse Uniforms





Lacrosse Communications



<http://www.sbpalsports.org>

- Registration
- Schedules
- Contact Info
- Directions

Email me at:

Richard.Boulware@Gmail.com

Call or Text Message:

(732) 910-9265



SBPAL Lax & CJYLL



The Central Jersey Youth Lacrosse League (CJYLL) exists to help boys lacrosse programs of our region provide their players the opportunity to learn and compete in the great sport of lacrosse. Central Jersey Youth Lacrosse League, a New Jersey Non-Profit Corporation, is a member of the New Jersey South Chapter of US Lacrosse, the national governing body of lacrosse.



Mission

To promote and develop excellence, sportsmanship, and joy in the game of youth lacrosse among our programs, players, parents and coaches.



SBPAL Rules & Policies



Player's Code of Conduct

- I am responsible for how I choose to behave;
- I will respect my coaches, teammates, opponents and the game officials at all times;
- I will choose to be fair and to be a good sport, whether we win or lose;
- I will shake hands at the end of the game and will not do anything during the handshake (spitting, bad talk) that makes me or my team seem like bad sports;
- I will try my best always, at practices and at games;
- I will encourage my teammates at all times;
- I will never push, hit or physically try to hurt a teammate or opponent;
- I will play the game, and let the coach do the coaching and the referee do the officiating;
- I will learn as much as I can about the rules of the sport;
- I will take pride in myself and my team, but never when it hurts someone else;
- I will make my team better because I am part of it;
- I will take care of my uniform, equipment and all other property I use throughout the season, including the fields, locker rooms etc.;
- I will keep up with my responsibilities at home and at school throughout the season;
- I will talk to my parents or my coach honestly as soon as anything happens that I don't think is right;
- I understand that I must follow these and all other rules issued by the South Brunswick PAL, and that I can be asked to leave a practice or a game if I choose not to;
- I will remember to have **FUN**.



SBPAL Rules & Policies



Parent Code of Conduct:

I hereby pledge to provide positive support, care, and encouragement for my child participating in SBPAL youth sports/activities by following this Parents' Code of Conduct;

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event;
- I will place the emotional and physical well-being of my child ahead of a personal desire to win;
- I will insist that my child play in a safe and healthy environment & offer my assistance to make it so;
- I will support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I can expect a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all youth sports events;
- I will remember that the game is for the kids – not the adults – and I will do my very best to make youth sports fun for my child;
- I understand that participation in sports is not a babysitting service. I will ensure my child arrives for and leaves games & practices promptly;



SBPAL Rules & Policies



Parent Code of Conduct (Continued):

- If I identify problems or have concerns, I will calmly seek solutions at a proper time and location, refraining from angry confrontations in front of the children. Instead, I will model only the best in effective communication;
- I will insist that my child treat all other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability;
- I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation;
- It is expected that all parents and fans will root for their team. The South Brunswick PAL will not tolerate negative remarks or gestures to coaches, the opposing team or the officials;
- No official, player, spectator or coach shall, in anger, push, shove, strike, threaten, verbally abuse, or otherwise endanger the safety of any other official, player, spectator, or coach;
- I understand that the South Brunswick PAL will enforce this policy, and that I can be asked to leave a game or practice for any violations;
- An electronically signed Parents' Code of Conduct is required before a child may begin practicing with a team; My signature below indicates that our family, extended family and guests will comply with these rules.



For Lacrosse Jersey Numbers Drawings



1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



Volunteer Opportunities



- Game Statistician Coordinator
- Team Parent
- Coordinator for the Pep Rally and Picnic Coordinator
- Mother's Day organizer
- Gameday field setup
- College Lacrosse on Television researcher (to share with program)
- Used-equipment Coordinator
- Lacrosse Mom's night out coordinator
- Lacrosse Dad's night out coordinator
- Tournament - Tent and Food Coordinator
- College Game Attendance Coordinator
- Game Scorekeeper
- Game Timekeeper