

# DIOCESE OF CLEVELAND CYO



## SPRING 2020 LACROSSE COACHES MEETING



CATHOLIC  
CHARITIES  
*Diocese of Cleveland*

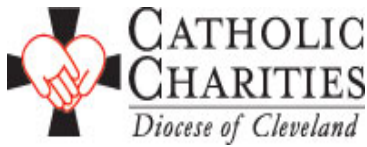


## **DIOCESE OF CLEVELAND CYO GRADE SCHOOL COACHES MEETING**

1. Welcome & Introductions
2. Program Planner
3. Points of Emphasis
4. Forms
5. Dick's Sporting Goods Lacrosse Packages
6. 11 Must-Try Tips for First Time Youth Lacrosse Coaches
7. Gratitude & Prayer



CYO inspires young people to know God, to love God, and to serve God through athletics.



# DIOCESE OF CLEVELAND CYO LACROSSE PROGRAM PLANNER - 2020



March	3	Mandatory Coaches Meeting @ Walsh Jesuit HS, 6:00pm 4550 Wyoga Lake Rd. Cuyahoga Falls.	
	4	Mandatory Coaches Meeting @ Center for Pastoral Leadership, 6:00pm 28700 Euclid Ave. Wickliffe	
	5	Mandatory Coaches Meeting @ St. Augustine Manor, 6:00pm 7911 Detroit Ave. Cleveland	
	4	Early registration period ends	
	6	Regular registration ends	
	8	Late registration ends	
	9	Last date to enter teams' blackouts	
	13	Schedules available on website	
	14	Coaches Development Program @ St. Basil the Great, 9:00am 8700 Brecksville Rd. Brecksville.	
	20	Deadline to register athletes and coaches to online rosters	
	21	Season Indoor competition begins	
	April	3	Last day to add to rosters to meet the minimum number
		10-12	No CYO Competitions can be scheduled – Easter Break
13		Season Outdoor Competition begins	
18-19		Parents' Day at the games	
26		Team Mass Sunday	
May	16-24	Diocese of Cleveland CYO Spring Championship Tournaments	
	31	Spring sports season ends	

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# **DIOCESE OF CLEVELAND CYO LACROSSE POINTS OF EMPHASIS**

## **EQUIPMENT & UNIFORMS**

- A. Each goal shall consist of two posts or pipes perpendicular to the ground, constructed of metal, 6 feet high and 6 feet apart, joined at the top by a crossbar 6 feet from the ground.
- B. Undergarments
  - 1. If undergarments such as T-shirts or compression shorts are worn under the uniform, they must be white, gray, black or one of that team's uniform colors. All players wearing an undergarment must wear the same color.
  - 2. Undershirts shall be hemmed and shall not have frayed or ragged edges.
  - 3. Arm Sleeves, knee sleeves, lower leg sleeves and tights are permissible and must comply with NFHS guidelines. Each item shall be white, black, beige, or a single school color for all participants.
- C. Shorts are to be worn above the hip.
- D. Shoes - Players are to wear composition or rubber-soled shoes. Plastic, leather, or rubber cleats-studs may be worn; no spikes are allowed.
- E. Guards, casts, braces, and compression sleeves must be worn for medical reasons and must comply with NFHS guidelines.
- F. Equipment – BOYS
  - 1. Protective Helmet – must meet the NOCSAE standard. Both the chin pad and chin strap shall be firmly attached to the mask as designed.
  - 2. Tooth and Mouth Protector – all players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth.
  - 3. Protective Gloves
  - 4. Shoulder Pads
  - 5. Arm Guards
  - 6. Protective Cup
  - 7. Lacrosse stick
- G. Equipment – GIRLS
  - 1. Mouthpiece – all players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth.
  - 2. Eye protection – All field players must properly wear eye protection that meets ASTM standard for women's lacrosse.
  - 3. Lacrosse Stick

## **PRE-CONTEST COACHES RESPONSIBILITIES**

- A. Coaches must be CYO certified.
- B. CYO Credentials are to be worn and visible at all times.
  - 1. Credentials cannot be given to another coach at any time.
  - 2. Coaches who have given their credentials to another coach, even for one game, will have their coaching privileges revoked for one year
- C. Coaches are responsible for the supervision of their team and spectators before, during and after the game.
- D. At each game and practice, coaches are to have in their possession: an official team roster, a copy of each athlete's Pre-participation Form and Emergency Medical Authorization Form and a first aid kit.
- E. A pre-game conference will be held between the officials, coaches, and captains.

- F. Bench Personnel is limited to the players listed on the eligibility roster and no more than three (3) non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed in the team bench area.

## **SCORING**

- A. Coaches must submit a line-up card to the official before every game.  
B. Scores – The winning team coach must submit the final score of the game to CYO within 48 hours of the game.

## **GUEST PLAYER**

If a team has less than 8 or less athletes at a game, a guest player may be moved from the member's other CYO Lacrosse teams to fill the positions at the start of a game under the following restrictions:

1. The athlete meets the age/grade restrictions of the team she will assist.
2. The guest player is reported by means of the button on the Coaches Information page of [www.ccdocle.org](http://www.ccdocle.org) before the game in which she will be used.
3. The same individual may be moved as a guest player for no more than two (2) games during the season.
4. The athlete complies with game and time limits as outlined in Section 6.
5. The guest player(s) must meet the minimum participation requirements outlined in the division specific sections.
6. Uniform Requirements
  - a. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
  - b. There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the guest player for that game).
7. Guest players cannot be used for sanctioned events or CYO championship competitions.

## **TOURNAMENTS**

Single elimination tournaments will be held for the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> divisions at the end of the regular season (May 16<sup>th</sup>-24<sup>th</sup>). More information will be sent out around mid-season.

## **PRACTICE AND COACHING GUIDELINE**

- A. Practice or any organized team conditioning cannot start prior to the CYO published first day of practice.
- B. Practice sessions shall be limited to one (1) session per day not to exceed two (2) hours in duration.
- C. Scrimmages - No score or time limits will be kept. Use of officials is the decision and expense of the teams involved.

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# **BOYS ONLY RULES**

## **3<sup>rd</sup> & 4<sup>th</sup> GRADE COMPETITION RULES**

- Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- Field Dimensions - 60 x 30yards
- Participation -
  1. Each player on a team with 11 or more athletes must play a minimum of one quarter per half.
  2. Each player on a team with 10 or less athletes must play a minimum of one quarter per half.

- Substitutions - during the first half, only whole-team substitutions of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. The second half is free substitutions.
- Game Clock - a competition will consist of four (4) 10-minute running clock quarters, with a 2-minute break between each quarter and a 5-minute half time.
- Timeouts - teams have one timeout per half.
- Overtime - no overtime at this level.

\*See section 10, pages 6-7 of the grade school rules for more rules regarding the 3<sup>rd</sup>/4<sup>th</sup> competition rules.

## **5<sup>th</sup> & 6<sup>th</sup> GRADE COMPETITION RULES**

- Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- Field Dimensions - 60 x 30yards
- Participation -
  1. Each player on a team with 11 or more athletes must play a minimum of one quarter per half.
  2. Each player on a team with 10 or less athletes must play a minimum of one quarter per half.
- Substitutions - should occur focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.
- Game Clock - a competition will consist of four (4) 10-minute running clock quarters, with a 2-minute break between each quarter and a 5 minute half time.
- Timeouts - Teams will have one timeout per half.
- Overtime - A sudden-victory overtime will be played in the event of a tie at the end of the regulation game. In sudden-victory overtime, there will be a four minute period or until a goal is scored. The game ends upon the scoring of the first goal. If the game is tied after two overtime periods, the game is over and considered a tie.

\*See section 11, pages 7-8 of the grade school rules for more rules regarding the 5<sup>th</sup>/6<sup>th</sup> competition rules.

## **7<sup>th</sup> & 8<sup>th</sup> GRADE COMPETITION RULES**

- Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- Field Dimensions - 60 x 30yards
- Participation -
  1. Each player on a team with 11 or more athletes must play a minimum of one quarter per half.
  2. Each player on a team with 10 or less athletes must play a minimum of one quarter per half.
- Substitutions - should occur focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.
- Game Clock - a competition will consist of four (4) 10-minute running clock quarters, with a 2-minute break between each quarter and a 5 minute half time.
- Timeouts - Teams will have one timeout per half.
- Overtime - A sudden-victory overtime will be played in the event of a tie at the end of the regulation game. In sudden-victory overtime, there will be a four minute period or until a

goal is scored. The game ends upon the scoring of the first goal. If the game is tied after two overtime periods, the game is over and considered a tie.

\*See section 12, pages 8-9 of the lacrosse rules for more rules regarding the 7<sup>th</sup>/8<sup>th</sup> competition rules.

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## **GIRLS ONLY RULES**

### **3<sup>rd</sup> & 4<sup>th</sup> GRADE COMPETITION RULES**

- Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- Field Dimensions - 60 x 30yards
- Participation -
  1. Each player on a team with 11 or more athletes must play a minimum of eight minutes per half.
  2. Each player on a team with 10 or less athletes must play a minimum of nine minutes per half.
- Substitutions - regular substitutions should occur focusing on player development in multiple positions on the field. Substitutions can occur on a whistle or goal.
- Game Clock - a competition will consist of two (2) eighteen-minute running clock halves with a five-minute halftime.
- Timeouts - teams have one timeout per half.
- Overtime - no overtime at this level.
- Players must play 1v1 defense.

### **5<sup>th</sup> & 6<sup>th</sup> GRADE COMPETITION RULES**

- Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- Field Dimensions - 60 x 30yards
- Participation -
  1. Each player on a team with 11 or more athletes must play a minimum of nine minutes per half.
  2. Each player on a team with 10 or less athletes must play a minimum of ten minutes per half.
- Substitutions - regular substitutions should occur focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.
- Game Clock - a competition will consist of two (2) twenty-five minute running clock halves, with a 5 minute halftime.
- Timeouts - teams will have one timeout per half.
- Overtime - A sudden-victory overtime will be played in the event of a tie at the end of the regulation game. In sudden-victory overtime, there will a three-minute period or until a goal is scored. The game ends upon the scoring of the first goal. If the game is tied after two overtime periods, the game is over and considered a tie.

### **7<sup>th</sup> & 8<sup>th</sup> GRADE COMPETITION RULES**

- Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- Field Dimensions - 60 x 30yards
- Participation -

1. Each player on a team with 11 or more athletes must play a minimum of 12 minutes per half.
  2. Each player on a team with 10 or less athletes must play a minimum of 13 minutes per half.
- Substitutions - regular substitutions should occur focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.
  - Game Clock - a competition will consist of two (2) twenty-five minute running clock halves, with a 5 minute halftime.
  - Timeouts - teams will have one timeout per half.
  - Overtime - A sudden-victory overtime will be played in the event of a tie at the end of the regulation game. In sudden-victory overtime, there will a three-minute period or until a goal is scored. The game ends upon the scoring of the first goal. If the game is tied after two overtime periods, the game is over and considered a tie.



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# LACROSSE GAME ROSTER LINEUP FORM



A fillable PDF File will be sent to all coaches.  
Type information, print and provide to official before each game.  
**The winning team coach must submit the final score of the game to CYO within 48 hours of the game.**

<b>TEAM</b>	<b>DATE</b>	<b>DIVISION</b>
<b>OPPONENT</b>	<b>TIME</b>	<b>LOCATION</b>
<b>COACH</b>	<b>VS</b>	
<small>Quarters of Participation</small>	<b>PLAYER NAME (FIRST, LAST)</b> <small>Please list in numerical order</small>	
<small>Q1 Q2 Q3 Q4 OT</small>	<small>Jersey #</small>	
	<b>1<sup>ST</sup> QUARTER SCORE</b>	
	<b>2<sup>ND</sup> QUARTER SCORE</b>	
	<b>3<sup>RD</sup> QUARTER SCORE</b>	
	<b>4<sup>TH</sup> QUARTER SCORE</b>	
	<b>FINAL SCORE</b>	
	<small>SCORERS Q1</small>	<small>SCORERS Q2</small>
	<small>SCORERS Q3</small>	<small>SCORERS Q4</small>
	<b>Yellow Cards: Red Cards: Other Incidents</b>	

OFFICIAL: NAME \_\_\_\_\_

PHONE \_\_\_\_\_



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# 11 MUST-TRY TIPS FOR FIRST-TIME YOUTH LACROSSE COACHES

By: Lane Errington  
US Lacrosse

Youth lacrosse organizations often rely on parent volunteers to coach the league's teams. A typical scenario has mom and dad registering a young child in a youth sports organization, which then asks parents to volunteer. The parent might consider him or herself capable of being an assistant coach, and then all of a sudden is named a head coach?

Despite the lack of experience many of these volunteers have, without their generosity of time and spirit, kids wouldn't have the opportunity to learn and play lacrosse. Many first-time coaches find this role harder than expected, so here are 11 concrete tips to ease matters and help your youth athletes.

## **LET YOUR CHILD KNOW YOU'RE CONSIDERING COACHING**

Explain that you're really looking forward to this, and ask for feedback about it. Your child's opinion may or may not change your decision about coaching, but it's good to have your child in on this new role you'll be playing from the beginning.

## **BE CLEAR ON YOUR OWN GOALS FOR COACHING**

Coaches of kids just starting to play a sport may have the simple goal of a season enjoyable enough that everyone returns for next season.

## **SHARE YOUR GOALS WITH YOUR PLAYERS AND THEIR PARENTS FROM THE START**

Having a preseason parent meeting is ideal. If it's too late for that, just get the parents together at the end of a practice and let them know why you're out there. It might sound like this: "My number one goal this season is to give your kids such an enjoyable experience that they all can't wait for next season. And, yes, I hope to teach them some skills, too!" Of course, if you have more ambitious goals in terms of skills development or imparting life lessons, share those too.

## **INVITE THE PARENTS TO HELP**

It often helps to have some parents pitch in at practices and games. If you invite them directly, they will likely support you with a few extra hands. Getting them involved at your practices also makes it more likely they'll be comfortable practicing the sport with their child outside of official practice time.

## **WELCOME EACH PLAYER BY NAME AT EVERY PRACTICE AND GAME**

When kids arrive to coaches who are smiling and greeting them by name, they feel welcome and positive from the start.

## **PLAN PRACTICES THAT KEEP KIDS ACTIVE**

When kids are moving and active, they are more likely to stay focused. At the younger ages, avoid lines. Bring plenty of equipment, so kids are not standing around waiting for their turn. Find games/drills that give kids a repeated practice of the skills.

## **FACE THE SUN, TAKE A KNEE AND BE BRIEF**

When you're talking to your athletes, get onto their level (at least physically) by taking a knee, so you can (literally and figuratively) see eye-to-eye. Find the sun, and make sure you're facing into it. Then make the most of the 30-60 seconds you've got their attention! Six 60-second conversations with your players at a practice are much better than two 5-minute conversations.

## **PICK 1-2 AREAS OF FOCUS PER PRACTICE/GAME**

You may only have as little as one hour for your practice. Pick one topic (two at the most) to introduce and repeat over and over again. At the start of practice you might say, "Today is going to be all about passing." Then each time you bring the players in, ask them, "What is our focus today?" Then have this same focus for your competition that week. Whenever you see it being executed well, let your players know it, "Milo, awesome pass to Nathan!"

## **CREATE A TEAM CHEER AND DO IT OFTEN**

Young kids love having adults who are willing to be silly with them. Bring them in multiple times during practices to do their cheer, and make sure they see and hear you as an active participant.

## **END PRACTICE/COMPETITION ON A POSITIVE NOTE**

At the end of practice or competition call in all of the athletes and the parents. Ask the kids: "Who saw one of your teammates do something well?" The kids are actually good at answering this question. Then ask the parents, "Parents, what did you see that you liked?" This gives the parents a nice chance to recognize specific, positive things they saw, and it ends the practice/competition on a high note.

## **DON'T FORGET, THIS CAN BE HARD!**

Most parents are surprised by how hard it is to feel successful coaching. We go in with very high expectations, and we don't have control over the outcome! You are not alone. Find other coaches who have been doing this for a while, and share your challenges. They can serve as a wonderful resource.



# CYO GRATITUDE

Go around the room and have each coach complete the following sentence:

One thing that I am grateful for receiving this evening is...

Thank you for your comments and support. We wish you nothing but the best as the season begins.

## Commitment Prayer

**Leader:** In the name of the Father and of the Son and of the Holy Spirit.

**All: Amen**

**Leader:** Thank you God for being with us today, and for entrusting your children to our care through CYO Sports. As we prepare to return to our parishes and communities, give us the strength to share your love and caring through our actions as CYO Coaches. We give our time, talent and treasures to you that we may better serve our CYO teams and families. I ask that you respond, "I will!" to each of the following commitments you are making today.

**Leader:** Will you be a Christian role model who helps athletes discover their value and responsibility to the team, church and community? **Response: I will!**

**Leader:** Will you coach every child on your team to improve their skills through practices, competitions and games? **Response: I will!**

**Leader:** Will you teach and encourage good sportsmanship by demonstrating positive support, patience, courteousness and respect for all athletes, officials, fellow coaches, volunteers and administrators?  
**Response: I will!**

**Leader:** Will you read and follow the letter and spirit of the sport rules, policies, and Diocese of Cleveland CYO Charter and Bylaws? **Response: I will!**

**Leader:** Will you remain aware that your conduct has an influence on the love a child may develop toward sports, and therefore make an effort to have the children on your team have fun while also learning about athletics, themselves, their teammates and our Catholic Christian Community? **Response: I will!**

**Leader:** Will you remain mindful that your conduct has an impact on the conduct of the players and fans at a competition and make a commitment not to yell at officials, players, opposing coaches or fans and always demonstrate an attitude symbolic of the CYO Mission and Values? **Response: I will!**

**Leader:** Will you make an effort to grow as a Christian by going to mass and celebrating the sacraments to be strengthened to love and serve God and the young people entrusted to your care? **Response: I will!**

**Leader:** Almighty God, the Father of our Lord Jesus Christ, who has given us new birth by water and the Holy Spirit, hear the commitments made by your servants here today. We know you have given us spiritual capabilities, and with your light and direction we can fulfill these commitments and build the community of God. We ask this in the name of the Father, and of the Son, and of the Holy Spirit.

**Response: Amen**

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